



Sam the Dolphin

ISAM NEWS

INTERNATIONAL SOCIETY OF AQUATIC MEDICINE

Executive Office • 6240 Turtle Hall Drive • Wilmington, NC 28409

(910) 452-1452 • FAX: (910) 799-5209

E-Mail: DivingDocs@aol.com • Web Address: www.DivingDocs.org



20th Annual Summer Meeting

SEA SABA, JULIANA'S AND THE COTTAGE CLUB

Saba- The Dutch Caribbean • July 23-30,2011



Travel + Leisure 2010 World's Best Award for Saba- Top Island in the Caribbean

The 2011 Annual Summer Meeting will be held at Juliana's and the Cottage Club in Saba, Netherlands Antilles July 23-30,2011. Reflecting the true spirit of the island of Saba, Juliana's Hotel and the Cottage Club are small and intimate retreats from the hectic pace of modern life. Diving on Saba is a unique experience that has drawn thousands of divers over the years and Juliana's Hotel and The Cottage Club have a long standing affiliation with the oldest and most established dive center on the island Sea Saba. Saba has been named "The Unspoiled Queen"



of the Caribbean and remains an island largely untouched by the 21st century. Once you visit Saba you will understand there is nothing else like it in the world. Saba is an undiscovered gem and is so much more than an incredible dive spot as the towns are beautiful and quaint. The hiking and rainforests are breathtaking and the food is excellent everywhere you eat.



The friendliness of everyone of the island is great. The people you meet will call you by your first name and remember it throughout your stay. Saba had a fairytale like quality; the sense of being in a place that time has graciously left unchanged, Saba is that secret island which many dream of but few are fortunate to find. Saba prides itself on being the safest island in the Caribbean. A great time to visit Saba is the last week in July during our ISAM meeting to enjoy the friendly ambience of the island during the summer Carnival. Make no mistake Saba is totally Caribbean and celebrates summer carnival with visiting bands during the evenings at the local villages. This is a 10-day event that takes place in the village of The Bottom so if you do not want to participate you can still enjoy the normal peacefulness of the Windwardside Village.

Whether you want to explore the tropical rainforest or some of the best diving in the Caribbean Sea, Saba is the place for you. Saba has more than 18 hiking trails all over



the island and around 30 dive sites in the Saba Marine Park. Saba plunges below the sea as steeply as it rises above it. From shallow patch reefs to deep underwater seamounts, Saba offers dive sites suitable for every diver's level of experience. Past volcanic activity has created spectacular formations and structures. Underwater lava flows and hot springs are the most obvious evidence of Saba's volcanic origins. The reefs are populated with schools of tropical fish and healthy coral. Sheer close-to-the shore walls are covered with sponges of all sizes, and the heavily encrusted deep-water seamounts attract pelagic creatures that are not normally seen by divers. Unusual and exciting sightings are always possible in Saba's waters including frequent shark encounters.



Mount Scenery just outside the village of Windwardside stretches over half a mile or so into the sky, and beckons climbers to conquer the more than 1000 stone steps to its summit, the highest peak in the "Kingdom of the Netherlands". This walk is an absolute must; seat the finest in Saba's flora and fauna- orchids, banana plants, mahogany trees, the national flower- the back eyed Susan-colorful birds and bashful tree frogs. Hikers from all over the world are attracted to Saba. The island features a network of eighteen recommended botanical trails, carefully marked and maintained. Some are designed for easy trekking; others require a guide, enriching the experience through a greater appreciation of the natural beauty and history.

Jo Bean's Glass Art Studio is a must stop in Saba, jewelry and specialty items can be purchased or plan an afternoon or day to take a class and create your own personal piece of glass jewelry. You will be amazed at your final creation after you take a class with Jo Bean!

We hope you will join us as we celebrate the 20th ISAM Summer Meeting and a carnival celebration on the island of Saba!





Joel Silverstein

KEYNOTE SPEAKER:

The scientific sessions will be conducted by Ann Barker-Griffith, MD of SUNY Upstate Medical University and will feature as our keynote speaker Joel Silverstein. He is one of the leading specialists in diver training, explorations and decompression analysis. Mr. Silverstein is the author of three books, and six training programs, a major contributor of the NOAA Diving Manual, and well over 100 articles on scuba diving training, exploration, and technology. He has conducted almost

5,000 dives all over the world with such noted dives as the USS Monitor and 12 expeditions to the Andrea Dorea.

CONFERENCE OBJECTIVES:

ISAM is an association of diving physicians dedicated to the promulgation of diving medicine information to physicians in the United States and foreign countries. The conference will include the study of such topics as underwater physiology, diagnosis and treatment of decompression sickness, physical examinations for divers, and the treatment of injuries caused by poisonous and venomous animals.



DIVE PACKAGE INCLUDES:

- 7 nights accommodations based on double occupancy
- 11 dives with Sea Saba, 4 days of two dives; 1 day 3 dives
- Tanks, weights, and belts
- Daily boat transfers to the harbor
- Transfers to and from the harbor or airport
- Hotel Tax and Service Charge
- Daily breakfast and lunch at Tropics Café
- Daily dinner at a variety of Saba's restaurants
- Welcome cocktail
- Restaurant Gratuities
- Tips for the Dive Guides
- One ISAM gift
- 30 hours of category 2 CME



COST: Prices per person based on double occupancy

| | |
|-----------------|-----------|
| Diver | \$1995.00 |
| Non-Diver | \$1595.00 |
| Single | |
| Occupancy | \$375.00 |



Costs are based on payment by check. Use of a credit card add 3.5 %

REQUIRED EQUIPMENT: C cards

RESPONSIBILITY:

ISAM, Traveler's Choice, Sea Saba, Juliana's and The Cottage Club assume no responsibility or liability as the safety, quality of conditions, nor for the act of any employee or agent of any establishment, firm, or its entity furnishing such services, transportation, equipment, substitution or unperformed services, nor assume any responsibility or liability for the safety of any participating individuals while engaged in underwater activities, All trip participants will be required to sign an ISAM/Traveler's Choice Liability waiver.



HOW TO GET THERE:

You take a flight into St. Maarten (SXM) and then you have the option of taking a Winair flight from St. Maarten to Saba or using a ferry to reach Saba from St. Maarten.

ISAM has reserved seats on the Dawn 11 ferry that depart St. Maarten on July 23 at 5pm and leaves Saba at 7am on July 30. The ferry ride is about 90 minutes and the schedule provides time for the arrivals and departures of connecting flights to the US and Europe.



LIMITED TO 22 DIVERS

SABA REGISTRATION

\$200.00 DEPOSIT NEEDED PRIOR TO DEC. 31, 2010 TO SECURE GROUP RESERVATIONS

Member: _____ T-Shirt Sizes: _____

Guest: _____

Address: _____

City: _____ State _____ Zip: _____ Phone: _____ Fax: _____

I would like Traveler's Choice to make airline reservations for _____ persons

Departure City: _____ Airport Preference: _____

Please charge my airline ticket to the following credit card: Credit Card Name: _____

Credit Card Number: _____ Expiration Date: _____ Signature: _____

Please call Traveler's Choice for Airline Reservations at (910) 452-1452. E-Mail: DivingDocs @ aol.com

\$1000 Deposit per person required at this time.

Traveler's Choice/ISAM • 6240 Turtle Hall Drive • Wilmington, NC 28409