

# DIVE LOG

The Bimonthly Newsletter of the United Divers of New Hampshire

## **GOOD NEWS! 2003 BANQUET A SUCCESS! Story on Page 3**



Mark Stanton &  
Tom Tremblay

Photo by Lee LaJoie

## **BAD NEWS! 2003 XMAS TREE DIVE CANCELLED! Story Starts on Page 5**



Nubble Light  
November 29, 2003

Photo by Bob Gamache

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*Dive Log* is the bi-monthly newsletter of the United Divers of New Hampshire, an organization dedicated to educating divers and expanding the knowledge of diving in the State of New Hampshire and New England

## **Submissions**

We welcome your input. Your stories, photographs, educational information, and other editorial contributions are what make this newsletter tick. Contributions may be e-mailed to Stephen at [stevedives@comcast.net](mailto:stevedives@comcast.net) Submissions can also be sent on paper, CD-ROM, or PC floppy to:

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Please include a brief byline and author contact information with your submission. Submission shall automatically constitute an expressed warranty by the contributor that the material is original and is in no way an infringement on the rights of others. While no compensation is paid for published submissions, a byline indicating the source of an article will always be provided. Authors grant *Dive Log* and United Divers of New Hampshire first print rights to the submission. *Dive Log* and its editors reserve the right to edit all materials as needed. The opinions stated in the articles in *Dive Log* are those of the writers and do not necessarily reflect the opinions of the United Divers of New Hampshire or the editors of the *Dive Log*. For further information, please contact Stephen at (603) 772-9906

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## **Website:**

Newsletters and other current info are available at our website: [www.udnh.org](http://www.udnh.org), graciously hosted by Jake & Linda Richter.



# 2004 Banquet A Success!

By Tom Tremblay, VP

Well we are again at the end of another fun-filled season as we exit the dive season. It was really good to benefit from Pres. Steve Cantelli's organizing skills for the last two years. He either organized or delegated good events. He did a great job in scheduling our banquet speaker Mark Stanton from Diver's Down. Thanks to Adam Baker for his hard work and dedication as V-P, for his vision and persavereance in bringing to a conclusion the years of hard work other club members had invested to make the public aware of the importance of the Dive flag. It is the only safety protection we have from boaters. I am sure the effort that was done to produce the signage and their placement will have some positive effects on protecting divers in the water.

Thanks to Don Eva, Secr, for his many years of hard work in the club. Doing things like keeping records in order, printing tickets for various events, of which I'm sure he paid for out-of pocket. Spending many eves helping with newsletters with various editors.

Thanks to Jim Mayo for his many years as Tres; keeping our finances and books in perfect running order. Jim thanks again.

Thanks to Bob & Rose Gamache for their wonderful work in organizing several adventurous dive trips. I personally feel the Aquacat live-aboard trip was the best of the best. That's my humble opinion. Thanks also to Bob for his tireless work behind the scenes working the website and e-mail of whatever you people with computers do.

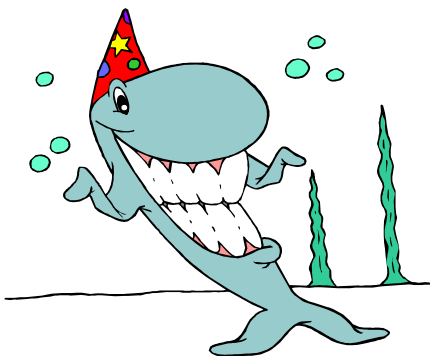
Thanks to all membership for helping to make this a successful year by participating and helping in the various dive and club activities. None of this is possible without you.

I suppose you all want to know what this rambling has to do with the banquet. Well everything. I feel it's the payback in a small way for all the hardwork and fun we had through the year. It helps keep the family together. I feel very honored to have been part of the banquets organization.

Finally, thanks to all the members who have worked hard to handcraft some of the many superb raffle and door prizes and to those who donated prizes as well.

Namely: Gary & Sue, Jeanne, Diver's Den, Aqua Ventures, Steve, Jon, Don & Gayla, Captain Rob, Mark Stanton, Kerry & Linda, Adam, Dick & Judy, Fran Marcoux, Lee Lajoie, Atlantic Aquasport, Karen, to name a few.

Don't hate me for this but this article has been hand-crafted by me on the sunny shores of W. Palm Beach under a shady umbrella sipping the state beverage--a frosty margarita. What a place for inspiration!!!!



## From The Editor

Hi all,

Well here we are in a new year 2004. What new dive adventures will there be? I for one will be traveling to Bonaire (first time) this year. Another possible place could be Lake Ontario, wreck diving. That is the most wonderful thing about what we do (scuba diving), is that it always brings us to new places to go diving. How many of you this year are planning or hoping to go somewhere where you have not been before? Please send me a story about that place you hope to go to in 2004.

Happy Diving

Steve



## 2003 Christmas Tree Dive Cancelled!

By Steve Cantelli

On November 29, 2003 United Divers members showed up at Nubble Light to prepare to get the underwater tree ready. Were we in for a surprise. Upon arriving the front page photo is what we saw. 6 foot seas, waters breaking higher on the rocks than most of us had witnessed before. The weather report stated that the winds would start to calm by 3:00 p.m. So we made a decision to wait and see. Well, about 2:30 it appeared the weather man would once again not be quite accurate. Gary decided that it would be the first year in five that we couldn't make it happen. After talking to the York Chamber of Commerce, it was found out that the U.S. Coast Guard had decided not to light the house this year due to winds. I guess Gary made a decision backed by the U. S. Coast Guard. Good Job, Gary. For all of you that miss the tree here is a photo from 2002.



Christmas Tree 2002 Photo by Steve Cantelli



Boothbay Harbor, Maine Photo by Sarah Plummer



- 30 foot Canaveral Custom Dive Boat
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*Popular Sites:*

Isle of Shoals  
The wreck of the Empire Knight  
Boon Island  
Boon Ledge

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**Wednesday Night Fireworks Dives @Hampton Beach!**



### **Club Meetings**

Meetings are held the first and third Mondays of each month, January through November. We encourage potential members to attend a meeting or two to experience our club before joining. The meetings are held at the YMCA on 30 Mechanic St. (off of Elm Street) in Manchester. The meetings start at 7:00 PM. Each meeting consists of a short business portion followed by a variety of presentations and discussions. Immediately following the club has an hour of pool time for swimming, trying out gear, and the occasional game of pool volleyball or underwater hockey. Members and guests often meet afterwards at a local restaurant for food and drink.

### **Extreme Weather**

Meetings will be held if the YMCA is open. You can call them at (603) 623-3558. Check close to the meeting time as the front desk often has no advance warning of early closures.

### **Membership**

Annual dues for membership for 2003 in the United Divers of New Hampshire are \$30/individual or \$45/family. Dues are not prorated for members who join later in the year. To join, please contact Chris Nye at (603) 493-5411

### **Get in the Swim**

After every meeting, the YMCA pool is open to our dive club for an hour of fun and fitness.

Don't wait for the ice to thaw before trying out that new equipment, the pool is the perfect place. Check out the club calendar for special presentations in the pool like dive knife use or trying out a dry suit. So bring a suit and a towel to every meeting and get into the swim.

### **United Divers of New Hampshire**

#### **Contact Information - 2004**

President	John Magruder	(603) 487-3025
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Treasurer	Lee Lajoie	(603) 225-1005
Secretary	Chris Nye	(603) 493-5411
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Dive Log Editor	Stephen Cantelli	(603) 772-9906

More Summer Solstice Photos June 2, 2003 Photos by Lea Nichols



Tracy Tebo & Mike Griffin

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**MORE SUMMER SOLSTICE PHOTOS**



Gary and Sue Thullier (above).



Lea (theHost) and Elsbeth are enjoying the dance!

## **REC to TEC: my story**

by R. Michael Small

**NOTE: I am not recommending or suggesting that anyone else approach tech-diving in the manner I describe in this narrative. One thing I've learned, especially when lots of equipment is involved and no-direct-ascent-to-the-surface-is-possible, is there is no substitute for structured training.**

A few years ago a dive buddy lent to me a video tape called "DIR II". The effect that video had on my diving has been profound.

For those who are unaware, DIR is an acronym for "Doing It Right"; an approach to diving that is often misunderstood and its more zealous adherents are frequently accused of being "dive NAZIs". It is not my intent to discuss the merits of DIR but suffice it to say that DIR is about more than your gear configuration and I am not DIR.

My gear at that time was typically recreational: jacket BC, instruments on a console, "octo" clipped to the jacket-BC, J-style yoke-valve on the tank. Soon after watching the video, and in fairly rapid succession, I began using a 7 foot long primary regulator hose as well as placing my "octo" just under my chin on a shock-cord necklace, removed my instrumentation from the console and placed it on my wrist and replaced the jacket-BC with a backplate and wing.

From that simple beginning and over a period of about 2 years I progressed through several more gear modifications and dove more seriously as I started to teach myself decompression procedures and "mixed gas" diving. Ultimately, on my own but with input from mentors and friends, my gear configuration became H-valves (with a primary and backup regulator) on my single tanks, doubles for deep and/or decompression dives, 40 c.f. "pony" bottles as decompression bottles, various size "wings" for the various size tanks I use, argon for suit inflation when using trimix, several regulators and a plethora of accessories such as lift bags, reels, lights, etc.

## **REC to TEC: my story (cont.)**

Self taught I have made dives at various sites such as the Mars (120+ fsw.), U853 (130 fsw), Saturday Night Ledge (130+ fsw) and “The Crane” (150 fsw). All of those dives involved planned decompression of various lengths and incorporated the use of high-oxygen content (50, 80 or 100%) EAN as a decompression gas. Additionally, after deciding I do not particularly enjoy “being narced” I have planned and executed a few trimix dives.

Eventually, my desire to dive deeper was hampered by my lack of credentials and I was facing a roadblock; either receive structured training or be content to dive the Chester Poling, etc. for the rest of my life. Added incentive came from a close friend/buddy/mentor who told me flat out that he would not dive the deeper stuff with me until I had completed structured training. I contacted an instructor who agreed, after a face-to-face meeting, to take me on as a student. I told him what I had been doing and described my goals. He told me I’d have to start from the beginning regardless of where I thought I was. I agreed but little did I know what the next months would bring.

My first class, with the instructor and two other students, was spent discussing upcoming dives and expectations. We filled out paperwork and were told that at this level of diving we needed to ask ourselves if we, and our loved ones, were fully prepared for the commitment that needs to be made and the level of risk that is potentially involved. Following that our instructor critiqued our gear and asked many questions including “why do you do this?” and “why do you use that gear”? He suggested alternatives or modifications and encouraged us to be open-minded toward different ideas and techniques rather than simply regurgitating what we’d been told or read. It is interesting to note that “because I like it” has proven on several occasions to be an entirely acceptable reason for why I use a piece of gear or technique.

## **REC to TEC: my story (cont.)**

Soon after, following a few cancelled dives, we were scheduled to dive the Chester Poling.

Regrettably, for several reasons, I was not in the correct frame of mind (or physically “up”) for the dives and soon after descending to the deck of the Chester Poling I signaled that I was not comfortable and the dive should be aborted. We spent the second dive in very shallow water working on skills: skills I had used many times in the past but could not demonstrate. This was a very humbling experience and I went home with my tail between my legs resolving to “do better next time.” Our next series of dives were carried out from shore and I was introduced to some new skills as well as successfully demonstrating the skills I had failed during the first two dives. Ultimately my instructor and I did dive the Chester Poling and I did well. I was also shown more new techniques.

Over the winter I stayed in contact with my instructor while I caught up on the “book work” and anticipated resuming diving. Approximately one year after the first class I was at Nubble Light with my instructor, another student and a pile of gear. We spent the morning diving and working on skills with lift bags, deco bottles, etc. and the day went well.

Our next outing was at the Isles of Shoals. Unfortunately I was once again unfocused and as a result the first dive started badly and ended worse. I forgot basic pre-dive discussion and in-water safety checks. During an out-of-air drill I “killed” my instructor as a result of being task loaded. Additionally, I jammed my reel and dropped 10 feet in the water column while deploying my deco bottle. Worse yet, for me, was that the Dive Master that day was the same who had seen me perform so poorly one year before. What bothered me most about the dive was that I allowed “killing” the instructor to adversely affect the remainder of the dive. Fortunately the second dive, which included out-of-air drills and some use-of-reel exercises, went well.

## **REC to TEC: my story (cont.)**

And, I gracefully made the switch to my deco bottle.

Following that day I had some heart-to-heart discussion with my instructor and the dive master and they gave me advice and encouragement, including:

- 1) if you make a mistake, let it go and continue the dive; do NOT “shut-down”
- 2) you know the subject and work hard; you have the skills but you need to concentrate on the dive and put all else out of your mind

August 21<sup>st</sup> and 22<sup>nd</sup> I did another series of dives with my instructor. The first day was on the Chester Poling and emphasized skills. The 2<sup>nd</sup> day was Saturday Night Ledge then Chester Poling. The SNL dive emphasized dive planning and execution. The second dive was for fun.

The first dive on the Chester Poling included an “out of air” drill with my buddy and me swimming through a restriction. We then swam back to the mooring line continuing to share gas. For the second dive my buddy and I tied off to the wreck and swam out over the sand looking for a lost piece of dive gear.

The next day our dive on SNL passed without incident. Visibility was a dark 10 or 15 feet. I was 3<sup>rd</sup> diver down the canyon and lead diver on the return. I found out later that my lead was a test to see if I remembered the location of the mooring or was simply following others.

The second dive that day was on the Chester Poling. Three of the divers penetrated the wreck while my buddy and I leisurely toured the outside.

During both of the dives on the 21<sup>st</sup> I breathed air but “decod” on 36% EAN. On the 22<sup>nd</sup> I dove 22/24 (22% O<sub>2</sub>/24% He/54% N<sub>2</sub>) trimix and carried a 36% EAN mix which was used, with my instructor’s knowledge, as travel mix to the bottom and then an ascent/deco gas.

## REC to TEC: my story (cont.)

The only criticism I received was that I need to be faster during my switch to bottom mix and stowing of the travel mix regulator.

While I was decompressing from the second dive on the 22<sup>nd</sup> my instructor shook my hand, patted my head and showed me an Advanced EAN c-card as well as a Decompression Procedures c-card. Each card had my name printed on it. One by one the others reached over and shook my hand. I then “took a bow” which I am sure was a comical sight considering the amount of gear I was carrying. Back on the boat my instructor and the Dive Master (the same who had seen me do so poorly on other occasions) again shook my hand and told me I had worked hard and earned the certifications.

I’ve been “tec diving” and training now for a few years with further to go before I earn my “entry level” trimix certification. My ultimate goal is hypo-oxic trimix certification so I can someday visit the Gunilda which lies in 265 feet of water in Lake Superior. I’ve learned a lot but realize there is still much I don’t know. Pursuing “technical diving” is much like the martial arts; each new skill and certification level resembles walking on an escalator; you have to deliberately move forward to prevent staying in place or returning to your starting point.



Jacqueline Small watching the author (her husband) Mike Small being not so quite TECHNICAL.

photo by Steve Cantelli



Watch Here Every Issue for the:  
**SCUBA WEBSITE OF THE MONTH!**

This month's Site: <http://www.diverssupplyinc.com/>

This is a Commercial Diving Website with some interesting gear links. Have Fun!



## USEFUL INFORMATION

### Weather

Current marine weather for New England can be accessed online at [nws.fsu.edu/buoy/](http://nws.fsu.edu/buoy/)

### Tides

Tide information for New England can be accessed online at [www.maineharbors.com](http://www.maineharbors.com)

### Club Events

United Divers event calendar can be accessed online at [www.udnh.org/calendar.htm](http://www.udnh.org/calendar.htm)



Look out for the next exciting issue March/April, 2004.

Steve Cantelli/Editor