



Buddy Line

March – April 2010



By Jack Purchase

I'm delighted to welcome all of our returning members, particularly Pat Carnwith who has recently completed her exciting assignment with Bell regarding the Olympics and Paralympics in Vancouver. At the time of writing this, Pat was diving in Utila off the coast of Honduras and we look forward to hearing her stories of that adventure.

Another fellow past member, Marian Niculescu, has had to defer renewing his membership due to a major rowing commitment: he is training daily (sometime 3x) for the upcoming World Rowing Masters 2010 Regatta to be held in St Catharines in September – we wish you all the best of luck in this endeavour, Marian. Keep us posted!

I'd like to extend a special welcome to our new SUCI members, both experienced divers and those currently in training. This year we adjusted our dive season package to include more opportunities for novice divers. These dives should provide valuable safe diving experience to improve both skills and confidence.

As part of our continuing effort to focus on diving safety, we have instituted a diver and dive rating scheme aimed at making sure that individual divers are matched with the required skills and experience for each dive. This has been recently launched and we appreciate the insight and understanding shown by SUCI members with this new structure. As with any change, there will be a few wrinkles along the way and we will work to smooth these out, particularly for individual divers who find themselves affected by this scheme.

In conclusion, our dive season is off to a good start and I'd like to wish everyone a fun and safe season of scuba diving in Ontario's sometimes challenging waters.

Good diving and stay fit.

Editor's comment:

This issue is unusually long due to club events and the various dive trips that some of our members made to the warm waters of the south during the months of Jan., Feb. & March 2010 and wished to share.

Diving Fitness Tip of the Month

by Nora Mark, Training, Committee

Diving is a very physical sport, even if it doesn't seem to be. In keeping with the previous thoughts on diving and fitness, I have a point regarding weight training. Regular weight training just twice a week can make all the difference in the world to a scuba diver because this sport can put a real strain on your body, especially when climbing a ladder or lifting yourself out of the water after a shore dive. Much of the struggle with these tasks can be prevented. There is enough multi-tasking in diving without being preoccupied with such concerns. This is especially important for women who are usually not in the habit of challenging their upper body muscles. It is amazing what a difference it makes when core muscles are strengthened, particularly those in the back, as well as the arms and shoulders.

Having been a long distance runner for years, I thought I was in pretty good shape but early in my diving career I wasn't prepared for the strain that tanks and weights can put on the system - it could even take some of the fun out of the sport. This was amplified for multiple dives and I knew something had to be done about it. After just a few weeks of strength training, I started to notice a real difference. Now it is part of my regular fitness routine. Even for a middle aged diver, the body responds well. As well, improvements in agility often become a beneficial side effect of your efforts.

I highly recommend the use of a trainer, even once or twice, to outline specific sets of exercises that are appropriate for your individual needs. Fine tuning the body can be complex and professional help avoids injuries and maximizes training efficiency. Simple routines can be carried out at home and involve just a few weights. Many exercises, such as the plank, can be done anywhere and are very effective.

With greater confidence, you can look forward to the challenges in body strength that diving presents and not worry about injuring yourself or depending on others for help. Being fit from a cardio-vascular and muscular point of view, also means you use less air and will not be as tired at the end of the dive. Empowered, then you can truly embrace the joy of scuba diving.

Editors Corner:

by Vivian Reid

The winter months have been very busy for our Scuba Club members. Many have been travelling to warmer climes (check out the articles in this issue) as well as other activities we either host or participate in.

Semi-Annual Bowling Night: In February the club held our semi-annual 5-pin bowling night at the Island Road Bowling Alley with refreshments at the Black Dog Pub after. It was a fun night with enough members, family & friends attending to make up five teams. Thanks to the good thinking



of our Activities Dir., Lee Ann Smith, she was able to curtail our usual run-away perennial individual winner, Paul Sauvé. She brought along her nice red Olympic mittens which she presented to Paul with instructions to wear them when he bowled under threat of severe pain & punishment. Being the good sport that he is, Paul complied. This gave Mike Durst a fighting chance and he took the prize for highest score overall. Marilyn Rici took the high score for the ladies. The highest scoring team is pictured below:



Outdoor Adventure Show: February saw the club taking part in the Scuba display at the ODS with our divers putting on demonstrations in the tank and members handing out information and talking to the crowd. The final afternoon of the show, our own Raimond Krob gave Rick Mercer (The Mercer Report) a quick lesson on scuba diving. If you didn't get a chance to see the show a video clip can be seen if you click on the link below:



<http://www.cbc.ca/video> and click on Episode 17.

Spring Discover Scuba: SUCI's Spring Discover Scuba was held on March 6th. As usual many of the club members pitched in to help. All the participants said they thoroughly enjoyed their underwater adventure with several indicating that they were interested in signing up for course which



began March 31st. A large amount of food was collected for the Food Bank as well. Our thanks to Jo Anne Maheu for organizing the Spring Discover Scuba, all the members who helped out, and to the people at Innerspace in Pickering for supplying the equipment for the event.

FOLLOW THE DREAM - JANUARY 2010

by Faith Sahadath

We spent one month, James & I, in the middle of the Pacific Ocean. On Dec. 27th, we were off to Hawaii. Through the troubled customs and immigrations that day, what with the de-icing etc. - the usual procedure in Toronto in winter, we were off.

New Year's Eve we are on the beach at Waikiki. Miles of beach with Diamond Head on the left of us. Many boats of all sizes are lined up after dark in the deep water. At the stroke of midnight fireworks lit up the sky - about half an hour of fireworks... 2010 is truly here.

With the arrival of daylight, the surfers, swimmers are in the water near shore and far out.... A long surge is playing across the ocean for as far as we can see. We spent New Year's Day on the beach and in the water. The sun is bright and the water is warm.... once in awhile we get to follow a dream.

We are going on a cruise for 8 days through some of the islands.... The ship is 955 feet long and at times, even this large "boat" has a rhythmic roll to it.



We have a balcony off our state roomthe whales are jumping every which way.....



The ship stops at some of the larger islands; everyone gets off and takes part in shore excursions. We were going snorkeling but the wind was so strong

the little boat that was to take the passengers could not get out of the harbour so we went whale watching instead.

The huge creatures, most the size of a school bus, breach and jump,



sometimes head first and sometimes on their side, waving their fin in the air and sometimes standing on their head. I tried many times to catch them with my camera. Yes, I did get some pictures. This activity happens so fast that by the time this mortal got the camera operating, the film looks quite empty. The pictures are in my heart. On the other side of the boat the dolphins play and jump.

We snorkeled and I dove. When we were swimming and/or snorkeling we could hear the whales talking....

Diving in one place, the first turtle was chased with vigour by thy new divers, of course you know, the turtle looked around and bid us all adieu.

The visibility at this site was 60 to 80 feet. The bottom was fine sand



patches then coral formations. I could see the imprint of a turtle on the sand. There were turtles of various sizes everywhere. The posed patiently for us to photo. I think the whole process was quite boring for them. I

am sure I saw one yawn. I have been known to forget the dive plan and follow the turtle. There were small octopus there and very interesting shells. I am told that the octopus eat the innards of the conch shells.

The octopus' life is about one year. Apparently they mate and often the female east the male. The female then makes a nest, bears the eggs and then she dies. Her body stays with the nest and the little ones eat her until they are big enough to hunt for themselves. I know that you wanted to know that.....

When we are moving about the ocean in this area, the whales have the right of way. They, the hump back whales, are in this area to make babies, bear their young and play. These huge creatures swim across the bow of our dive boat. We stop until the whale has decided what it wants to do. We must be very mindful of the babies. They are very unpredictable.

BONAIRE ADVENTURES

by Kari MacChesney

On Saturday February 20th, a group of 8 eager divers set off on Continental Airlines bound to Bonaire. With a 4 hour layover in Newark and a glimpse of the Empire State Building while flying in (the closest I have been to New York), we passed the time eating a delicious meal at the infamous Ruby's Diner which boasts the best burgers in town and I must admit, they were pretty darn good! Mmmm.

We boarded the plane and noticed a lack of passengers onboard. We began snickering and whispering to one another that once the doors closed we would beeline it for an empty three seater to lie down and enjoy the 5 hour ride comfortably. We weren't alone on that thought process as we could see all the heads popping up and looking around.

The doors shut and it was a mad scramble. Almost everyone onboard the plane stood up at once and scurried to a row. As it turned out, the plane was so empty that EVERYONE had their own row. Let me tell ya, that was a first, and likely only experience I will ever have when flying. Why wasn't it like that on my 24hr flight to Taiwan? We all slept like babies.

TOUCHDOWN – The doors of the plane opened on the runway and Bonaire was there to greet us with warm, breezy temperatures. It was an instant hair frizz affair for many of us ladies!

We gathered our luggage, hopped into our trucks and took off for the SandDollar Condominium.

<http://www.divesanddollar.com/>



All Sand Dollar Condos are owned by private owners, and rented via the Resort. At Sand Dollar, every condo

faces the ocean. All rooms are situated to catch the trade winds and the bedrooms are air-conditioned. They have nearly everything you need. Boasting the most spacious and comfortable studio, one, two and three bedroom ocean view condominiums on

the island. In addition to full size kitchens, dining and living areas, and roomy porches or balconies, the condos have color cable televisions, in-room safe, and spacious bathroom(s)."

THE LAND - Bon Bini "welcome"

Bonaire is part of the Netherlands Antilles. It is the "B" in the "ABC" Islands together with Aruba and Curacao. Because of the geographical location, the weather is all year warm accompanied by the breezes common to all Caribbean Islands.

The landscape in Bonaire is gorgeous. The roads going North are small and windy which makes it a little tricky when coming to paths with another vehicle, but the view is amazing. To the right are rock cliffs, carved out in very neat shapes and cacti galore and to the left are the stunning azure waters.



THE DIVING - "Bonaire Dominates With Seven #1



Ratings, including #1 Scuba Diving Destination in the Caribbean/ Atlantic.

Anyone who has been diving or snorkelling in

the waters of Bonaire knows they teem not only

with large numbers of fish, but also with an unusually high number of fish species. So much so, that in



surveys conducted by the Reef Environmental Education Foundation, 8 of the top 10 dive sites in



terms of species richness are located on Bonaire.” I took notice of this on my first dive. I was blown away by the variety of fish in one

single area. It is not something I have seen before.

The water temperature averages around the 80 degrees Fahrenheit. The visibility underwater is as far as 100 feet because the waters are clean and unspoiled.

I must say that Bonaire has definitely topped my



personal dive list of destinations in the Caribbean. What I love most about diving in Bonaire is the fact that the majority of dive sites are all accessible by shore. It's so easy to load up your truck with tanks and head out for the day. You go at your own pace, dive where you want to dive and have no dive time limits (other than what your table or computer has to say). Some entries/exits are more tricky than others, but once submerged it's all worth the effort.

The trip quickly came to an end and with a bitter sweet goodbye, we took flight once again to come back home. It was an overall fantastic trip with great people, exquisite diving, amazing scenery and all an around good time was had!!!

CRUISING & DIVING IN THE EASTERN CARIBBEAN

by Michael McAllister

“I’ve never heard of a turtle biting anyone” said Auston McLeod, as we traveled up the coast of St Lucia on his boat toward a dive site near Brimstone Hill. Auston has been running a dive operation, Prodivers St Kitts, for 27 years, and was referring to the bitemark on Beverley’s left wrist which was about an inch in diameter, bruised and red.

We had been talking about our trip to Mullins beach in Barbados two days earlier, where we had been snorkeling among a group of Hawksbill turtles. It had been our third stop in a week long island hopping cruise aboard the Carnival Victory that had begun in San Juan Puerto Rico on Sunday, Feb 1 with the ship leaving at 10pm. We had first stopped in St Thomas on Monday for a little shopping, and a visit to St. Peters Great House, a mansion and botanical gardens, situated high up on the north side of the island, which was accessed by an open sided tour vehicle, a pick-up truck, with three four-seat benches and an awning on the back, which wound its way up steep and narrow roads to the summit which offered an incredible view of the beaches and harbour about 7 Km away to the southeast.

Tuesday morning was a little foggy as the sun rose over the island of Dominica, where we took a trip into the interior for an exhilarating 90 minute tubing trip down river rapids with “Wacky Rollers” which was followed by a complimentary glass of rum punch, and a very interesting minivan trip through very congested narrow streets, back to the ship, dinner and a fairly early night.

We arrived the next day, just as dawn was breaking over Barbados and went for breakfast at the stern of the ship, before preparing for a 25 Km trip up the west side of the island to Mullins Beach for some snorkeling. As our group left the taxi, we arranged to meet the driver at 2pm at the beach-front bar, got some lounge chairs to put our towels and hats on and hit the water. At first we could see nothing but sand until Bev suggested we swim north for a bit, where we found a shallow reef, with some schools of small but colourful fish, as well as small ‘H’ shaped translucent creatures with four green spots on them, which we had also seen while snorkeling near the Hotel in San Juan three days earlier. When we emerged from the water, a fellow

with dreadlocks and a bandanna asked us if we would like to board his boat, and go swim with turtles. After some negotiations we were off for quick trip along the shore, where the hawksbill turtles began to approach the glass bottomed boat even before the engine was shut down.

Quickly donning fins and masks we were in the water as Capt. Sparrow tossed bits of fish in



the water around us. I was being nudged by shells and fins as I attempted to get some good pictures of these marvelous creatures, some of which were about four feet long. Just before we were about to reboard the boat Bev looked at me while raising her left arm to reveal a good sized red welt, and said “careful they bite”

These Hawksbill Turtles are now a protected species, we're not allowed to eat them anymore.....but apparently they can eat us.

The Carnival Victory arrived in the Port of Castries, St Lucia just before 8am on Thursday, and after breakfast I headed down to the ferry dock to meet Scuba Steve's dive boat which already had some divers on board and after a stop to pick up another diver we were off to the wreck of the Lesleen M, a 165' steel freighter intentionally sunk by the Ministry of Fisheries and the St Lucian Port Authority in 1986. (from website: The St Lucia Shipwreck Directory, Caribbean Shipwrecks)

The wreck sits upright in 65' of water and is encrusted with colourful growth and inhabited by many species of small fish, as well as some moray eels. After circling the outside of the hull and exploring the hold my buddy and I returned to the down line after 30 minutes for a safety stop

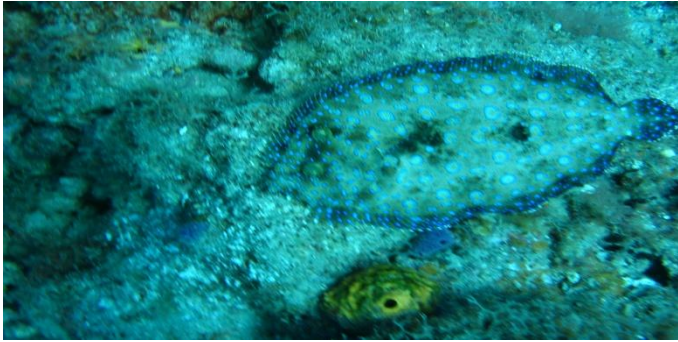


After our group of eight divers were back on the boat, we proceeded to the next dive, a reef in an area called the bay of pigs where some yachts and other dive boats were moored, and homes were perched high up on the volcanic rock. Upon entering the water I found myself surrounded by a multitude of small yellow and black striped fish, moving in all directions.



After my buddy entered the water we explored the reef for 45 minutes at 45' observing many types of coral and a sea snake. The most interesting creature that I observed was a fish which appeared

to be almost flat and laying on the bottom, nearly invisible due to its almost exact duplication of the colours and shades of the sea bottom, except for a slightly blue coloured ring around it's perimeter, this amazing creature was some form of chameleon as, when disturbed it would move and within a second or two change colour to match the now slightly changed terrain beneath it.



After a fast trip back to the harbour, happy with a good dive and the visions of some things I had never seen before, I disembarked pondering what wonders the next day diving in St. Kitts would hold. Friday morning Beverley and I stepped aboard the dive boat docked at the restaurant- dive shop of ProDivers St. Kitt's, in Basseterre, operated by Auston McLeod and Margo ----- we then headed up the south coast toward our first dive near Fort George on Brimstone Hill, a British military stronghold built in 1690, which we would visit in the afternoon. After entering the water, and a little trouble equalizing I followed the group of six divers with my buddy, divemaster Terry, down to 130 feet where we observed a turtle swimming just off the bottom. Turning back we followed the group along the gradually ascending reef. As we travelled into more shallow depths, I noticed the divers ahead gathering in a circle around what appeared to be a small opening in the coral, and as i approached, I noticed two sets of antennae protruding from the small cave. Two lobsters, hiding. (one of the divers had tried to pull one out) Catching a movement to



my left, I turned to see Auston holding a puffer fish in his hand!

Later on, more wonders, another sea snake, this time slithering along the sand, and a multi-legged creature about five inches around which resembled a spider with a small body and large legs.

After returning to the boat, a leisurely cruise to the next site as we needed a bit of surface interval, although we had spent very little time at 130 feet and had ascended very gradually, throughout the remainder of the dive. At the second dive the reef was more colourful, with many schools of fish some of which would often move as one.



On the way back to the dive shop, people were talking about when they got certified, and Auston called out to a quiet older gentleman sitting at the back of the boat, "Hey Ken, when did you get certified "1951" came the reply.

Well it turns out that Ken is 84 years old, and unknown to me at that time, had been one of the divers on our first dive to 130 feet. Ken told me that he had been among the first to teach civilians to dive at Club Med in the mid-fifties, and used one of the first depth gauges, after diving for a few years without one, a clock like device about 5 inches in diameter, that you re-set using a magnet. These people had been diving with no tables, no depth gauges, figuring it out as they went along. Ken said he never got bent but a lot, of others did and didn't know what was happening, or why.

I could have listened to him for a hour easily, but we had to leave soon after we docked, as we had planned a trip to Fort George, or Brimstone Hill Fortress, the "Gibraltar of the West Indies".

I highly recommend Prodivers, St. Kitts for anyone considering a trip to the lesser Antilles.

Info also from " Frommer's Caribbean Ports of Call - 7th Edition"

Roatan Memories

article by Heather, Dee, Anthony & Barb

On February 1st, fourteen SUCI members flew to Roatan, Honduras, for a one week dive trip at the Fantasy Island resort. Yes, Fantasy Island - and no, we didn't see Tattoo or "da plane" but it was lovely anyway. Four of us - Heather, Dee, Anthony and Barb - were there to complete our open water certification dives. Vivian asked us to write an article for the Buddyline about our trip - she wanted us to write about our individual, unique impressions and experiences, so this article is a collaborative effort with a paragraph or two from each of us individually.

The first thing you have to know about this trip is that it wouldn't have happened without the organizational skills and generosity of Rai Krob. He took care of all the travel plans and steered us through from the start - almost throwing himself in front of the hotel shuttle bus at the airport to make sure no SUCI people were left behind, and shoving all our luggage onto the bus until we were packed in like sardines. But more importantly, he guided the four of us newbies on our journey to becoming certified divers. With tremendous patience, skill and humour, Rai, Jack and Nora and in the end all the other SUCI divers not only got us through our certification dives but literally held our hands and watched over us as we practiced our new skills on the rest of the dives.

We arrived at the hotel early enough to do our first open water dive that afternoon. Putting on our scuba gear for the first time since our lessons in the fall, we felt as though we'd forgotten everything we'd ever learned about diving - we were nervous and unsure of ourselves and very excited. With guidance and instruction from Rai, Jack, Nora and Brooke, we were soon in the water and feeling great. When we climbed out of the water, there were Paul Wood and Rob Broke from the Ajax Scuba Club, sitting in the gazebo, drinking beer, encouraging us and giving us advice. That set the tone for the entire trip. We were able to approach every new experience and challenge with confidence and security knowing we'd been taught by the best instructors and they were always there to support us. And Paul and Rob very quickly became honorary SUCI members - their humour, experience and friendship added so much to our holiday.

Although diving is what brought us all together, the real magic of our trip was in the people. On the third night in, as we sat in the lobby listening to a local band playing live music, Kit took Angel's hand, pulled her out of her chair and led her in a sexy dance. That got the party started and there was no looking back. Soon we were all dancing together and laughing at our clumsy moves. Wherever we went, dancing would follow, even when there was no dance floor. Like the evening we went into West End for dinner then drinks in a local bar where a band was playing. Heather just started moving tables out of the way to make room for dancing, recruiting a local

man to help her, then went up to the band and tried to get them to play our theme song, "Tonight's Gonna Be A Good Night" by the Black Eyed Peas. And after a hot, sweaty night of dancing and partying, we'd inevitably end up in the pool, playing SUCI ball or just cooling off, always laughing and trying hard not to wake up the other hotel guests.

A short word about each of the wonderful friends we made on our trip:

Kit - our official dance teacher
Angel - always willing to try something new
Ed - the strong silent type
Andrea - next year we hope she'll be diving with us, we know she'd be an awesome diver
Rai - our ever cheerful and fun-loving leader and organizer
Brooke - totally fearless and always looking for trouble...I mean fun
Jack - taught us so much based on his depth of diving experience (pun intended)
Nora - we so valued her advice, kindness and ever-present smile
Barb - smart, thoughtful - always up for the next adventure
Heather - where Heather goes the party follows - and what a party!
Paul Francis - never wore a wet suit and cut a mean rug on the dance floor
Anthony - our official photographer, his courage and good cheer never failed him
Deanne - the look of happiness and awe never left her face
Paul Amenta - got darker by the minute and could be found "widing in my car...turning on the wadio"
Paul Wood - clever surprise planner (lucky lady) - quiet yet full of information - our chief videographer
Rob Brake - always beaming about his boys - king of the cleaner shrimp stance!

Barb's memories: My main impression of the trip was that it was a trip of "firsts". In the bay in front of the hotel, a short swim out from the gazebo, I saw my first shipwreck looming up ahead, huge and overwhelming and beautiful because it was teeming with life. On our first boat dive, approaching "the wall" for the first time - swimming over the coral bed, looking up ahead and seeing that the earth just stopped - beyond it an endless expanse of blue ocean - then swimming over the edge



and trying not to panic at the thought of how deep the water was below us. Doing a night dive for the first time - secure in our small pool of light and wondering what was waiting for us just beyond its circle. My first sea turtle, slow, graceful and

unafraid of us as it took its time swimming away. My first seahorse; tiny, exotic and perfect. My first shark - a hammerhead, far enough away that I wasn't afraid and feeling so incredibly lucky to have seen it. And finally, on the 15th and last dive in 6 days, for the first time spotting something on my own that nobody else had noticed - a



huge moray eel. It made me feel like a real diver and not just a newbie. And most importantly, my first experience of the friendship, affection and zest for living that seems to be integral to the

sport of diving and the people who call themselves divers.

Dee's memories: From - Roatan... where's that? To - I can't wait to go back! Peacock's, monkeys, iguanas, capybara, and parrots were everywhere. We were greeted by a curious little bird and a lizard who wanted to share lunch. Then it was off to the gazebo. Take Raimond's organization and leadership add Nora and Jack's watchful eyes, 2 slabs of patience a ton of support and voila! We did it! We were off to see the seal! I found something very special on the wall that day - that inner peace that only diving delivers. I was overwhelmed by the vastness and beauty and realized that this was one of the most peaceful places I've ever been. Thanks Brooke for reminding me to breathe! Derry, our dive master, was professional, personable and went out of his way to show us what the wall had to offer. Shore diving was great. We saw 2 Spotted Eagle Rays!

On the last day, a group of us checked out the Island and I finally found the Mimosa pudica plant, also known as the 'humble plant'. When you gently touch the narrow fern-like leaflets they fold together. I've been looking for it for years! Another wow to wrap up a perfect dive trip!

Six months ago Heather shared her bucket list and asked me if I'd like to join her at SUCI. For that I am sincerely thankful. We have met so many great people. Kari, May your course instruction was top notch! Thank you SUCI for introducing us to nature's finest bounty. What a fantastic experience! Gratitude unlocks the fullness in life. Nature rocks! So does SUCI!

Heather's memories: There are so many memories I have of this Awesome trip! In the true sense of the word - we were in "Awe" the entire trip! The experience was much more than we ever expected or dreamed of. Seeing all the underwater creatures that Barb and Dee mentioned plus so much more including: Flamingo tongues, Cleaner Shrimp (yes - I am doing the cleaner shrimp stance), Pipe Fish (aka Poke Fish), Cuttle Fish, Lobsters, Crabs (especially interesting during the night dive when they were eating) and the octopus. My favourite and never to be forgotten sighting was during the boat night dive - we were watching an

octopus, mesmerized by its ever changing colours when it caught a fish!!!! I couldn't believe it - my regulator just about fell out of my mouth and I thought "did I really see that?" When Rob turned to me and I could hear him screaming - I realized that I did in fact see that and he realized looking at my wide eyes that I had seen it as well. Everyone who participated in that evening dive commented that it was one of the best dives they had ever done.

A diver in another boat commented to me that it was



beginner diver's luck to see such an array of specimens - and that it was probably a plot to get us newbies hooked - Well it worked - WE ARE HOOKED! Looking forward

to next year - hope more of you will join us.

Anthony's memories: First of all I would like to thank Rai Krob for organizing such a perfect trip. I would admit that trip to Fantasy Island was the most amazing trip I ever had in my life. This trip was successful and fun not just because of the beauty that Fantasy Island has to offer, but also because of the kind and loving people in our group.

I have seen coral reefs and beautiful color fish in videos, But when I saw it live, it was totally a different experience. I would say video does not do justification to the beautiful world under water (Hopefully this will change with the introduction of 3D TV technology).



The most amazing moment of my dive was when Rai tapped on my shoulder and pointed upward. When I looked up. I saw a hammer head shark (never thought

I would see a hammer head shark on my first trip).

I also enjoyed learning wind surfing and snorkelling with dolphins.

The whole trip was like a beautiful dream (You can imagine it, but you cannot have it). Once I reached to Toronto (though it was not snowing but it was still cold) I realize that now its the time to wake up and go to work.

Thanks to all the people in our group for making this such a wonderful trip.

2010 OUC Ice Floe Race

by Dieter Aupperle

Well, March has come and gone and along with it, the Ice Floe Race has also come and gone. It was held on what can only be call the sunniest Sunday in March. The weather was perfect for the Annual OUC Ice Floe race. Can you actually believe we had Ice to push even after the mild winter we had here in Toronto. But ice we did have. The ice was 20 x 20 and maybe 2 feet thick which if you do the math weighed A LOT, someone said it weighed in excess of 12,000 lbs, now that's a lot of ice.



note the bright pink boas the men's team wore and the lovely tiaras the ladies wore compliments of the ladies team. Definitely the most stylish teams there.

There were 7 teams this year who were racing and they represented 5 Scuba Club, one club even made up an all Ladies team, and that was SUCI. SUCI was the only club to field a Ladies Ice Floe team, and what a brave group of ladies they were. SUCI again showed its commitment to Scuba and having fun, our club was out in force with the men's team and the ladies team and also with our fan club from the shore cheering us on all the way down the river. Unfortunately we did not win the race. Our men's team finished 3rd with a time of 47 minutes, and the ladies finished 7th with a time of 61 minutes.



We also had 3 members helping the OUC organize the event. Vivian was doing parking control making sure that car and emergency vehicles were able to get in and go by. Janet was one of the safety personnel and was driving up and down the road following the different floes down the river and with her was the SUCI First Aid, O2 and Defib kits, which the club so generously donated for the day, and Kelly was doing parking control at the finish line making sure there were openings for any emergency vehicle. Without their help we would not have had a safe and fun swim down the river.

We had a great day the weather was absolutely perfect for the race and we had a little swimming for excitement. I am really proud of our club for all the help and support I got in being able to field 2 teams for the Ice Floe race. SUCI has continually shown that its membership really come through for the club. Not only did we do the Ice floe on Sunday fielding a men's team that places 3rd and a ladies team that never gave up and showed a great deal of heart for completed such a race. But the day before most of you were at the SUCI's Discover Scuba helping there also.

I know that next year we will be able to do better and will have a strong team **OR** teams.