



# Neptunes Sounding Newsletter

## Punxsutawney Phil said what?

### Upcoming Events

2/23 Movie Night Out

3/1 7pm General Membership Mtg

3/8 7pm Board Meeting

3/13 Club Dive, meet at 9am

3/15 General Membership Meeting

3/20 Club Dive, meet at 9am

3/22 Movie Night Out

3/29 Movie Night Out

March 5-6 Sea Rovers

Doug Eaton as President

Mike Vaughan as VP

Jeannine Willis as Secretary

Theresa Czerepica as Treasurer.

Board: Todd Alger, John Blackadar, Ken & Teri Hayes, Jay Theriault, Rob Vice, Deb Osborn, Joe McAndrew, Tom Guild

Alternates: Tommy Lo, Rob Robison, Rob Christianson, Carl Yngve.

Spring is just around the corner and with it is all the usual spring time events. First up is the annual SEA ROVERs SHOW in Danvers MA. As the Neptunes and Bay State Council of Divers will have booths, we are looking for club members to help load in on Saturday early morning and load out on Sunday afternoon. We also are asking for members to help man the booths on both days.

Next up is the Super Tuesday Primary in MA. be sure to VOTE and make your voice heard. Super Tuesday is March 1 this year and the general membership meeting will take place at 7:30 to allow for members to be able to cast their votes after work.

Our President has requested that members share their best dive stories with the club. Please send us a narrative of your best dive story and our crack editors will help craft it into an award winning story!

### CLUB DIVES

News from New England: Fort Wetherill (Jamestown) Rhode Island. Sunday Feb. 8, 2015. Story by Rob, photos by Peter and Rob

A 46° clear sunshiny Sunday morning, providing respite from the storm earlier in the week and the forthcoming blizzard the following Monday, found me heading southwest from Kingston, MA. on the hour and a half trek to Ft Wetherill State Park in Jamestown, RI., where I was to make a dive with Neptunes Peter Ninh and Mike Vaughan. I arrived at the state park parking lot surprised to meet a couple of Old Colony Amphibians (<http://www.ocascuba.org/about.php/>) semi-suited up and waiting for a couple of their buddies to show. Peter appeared shortly afterwards and we kibitzed awhile with the other divers and awaited Mike.

He drove down with Charlie Perretti, closely followed by Doug Eaton, Neptune President for 2016. A Ukrainian American—I didn't catch his name--showed up as well on his own to make a solo dive wearing doubles.

By the time we had geared up to take the plunge, the first group of Amphibians had returned claiming water temps of 46° but declaring the water felt much chillier. Peter and I dropped in first for our group and encountered 42° H2O with vis. ranging from 5' – 7/10'. We swam down to around 25' and followed the rocks out toward the end of the far side of the cove but had to turn around at 23

## MARK YOUR CALENDARS!

Here's a list of all the events we have planned for 2016

April Club dives: 10th, 24th

May Club dives: 8th, 22nd with the possibility of a charter dive on the 29th

Clubhouse clean up on the 14th

Fish Count Class 5/17 & 6/14

June club dives: 5th, 17th night dive & 19th

July dives: 3rd, 29-night, 31st

## DUXBURY BEACH OUTING

8/7

August dives: 12-night, 14th, 18th

Sept dives: 4th, 9th-night, 18th

Oct dives: 16th, 23rd river run

Nov dives: 13th, 27th

Dec dives: 4th, 11th

minutes. We headed back to shore because my left hand was frozen stiff. It was so cold I couldn't read my own gauges. The problem was a leak in the dry glove seal either from grit, a piece of material caught in the snap-on groove fitting, or a small tear in the wrist seal. This just has not been my winter for successful equipment-failure-free diving. My new neck seal split after three dives and had to be replaced for the second time in December! Regardless, we did see a couple of lobsters hiding deep under the rocks, a few small fry flitting about, and a semi-frozen green crab or two.

We emerged after 34 minutes under the sea. Not long after, the Ukrainian diver returned claiming to have reached 80' and to have seen a seal. He was followed by a dripping Doug who had bottomed out at 45'. Mike and Charlie, who found treasure, a solid gold class ring from 1984, brought up the rear. Due to the worn nature of the inscriptions, it was evident the ring had been on the bottom for a very long time. Their find brought closure to a great Super Bowl Sunday morning, with bright sunshine, friends, and diving. Spring is definitely around the corner, today's blizzard notwithstanding. Next time the weather is this nice for a shore dive, I think I'll bring my portable grill and some 'dogs and make a real party of diving into it!

## The Aging Diver

In the latest Pacific Northwest Diver Magazine winter edition, there is a wonderful, and timely, article about diving as we get older. The article was written by Dan Clements. Dan highlighted the fact that diving is a fairly strenuous activity and for some of us, we do not make fitness part of our weekly routine. Dan also pointed out that as we age, our heart, lungs and muscles will function at a lower level which may affect our ability to self rescue. He references Ernest Campbell (also known as the Scuba Doc) who says there are four areas we should focus on to extend our safe diving experiences. Regular checkups, fitness conditioning, hypothermia and decompression sickness. As we age we are more susceptible to decompression sickness and hypothermia. We should adjust our dives accordingly. One recommendation is to do a safety stop at half the distance of the dive along with the 15' safety stop. Another is to limit the depth of your solo dive (the author limits his to 60') as well as limiting the depth of the buddy dive (Ernest chooses 100'). As we age slowing metabolism means that we are more susceptible to cold. For the lucky retired divers, you can choose to dive in warmer waters. For those still working and diving in New England, we can keep our metabolism up through regular exercise and perhaps choosing a dry suit when the waters get cooler. That brings us to the last point, exercise, exercise, exercise! Run, walk, hike, treadmill, elliptical, stationary bike; these are all great ways to keep your heart, lungs and muscles in shape. With so many exercise choices, you shouldn't get bored and you have the added benefit of lower blood pressure and cholesterol. No excuses! The life you save may not only be your own. In addition to self rescue, there is the very real possibility that you may need to rescue your dive buddy.

Dan also spoke of situation awareness. You can be the sharpest knife in the block and yet still forget that you are an air breathing being attached to a scuba tank with a finite amount of breathing gas. Whether its photography, scallops or lobster hunting, you may be so engrossed in your dive that you forget to check your gauges. We also

have had many stories of dropping dive flags, catch bags, tickle sticks, etc. Dan reminds us to be aware as we dive. I remember clearly that all the dive training is about SAFETY and that training is so that we can enjoy diving for many years to come.

<http://www.pnwdiver.com/current-issue.html> to read the whole article and the whole issue!

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## [http://well.blogs.nytimes.com/2016/02/10/to-reduce-the-risk-of-dementia-eat-fish/?\\_r=0](http://well.blogs.nytimes.com/2016/02/10/to-reduce-the-risk-of-dementia-eat-fish/?_r=0)

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Eating seafood is linked to a reduced risk of dementia-associated brain changes in people who carry the ApoE4 gene variation, which increases the risk for Alzheimer's disease. Eating seafood was not linked to similar changes in those who carried other forms of the ApoE gene.

The study, published in JAMA, looked at 286 autopsied brains and also found that eating seafood was linked to increased mercury in the brain, but that mercury levels were not linked to brain abnormalities.

After controlling for age, sex, education and other factors, the researchers found that compared with those who ate less seafood, ApoE4 carriers who had one seafood meal or more a week had lower densities of the amyloid plaques and neurofibrillary tangles typical of Alzheimer's disease. Over all, they had a 47 percent lower likelihood of having a post-mortem diagnosis of Alzheimer's. Consumption of fish oil supplements was not correlated with pathological brain changes.

The lead author, Martha Clare Morris, a professor of epidemiology at Rush University, said that mercury from fish appears to pose little risk for aging people. But, she said, there are studies that show that mercury consumption in pregnancy can cause cognitive problems in babies.

"Most studies in dementia have found that one seafood meal a week is beneficial," she said, though "they haven't found that the more you eat, the lower the risk."

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## Sea turtles with tumors fill Florida hospital

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AFP By Kerry Sheridan

February 7, 2016

Marathon (United States) (AFP) - The young patient writhes on the operating table, kicking its flippers. A team of medical attendants turns it over, revealing an underbelly cluttered with tumors, some as big as golf balls. This endangered green sea turtle, about two years old and too young for the staff to know yet whether it is male or female, is infected with fibropapillomatosis, a potentially deadly disease caused by a type of herpes virus. Experts still don't understand quite how the virus spreads, or what causes it, though some research has pointed to agricultural runoff, pollution and global warming.

As the population of green sea turtles rebounds in and around the Florida Keys, cases of fibropapillomatosis have exploded too, filling the corridors of the United States' oldest rescue and rehab facility, known simply as the Turtle Hospital. "When I first started here 20 years ago, I would do six to eight of these a month," says veterinarian Doug Mader, as he injects a local anesthetic, then cuts off the cauliflower-like growths with a carbon dioxide laser. "Now we are doing six to eight a week," he says as the air fills with the smell of saltwater, alcohol wipes and burning flesh. Each turtle can require several operations to remove all the tumors, which cover their necks, underbellies, and eyes, blinding them and making it hard for them to find food.

Green sea turtles were first listed as endangered species in 1976, but are now nesting in record numbers -- 28,000 nests counted last year in Florida, up from fewer than 500 decades ago. Their status may be changed from "endangered" to merely "threatened" as early as March. While conservationists celebrate these successes, they also lament that the animals' environment is increasingly polluted and hot, as the oceans absorb most of the warmth from human-driven climate change.

The evidence lays before Mader every day in the clinic. "I have this horrible feeling that as the oceans warm we are going to see more and more disease," he says.

Nestled in a bright green motel complex connected by pebble strewn pathways, the Turtle Hospital opened its doors in 1986, taking in 12 patients in its inaugural year. Last year, it treated 173 sea turtles -- 119 of them with fibropapillomatosis -- according to manager Bette Zirkelbach. These days, the hospital has never been busier. Its staff of 18 and fleet of orange-and-white ambulances can be dispatched around the clock to fetch injured turtles. Fibropapillomatosis was first documented in sea turtles in the 1930s, and is pervasive in warm waters around the world. Zirkelbach says about half the green sea turtles in the area are infected, and the cases are getting worse. "In 2012 it was rare to have a turtle coming in with tumors on both eyes. By fall of 2013 almost every turtle that came in with this virus had both eyes covered with tumors."

After spending a year in the hospital's pools, tumor-free, the turtles may be released. But if the lesions get into the kidneys and lungs, there is no way to save them. These days, just one in five green sea turtles with fibropapillomatosis will make it back out to the wild, says Zirkelbach. "They are just too sick."

#### - Tourist-funded treatments -

On a typical Tuesday in January, Mader sees patient after patient, most of them rescued after boat strikes, swallowed hooks, entanglements with fishing gear, and disease. It's a spectacle that tourists pay to see. A visit to the Turtle Hospital costs as much as an afternoon at the movie theatre, but offers a glimpse of real veterinary teams as they operate on sick turtles behind a plate glass window. And while the US Fish and Wildlife Service Conservation Commission issues the hospital's permit and is supportive of the work they do, visitor cash is what pays for all the services, according to owner Richie Moretti. He says 75,000 people visited last year alone, fully funding a hospital which currently hosts more than 60 turtles and costs about \$1.5 million a year to operate. Some tumors are mysterious, like the one Mader sees on a female 80-pound (36 kilogram) adult Kemp's Ridley, who has a bulbous growth the size of an avocado seed near her back right flipper. She is not an eager patient. A young male attendant leans over the operating table, presses his belly against her shell and hugs her still. "Shhhh," he whispers, as he waits for the anesthetic to kick in. Moments later, the reptile relaxes. Mader cuts off the tumor with a radio scalpel, then expertly stitches her back up. Next, the biggest patient of the day -- a 190-pound (87-kilogram) male loggerhead turtle that may be as old as 70, has been hit by a boat and hasn't been eating. He shows symptoms of lockjaw, perhaps from a fishing hook stuck in his hard palate and visible on an X-ray. The team works for 45 minutes, reaching in the turtle's mouth to extract the hook, but it's been pushed too deeply into the soft tissue near the back of the throat. "Someday, I hope all fishing gear is biodegradable," sighs Mader. Eventually, he decides the hook will have to stay where it is. The staff will try physical therapy for the turtle's jaw, and try to get him to eat again before releasing him. "It's frustrating," Mader says, as the attendants roll the turtle out of the operating room. "You want to fix every one of them."