

FINStrokes

News Bulletin



November December 2016

POOL NOTICE & Family Swim

Albion Pool closed
Dec 6-22 2016

While the pool is closed, folks will
meet at Swiss Pick 8 PM-ish

Join us for a Family Swim
Thurs Dec 29 2016
830-930pm

No SCUBA on Family Nights

It's Membership Renewal time again!

Get your Membership renewals in early
to be eligible for the
FRONT OF THE DIVE LINE DRAW.

The 2017 Renewal Form is at the end of the
Newsletter. Hand in your Form to any Executive
member or mail or login to the online
Registration webform for Regular Membership
renewals. www.euc.ca/membership



Daily Bread
Food Bank

Everyone is welcome to participate in the
Holiday Food Bank event
Saturday Dec 23 @ 10am ,
Meet up in the parking lot at 9:30AM.
191 New Toronto St.

SHOUTS OUTS

Happy December Birthday to
Micheal Yano
Chris Basham



If we miss yours, click euc_fins@euc.ca to add yourself to the Birthday List.

DONT MISS THESE UPCOMING EVENTS...

EUC Christmas Party
Dec 3 2016. Canadiana Room



Registration deadline for Nitrox Course
Dec 11 2016.



Daily Bread Food Bank.

Sat Dec 23 2016 930am. 191 New Toronto St.



Family Swim Night

Dec 29 2016. 830-930pm



TRAINING



Upcoming Courses & Dates:

Spring 2017

Nitrox course

Sat Jan 7 2017. 9:00am - 5pm

\$150.00/person in cash, payable on Registration

\$25.00 Nitrox refreshers / sit-ins

Buoyancy workshop (2 nights)

Thurs Jan 19 and 26 2017

Limit of 6 participants

\$20 participation fee for both nights

Ice Diving Course tentative

Feb/March 2017

Try Scuba

Thurs March 2 2017

7:00pm - 10:00pm

ACUC Open Water Diver Course

Thurs March 9 2017 Registration

Thurs March 23 2017 for Night 1

EUC CHECKOUT WEEKEND

June 3-4 2017

Windmill Point

Dale Johnson

Training Director EUC

euc_training@euc.ca

Ernestine's Women's Shelter

In the spirit of Holiday Giving; the EUC will be supporting **Ernestine's Women's Shelter** this year.

There are 14 women and 22 children that reside onsite at the shelter. The children are from 1 to 15 years old. Ernestine's also supports over 100 families that have moved out of the shelter to rebuild their lives in the various communities across the GTA.

Other than toys; below are some other ideas of items needed for your consideration.

Ernestine's Women's Shelter Thank you for your support!

Anyone unable to attend the Christmas Party can drop off at the pool on Thursday.

Thank you very much!

Brenda Tsotsos

FOOD: Tuna
Rice (all sorts)
Flour (all sorts/gluten free)
Cooking Oil
Porridge



TOILETRIES: Toothpaste / Toothbrushes
Soap / Body Wash
Shampoo / Conditioner
Deodorant

BABY/TODDLER: Baby Toiletries
Diapers / Pull ups
Baby food, baby formula, cereal


CLOTHING (new only): Winter coats - youth (M&F) & adult
Snow suits - NB to 6yrs
Winter boots - toddler, youth (M & F) adult
Socks & Underwear - toddler, youth (M&F) & adult
Slippers, Sleepwear, Housecoats

HOUSEWARES: Toaster, kettle, microwaves, toaster oven
(new /gently used) Pots and pans
Spring loaded curtain rods & curtains
Towels & shower curtains (New only)

GIFT CARDS/TRANSPORTATION:
PC Grocery Gift Cards, Wal-mart, Shoppers Drug Mart, VISA & TTC Tokens. These are especially important because they enable us to purchase items during high need times and to share with families when they move into their new homes.



WATCH THIS SPACE
for EUC's 60th Anniversary
Celebration plans!



Etobicoke Underwater Club

Christmas Dinner & Dance

Date: Saturday December 3rd, 2016
Location: Canadiana Banquet Hall
5230 Dundas St W – Six Points Plaza
Cost: \$ 55.00 per person
\$ 25.00 children under 12
Time: Appetizers at 5:30pm
Dinner at 6:30pm


RSVP By: November 24, 2016
Brenda Tsotsos or Anita Michelucci
E-mail: euc_events@euc.ca

IN THE SPIRIT OF HOLIDAY GIVING
PLEASE BRING AN UNWRAPPED GIFT FOR
ERNESTINE'S WOMEN'S SHELTER

Advise of any Dietary Requests

Door Prize Donations are Welcome

MAP



Interested in an Ice Diving Course?



We are planning one for Feb/March, weather permitting of course.

Let us know. euc_training@euc.ca

NITROX Course

Want to extend your bottom times?
Want to dive safer?
Want to further your scuba education??



Sign up for the ACUC Nitrox Diver course!!!!

NITROX DIVER COURSE

Instructors: Ron Seidl, Scott Holmes
Prerequisite: Open water diver certification
Date: Saturday Jan 7 2017
9am – 5pm
Location: Brampton, Ontario - tba
Sign up deadline: Dec 11 2016
Cost: \$150.00
Deposit required: Yes, \$75.00 upon signup for course materials order
Payment method: Cash only, payable to Dale or Ron
Inclusions: All course materials & ACUC certification
Water, coffee & tea
Lunch – bring a lunch
Exclusions:
Refresher cost: \$25.00

Please RSVP to Training Director (Dale) at euc_training@euc.ca
Or contact Ron S. Or register online at www.euc.ca/training/course-registration

*** Deadline for registration: Dec 11 2016.**

 **Follow us!**

FINS Below Newsletter and FIN Strokes News Bulletin are official publications of the Etobicoke Underwater Club Inc.

EUC EVENTS CALENDAR

December 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Club Pool Night Albion Pool	2	3 EUC CHRISTMAS PARTY	4
5	6	7	8 Albion Pool closed	9	10	11 Nitrox Course Reg deadline
12	13	14	15 Albion Pool closed	16	17	18
19	20	21	22 Albion Pool closed	23 Daily Bread Food Bank	24	25
26	27	28	29 Albion Pool OPEN for FAMILY SWIM	30	31	

Annual Physical Condition Checklist

If any of the following apply to you, please check:

- Persistent Headaches
- Heart Trouble
- Claustrophobia
- Severe Frequent Colds
- Tuberculosis
- Dizziness or Fainting
- Operation
- Emotional Problems
- Epilepsy
- Asthma
- Alcohol Addiction
- Serious Injury
- High Blood Pressure
- Motion Sickness
- Hospitalized
- Pneumothorax
- Allergies to Drugs
- Dentures
- Regular Medication
- Glasses / Contacts
- Smoking
- Sinus Trouble
- Pregnant
- Ear Trouble
- Diabetes
- Hay Fever
- Chest Pains
- Tranquilizers

If you checked any of the above, please explain: _____

Any Serious injury or accident, or illness not mentioned above, please explain: _____

Date of last medical examination: _____

MM / DD / YYYY

Are you registered with Medic Alert, please specify. _____

Waiver, Liability Release & Statement of Understanding

Initial each statement of understanding & sign at the end.

Parent or guardian must initial each statement as well as the member, if the member is under 18 years of age.

Insurance Waiver

(The specifics of the Liability Insurance Policy is posted on the EUC website for review.)

I, _____ understand that the ETOBICOKE UNDERWATER CLUB INC.'s Liability Insurance Policy has specific Requirements for supervision, recreational & certification limits, as outlined in the Club Policy Manual, which must be met in order for coverage to apply to Club sanctioned events.

I acknowledge that if at any time, I do not dive according to these Requirements, I am not included in the sanctioned event or covered by the Liability Insurance Policy & I am diving at my own risk.

Statement of Understanding

_____ I acknowledge that SCUBA diving involves exposures to certain abnormal conditions: underwater submersion, changes in ambient pressure, changes in pressure of inhaled air & increased stress levels.

_____ I acknowledge that SCUBA diving involves more risk than ordinary swimming.

_____ I am aware that in some circumstances, participation could result in physical injury.

_____ I am in proper physical condition to participate in SCUBA diving activities.

_____ I understand that an annual physical examination is advisable when taking part in SCUBA related activities.

_____ I have completed the annual physical check list & understand that should my physical condition change, it is my responsibility to inform in writing, the Secretary of the ETOBICOKE UNDERWATER CLUB INC. of these changes.

_____ I understand that it is my responsibility to make the Convener of an event, Divermaster, Event Coordinator aware of any medical condition that might require special medication or treatment. Should a guest have special requirements, it is my responsibility, as their sponsor, to inform in writing, the Convener of these conditions.

_____ I acknowledge that solo diving in the pool or open water, is not sanctioned by the ETOBICOKE UNDERWATER CLUB INC. nor

covered by the liability insurance carrier.

_____ I understand and give my permission to use my image for club purposes.

Liability Release

_____ I am hereby willing to assume the above mentioned risks of injury or health risks for myself & assume full responsibility during & after my participation in any ETOBICOKE UNDERWATER CLUB INC. sanctioned activities & I therefore hereby release & forever discharge the ETOBICOKE UNDERWATER CLUB INC. & the ONTARIO UNDERWATER COUNCIL, their officers & any other organizers, sponsors, representatives, their agents & employees & any other person or organization assisting them in respect to any claims for damages or injuries suffered by me as a result of my participation in or traveling to or from any ETOBICOKE UNDERWATER CLUB INC. sanctioned activities.

I declare that I have read, understood & agreed to the contents of this Membership Renewal Form.

Dated this _____ day of _____ 20_____

Signature _____ Parent / Guardian (if individual is under 18 years of age)



www.euc.ca

2017

Membership Application & Annual Renewal Form

Return completed forms & applicable fees in person or mail. Or make your payment online by Logging In to the website Membership section & return the completed form to:

Etobicoke Underwater Club
c/o Bruce Beattie
140 Hopedale Ave
Toronto, ON
M4K 3M7

Local EUC phone number 647-723-6382

