

S'NAG-A-NEWS

A PUBLICATION OF THE COLUMBUS SEA NAGS [HTTP://WWW.SEANAGS.COM](http://www.seanags.com)

Mar 2016

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General Meeting Minutes

Present: Dave Foley, Glenn Mitchell, Steve Locsey, Adam Biehl, Gerry Kubatska, John Guegold, Marty Bailey, Donn Ellerbrock, Mag Ranft, Steve Ranft, Laurel Sheppard, Andrea Caito, Tom Zelanin, Maggie Bailey.

Treasurer's Report

\$6,483.08

50/50

Mag Ranft won the 50/50 drawing. Mag donated her wings back to the club, thanks Mag!

Announcements

1. Congratulations to both Dave Foley & Gerry Kubatska who obtained their Enriched Air Nitrox certifications!

2. NMGL/MAST Nautical Archaeology Training Workshop is April 9 to 10 at the National Museum of the Great Lakes ([1701 Front Street, Toledo, OH](http://www.nmgl.org)) and will be followed up by in-water training on May 21 or 22 at White Star Quarry ([901 S. Main Street, Gibsonburg, OH](http://www.whitestarquarry.com)). More information can be found on the MAST web site at: <http://www.ohiomast.org/workshops/>

3. Want to go to Bonaire? Go with a group from the Sea Nags! Members will be in Bonaire for a total of two weeks. The first week is scheduled for Buddy Dive Resort Sept. 24 thru Oct 1, 2016 and the second week will be Oct 1 thru Oct 8, 2016. Some more information can be found in the attached pdfs (divi_poster.pdf and buddy_poster.pdf). To book contact Cheryl Patterson at Deep Blue Adventures Ph

1-888-266-2209 ext 101 or Email Cheryl@deepblueadventures.com. If wishing to use airline miles, you will need to book your own flight. Fly United to New Jersey and then Bonaire. Flights appear to be around \$665 to \$842 on Expedia & United web sites depending on dates selected.

4. 2016 Club membership dues are \$30.00, \$40 for husband/wife. 2016 Ohio Council dues are \$9.00.

5. Club logo patches and decals are available to new club members as a part of their membership dues. Returning members can purchase extra decals/stickers at a cost of \$1.00 each—these are plastic/waterproof--and extra patches for \$2.00 each while they last.

Dues can be mailed to:

Glenn Mitchell
120 N. Warren Ave.
Columbus, OH 43204

6. Facebook: You can find the Club Facebook page by going to: <http://en-gb.facebook.com/pages/Columbus-Sea-Nags-SCUBA-Divers-/289276535926?v=wall>, thanks to Andy Dennis.

7. Twitter page!! Thanks to **Josh Carney**, the club now has a **Twitter page:** <@CbusSeaNags>. Check it out today!

Calendar of Upcoming Events

2016

Mar

3 General Meeting @ Planks, 8:00 PM Program: Steve Locseys' Tobermory trip

17 Executive Meeting @ Planks, 7:00 PM

Apr

7 General Meeting @ Planks, 8:00 PM Program: Fish Egg Collection Program at Columbus Zoo's Discovery Reef, Ramon Villaverde

21 Executive Meeting @ Planks, 7:00 PM

May

5 General Meeting @ Planks, 8:00 PM Program: Ryan Jones' Cozumel trip

19 Executive Meeting @ Planks, 7:00 PM

21 Club Dive @ Lakeview RV Park Lancaster, 9:00 AM

June

2 General Meeting @ Planks, 8:00 PM Program: Video: Shark Diving at Cocos Island

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- 11 Twilight Dive at Circleville Dive Center, 5:00 PM
16 Executive Meeting @ Planks, 7:00 PM
- July**
7 Social @ Planks, 7:00 PM No Program!
8 – 10 2nd Annual Whitestar Dive and Camping Trip with Twilight Dive More details to appear in June Newsletter
21 Executive Meeting @ Planks, 7:00 PM
- Aug**
4 General Meeting @ Planks, 8:00 PM Program: Dave Foleys' Turks and Caicos trip
18 Executive Meeting @ Planks, 7:00 PM
TBD – Corn Roast, Swap Meet and Twilight Dive
- Sept**
1 General Meeting @ Planks, 8:00 PM Program: OSU Coral Research, Andréa Grottoli, PhD, Professor and Head of the Division of Climate Water and the Environment
17 Twilight Dive @ Circleville Dive Center, 5:00 PM
15 Executive Meeting @ Planks, 7:00 PM
24 – 25 Dive Trip to Pennyroyal Quarry, Pennyroyal Quarry Hopkinsville, KY www.pennyroyaldiving.com
- Oct**
6 General Meeting @ Planks, 8:00 PM Program: Documentary: Diving Deep in Underwater Caves
20 Executive Meeting @ Planks, 7:00 PM
- Nov**
3 General Meeting @ Planks, 8:00 PM Program: Quarry Diving in the Midwest, Laurel Sheppard
17 Executive Meeting @ Planks, 7:00 PM
- Dec**
1 General Meeting @ Planks, 8:00 PM Program: Diving Grenada
15 Executive Meeting @ Planks, 7:00 PM
- * General Meeting Programs are subject to change without notice

Executive Meeting Highlights

Feb 18 @ Planks, 7:00 PM **Present:** Dave Foley, Ryan Jones, Glenn Mitchell, Gerry Kubatska, Mag Ranft and Steve Ranft

All members are welcome to attend Executive Meetings

A mailing to former members was discussed and this list of names reviewed.

Due to the lack of enthusiasm for the SeaNags working to keep Ohio Scuba Fest, the possibility of a trip to the scuba show in Chicago (Our World Underwater) in 2017 was discussed. This will be presented to the membership.

Ideas for activities that would raise funds for designated charity were discussed. We will continue to develop this idea.

Dive Reports

Please send dive reports to

<ColumbusSeaNagsNewsletter@gmail.com>

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Spasms

None reported

Oral Reports

None reported

Written Reports

None reported

Environmental News

NASA Gets Involved in Coral Reef Protection

By Thomas Gronfeldt, scubadiverlife.com, Jan. 22, 2016

Satellites usually trained on space will now spend some time investigating what's going on in the planet's oceans.

Organizations working to protect the world's coral reefs just got a powerful ally: the National Aeronautics and Space Administration, best known as NASA. Although the agency usually spends its time looking out into space, now, NASA will look at coral reefs.

Coral reefs cover just 0.2 percent of the ocean floor, but are home to about a quarter of all life in the oceans. For this reason, they are called "the rainforests of the seas," but even this designation doesn't do them justice. Reefs are absolutely critical for life in the oceans, and

they are disappearing at an alarming rate. Between 30 and 50 percent of all surveyed coral reefs have seen decline or have been lost completely in recent decades, and it is estimated that another 32 percent will be lost within the next 32 years.

While there is quite a bit of data the ocean acidification, global warming and pollution that are doing our reefs in, only a small percentage of them have actually have been studied. So, while we know there is a problem, we don't know the full extent of that problem. But that may change with NASA's help.

NASA has announced that it will launch a 3-year program called the Coral Reef Airborne Laboratory (CORAL), wherein airplanes with extremely advanced instruments will study "more coral reefs and in greater detail than ever before," to use NASA's phrasing.

According the program's principal investigator, Eric Hochberg, an enormous amount of data can be collected. The current method of surveying corals is through human observation by scuba diving on individual reefs, taking measurements of corals to see if they are growing at normal rates, or are declining. He likens this method to looking at a few trees in order to figure out if an entire forest is healthy.

The CORAL team will focus their research on key reef systems in Florida, Hawaii, Palau, the Mariana Islands and Australia. Using an instrument called the Portable Remote Imaging Spectrometer (PRISM), they'll be able to discern between living, thriving corals and corals that have succumbed to bleaching. The PRISM findings will be corroborated by in-water samples to for validation. This part of the project will take place in 2016 and 2017, with the third year of the project, 2018, set aside for analyzation of the data.

This is not the first time NASA has gotten involved in ocean protection. In the early 2000s, the agency made satellite imagery from the Landsat 7, among other satellites, available to researchers studying reef decline. While these satellites were originally launched to observe land-based changes due to erosion and other factors, they proved quite useful in studying reefs as well. However, the level of detail in imagery and data that was provided by this project is dwarfed by what the CORAL project is likely to give us. And more may be to come.

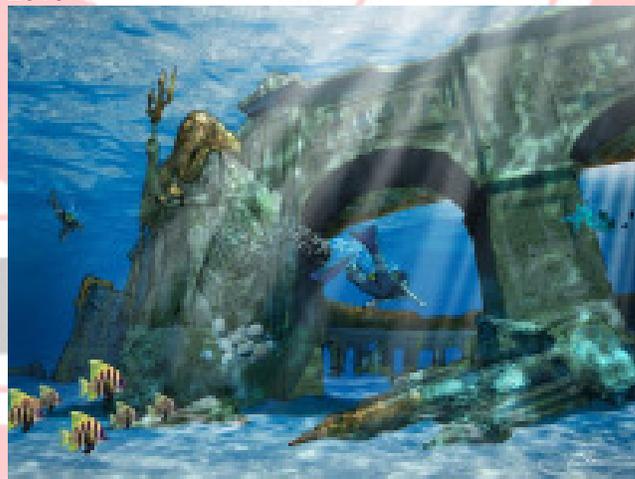
"Ideally, in a decade or so we'll have a satellite that can frequently and accurately observe all of the world's reefs, and we can push the science and, most importantly, our understanding even further," said Hochberg in a NASA press release.

Source:

<http://scubadiverlife.com/2016/01/22/nasa-gets-involved-in-coral-reef-protection/>

Can Underwater Resorts Actually Help Coral Reef Ecosystems?

By Michelle Z. Donahue, Smithsonian.com, February 23, 2016



The Pearl of Dubai is half adventure park, half marine

sanctuary. (Reef Worlds)

Dubai, known for such modest ventures as the Burj Khalifa and the artificial Palm Jumeirah islands, is on the verge of building yet another one: the fabricated ruins of an "ancient" pearl-trading city, submerged just off its shores in the waters of the Persian Gulf.

Half adventure park, half marine sanctuary, the Pearl of Dubai will be the first-of-its-kind artificial reef, built to attract diving dollars from tourists, but also to encourage the return of once-abundant species whose populations are flagging.

Reef Worlds, a Los Angeles-based company, is at the helm of the Pearl project, as well as two other developments in the planning and design stage in Mexico and the Philippines. Company founder Patric Douglas says the idea grew organically out of his previous work with Shark Diver, the excursion company he founded not only to popularize shark diving, but also to educate divers on the plight of sharks in oceans worldwide. He hopes to do the same thing for decimated coral reefs.

In the immortal words of Kevin Costner, build it and they will come. Though artificial reefs have been used for centuries as defensive structures, breakwaters and to attract fish, the typical reason modern reefs are built is to increase available habitat for coral and fish. Divers come as a consequence, but the reefs weren't built for them.

Artist Jason deCaires Taylor creates underwater installations with sculptures made from highly detailed casts of real people. He recently completed a project in Lanzarote, Spain, and his installation in Cancun, Mexico attracts thousands of divers every year. As part of its statewide initiative to increase reef real

estate off its shores, Florida sank an entire aircraft carrier, the USS Oriskany. And the half-acre Neptune Memorial Reef site in the waters off Miami, inspired by the lost city of Atlantis, is designed to eventually accommodate the cremated remains of people interested in a different kind of burial at sea.

Reef Worlds' take on artificial reefs adds a new paradigm: their installations are designed first for customers with credit cards, and then for ones with real fins. Primarily intended to provide tourists with a new adventure-based experience, and in places where they are already present in great numbers, Douglas hopes the increased traffic will create a positive feedback loop. By making reef ecosystems more accessible to more people, a large part of the goal is to drive a greater demand for conservation of those natural resources.

Diving is big business, and coral reefs a big part of it. A 2013 National Oceanic and Atmospheric Administration (NOAA) report pegs the economic value of all coral reefs in the United States and its territories at \$202 million dollars annually, with half of that figure accounted for by tourism dollars. Douglas thinks this kind of buying muscle can be built up around the world, creating not only a novel and authentic adventure experience but also a powerful tool for restoring critical ocean habitat.

Gone are the days when a visitor to a Caribbean resort can walk out on a near-shore snorkeling tour and see coral reefs teeming with life. Today, that excursion usually involves a lengthy boat ride. But hotels at tropical resorts are still trying to one-up each other in the battle royale for tourism dollars: the swimming-pool wars of the 1980s and 1990s gave way to full-blown water parks like Bermuda's Atlantis, yet the resorts themselves seemed to completely ignore their offshore

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assets, Douglas observed.

“My team and I were lamenting that at every hotel resort we went to in the Mediterranean and Mexico, the near-shore reef system was just gone, like a nuke went off,” Douglas says. “So the question became, what can we do to rehabilitate that, and what’s the tourism angle? All of these resorts are 200 feet from the ocean, but have nothing to do with the ocean.”

Douglas, a self-described “environmentalist masquerading as a developer,” says coastal resort hotels are uniquely positioned to grow their business by developing recreational opportunities in the water, but also to defend the natural resources there. By motivating local residents to help protect the reefs, they can help tourism grow and increase incomes for everyone involved.

“This is a major question: how do you stop the local fishermen from making a living?” Douglas says. “You can’t pay them not to fish, especially when they’re dirt poor and they need to go out and scavenge whatever they can get. But I’ve been to enough of these hotels to know that most of the people in the community are working there, and when you explain to them what the reef [can do for tourism], they’ll tell their family, don’t fish there. It’s not good for us or the community.”

The network Douglas imagines is grand: at each of the first three planned properties, the reef territory will cover a five-acre plot with a mixture of open ocean floor and full-sized structures for exploration. Buildings will be constructed in a way to maximize fish and coral habitat; for the “Gods of the Maya” project in Mexico, full-scale replicas of Mayan stelae and other sculpture will not only showcase the country’s cultural heritage, but also provide plenty of nooks and crannies for critters.

To build these underwater resorts, Reef Worlds translates computer-based designs into full-scale, hand-finished foam blocks, which are then used to cast the molds for the final structures. Once on site, the molds are filled with a mixture of coral and basalt rock substrate, cured and submerged.

In Dubai, Douglas says the client initially wasn’t as concerned with the ecosystem restoration component as they were about simply having something to boost diving tourism in the country. But after being convinced that supporting the return of the brown spotted reef cod, a delicacy known locally as hamour, would also encourage divers to come swim with the popular fish, they asked Douglas to “Swiss cheese” the designs of the underwater city to give baby cod a place to hide and thrive. Reef Worlds is planning the release of two million baby hamour into the Dubai reef as part of the project.

Yet while revenue is the reason for the projects, it relies upon public passion to create the demand to protect them in the long term, Douglas says.

“Once people have a more authentic experience, and engage with a reef on a fundamental level, it changes their whole focus and attitude,” Douglas says. “It’s cool to say that you went underwater and saw fish, but it’s important to learn why it’s there, and that it’s a replacement for what was once there. You’re now in participation to make it right, and make it better—even though it doesn’t make up for what was once there.”

Keith Mille is a fisheries biologist who has worked in the Florida Fish and Wildlife Conservation Commission’s artificial reef section for 14 years, overseeing the planning

and construction of reef projects in the state. As public properties, Florida's reefs are open for recreational fishing and diving, but are also used in research. Mille explains that man-made reefs often work best as a diversion to take pressure off of natural reefs.

"That is a trend, statue-type deployments that are more focused on attracting people than fish," he says. "But there's a dichotomy there. If you're improving fishing opportunities, sometimes the outcome of that is reduced biomass and increased fishing pressure. But on the other hand, by directing fishers and divers to an artificial reef site, you could potentially reduce traffic to more sensitive areas for an overall net benefit."

But Mille notes that artificial reefs aren't an adequate substitute for appropriate fisheries regulations for the protection of sensitive marine habitat.

Douglas, whose Shark Divers company created the Shark-Free/Shark Friendly Marinas Initiative, argues that prior to charging people to go dive with sharks, the idea of shark protection areas in the Pacific equivalent to the Australian continent was unimaginable.

"Unfortunately, there's a very strong abhorrence for anything that's for-profit," Douglas says. "Who would have thought that in 2003 when we were yelling about sharks being killed that we'd have so much shark sanctuary today? But people who had been diving, who came home and put their pictures on the Internet and opened the minds of a thousand of their friends, drove all of it. To save a thing, you have to put money into it, and the best way to do that is charge people to go see it."

Estimated to cost around \$6 million to build, the Pearl of Dubai project will include

numerous "ruins" of buildings, dive-helmeted statues, avenues and trading markets to explore, including a large semi-enclosed coliseum that could be used for underwater meetings or weddings. Douglas says he expects construction to begin later this year.

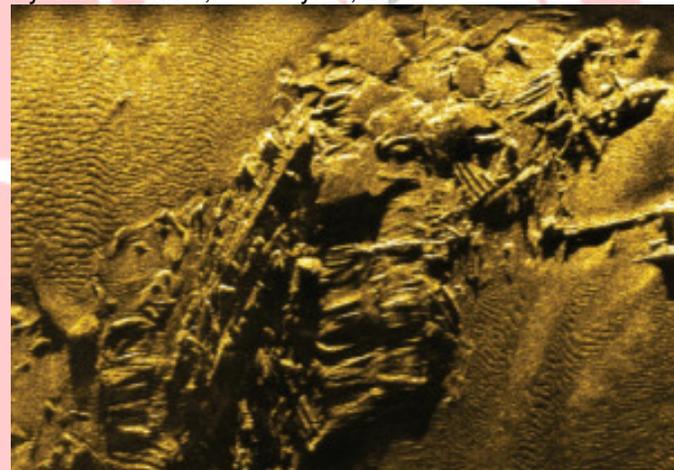
Source:

<http://www.smithsonianmag.com/innovation/can-underwater-resorts-actually-help-coral-reef-ecosystems-180958190/?no-ist>

Log Book

SS Pendleton Wreckage After 60 Years: "It's Almost Unrecognizable"

By Steve Junker, January 30, 2016



Side scan sonar image of wreckage of the SS Pendleton, which lies in shallow water off Monomoy.

The new movie "The Finest Hours" is the tale of the 1952 sinking of the SS Pendleton in a storm off Cape Cod, and the daring rescue of its crew by the members of the Chatham Coast Guard Station. Now the Center for Coastal Studies, in Provincetown, has done some extensive underwater mapping of the wreckage of the Pendleton.

The remains of the wreck lie in about 30 feet of water off Monomoy.

Dr. Mark Borrelli, the Center's Director of Marine Geology, led the mapping project, which was done using side scan sonar. Speaking with Steve Junker, Borrelli describes the condition of the Pendleton wreckage and explains how the Center for Coastal Studies is using sonar to map underwater ecosystems.

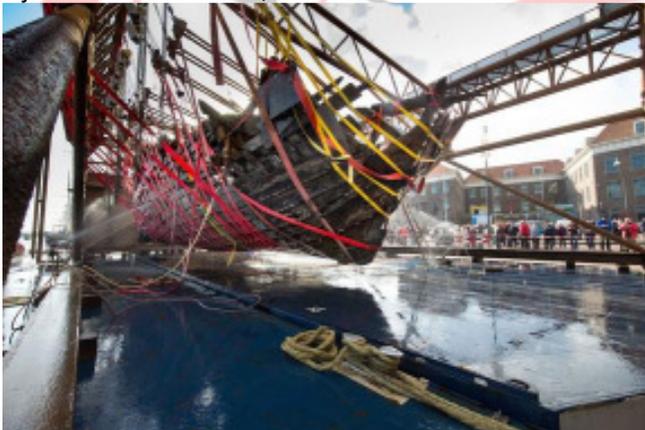
The conversation is available online at the link below.

Source:

<http://capeandislands.org/post/ss-pendleton-wreckage-after-60-years-its-almost-unrecognizable#stream/0>

Medieval Shipwreck Hauled from the Deep

By Tia Ghose Feb. 18, 2016



A nearly intact medieval shipwreck has been hauled from the frigid waters of a Dutch river.

The boat was likely deliberately sunk by maritime engineers more than 600 years ago in an effort to alter the flow of the IJssel River, an offshoot of the mighty Rhine River that flows through six European countries. The trading ship sailed at a time when the Hanseatic League, a group of guilds that fostered trade across Europe, dominated the seas.

"The fact that we were able to raise the IJssel

cog [a type of wooden vessel] in its entirety and in one attempt is a fantastic achievement by the entire team," lead maritime archaeologist Wouter Waldus said in a statement. "The shipwreck can become a symbol of our rich maritime history, and I fully expect many people, both young and old, to be amazed by and start enjoying this ship from the Hanseatic period's fascinating story."

The boat was first discovered in 2012 at the river bottom during efforts to widen the flow of the IJssel River. The massive ship was lying perpendicular to the river flow, along with a medieval barge and a punt, a specialized ship designed for navigating river deltas.

Over the course of the next three years, maritime archaeologists put in place a painstaking, meticulous plan to recover the ancient seafaring vessel. First, the team built a platform and crane on the river, then built a protective frame around the ship to lift it out of the water. After suctioning gunk from the area inside the frame, the archeological team created 3D images of the boat underwater. Only then were the team members ready to carefully lift the boat out of the water, using a basketlike structure made of straps, crossbeams and jacks. Each strap had its own motorized control to allow perfectly precise maneuvering in response to the forces experienced in the ship.

"This was an incredibly involved operation and was almost as impressive as the cog itself. The raising of the 20-meter-long [65 feet] ship was complex, in the middle of the river, near the navigation channel. Also, as a result of the fact, three different specializations had to work together here: an archaeological research team, divers and storage specialists," said Ben Broens, an official with the Rijkswaterstaat, a water management bureau in the Dutch

government, which helped oversee the salvage operation.

It turned out the 55-ton (50 tonnes) ship was a medieval cog, a type of wooden vessel with a steep, straight ship prow and deck beams that stick out from the boat's skin. Cogs were typically used in the late medieval period on international trade voyages. Many of the structural support elements, such as nails, were made of metal, meaning it was sturdier, and therefore easier to take out of the water without falling apart.

The team believes the ancient seafaring vessel was likely sunk deliberately. It was placed perpendicular in the stream of the river. By looking at medieval maps and historical documents and recreating the historical path of the river, the team found the ship was sunk at a time when silt was building up, creating huge sandbanks along the IJssel River. Those sandbanks would have prevented ships from docking properly, so the ship, along with the barge and punt, were likely sent to the bottom of the river in a bid to narrow the river flow or divert it in a way that would improve sea traffic.

Though the ship was stripped of much of its original finery, the team did find an intact brick oven, as well as gorgeous glazed tiles, in the galley area of the ship.

Now that the ship is safely out of the water, the team will transport it inside its custom-made frame to a preservation facility in Leylstad, the Netherlands. There, it will undergo a painstaking process of drying out, which could take another three years. If all goes well, the IJssel Cog will be placed on display in a museum. But if the ship can't be dried out safely, it will be studied thoroughly before being destroyed.

Source:

<http://news.yahoo.com/medieval-shipwreck-hauled-deep-123654583.html>

Dive Health: Eat Chocolate Before Diving — Really

By Gretchen M. Ashton, Jan. 25, 2016

There is still a lot of discussion among researchers about the variables and specifics of how cocoa works positively on cardiovascular health, physical performance, and reducing risks of DCS, but it does.

Eat chocolate before diving — it's not only delicious, it's good for your dive health. Chocolate on the outside soothes the skin; chocolate on the inside soothes the soul and much more. Giving someone chocolate as a romantic gesture is no coincidence; it has long been touted for its aphrodisiac qualities. When ingested in small amounts, chocolate helps energize the body during exercise and assists post-workout replenishment of muscles. Best of all, chocolate has properties that help maintain heart health for divers and reduce the physiological stresses associated with decompression sickness (DCS), aiding in post-dive recovery.

There is still a lot of discussion among researchers about the variables and specifics of how cocoa works positively on cardiovascular health, physical performance, and reducing risks of DCS, but it does. Generally speaking, outcomes point to activation of nitric oxide (NOS) and antioxidant and anti-inflammatory effects.

You've got our permission to eat chocolate before diving, but a little bite goes a long way. An average chocolate bar is 40 to 45 grams, or about 1.5 ounces. According to the studies,

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ingestion of just 30 grams of dark chocolate one hour before diving can prevent something called endothelial dysfunction. Endothelium cells form an inner lining in blood vessels, where the presence of NOS and inflammation factor into the body's ability to process substances going to and from the blood and body tissues. NOS hinders bubble formation. Simply stated, properties in dark chocolate help with off-gassing and prevention of DCS.

Eating chocolate before a workout helps maintain blood-glucose levels, higher insulin levels and reduces oxidative stress, helping divers exercise harder and longer, as well as build more muscle and recover faster. Divers wishing to lose body fat will benefit by eating chocolate after a workout to avoid interfering in fat loss. Dark chocolate or cocoa is the best choice and it is important to consume it within 45 minutes after exercise.

Low-fat or non-fat chocolate milk is recommended as one of the best post-workout recovery drinks. Some exercise enthusiasts crave chocolate milk after running or training at high intensities. Chocolate milk provides carbohydrates, protein and amino acids (the building blocks of protein), restoring tired muscles, providing energy to build muscle, speeding up recovery and preventing delayed-onset muscle soreness. Studies describe benefits from eating three to four ounces of dark chocolate prior to high-intensity exercise and workouts lasting at least 90 minutes. This equates to 1/4 cup of 70 percent dark cocoa powder added to milk, water or non-dairy milk. Reducing the portion of chocolate to 1/8 cup is a reasonable recommendation for less intense and shorter workouts.

Research also shows that chocolate helps prevent cardiovascular illness and high blood pressure, which rank at the top of medical

conditions reported by divers. Plant-based nutrition is key to maintenance of health. Along with consuming fresh fruits and vegetables to help reduce the risk of coronary heart disease and stroke, divers can enjoy the fruit of the cocoa plant, which has a beneficial effect on blood pressure, insulin resistance and vascular and platelet function.

Remember to enjoy chocolate in moderation and avoid high fat and sugar varieties — this isn't carte blanche to eat a Hershey Bar each day. Chocolate is categorized based on the amount of cocoa solids it contains; the lower the cocoa percentage, the more milk and sugar has been added and the lower concentration of benefits. Dark chocolate ranges from 35 to 80 percent cocoa solids. Baking chocolate is unsweetened and nearly 100 percent cocoa. Milk chocolate contains 20 percent or less of cocoa solids, and white chocolate is made from just the cocoa butter, vanilla, milk and sugar.

Source:

<http://scubadiverlife.com/2016/01/25/dive-health-eat-chocolate-before-diving-really/>



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NEXT MEETING: 8:00 p.m., Plank's Café, Thurs., Mar 3, 2016. Program: Steve Locseys' Tobermory Trip

The Columbus Sea Nags

