

FINSBelow

October/November 2017

Newsletter



Photo by Marianne Collins

Diving the Cayman Islands...
Stingray City
More on page 10...

IN THIS ISSUE

- Page 1 Upcoming Events
- Page 3 Notices
Membership Renewal
Shout Outs
4 Sale
Pool Notice & Family Swim
- Page 4 Notices
Member Open House
Underwater Hockey Night
Roatan Dive Trip
- Page 5 Tobermory Weekend Photos
- Page 6 Fall BBQ Photo Album
- Page 7 Food Bank Photos
- Page 8 Coming Up
Holiday Train
Ernestine's Womens Shelter
Oceans 2020 Presentation
- Page 9 EUC Christmas Party Notice
- Page 10 Article Stingray City
- Page 11 Article Ice Diving Certification
- Page 12 November Calendar
- Page 13 December Calendar

DONT MISS THESE UPCOMING EVENTS..

- Holiday Train Xmas Food Bank
Tues Nov 28 2017 
- EUC Xmas party-Canadiana Room
Sat Dec 2 2017  
- Oceans Towards 2020 Keynote Lecture
Mon Dec 4 2017 
- Albion Pool closed
Dec 6 - 31 2017 
- Family Swim Night Albion Pool
Thurs Jan 4 2018. 830-930PM 
- Member Open House/UW Hockey
Thurs Jan 18 2018. 730PM/830-930PM 

EUC Executive Committee 2017 – 2018

President	Cam Sherriff	euc_president@euc.ca
1st Vice President	Scott Holmes	euc_training@euc.ca
2nd Vice President	Ken Giuliani	euc_safety@euc.ca
Past President	Roland Wenzl	
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Events Chair	Brenda Tsotsos	euc_events@euc.ca
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Equipment Officer	Goncalo Jorge	
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Recording Secretary	Sarah Wenzl	
All Media		media@euc.ca

Have any good stories that you would like to share? Send them in to euc_fins@euc.ca. Please do not email pictures. The Editor will provide you with Dropbox access to upload picture files.

Text submissions can be sent in Word, plain text or PDF format. JPEG is the preferred file format for pictures.

Note: Do not send or upload anything that you do not want to be published to the members of the Club.

FINS Below Newsletter and FIN Strokes Bulletin are official publications of the Etobicoke Underwater Club Inc.(EUC).The mandate of EUC is to teach proper and safe use of SCUBA and to bring to its members the sound benefits and pleasures of organized activities. The opinions expressed in articles in this publication, reflect the views of the writers and do not necessarily indicate the attitude of the Club. FINS Below and FIN Strokes are published six times annually. Articles and pictures should be submitted for publication electronically to the FINS Editor at euc_fins@euc.ca. Submissions should be received by the 15th of the month before the publication issue. By submitting material for publication, the owner gives unlimited Use Rights to the Club. All articles and photos submitted must not infringe any copyright, violate any property rights, or contain any scandalous, libelous, or unlawful matter.

Only photos original to the submitter or with proof of permission, may be published.

Any ideas for events or activities that you would like to see the club involved in? Let the Events Chair know.

Brenda Tsotsos
euc_events@euc.ca



Follow us!



NOTICES...

It's coming up on Membership Renewal time again!

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

The 2018 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

Hard Lead SCUBA Weights

Made to order

\$3/lb EUC Members in Good Standing

\$4/lb Non-Members Compare at \$5-6/lb
in local shops

Proceeds to go to
Club Gear Upgrades

Contact Scott Holmes
euc_training@euc.ca

POOL NOTICE & Family Swim

Albion Pool will be closed for maintenance for the month of December

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

Join us for a Family Swim
Thurs Jan 4 2018
830-930pm
No SCUBA on Family Nights



The Club is clearing out some of the surplus regulators!

Genesis-Atlas Regulators
1st Stage balanced and environmentally sealed (means good for cold water and ease of breathing at depth).

Includes Octo, BCD hose and gauges (depth and pressure, no compass)

All refurbished and with new mouthpieces.

\$400 plus tax

Contact Cam for details
euc_president@euc.ca

Fellow members

We are missing yellow staff event t-shirts, If you are in possession one of them, please return it to Todd Pope so it can be used for the next event.



Got two minutes to help promote the club?...Give us a review on google!



<https://goo.gl/maps/dYbTsqq7fd32>

Click the link and
WRITE A REVIEW.

NOTICES...

Member Open House

Thursday Jan 18 2018

7:30-8:30PM

Albion Pool Classroom

Come see what's in store for 2018!

Give us your feedback.

Followed by

Underwater Hockey Night in Canada

8:30-9:30PM

Join us for a "friendly" game in the pool

Bring mask, snorkel and your game face!



DIVE TRIPS

Looking for a winter vacation destination? Media Luna, Roatan, Honduras

ROATAN is one of the Bay Islands, between Utila and Guanaja, located in Honduras in the south west Caribbean. It is a great spot for divers, situated on the second largest barrier reef, offering sites for all levels.

Prices starting at \$1479, based on double occupancy. Other room categories and cost will be available shortly.

The Media Luna is located approximately 20 minutes from the airport. This is a small quaint resort hosting 108 rooms equipped with either 1 king or 2 queen sized beds, bathroom with shower only, hairdryer and minifridge. There are no phones in the room. The scuba diving centre is on site and we will be contacting them ahead of time for group rates.


Contact Corynne at Tim's Diving Supplies
info@timsdivingsupplies.com
or 705-721-9797



SHOUT OUTS

Happy October Birthday to

Goncalo Jorge
Arthur Kitching
Paula Huber
Jochee Chiang
Donald Wu
Glen Dietz
Guy Cormier
Jim Steward
Brenda Tsotsos
Alex Castellanos
Herve Seguin

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

Many Happy November Returns to

Han Jiao
Dale Johnson
Chris Nagy
Philip Da Silva
Tony Del Giudice
Tommy Perez



To our members serving in
the Armed Forces, active,
retired and Reservists...
We thank you for your
service.

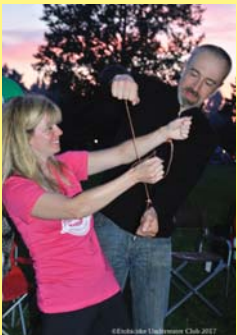
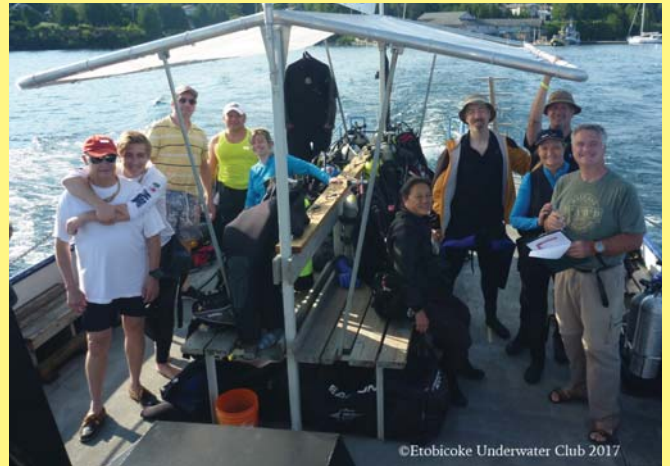
Remembrance Day



Tobermory Weekend

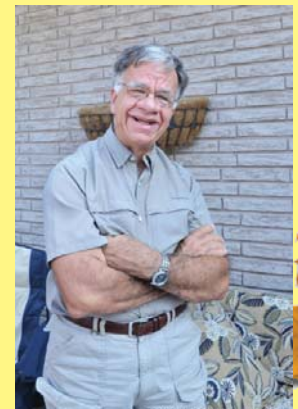
Photos courtesy Cam Sherriff

LOTS more pictures on the EUC website Photo Gallery [CLICK HERE.](#)



Fall BBQ

Thank you Tony and Rose for your hospitality. To see LOTS more pictures from the party [CLICK HERE](#).





Daily Bread

Food Bank Thanksgiving Sort



Coming up...

CHRISTMAS FOOD BANK

CPR HOLIDAY TRAIN

Tis the season to celebrate, gather with friends and give back to the community.

When: Tuesday November 28th

Where: 750 Runnymede Road

Contact: Sarah at euc_communityevents@euc.ca

On Tuesday November the 28th the EUC will be having an informal community event to start off the holiday season at 750 Runnymede Road, in front of Lambton Yard to see the beautifully decorated CPR Holiday train arrive in Toronto. The train will be arriving at 8:15pm and they will open the doors and artists Colin James and Emma-Lee will perform and play holiday music. The event will end at around 9:00 PM.

This is not only a fun way to celebrate the holiday season and a meet up with dive friends but this event is also a way to give back to the community. The CPR holiday train is a chance for people to bring food for the local food banks.

Come down to the train for an interesting Tuesday night out, bring family and friends and spend the night with fellow club members while support our local food bank with donations.

If you have any questions please feel free to email Sarah at euc_communityevents@euc.ca and you can find more information on the event and what items to bring for the food bank donation at www.cpr.ca/holiday-train/canada

CANADA'S TOWARDS OCEANS 2020

Symposium Event

Keynote Presentation - Our Blue Planet Monday December 4 2017

Doors Open: 6:30 pm

Lecture: 7:00 - 8:00 pm

Reception to follow lecture

Join Alexandra Cousteau and Mandy Rae Krack for a fascinating look at the work they've done to protect our remarkable blue planet. Alexandra Cousteau, filmmaker, Oceana Senior Advisor and granddaughter of marine explorer Jacques-Yves Cousteau, and Mandy Rae Krack, 7-time world record free-diver, ocean advocate, and TED alumni, are two extraordinary women who will share the stage and their stories.

For more info or to register click here



Ernestine's Women's Shelter

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

There are 15 women and 23 children that reside onsite at the shelter. The children are from infant 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.

FOOD:

Tuna	Pasta, Pasta Sauce
Rice (all sorts)	Mac-n-cheese
Flour (all sorts/gluten free)	Canned Fruits
Cooking Oil	Canned Vegetables
Porridge/Cereal	

TOILETRIES:

Toothpaste / Toothbrushes
Soap / Body Wash
Shampoo / Conditioner
Deodorant



BABY/TODDLER:

Baby Toiletries (shampoo, body wash, creams)
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
Pots and pans (individual and sets)
Spring loaded curtain rods & curtains
Towels & shower curtains
Dish sets & cutlery - Drinking cup sets
Grocery carts (folding on wheels)

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.

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

Etobicoke Underwater Club

Christmas Dinner & Dance

Saturday December 2, 2017

Canadiana Banquet Hall
5230 Dundas St W – Six Points Plaza

Cost: \$ 55.00 per person
\$ 25.00 children under 12

Appetizers at 5:30pm
Dinner at 6:30pm

Please R.S.V.P. by November 23, 2017
Brenda Tsotsos or Anita Michelucci at
euc_events@euc.ca

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

MAP



Advise of any Dietary Requests

Door Prize Donations are Welcome



Photos courtesy Marianne Collins

Stingray City

by Marianne Collins

So you have cuddled a manatee, swam with the sand tigers, fed the nurse sharks, the morays and the barracudas. What's next? Why dancing with stingrays of course!

On Grand Cayman in the Cayman Islands, two distinctly diverse Stingray Cities are the most popular locations visited by tourists next to the beaches. One reef is shallow, chest deep and perfect for non divers. The other, at 12 feet or so on a sand flat is perfectly suited to scuba divers and snorkelers.

For many years, fishermen returning from their day at sea anchored in the shallow and protected waters of the North Sound near Rum Point to clean their catch. Every day, the stingrays started to gather beneath their boats to take advantage of the bounty raining down from above. This ritual continued for many years until two Dive Instructors finally decided to pay the Stingrays a personal underwater visit.

At the time, it was thought that stingrays were dangerous sea creatures to be feared and avoided. The divers found the stingrays shy, gentle and not at all aggressive. Following daily feeding they earned the rays' trust to the point of being able to hand feed them and pet them.

The stingrays gather when the sound of the arriving boats announce that lunch is served. On entering the water, we settle on the sandy bottom in a circle so that the rays swim around and around the feeding ring. Divemasters hand out squid if you want it. On the boat ride, we received instructions on how to hold the squid for feeding. The ray's underslung mouth creates a huge vacuum when they suck up the treat into their mouths and one needs to keep their fingers clear. The rays come in 2 sizes. The large ones in the pictures are the females, 4+ feet across and the more insistent of the 2. The smaller ones are the males and were more like eager puppies. Note the diver wearing a "Cayman sombrero"... a common hazard.

The trip to Stingray City was one of the highlights to my Grand Cayman vacation. Historical info partly reprinted from www.grandcaymancruiseexcursions.com



"Cayman Sombrero"



Brother-in-law Mike



Sister Lynn

The Myth and the Legend of the Ice Diving Certification Card

by Harry Guerra

The Ice Diving Certification Card can be summed up in one simple word: *mysterious*. Why are so many people attracted to completing a certification for Ice diving when it can only be done for a few weeks each year?

What is the attraction towards this mythical certification?

These are some of the questions I tried to answer for myself in March of 2017. I wanted to do my ice diving certification card at all costs, so when clubs around the GTA began to cancel their ice diving trips, I began to plan my own ice diving trip that would take me to a small little town of Temagami, nestled away one hour north of North Bay, around a four to four and a half hour trip from Toronto, some 435 km.

I must be nuts I thought to myself I must be crazy.... As the time grew closer and closer I felt excitement and nervousness to see what is under the ice.

As I arrived in Temagami, Ontario I was glad to see snow and ice thick enough to do my ice diving certification.

Everyone brings their own food and we do a potluck style. Everyone had fun. We had people from as far away as Delaware, New York, and all over Ontario attend. I thought to myself, I am one of two Canadians pursuing this ice diving certification card. The only other place I knew there was ice diving was in Alberta. Imagine the honor I felt in knowing there was only 2 ice diving course in all of Canada.

I arrived one day earlier to acclimatize myself to the northern climate and to take in the relaxed country life and beautiful scenery. Saturday was spent doing the Ice Diving classroom course, in which I was exposed to different safety techniques and signals needed to effectively complete the course.

Accommodations were included with the certification course. The ice diving certification card can be issued either with PADI, NAUI, or SDI. For those who do not wish to complete the ice dives, they can qualify for the SDI Ice Tender Diver card, which is comprised of completing the regular course material without the dives.

Sunday was our actual diving day, I was very excited. We were to decide where to cut the ice and figure out the logistics behind it. We each took turns as tender, safety diver and diver. It totally is a very unique experience, There is nothing like it out there!

I loved it so much I actually stayed for both ice diving course and a total of 4 ice dives during my stay, picking up experience and confidence under the ice as we went along.



While one of my friends completed the ice diving course in a wetsuit (well to be honest it was several wetsuits layered upon each other and he was bathed in warm water before getting in), he also had the longest ice diving times...so it is all possible. Everyone else used a dry suit but the choice is yours. A dry suit course can also be arranged a few weeks prior to the course, if anyone is interested.

If I could do the ice diving course when everyone else in Toronto is cancelling theirs, you can too. There is a 99% per cent guaranteed of going through. And it is backed up by a 100% money back guarantee If you feel you have not gotten your money's worth. (If you ask for a refund you will not receive a certification card.)

I believe every Canadian should enjoy ice diving at least once in their lifetime. It truly is a unique experience which can be summed up in one word: *Nirvana*.

To my Fellow EUC friends....

This experience can also be yours. The Ice Diving course will run again in the first two weeks of March 2018, if you are interested in either being an ice diver, or tender, or simply want to learn more.

The only requirements for Ice Diving is Advanced Open Water Diver certification. The class is packed full of information whether you want to be an ice diver or just a tender.

Feel free to reach out to me at avenger65@hotmail.com, or 416-880-1347 if you want more information on this unique experience.

This is truly a Canadian experience folks, it doesn't get much more Canadian than this.

EUC EVENTS CALENDAR

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 Club Pool Night Albion Pool Basic OW Course	3	4	5
6	7	8	9 Club Pool Night Albion Pool Basic OW Course	10	11	12
13	14	15	16 Club Pool Night Albion Pool Basic OW Course	17	18	19
20	21	22	23 Club Pool Night Albion Pool Basic OW Course	24	25	26
27	28 Holiday Train Xmas Food Bank	29	30 Club Pool Night Albion Pool Basic OW Course			

EUC EVENTS CALENDAR

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2 EUC CHRISTMAS PARTY	3
4 Oceans Towards 2020 Keynote Presentation	5	6	7 Albion Pool closed for maintenance	8	9	10
11	12	13	14 Albion Pool closed for maintenance	15	16	17
18	19	20	21 Albion Pool closed for maintenance	22	23	24
25	26	27	28 Albion Pool closed for maintenance	29	30	31

Schedule is subject to change and is correct as of Jan 1 2017

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
- High Blood Pressure
- Serious Injury
- 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

2018

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 Micheal Yano
43 Twelfth Street
Toronto, ON
M8V 3G8

Local EUC phone number 647-723-6382

