



# The Dive Log

VOLUME 12, ISSUE 5

MAY 2013

## SPECIAL POINTS OF INTEREST:

- Next meeting to take place on May 16 at Slattery's Restaurant.
- Hang up your fins for a run on May 25!
- Environmental Police Officer Lees will be speaking at the May meeting.

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## Friend or Foe?

Environmental Police Officer Lees will be our guest speaker this month.

Come listen & learn how the EPO is here to help us and keep the waters viable for future generations.

He will be discussing regulations for recreational fishing activities, includ-

ing diving for lobster in Massachusetts. He will



Environmental Police Boat protecting out waters

also cover scallop regulations and many other topics. He has many photos of lobster violations to share so that divers can be on the same page and see first hand how the enforcement of such takes place.

I'm sure he will entertain all our questions!

## From Diving to Running

Hang up your fins for a day for a good cause. On Saturday May 25, president Jeff Goodreau, secretary Christine Duval, as well as several other club members will be running the Second Annual Saugus Gold Star Run in memory of Cpl. Scott J. Procopio. Cpl. Procopio was killed in

action on April 2, 2006 while serving in Iraq. Cpl. Procopio's brothers, Mike and Greg, are very active in the local dive community. This year's event will offer the option of a 5k or 10k course with proceeds to benefit the Cpl. Scott J. Procopio Scholarship Fund. This is a

great event with participation from many members of the local dive community. Come by and give Jeff a challenge! For more information visit [www.facebook.com/goldstarrun](http://www.facebook.com/goldstarrun) or visit the official website at [www.goldstarrun.com](http://www.goldstarrun.com).



President, Jeff Goodreau running in the 2012 Procopio Gold Star Run



"I fondly remember enjoying last year's DUI Demo Day with Diane in her blue flame DUI Drysuit."

Time to renew your 2013 membership.

## A Message from the President

Greetings All!  
Hi everyone, dive season is upon us and the water is warming up. It's time to get your tanks viped and filled and those regulators serviced. I say a couple lobsters last weekend and the scallop beds have been really

producing this year. Membership dues we're due by the April meeting, so if you're not reading this it's probably because you haven't paid them, so get that taken care of. Remember that membership is what keeps the club going, so if you have

a dive buddy who's looking for some dive talk, bring them to a meeting! Please dive safe and we'll see you at the meeting.

Sincerely,  
Jeffrey Goodreau

## A Heartbreaking Loss

It is with great sorrow that I have to announce that we lost a member of our United Divers family, Diane Avoli. Diane shared her love of diving and the ocean with her husband and dive buddy Joe. They enjoyed many dive adventures together including weekend trips up to Gloucester and Rock-

port as well as a trip to Bonaire. Diane's love of diving shined through her infectious smile. She has been a regular participant in the club meetings since she got certified. Diane was a dedicated mother, wife, and dive buddy to Joe. I have never seen a buddy team work as well together as Joe

and Diane. I fondly remember enjoying last year's DUI Demo Day with Diane in her blue flame DUI Drysuit. Diane passed away in April after a short illness. Diane will be greatly missed in our dive community. Our thoughts, prayers, and condolences go out to Joe and the Avoli family.

## A Recipe from the VP



This recipe comes from the Conlon kitchen. When you are tired of lobster salad sandwiches, enjoy your lobster in this delicious lobster bisque! Bon appétit!

### Ingredients:

1 cup lobster meat, chopped fine  
2T minced onion  
4T all-purpose flour  
5T butter  
1.5t salt  
3 cups milk  
1 cup heavy whipping cream  
3T fresh chopped chives or green onion

### Instructions:

In medium sauce pan, sauté lobster meat, onion & butter till onions are soft. Stir in flour. When all ingredients are well blended, add milk, salt & cream. Cook over low heat until thick, garnish w chives.

### Schedule of Events

May 4-5– DUI Dog Days at Stage Fort Park in Gloucester, MA. Drysuit demo.
















May 16– UDCM General Meeting at Slattery’s Restaurant. Social begins at 6:30pm.

June 20– UDCM General Meeting at Slattery’s Restaurant. Social begins at 6:30pm.

## MAY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 DUI Demo Days
5 DUI Demo Days	6	7	8	9	10	11
12	13	14	15	16 UDCM Meeting	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## April Weekend Tide Chart for North Shore

Date	High				Low				 		
	am	ft	pm	ft	am	ft	pm	ft	rise	set	moo
3 Fri	6:14	9.5	6:57	9.2			12:29	0.1	5:31	7:47	
4 Sat	7:20	9.3	7:58	9.3	12:57	0.6	1:30	0.3	5:30	7:48	
5 Sun	8:24	9.1	8:55	9.5	2:01	0.5	2:28	0.4	5:28	7:49	
10 Fri			12:29	8.9	6:10	-0.2	6:18	0.8	5:23	7:55	
11 Sat	12:34	9.8	1:08	8.8	6:50	-0.1	6:58	0.9	5:21	7:56	
12 Sun	1:13	9.6	1:48	8.7	7:29	0.1	7:38	1.1	5:20	7:57	
17 Fri	4:51	8.6	5:29	8.2	11:08	1.0	11:29	1.7	5:15	8:02	
18 Sat	5:43	8.5	6:19	8.4	11:57	1.1			5:14	8:03	
19 Sun	6:37	8.5	7:09	8.7	12:24	1.5	12:49	1.0	5:13	8:04	
24 Fri	11:07	9.7	11:21	11.1	4:52	-1.1	5:06	-0.3	5:09	8:09	
25 Sat			12:00	9.9	5:43	-1.5	5:57	-0.6	5:09	8:10	
26 Sun	12:12	11.3	12:52	10.0	6:35	-1.8	6:49	-0.6	5:08	8:10	
31 Fri	4:53	9.9	5:34	9.5	11:06	-0.4	11:35	0.4	5:05	8:15	



**Be sure to check that tide before you make that dive!**



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## The Purpose of the United Divers of Central Mass

The purpose of the United Divers of Central Massachusetts is to promote the sportsmanship and sport of SCUBA diving by stimulating our members to achieve the highest standards of safety and proficiency in Scuba diving. To promote friendship and wholesome social activity among its membership. To promote educational programs that will provide fundamental knowledge supported by actual hands on experience in a variety of areas including; safe diving practices, conservation of marine ecosystem, first aid and handling diving related emergencies, to organize group SCUBA diving trips, educational and social events that will allow our membership to accomplish all of the above.



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## Scuba Trivia!

How many hearts does an octopus have?  
(Answer from the March newsletter: the blue whale)