

# FINNS Below

New Year 2021

Happy New Year!

Newsletter



Zoom Meeting 40-Minutes

From your Executive

Speaker View



Leave

## IN THIS ISSUE

Front page news... New membership fees for 2021. Join EUC for as low as \$20! More on page 4.

# EUC Executive Committee 2019 – 2021

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2nd Vice President	Ken Giuliani	<a href="mailto:euc_safety@euc.ca">euc_safety@euc.ca</a>
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Treasurer	Hervé Séguin	<a href="mailto:euc_treasurer@euc.ca">euc_treasurer@euc.ca</a>
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Webmaster	Chris Nagy	<a href="mailto:euc_webmaster@euc.ca">euc_webmaster@euc.ca</a>
Recording Secretary		
All Media		<a href="mailto:media@euc.ca">media@euc.ca</a>

Have any good stories that you would like to share? Send them in to [euc\\_fins@euc.ca](mailto: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](mailto: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.



[euc\\_events@euc.ca](mailto:euc_events@euc.ca)



**Follow us!**



# NEW YEARS MESSAGE FROM THE PRESIDENT

What a wildly unexpected ride 2020 was!

Most will be glad to cautiously welcome 2021.

When last year started, we were having large discussions about the direction EUC was heading, whether to continue certain traditions.....what to change, what to begin and what to start over. As it turns out, the year would take over and flip all plans on end. It was an anxious year of things on hold, caution around all people, with new ideas like social distancing and zooming becoming commonplace. Each individual was a restricted homebody. It has been challenging, frustrating, scary, and brought back the basics of what's most important.



While we don't know what 2021 will bring, we are hopeful we will all have the chance to get together again to share some stories, some laughs and some diving! Until that can happen, we have been planning some virtual activities and seminars to connect. We have done a restructuring of the memberships so now you can be a member for as low as \$20. If you'd like to join us for some of the planned online get togethers, please make sure to sign up! We have a very diverse membership, and with the online structure, we have the opportunity to hear about a wide range of topics. If you are interested in presenting something to the Club, please reach out to me.

Cam Sherriff  
EUC President

# NOTICES

## It is Membership Renewal time again!

### NEW Membership Fees for 2021

**Regular Member (Diving) \$60 includes OUC insurance**  
**Social Member (Non Diving) \$20**

The 2021 Membership Information Form is at the end of the newsletter. Preferred method of membership registration and payment is with the website Registration Webform. In addition, print the Membership Information Form at the end of the Newsletter, fill it in and scan, or photograph with your cell phone and send to [euc\\_secretary@euc.ca](mailto:euc_secretary@euc.ca). If you can't use the online Registration Webform for online payment or email the filled out Membership Information Form, you can mail the completed paper Form and a cheque to the address on the Form.

Click here to go directly to the website Registration page.



## Also new for 2021

### Members Only Seminars & Games nights









We have virtual seminars planned twice a month but could increase if there is enough interest.

Zoom invitation will come by email.

Open call for suggestions for seminars or games. If anyone would like to do a little talk, please contact Cam.

As this is new for the group any input is welcome!

## DONT MISS THESE UPCOMING EVENTS..

-  Jan 7 7:30-8:30pm Pictionary
-  Jan 21 8pm -9pm Mental Health Impacts of the Pandemic with Dawn Binkowski
-  Feb 4 7:30-8:30pm Bingo night
-  Feb 8 7:30pm An Intro to the Rays at Ripley's! with Cam Sherriff
-  Mar 4 7:30pm Trivia Night
-  Mar 18 7:30pm Carolyn Rose with Art Penney

EUC Events and Dive Trips can also be seen anytime on the Club calendar under the Resources tab.

Click here to view.



# Our Mental Health and The Impact of the COVID-19 Pandemic



Dawn Binkowski, RP  
Scott Holmes

Since the beginning of the COVID-19 pandemic in late 2019 as the virus and its physical and socioeconomic impact spread around the globe, another impact has been felt by virtually everyone in the world.

A vague unsettled feeling, bouts of depressive mood, tension, anxiety, otherwise unexplained bouts of crying, moodiness, anger, being on edge and hair-trigger anger can all be expressions of the pandemic's impact. These effects can be and are felt by people regardless of economic status, intelligence or even those whom we might otherwise perceive as "tough". Where are these effects coming from, and what is it about the pandemic that is bringing these things to the surface for so many?

The pandemic is impacting our nervous system, even if we don't let it up into conscious mind. In order for our nervous system to be fully calm and able to cope normally with the day-to-day, we need certain conditions to be met.

We need:

**Security** - The perception that we are safe.

**Agency** - The perception that we have free choice.

**Predictability** - The idea that we can somewhat anticipate events and conditions in the future.

**Control** - The idea that through agency and predictability we can ensure ourselves some level of safety.

**Connection** - Knowing that friends, kin and even others in the world are available for support.

**Personal Supports** - Access to our normal coping mechanisms (activities, routines and other outlets) to dissipate energy or find strength as needed.

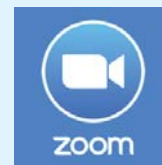
All of these "needs" have been interfered with by the pandemic.

## Security

While our rational brain might know that we are able to mitigate the danger of transmission, our primitive brain or our survival mechanism isn't connected to the rational logic-driven part of our brain. It is subconsciously registering that other people are a danger. This can contribute to a low-level sense of anxiety when out in public or at work, even when in otherwise familiar surroundings.

Normally, when interacting with other people, a smile can engage what is called our "social brain" and would let us know that there isn't any danger. This effectively cancels the alarm our primitive brain has sounded, and allows us to relax somewhat. Unfortunately, when out in public now, a smile is no longer available to us when everyone is following the guidelines for the use of cloth masks. Our internal survival mechanisms are constantly scanning others to determine if we are safe with them, and masks interfere with that.

Join Dawn for more on dealing with the effects of the Covid-19 pandemic on our well-being on Zoom Member Seminar.  
Jan 21 8pm -9pm!  
Invitation will be sent to EUC members by email.



## Agency

We are currently being bombarded with messaging from Federal, Provincial and local health authorities, friends, family and other peers as well as commercial media, social media and other outlets about what we can and cannot, should and should not be doing in our day-to-day lives. Our routines are being threatened or curtailed, family events like weddings, funerals and holidays are severely limited or at risk of postponement or cancellation. We cannot have things the way we want right now and as a result we are feeling a loss of agency. We feel we cannot decide for ourselves what to do or not do.

## Predictability

We don't know when this pandemic will end so that leaves a large question mark on what any "new normal" might look like. Often, circumstances and rules are changing week-to-week or even day-to-day. The lack of predictability creates an environment that is ripe for anxiety. It can feel like the ground is shifting under our feet, and it becomes difficult or impossible to make concrete plans for any reasonable time into the future.

## Control

The loss of any one of the three above would normally be enough to add stress and anxiety to a person's emotional well-being. Under the current circumstances, most of us are dealing with a perceived or real loss of at least one or two if not all three. Our world can feel like it's sliding out of control, even if just on the subconscious level.

## Connection

Being restricted from visiting with others in person, or even engage with strangers in the street as we normally might, loss of many facial cues and even muffled voices all contribute to the perception that we are less connected. Holding regular video calls with loved-ones can help, but do not feel the same.

Having to maintain social distancing and avoiding the physical contact of a hug, touch on the shoulder or even a handshake all help to reinforce the emotional distance between ourselves and others.

We are also finding ourselves on one side or another of debates around things like the efficacy and utility of masks, economic shutdowns and other pandemic-related subjects. In this we feel a level of disconnection with others around us if we find ourselves divided by these issues.

## Personal Supports

Many of us have historically counted on being able to sit and have a coffee at a local shop, go to the gym, play team sports, shop, SCUBA dive, go to the movies and the list goes on. These things would normally help us regulate our energy levels, relieve stress and often interact with others for greater connections. Again, many of these activities have been curtailed, and where they haven't, or we choose to do them anyway, what normally feels good or relaxing may carry a sense of heightened risk and anxiety with it instead.

Our nervous system reacts to all these factors by tensing and becoming hyper-vigilant, attempting to protect us from any perceived danger. This can manifest as anxiety, depression or dissociation which is a type of numbing-out. If we don't want to feel, our survival mechanism can put us into a fuzzy state and we might notice a desire to engage in activities where we can numb-out such as binge-watching Netflix or turning to substances like alcohol, food, cannabis, etc. It can also manifest as a need to control others or circumstances around us to compensate for the lack of control we may be feeling in our current lives. This is part of what can be underneath some of the anti-mask and conspiracy behaviour.

It is important to remember that it takes more energy to get through each day now. There are very few quick decisions available to us. Most things need to be considered on a variety of levels, many of which involving our safety and the safety of those we care about. This means we have less energy available to do the things we did pre-pandemic so it's important to adjust our expectations of ourselves and others.

In this environment we also are likely to default to old familiar coping mechanisms, even if they are now maladaptive. It's important to be on the lookout for that and to offer ourselves healthy supports such as breathing mindfully, exercise, finding support for our feelings and getting outside whenever possible.

Lastly, we should recognize that the pandemic conditions are very similar to trauma conditions. This has created a pathway for previous trauma to re-enter our subconscious, leaving us with a feeling of impending doom or danger and heightened reactivity.

It is important to meet ourselves where we are with compassion and self-support. Remind yourself frequently that you are safe and are able to mitigate danger in the vast majority of situations and avoid the temptation to take the actions of others personally. Remember that no one is normal right now. You and those around you may be in need of extra compassion and understanding. If you need extra support via therapy or medication, then please know you are in good company. It's completely normal to need a little extra support in these abnormal times.

If you need help to find a therapist for yourself or a loved one, please feel free to contact Dawn at: dawnbinkowski@gmail.com



# EUC EVENTS CALENDAR

# January 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Member Seminars 7:30-8:30 PM Pictionary	15	16	17
18	19	20	21 Member Seminars 8:00-9:00 PM Mental Health Impacts of the Pandemic with Dawn Binkowski	22	23	24
25	26	27	28	29	30	31

# EUC EVENTS CALENDAR

# February 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4 Member Seminars 7:30-8:30 PM Bingo Night	5	6	7
8	9	10	11	12	13	14
15	16	17	18 Member Seminars 7:30 PM Intro to the Rays at Ripley's! with Cam Sherriff	19	20	21
22	23	24	25	26	27	28



# All Members

## Message from the Secretary

- Please fill out the appropriate fields on the form **COMPLETELY** & return it to the Secretary along with your membership fee.
- Included in the form is a self sign medical. For your safety & that of the Club, we ask that all diving members complete the annual physical checklist.
- All members are asked to update their online profiles through the website. All information submitted is confidential & available only to the members of the Board on a need to know basis.
- Initial & sign the Waiver, Statement of Understanding & Liability Release.

## Fee Schedule

- Regular Membership (Diving)**  
*Includes right to participate in all diving activities, receive club communications, voting rights, and social activities*
- Social Membership**  
*Includes club communications, voting rights and social activities. No diving privileges, No OUC membership or Liability insurance coverage.*
- Honourary Membership**  
*No fee, voted in by membership. Includes club communications. No diving privileges, voting rights. No OUC membership or Liability insurance coverage.*
- Life Membership (Diving)**  
*Voted in by club membership  
Includes all privileges of Regular membership*
- Ontario Underwater Council Membership Fee**  
*Mandatory for diving membership. EUC is an OUC Member Club & complies with OUC regulations. EUC Club members are Blue OUC members.*
- Liability Insurance Fee**  
*Mandatory for diving membership insured club members are covered while engaged in sanctioned & supervised diving, training.*

	Member Dues	OUC Fee	Insurance Premium	Sub Total	Total Fees
Regular Member (Diving)	\$20	\$20	\$20	\$60	\$
Social Member	\$20	-	-	\$20	\$
Honourary Membership	\$0	\$0	\$0	\$0	\$
Life Membership (active)	\$0	\$0	\$0	\$0	\$
<b>Total Monies Due:</b>					<b>\$</b>

OFFICE USE ONLY CASH \$ \_\_\_\_\_ CHQ# \_\_\_\_\_

## 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 sanctioned activities & I therefore hereby release & forever discharge the ETOBICOKE UNDERWATER CLUB & 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 sanctioned activities.

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

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

Date: MM/DD/YYYY

Signature: \_\_\_\_\_  
Parent / Guardian (if individual is under 18 years of age)



www.euc.ca

2021 Membership Application

## Membership Information

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: ( ) \_\_\_\_\_

Other Phone: ( ) \_\_\_\_\_

## Emergency Contact Information

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone#: ( ) \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

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

# Regular and Life Members

## Annual Physical Condition Checklist

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

- Persistent Headaches
- Heart Trouble
- Persistent Coughs
- Claustrophobia
- Severe Frequent Colds
- Tuberculosis
- Dizziness or Fainting
- Operation
- Emotional Problems
- Epilepsy
- Asthma
- Alcoholic Addiction
- Serious Injury
- High Blood Pressure
- Motion Sickness
- Hospitalized
- Pneumothorax
- Allergies to Drugs
- Regular Medication
- Dentures
- 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 (Diving Member)

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

I, \_\_\_\_\_ understand that the ETOBICOKE UNDERWATER CLUB'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 SCUBA diving events.

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

I acknowledge that SCUBA diving involves exposures to certain abnormal conditions: underwater submerison, 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 of these changes.

I understand that it is my responsibility to make the Convener of an event, Dive master, 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 nor covered by the liability insurance carrier.

## Certification Information

I hold the following certification:

(Please check the highest applicable box)

- Basic Open Water Diver
- Advanced Open Water Diver
- Rescue Water Diver
- Other \_\_\_\_\_

Professional level certifications:

- Divemaster
- Assistant Instructor
- Instructor

## List All Highest Level & Specialty Certifications

Agency	Level	C-Number

## Additional Certifications

Description	Expiry Date
First Aid	
C.P.R.	
O2 Provider	