



# S.T.A.R.S. International Newsletter

September 2011

## Latoff YMCA 2012

### Three Month View

- Oct 5th Board Meeting in Kenosha
- Oct 9th Hyperbaric Chamber Tour Milwaukee Graduation Luncheon
- Oct 31st 2012 Candidate List begins

YMCA Aquatics Director, Thomas March, gave **S.T.A.R.S.** the "green light" to initiate planning for the **S.T.A.R.S.** program that will return to Illinois in 2012. This new program involves the Latoff YMCA collaborating with several other local YMCAs. This will create a mixture of area youth from the Northwest suburbs of Chicago. Unlike past **S.T.A.R.S.** programs where participants typically knew one another from the same school or residency hall, this group of candidates will be geographically diverse and unfamiliar with one another at the onset of the program. Multiple lists of YMCA candidates will begin as early as November and lead to two to three **S.T.A.R.S.** Discover

Scuba sessions beginning in early January at the Latoff YMCA in Mt. Prospect.

Following receipt of their applications, candidates will be interviewed during the first full week of February with the program beginning in March. Based upon 2012 fund raising, this group is slated to undertake an exciting trip to the U.S. Virgin Islands in June 2012 through a precedent setting agreement with the University of the U.S. Virgin Islands. The University is home to a unique mentoring program for both males and females. One of which is called "Brothers with a Cause". 2012 looks to put **S.T.A.R.S.** in a position working with a very stable

and credible program host (YMCA) which will hopefully eliminate some of the uncertainty and managerial issues dealt with in the past related to other academic hosts.

Opportunities for past **S.T.A.R.S.** graduates may include a chance to join in this trip based upon future planning and the number of participants in the program in the 2012 program. In this new USVA relationship, **S.T.A.R.S.** has found a very excited group of partners which should make this a simply "stellar" event.

Hey, Illinois staff... you asked for it to come back, and here it comes!

## Reaching The Top of the Training Ladder

The 2010 **S.T.A.R.S.** program reached the pinnacle of training this month at the PADI Rescue Diver course completed on September 18th at Pearl Lake. Completing this level of training is not attainable for everyone, even seasoned **S.T.A.R.S.** divers. As with each summer training event, attrition occurred as participants met their limitations for attentiveness, focus, and juggled personal priorities. The cream of the crop surfaced during this course demonstrating personal self discipline to achieve what once seemed impossible.

The PADI Rescue Diver training is hailed as the most productive and rewarding class that PADI offers non-professionals leaving graduates with an extraordinary sense of confidence and knowledge. The **S.T.A.R.S.** staff hails Cedric, Ismael, Javier,

and Stephanie for their perseverance and fortitude to achieve this level of accomplishment. We hope to see you all next year serving in roles which support expanding of our incredible sport to others.



# First Response to Emergencies

September 3rd was a pivotal step for **S.T.A.R.S.** as participants shifted from dive training to preparation for a possible diving emergency as a prerequisite for the PADI Rescue Diver course. Staff instructor, Mark Niewoehner, held the 2011 Emergency First Response course at the Kenosha Public Library which included an offer to train both staff and current participants. The course covered Primary Care (CPR and AED) and Secondary Care (First Aid). Mark and his mannequin buddies got down to business and were able to "jump start" all those attending. "Deliver Shock Now" were words engrained in everyone by days' end.

Emergency First Response course follows the International Liaison Committee on resuscitation protocols. ILCOR was formed in 1992 for worldwide organizations such as the American Heart Association and the European Resuscitation Council enabling them to work together to establish these common protocols.

Primary Care activities for the class consisted of scene assessment, barrier use, CPR, serious bleeding, spinal injury management and what to do when someone is choking. Following the lecture, students had a chance to get out of their chairs and down on the floor to practice both chest compressions and artificial respiration on mannequins, and were familiarized with the use of an AED.

Recent changes to ILCOR Protocols from 2010 were incorporated into the course. These changes call for starting chest compressions earlier, at a faster rate, and with deeper compressions. They also allow for the use of hands only CPR.

Secondary Care class activities consisted of both injury and illness assessment, bandaging, and splinting as well as managing minor bleeding.



## Kenosha YMCA, New Host or New Housing

After a turbulent year of precedent setting challenges on every front, our 2011 KUSD Kenosha program winds down to a conclusion on October 9th. Regrettably, host layoffs, priority shifts, and personnel changes led us to the end our relationship with KUSD this month. Fortunately, we have been left with the greatest gift possible in the form of three Board members who

truly reflect the finest KUSD personnel remaining.

On September 14th, the Board of Directors saw the glass half full and proposed a new hosting/housing relationship with the established Kenosha YMCA. The agreement proposed a 2012 collaboration with a new YMCA already operating at peak capacity. The 12 weeks of **S.T.A.R.S.** programming presents obvious scheduling challenges to

the YMCA, but creates new opportunities to both current members and the community. Solidifying the deal may take concessions on both sides of the relationship, but the payoff of Kenosha providing a stable foundation for a 2012 program would be significant. Stay tuned for breaking developments.

# From the Bottom of the Tank

By Jorge Galvan



I recently got a job that requires me to use my skills and certification as a scuba diver. Receiving my training and certification has opened doors and opportunities that people my age usually do not have. I'm a new employee of The Rainforest Café in the Woodfield Mall-Schaumburg. My position is an Animal Care Specialist and it not only requires my skill as a diver but also skills that I have already learned at school.

During the first two weeks of work, I wasn't able to dive due to an ear infection, but that is not to say that there wasn't anything else to do. Other duties include monitoring water chemicals, feeding the fish, cleaning the exterior of the tanks, prepping food, and making sure all the tanks' sumps and overflows are

working properly and even occasionally cleaning the office. Since I wasn't able to dive for 2 weeks, I was mainly spotting others diving. A "spotter" watches the divers to make sure they are okay; and if needed, jump in, and help them if there is trouble. When someone is diving, they need to scrub down the acrylic glass and artificial coral. The routine cleaning process can take anywhere from 45 minutes to 2 hours. The spotter also needs to oversee the work of the diver to make sure that they scrub all of the green algae off the glass.

I thought it was all fairly simple work, but I was wrong. I have never dove in salt water and soon found out that every time I removed my regulator and placed it back in my mouth, I experienced the familiar taste of salt. If my mask leaked and I cleared it, some water would remain in it and sting my eyes. Thankfully by the third month, my eyes were accustomed to the effects of salt. Another challenge is that the big tanks have their own current, something that I had never faced before. I have to admit that it is always a fun experience trying not to be swept around by the current. It must have

been a sight to see me awkwardly wedging myself in between the acrylic tank and the reef as I worked. Keep in mind that the fish stay in the tank with me all the time. Thankfully all the fish are pretty scared and try to get out of the way...well not all. So far there are two fish that will stay close and try to get in my way. They're a Sohau Tang and a Clown Trigger fish (another part of the job is that I get to learn all the names of the fish). The Sohau tries to hit me with the little barbs on his tail, while the trigger bites. Although he doesn't bite too hard, it's enough to make me pull my hand away.

Working here has brought me pleasure from a job that started as a hobby that I enjoy. It's a pleasure working and knowing that I'm going to do something that will not only help me in my career but is also something I like to do. I don't get up and say, "Ughh I have to dive today." I think of it more like playing in the ocean instead of actual work. Who can say that they get to dive in a tank with fish every day they work? It's like a mini tropical adventure I get to have every Saturday and Sunday.

## ICSSD President's Night Dinner

Annually the Illinois Skin and Scuba Council hosts an event known as President's Night Dinner which is scheduled this year on October 22nd at Sawa's Old Warsaw Restaurant. The event is more than dinner,

more than a social event, and more that recognizing outstanding divers within the sport. This event brings together active members from the 18 area dive clubs for an evening of camaraderie and entertainment at the Midwest's largest scuba raffle.

Chuck and Margo Miller do an exceptional job assembling a broad array of donated merchandise to be raffled off with inexpensive raffle tickets. Literally, everyone goes home with something besides a full stomach. The event features the announcement of Diver of the Year, Humanitarian of the Year, and Club of the Year. Please join us for the \$25 ticket and an evening of reflection on this year's diving.





## Go Game!!!!

The **S.T.A.R.S.** Board of Directors has initiated an exciting fund raiser which is planned for the Kenosha area in mid October. The event will feature a local company who provides a mobile video gaming trailer to sites where they orchestrate tournaments of popular games (i.e. Madden 12 and others). The weekend long event will include two days of tournaments with multiple games for an estimated admission cost of \$25 per person. Some local companies are collaborating together to help with event promotion, even offering a cut of the days' sales from gamers and their parents .

Get There, Get Signed Up, Get Your Friends, and Go Game for S.T.A.R.S.

## Board Expansion

**The September agreement to host a 2012 Illinois S.T.A.R.S. program is a collaboration with the Latoff YMCA which automatically brings a new member to the S.T.A.R.S. International Board of Directors this year.**

**The new Board member, Thomas March (Latoff YMCA Aquatics Director), promises to bring significant energy, forethought, and a "noticeable sense of community" to the Board. We welcome his addition in October and the chance to work with the YMCA organization.**

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

**Harriet Tubman**

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

**John Quincy Adams**