



## PRESIDENT'S MESSAGE

Hello Tritons,

Well it's that time again when I need to do my President's message to all the wonderful members of the Triton SCUBA Club. First I'd like to thank all of you for electing a wonderful group of dedicated folks who are interested in the welfare of this club. We have had our first Board meeting and there were many great ideas put forth. Also I wish to thank the Chairs of the committees and their members for volunteering to keep working for the club. We are examining the possibility of some new activities and some updating of our by-laws. It looks promising for summer classes this year and we will announce the dates soon. (there's still snow outside yet!) If you have ideas for activities, programs and other things club might like please email or call and let us know, this is your club and we need your participation.

I can be reached at [WA9EVF@Comcast.net](mailto:WA9EVF@Comcast.net) or 773-465-0981

Looking forward to a great year  
Mike...

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## MEMBERSHIP REPORT

April, 2014

Our current membership stands at:

67 full members  
0 Associates  
TOTAL 67 members

I have made up a new roster, members please let me know if you want me to e-mail a copy to you.

Adolph Habich - Membership Committee.

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## UPDATE YOUR ROSTERS

Nothing to report this month. Please let us know if your address, email or cell phone changes.

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## EVENTS

We are heading into Dive Season and a busy time on the Club Calendar. Sign up now for the event of your choice – there are plenty of opportunities. Talk to someone who has been a TIC or Pam Romund 773-791-3142, [promund@kraftfoods.com](mailto:promund@kraftfoods.com). Want to do something that isn't on the schedule? We can do that, we can swap things out or change dates, nothing is carved in stone.

### BOARD OF DIRECTORS

President – Mike Leibovitz

Vice-President – Ron Levin

Secretary – Dave O'Malley

Treasurer – Ed Littel

First Director – Scott Reimer

Second Director – Mary VanHouten

### COMMITTEE CHAIRS

Audit – Diana Skiba

By Laws & Rules – Gary Duszak

Entertainment – Dave Vemmer

Equipment & Safety – S. Leibovitz

Events – Pam Romund

Membership – Adolph Habich

Merchandise – Brian Clarke

Nominating – Margy Levenberg

Publicity/Web Site – Adolph Habich  
/ Milt Levenberg

Director of Training – Rich Schak

Editor of the Trib – Pam Romund

Illinois Council Delegates – Chuck  
& Margo Miller

**DAN SPONSOR #29362**

# TRITON EVENTS CALENDAR

## April, 2014

Tuesday, 4/22	Business Meeting Diveheart Presentation	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
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## May, 2014

*Saturday, 5/10	Cooking for Charity	Pam Romund 773-791-3142, <a href="mailto:promund@kraftfoods.com">promund@kraftfoods.com</a>
Tuesday, 5/13	Triton Trib Deadline	Pam Romund 773-791-3142, <a href="mailto:promund@kraftfoods.com">promund@kraftfoods.com</a>
*Sunday, 5/18	Tour of Chicago	Chris Demski 847-255-9342
Sunday, 5/25	Memorial Day Bike Ride	Milt & Margy Levenberg
Tuesday, 5/27	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016

## June, 2014

Sunday, 6/8	Chicago/Milwaukee Dive	Ron Levin snappyron@sbcglobal.net
Tuesday, 6/10	Triton Trib Deadline	Pam Romund 773-791-3142, <a href="mailto:promund@kraftfoods.com">promund@kraftfoods.com</a>
Saturday, 6/21	Comedy Club Outing	<b>TIC Needed</b>
Tuesday, 6/24	Business Meeting <b>OPEN HOUSE</b>	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
S & S 6/28/29	Training Weekend	Board of Education
*Monday, 6/30	Concert in the Park	Pam Romund 773-791-3142, <a href="mailto:promund@kraftfoods.com">promund@kraftfoods.com</a>

## July, 2014

Thu-Sun 7/4-7	Dive Trip	<b>TIC Needed</b>
Tuesday, 7/8	Triton Trib Deadline	Pam Romund 773-791-3142, <a href="mailto:promund@kraftfoods.com">promund@kraftfoods.com</a>
Wed 7/16	Mid-Week Dive & Picnic	Pam Romund 773-791-3142, <a href="mailto:promund@kraftfoods.com">promund@kraftfoods.com</a>
Tuesday, 7/22	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
Sunday, 7/20	Jim Haigh Dive	Haigh Quarry – Kankakee - Haigh Quarry Staff

## August, 2014

Saturday, 8/2	Howard/Etherton Day	Board of Education – Pam Romund 773-791-3142
Saturday, 8/9	Minor League Baseball	<b>TIC Needed</b>
Tuesday, 8/12	Triton Trib Deadline	Pam Romund 773-791-3142, <a href="mailto:promund@kraftfoods.com">promund@kraftfoods.com</a>
Sunday, 8/17	Chicago/Milwaukee Dive	<b>TIC Choice - TIC Needed</b>
Sunday, 8/24	Concours Classic Cars	<b>TIC Needed</b>
Tuesday, 8/26	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016

## September, 2014

Saturday, 9/6	Road Rally	Lea Hotton and Pam Romund
Tuesday, 9/9	Triton Trib Deadline	Pam Romund 773-791-3142, <a href="mailto:promund@kraftfoods.com">promund@kraftfoods.com</a>
Saturday, 9/20	Chicago/Milwaukee Dive	<b>TIC Choice - TIC Needed</b>
Tuesday, 9/23	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
Saturday, 9/27	Lake Geneva Dive	Jim Hynan <a href="mailto:jhynan74@gmail.com">jhynan74@gmail.com</a>

\*Denotes Date Change

# **ELECTION RESULTS FOR 2014**

The Triton Election held on Tuesday, March 25, 2014 had the following results:

President: Mike Leibovitz  
Vice President: Ron Levin  
Secretary: Dave O'Malley  
Director: Mary Van Houten

Many thanks to all who volunteered to run – we do appreciate your participation.

Respectfully submitted,

Triton Nominating Committee  
Margy Levenberg, Chair  
Harriette Leibovitz  
Renee Tobias

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## **LITTLE CAYMAN TRIP**

Fifteen Tritons, including four from Florida, made the trek down to the Cayman Islands at the end of March. Some arrived on Grand Cayman early and made the rounds of the shops in Georgetown and wandered along Seven Mile Beach, however our ultimate destination was Little Cayman.

Little Cayman is the smallest of the three islands, roughly 1 mile wide and 10 miles long. It has about 150 full time residents; the only reason to go there is to dive or for bird watching, a large sanctuary for the red-footed booby as well as other sea birds. There isn't much shopping or other attractions on the island which makes it an ideal place to get away – just dive and relax! If you are looking for night life this isn't the place for you – most of us were in bed by 9:30!

Diving was wonderful, 81 degrees all the way down, vis was 100 feet plus and the sea life was fantastic. We saw free swimming green morays, turtles of all sizes, large groupers we were able to pet, sharks (Lea Hotton swears one was 10 feet long!), and so much more. We dove with Reef Divers, they run the dive operations on Little Cayman and Cayman Brac. The boats are comfortable and easy to get on and off. The crew was very accommodating - because I am still having some issues with my left side it was difficult for me to climb the ladder with my gear. I was able to get to the back and hand up the gear and then climb the ladder. Reggie and Dot were a good pair – both have been on Little Cayman for some time. Dottie for almost 18 years! If you haven't seen her in a few years, you could walk right by her, she has lost 150lbs.+.

We stayed at Little Cayman Beach Resort and loved it. The rooms are spacious and come equipped with in-room coffee and refrigerators. All meals are included as well as 2 drinks per day – your choice of beer, wine, rum punch, bottled water, soda and more. The food was excellent. Everything served buffet style and a wide variety of things at each meal – omelet station at breakfast, sandwich station at lunch and more. The dessert table was always overflowing – I highly recommend the fresh coconut pie, the best I have ever eaten!

Intrigued to learn more about Little Cayman? You will have your chance, coming this summer all of us who went on the trip will be putting a program together for your entertainment one month at the business meeting – look for it!

Pam Romund  
Your Roving Reporter

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## **ENTERTAINMENT AT MEETINGS**

Do you have an excellent idea or know of a speaker you think would be a good fit for the club? Or perhaps you have photos of a recent trip you took, please share the information. Contact Dave Vemmer or any member of the Board, we would be happy to put you on the schedule.

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## **TRITON ANNIVERSARY PARTY**

We had thirty-three attendees at the Anniversary Party held April 5 at the Continental Restaurant in Buffalo Grove. The Prime Rib was a big hit, and many leftovers were carted away. Also carry out containers were provided for the Dessert Bar surplus. Thanks to everyone for their contributions to this year's raffle, we raised over \$400 for our education program. Special thanks to Angi McKeon and Lea Hotton for helping get the raffle organized and getting all the items to good homes.

There were four 25 Year Patches awarded by Membership Chair Adolph Habich, both to couples in the club:

Chuck and Margo Miller (See photo below)      Debbie DeBrown and Andy Rusenovich

Big winners of the evening:

**Social Event:** Chris Demski for the September BBQ

**Dive Event:** Pam Romund, Chuck and Margo Miller for the Underwater Pumpkin Carving

**Triton of the Year:** Margy Levenberg for her service to the club as Chair of the Nominating Committee for these many years, her work with the Budget and Audit Committees and running (with Milt) one of the more popular and well attended event the club does each year – Memorial Day Bike, Walk and Eat!



Margo and Chuck Miller showing off their 25 Year Patches.



Margy Levenberg being awarded Triton of the Year honors by Mike Leibovitz.

**CHECK YOUR CALENDAR - THIS YEAR'S BIKE RIDE IS SUNDAY!!!!!!**

# **MEMORIAL DAY BIKE RIDE**

**ON SUNDAY, MAY 25, 2014**

**MEET AT MILT & MARGY'S HOUSE AT 10 AM FOR DONUTS**



**Join the Tritons for a bicycle ride, walk, or just lots of food.**

**Bring your bicycle or feet, \$5 and a dish to share.**

**We will take a short drive to access the Des Plaines River Trail, a great, crushed-gravel bike and hike trail.**

**Address, phone, & directions for Milt and Margy Levenberg's house:**

31057 Prairie Ridge Road, Libertyville (really it's Green Oaks)

847-680-1223 (Margy at home) 847-858-1271 (Milt on cell phone)

***I-294 North to I-94 North to Route 137 (turn left/west on Buckley Road) to O'Plaine Road (turn right/north) to Guerin Road (turn left/west) to Prairie Ridge Road (turn right/north). Veer left on the circle to 31057 on the left. Park only on the left side of the street.***

<http://wizardcraft.net/map-to-levenberg.html>

Bring a cell phone or walkie-talkie to communicate on the trail.

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## ***COOKING FOR CHARITY, SATURDAY, MAY 10 FISHER HOUSE, HINES, IL***



Fisher House is "a home away from home" for family members, caregivers or loved ones of patients receiving medical care at major military and VA medical centers. It is a temporary residence and is not a treatment facility, hospice or counseling center. By law, there is no charge for any family to stay at a Fisher House operated by the Department of Veterans Affairs.

The house has 20 bedroom suites to accommodate guests and features a fully stocked kitchen, spacious dining room and several common living room areas for families to gather and offer each

other support and friendship while their loved ones are hospitalized at Hines. We will be cooking dinner for the residents and staff. We will bring the food and cook it on premise. We also hope to provide items for their pantry and wish list. Space is limited for this event so if you are interested please sign up quickly. Cost will be \$12.00 per person to enable us to purchase food for the dinner.

TICs: Pam Romund 773-791-3142, [promund@kraftfoods.com](mailto:promund@kraftfoods.com)

## ***I DON'T CARE IF A SHARK BIT YOU, GET OUT OF MY BAR!***

A New Zealand man who was bitten by a shark calmly stitched up his own wounds, then joined his friends at the pub while still bleeding, and drank a beer before heading to the hospital.

James Grant was spearfishing when the shark clamped down on his leg. “[I thought], ‘Bugger, now I have to try and get this thing off.’” he said. He stabbed the predator with a knife and headed back to shore, where he sewed up his two-inch-long wound. Apparently the wound did not hurt much -- Grant went to the hospital only after stopping at a bar for a pint, but it was a quick drink because the bartender complained he was dripping blood all over the floor.

## ***CORAL BLEACHING MAKES FISH BEHAVE RECKLESSLY.***

Fish on bleached coral reefs are fearless, according to a study in *Journal of Animal Ecology*. Instead of staying hidden at home, they stray out, making them easy prey for predators. Scientists at the Australian Research Council released fish onto both live and dead coral, and found that those on dead coral took more risks and moved further afield. While the smell of an injured mate prompted fish on live coral to take cover, their counterparts didn't react -- the death rate was 75 percent higher on dead coral. Apparently, dead coral masks key chemical signals, so the fish move away to access them.

## ***DENGUE FEVER IN FIJI: SHOULD DIVERS WORRY?***

Fiji has reported more than 10,000 cases of dengue fever since October last year, including 11 deaths. It's the worst outbreak in 16 years. Even though New Zealand officials report that 24 of their 35 cases this year have come from people traveling to Fiji, Fijian officials say it's no cause for alarm for tourists -- most cases have been reported near the capital, Suva, and in inland areas.

There have been no outbreaks around the coastal resorts. Authorities have been spraying insecticide across the country to try to eradicate mosquito-breeding areas, and have started a public health campaign to remind people to clean out water containers.

Dengue fever is a viral infection that causes flu-like symptoms like fever and joint pain, and sufferers can occasionally develop fatal complications. Treatment usually involves rest and rehydration, with those badly affected sometimes put on an intravenous drip. Illness can last up to 10 days, but people can feel depressed and tired for weeks. There's no vaccine, so the only way to prevent dengue fever is to avoid being bitten by mosquitoes.

If you've got an upcoming dive trip to Fiji, use bug repellent both indoors and out, and when possible, wear light-colored long sleeves and pants, hat and shoes. If you return from the islands feeling unwell, go to a doctor.

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Excerpted from the KeysInfoNet, <http://www.keysnet.com/2013/12/09/493121/scorpionfish-venom-put-to-good.html?sp=/99/254/235/109/> Article and photo by Tim Grollimund.

## ***SCORPIONFISH VENOM PUT TO GOOD USE***

Scorpionfish are another of the bottom dwelling predators that are prevalent on the reef. I don't see them on every dive, but they are around quite often. I have not had a stinging encounter with one, but have come close a couple times when I was not paying attention. There are six species in the scorpionfish family in the Caribbean. And of course, the lionfish is a relative we could do without. Compounds from scorpionfish venom are being studied for use in identifying tumors. The venom also has cardiovascular effects. There is much left to be done in studies involving marine venoms, but significant findings and formulations have entered the marketplace. Animal venom is already big business. The value of the reef keeps growing and growing, the more I learn. The protection of biodiversity has a whole new meaning to me after learning about venom studies.

Reprinted from: <http://www.scubadiving.com/> See Training Article by Jim Bartlett

Editor's Note: There are some very good points here, even if you can't master them all you should see significant difference in your air consumption if you can adapt half of them.

## **BREATHING UNDERWATER: EIGHT TIPS TO SAVE AIR WHEN DIVING**

### **1. Stay Warm**

If you dive uninsulated, you're heating the ocean with your body, which increases your metabolism and oxygen-burn rates. Experiment with different amounts of protection.

### **2. Go Slowly**

Rapid, jerky movements burn more air due to increased resistance underwater.

### **3. Look, Ma, No Arms!**

Imagine you're a Tyrannosaurus rex, with huge legs and tiny little arms. Waving your arms and hands around burns incremental air, with little or no impact on your position.

### **4. Trim Up**

Poor weight distribution created increased drag and burns more air. (Ditto for gear that drags.) Try varying weight positions.

### **5. How Slow is Slow?**

Try using time as a guide. Inhale over a five- to seven-second period, and exhale over a six- to eight-second period. As a slower rate becomes more natural, you'll no longer need to count.

### **6. Reverse the Pause**

Pausing at the top of our inhalation cycle — instead of at the bottom, as we do on land — allows our bodies to extract a bit more oxygen from the air in our lungs. Practice in a swimming pool.

### **7. Restrict the Flow**

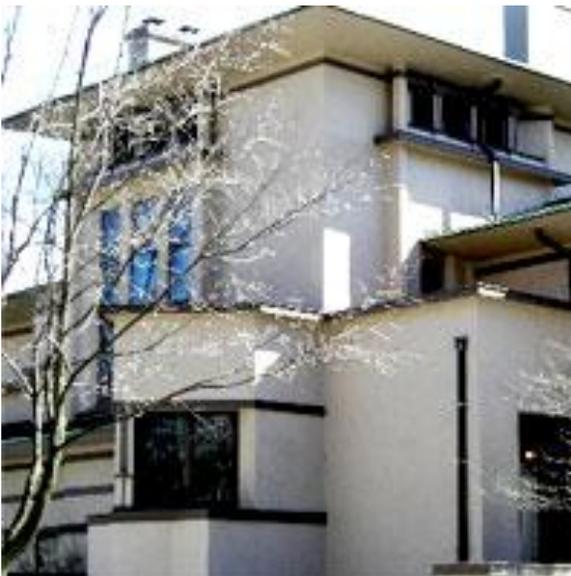
Try this: Hold your tongue against the roof of your mouth and breathe around the sides of your tongue. This artificially created restriction will force you to breathe in more slowly.

### **8. Practice**

As with any sport, performance improvements come with practice.

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## **WALKING TOUR FRANK LLOYD WRIGHT HOMES IN OAK PARK SUNDAY, MAY 18TH 2:00 PM**



Oak Park is home to the world's largest collection of Wright-designed buildings. Join us on this tour featuring exteriors of a rich selection of Wright-designed structures, Prairie style and Victorian homes. The tour is organized by the Chicago Architecture Foundation, we have been on several of their tours in the past and they have all been first rate. We will meet at **2:00 PM at the Frank Lloyd Wright Home and Studio, 951 Chicago Avenue, Oak Park, IL.** The tour is scheduled to take one hour to an hour and a quarter, be sure to wear comfortable shoes. The cost of the tour is \$15.00.

At the conclusion of the tour we will adjourn to a local restaurant (TBD) for a fun time to end the day.

Chris Demski  
Cell: 630-698-9410

Many thanks to Pete Kloga for sending this one to our attention. Reprinted from Yahoo News: [http://news.yahoo.com/time-running-great-barrier-reef-scientists-043227217.html?soc\\_src=mediacontentstory](http://news.yahoo.com/time-running-great-barrier-reef-scientists-043227217.html?soc_src=mediacontentstory)

## TIME RUNNING OUT FOR GREAT BARRIER REEF



Sydney (AFP) - Time is running out for Australia's iconic Great Barrier Reef, with climate change set to wreck irreversible damage by 2030 unless immediate action is taken, marine scientists said Thursday.

In a report prepared for this month's Earth Hour global climate change campaign, University of Queensland reef researcher Ove Hoegh-Guldberg said the world heritage site was at a turning point.

"If we don't increase our commitment to solve the burgeoning stress from local and global sources, the reef will disappear," he wrote in the foreword to the report.

"This is not a hunch or alarmist rhetoric by green activists. It is the conclusion of the world's most qualified coral reef experts."

Hoegh-Guldberg said scientific consensus was that hikes in carbon dioxide and the average global temperature were "almost certain to destroy the coral communities of the Great Barrier Reef for hundreds if not thousands of years".

"It is highly unlikely that coral reefs will survive more than a two degree increase in average global temperature relative to pre-industrial levels," he said.

"But if the current trajectory of carbon pollution levels continues unchecked, the world is on track for at least three degrees of warming. If we don't act now, the climate change damage caused to our Great Barrier Reef by 2030 will be irreversible."

The Great Barrier Reef, one of the most biodiverse places on Earth, teems with marine life and will be the focus of Australia's Earth Hour -- a global campaign which encourages individuals and organisations to switch off their lights for one hour on April 29 for climate change.

The report comes as the reef, considered one of the most vulnerable places in the world to the impacts of climate change, is at risk of having its status downgraded by the UN cultural organisation UNESCO to "world heritage in danger".

Despite threats of a downgrade without action on rampant coastal development and water quality, Australia in December approved a massive coal port expansion in the region and associated dumping of dredged waste within the marine park's boundaries.

The new report "Lights Out for the Reef", written by University of Queensland coral reef biologist Selina Ward, noted that reefs were vulnerable to several different effects of climate change; including rising sea temperatures and increased carbon dioxide in the ocean, which causes acidification. It found the rapid pace of global warming and the slow pace of coral growth meant the reef was unlikely to evolve quickly enough to survive the level of climate change predicted in the next few decades.

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# A big *Triton* THANK YOU!

The following businesses support our organization and we thank them for the generosity. The next time you stop in mention you are a Triton & personally thank them for their support.

## **BELOW H20**

554 S. Route 59  
Naperville, IL 60540  
630-820-2531

## **CHICAGOLAND SCUBA**

732 S. Rand Road  
Lake Zurich, IL 60047  
847-540-7211

## **DJ'S SCUBA LOCKER**

9301 W. Ogden Ave.  
Brookfield, IL 60513  
708-442-4388

## **HAIGH QUARRY**

2738 E 2000 North Road  
Kankakee, IL 60901  
815-939-7797

## **PIRATE'S COVE DIVING**

1103 West Oklahoma Avenue  
Milwaukee, WI 53215  
414-482-1430

## **TOUCAN DIVE CENTER**

756 Frontage Road  
Lake Villa, IL 60046  
847-356-7826

## **BERRY DIVE CENTER**

3402 N. Milwaukee  
Northbrook, IL  
847-358-3848

## **DD DIVE SHOP**

1039 Waukegan Road  
Glenview, IL 60025  
847-657-3483

## **ENTERPRISE MARINE**

420 Michael Court  
Des Plaines, IL 60016  
847-640-8113

## **PEARL LAKE RESORT**

Highway 251  
South Beloit, IL 61080  
815-389-1479

## **SCUBA EMPORIUM**

16336 S. 104th Avenue  
Orland Park, IL 60467  
708-226-1614

## **UNDERSEAS SCUBA CENTER**

611 N. Addison Avenue  
Villa Park, IL 60181  
630-833-8383

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## ***SPEAKER AT APRIL MEETING***

Jim Elliott, founder of Diveheart, will be the guest speaker at the Triton Scuba Club monthly April 2014 meeting. The Tritons are inviting to join us for this very informative presentation. If you don't know Jim, he is the driving force behind an organization that is breaking ground, or water if you prefer, in making scuba diving accessible to handicapped people. His talk encompasses not only success stories with these new divers but the many benefits that are being discovered about how diving can be beneficial to these people both physically and mentally. He will also be sharing some of the future plans for Diveheart that I think you will find amazing. Here is the information about our club's meeting

**When:** Tuesday, April 22, 2014

**Where:** Guiseppe's Restaurant, 1062 Lee Street, Des Plaines, IL (847) 824-4230

**Time:** 7:30 PM

You may bring family, friends and guests with you. I hope you will be able to join us in supporting this great organization.

Mike Leibovitz  
President, Triton Scuba Club



## *The Tritons*

FOUNDED IN 1957

P. O. Box 1025  
Des Plaines, IL 60017-1025

April, 2014

*Triton* DIVE LINE: 847-394-0975

*www.TheTritons.com*

DAN Sponsor -# 29362

## *The Tritons*

See you Tuesday, April 22, 2014 at 7:30 PM

**Jim Elliott from DIVEHEART**

## *Giuseppe's*

1062 Lee St Des Plaines, IL  
(847) 824-4230

The restaurant is situated on Lee Street, north of Algonquin and south of Northwest Highway