



Four Lakes Scuba Club Newsletter

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April 2023

This Month's Meeting

Wednesday, April 12, 7:00 PM

Capital Brewery - [7734 Terrace Ave. in Middleton](#)

April Speaker: Cara Moll, PA-C

My name is Cara Moll and I am a Physician Assistant at SSM Health Dean Medical Group in Madison, WI, in the departments of Travel Medicine and Infectious Disease. I attended the University of Wisconsin - Madison for my undergraduate and post-graduate degrees. I graduated in 1997 with a BS in Zoology and graduated in 1999 from the Physician Assistant Program. I subsequently moved to Minneapolis, MN where I worked in Family Medicine for 4 years. I moved back to Madison in 2003 and have been working at SSM Health (formerly Dean Clinic) since then in the departments of Travel Medicine and Infectious Disease. I spend most of my time seeing patients in the Travel Clinic, where I prepare patients to travel all over the world. I also work at St. Mary's Hospital with the Infectious Disease team. I am married with 2 children, a son who is 20 years old and a daughter who is 18 years old. When I am not at work I enjoy spending time with family and friends, doing anything outdoors, walking my 2 dogs, and traveling.



Many of us are traveling again. What do you need to know before you go? Do you need to see travel medicine? A travel medicine specialist can help you prevent illness that could spoil your trip and affect your health, learn safe travel habits to keep you safe, evaluate your personal risk by evaluating your personal health conditions and your planned travel itinerary, and address special travel issues such as high altitude illness, jet lag and motion sickness. Cara will not be providing personal travel medicine consultations but will address general travel considerations.

Cara is fantastic and helpful—you won't want to miss this talk!

Reminder: RSVP for Fire Station 1 Tour!

On April 19 at 7 PM there will be a tour of Fire House One and their Lake Rescue Unit.

There is a limit of 20 people for this tour. If you want to attend email president@fourlakesscubaclub.org with the number of people in your party by April 12. Or you can tell Ellen at the meeting.

2023 Clean Up Dives

Meet at 9 am for a dive briefing. You will need all your own gear, goodie bags, and a dive flag. You must sign a release before participating. They will be available at club meetings and at the dive sites. If you are new to the club and we don't have your certification information already, bring a C card.

May 13: Lake Waubesa shore dive from Bible Camp. This is private property and we received special permission to dive here. Be respectful. We must haul garbage away from this site.

May 14: Lake Monona from Camp Randall Rowing Club boat launch area. Please note that this is not the Brittingham Boat Rental and Park area. It is just East of the rental area and has its own parking lot.

May 20: Lake Kegonsa. This dive is from the county barge. It will likely be leaving from Fish Camp boat launch. But stay tuned as the county could change this plan. You must RSVP to

president@fourlakesscubaclub.org to get a spot on the barge. Limit 6. If you don't make the cut or arrive late you can still join the dive by shore diving from Pleasant Springs boat launch. There is a \$5 fee to park there. As you enter the water turn right (west).

May 21: Lake Mendota. We will shore dive from the Lake Street ramp. The Madison Lake Rescue uses this ramp for emergencies so do not block it. You will have to drop off your gear and find parking. There will be a barge that will come to you for larger items and to empty your goodie bag. We will not be diving from the barge. We do need a volunteer or two to help get the garbage on the barge. If the weather is nice consider lunch on the Terrace after the dive. Hoofers does a clean up dive off the Terrace earlier in the year, but there is plenty of garbage especially off of the fraternities. This is another site that can have a lot of boat traffic. As always, have a dive flag and look up before ascending.

February Meeting Recap
By Brad Acker

A big thank you to Zach Whitrock for speaking last month about his work with 3D photogrammetry of shipwrecks and other underwater attractions like the Habitat and Castle Rock Cave. If you're interested in seeing and playing with the 3D models he's created, check out <https://sketchfab.com/Whitrzac>.

It was also great to see those who joined us at the new, temporary location at the Capital Brewery. It's a nice room with a good selection of beer, and Middleton has plenty of options for bringing in food. Hope you all join us next month!

Environmental Issues
By Ellen Evans

April 22 is Earth Day. Which got me to thinking about some of the issues that affect our lakes and oceans. Divers know that 3/4th of the planet is covered by water. Look at the following topics and do a web search on each to learn more about these and other environmental concerns and solutions. Come up with your own opinions and take action. Even small changes or short letters, if made by many, can have a big impact. Make a difference locally by joining our clean up dives on May 13, 14, 20, and 21.

Ocean acidification: Refers to the decreasing average pH of the oceans. This decreases calcification in everything from corals to shells.

North Pacific Gyre: Is the mass of garbage, plastics, chemical sludge, and other debris that is trapped by currents in the Pacific Ocean. It is twice the size of Texas.

Great Lakes Basin Compact: Is a legally binding interstate compact that represents the 8 Great Lake states on a variety of economic and environmental issues including details of how the states manage the use of the water supply in the basin.

Great Lakes Charter: Refers to an organization consisting of the Great Lakes states of Wisconsin, Illinois, Indiana, Michigan, New York, Pennsylvania, Ohio, Minnesota, and the Canadian Provinces of Ontario and Quebec.

Wisconsin DNR phosphorus rules revision: Phosphorus is a nutrient that contributes to algae blooms in lakes. Rules that were meant to decrease the amount of phosphorus have changed over time.

Dead Zones: Are areas of decreased or depleted dissolved oxygen in the world's oceans. These areas will have massive die offs of fish and other animals. This phenomenon has always existed, but it is increasing in frequency, size and duration. It is felt to be affected by nitrogen and phosphorus levels.

Invasive Species: Such as lion fish and zebra mussels affect the environment.

UMSAT Show
By Brad Acker

I (Brad) skipped the snowstorm and spent the day at the Upper Midwest Scuba and Adventure Travel show in the Twin Cities. This event is sponsored by the Great Lakes Shipwreck Preservation Society. There were a number of great speakers throughout the day. Here are a few highlights.

Michael Raymond shared his experiences with cave diving in Minnesota. These caves involve a combination of dry caving and diving through the sumps to get to the next section of the dry cave. It's definitely a much different style of diving than I'm used to, involving special minimalist configurations--imaging hauling and rappelling your scuba gear over a mile.

Brendon Baillod gave two presentations, one on the Bannockburn which has been mythicized into being nicknamed the "Flying Dutchman of the Great Lakes," and the other on wrecks and other interesting finds in the Keweenaw Waterway.

Amy Rosebrough with the Wisconsin Historical Society presented on the ghost ports along Lake Michigan.

The highlight of the show was the 3D Shipwrecks booth, which showcased the same photogrammetry technology that Zach shared with us. Ken Merriman had a long list of wrecks, which you can explore yourself at 3DShipwrecks.org. Seeing them through an Oculus virtual reality headset was really cool, like being on the wreck itself!

Four Lakes Scuba Club Officers

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