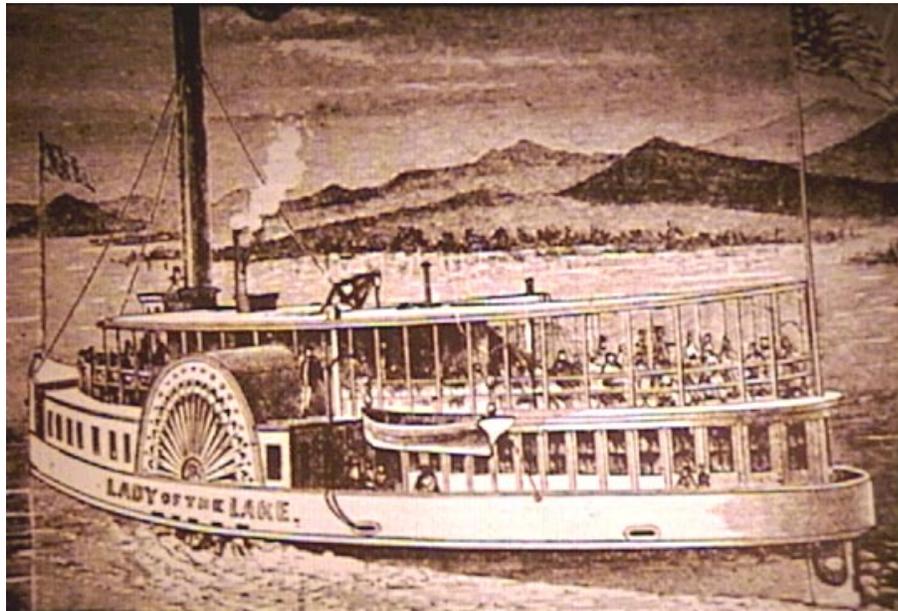


The Bimonthly Newsletter of the United Divers of New Hampshire

Winter Fun



Wayne Russell inspects the fantail of the Lady of the Lake, which sank in Lake Winnepesaukee circa 1895.

Secretary's Corner

by Don Eva

Well, a new year of diving is upon us, and we're ready to kick off some new activities. Those brave enough to face the cold water, or lucky enough to have travelled south, have already had a taste of '98 diving. The Boston Sea Rovers show has come and gone, and those who attended were treated to a variety of presentations and informative displays during the day, and one of the best evening shows I've seen - first looks at upcoming Nova shows, whales, sharks, cave dives (not for claustrophobes), underwater volcanoes, and many more fascinating subjects. Thanks to Tom Tremblay and all who helped set up and staff our club booth at the show.

The annual Ice Dive on the Lady of the Lake was well attended and enjoyed by all, and a reprise of the Glen Ellis Falls dive was once again filmed by Mark Stanton of the Divers Down show, and will be featured on NESN sometime in the upcoming months.

Your club officers are working to fill out a robust schedule of dives and other activities for the coming months. If you have any ideas, or want to sponsor a dive, let us know.

CATCH THE WAVE!

The 2nd Annual New England Scuba Clubs Party will be held Saturday, March 14 at Lantana's in Randolph, MA. Cocktails start at 7:00 pm, Dinner at 8:00.

Last year's party drew over 150 people from UDNH, NEADC, Metrowest Dive Club, Mass Bay Divers, and Moray Wheels, among others. This year promises to be bigger and better.

Cost is \$25 per person

Door and raffle prizes will be available.

Proceeds will benefit Youth Enrichment Services and the Stepping Stone Foundation.



The Newsletter of the United Divers of New Hampshire

Editors: Lea Nichols
Gary Thuillier

Support: Don Eva

Submissions

Editorial contributions may be e-mailed to COMPTUS@aol.com or FAXed to 603-487-5513. Submissions can also be sent on paper or PC floppy to:

Lea Nichols
342 Lyndeboro Road
New Boston, NH 03070

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 Lea Nichols at (603) 487-2726.

Subscriptions

Subscriptions to *Dive Log* are included in the UDNH membership fees. Non-members may subscribe to the newsletter for \$15/year. Subscription inquiries should be addressed to Lea Nichols as well.

Advertising

Rates for a full year placement (6 bimonthly issues) range from \$75 to \$360, depending on placement size and location. For detailed information on advertising in *Dive Log*, contact Don Eva at (603) 672-5608 or dpeva@aol.com

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Website:

Newsletters and other current info are available at our website: <http://www.strokeofcolor.com/udnh>, graciously hosted by Jake & Linda Richter.

Torpedo Ray Photo Op

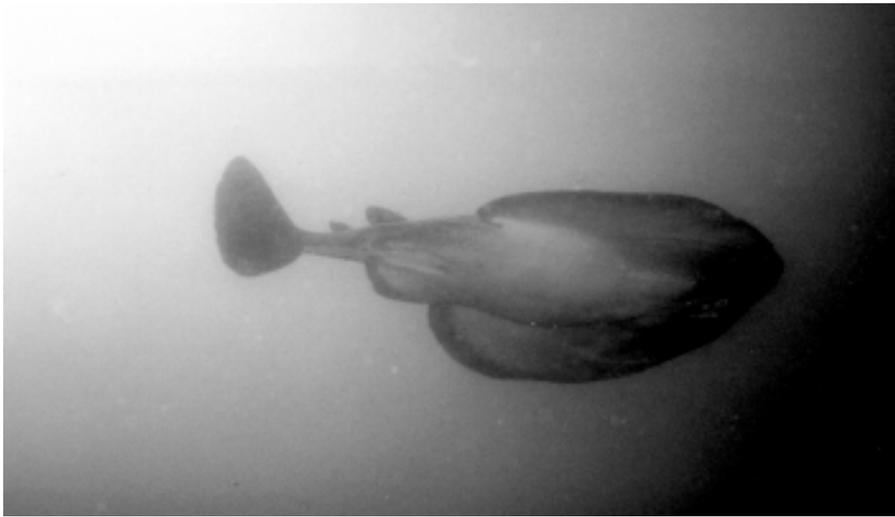
by Dave Denoncourt

I had been told of the infamous "Torpedo Ray" that lurked somewhere in the water off Nubble Point and had been out several times looking for it with no success. One day I was at Nubble working towards my Dive Master certification with the Diver's Den. The dives were over and I still had a full tank and the yearning to dive.

The day was clear and, as usual, there were plenty of other divers there (it was Saturday). So I decided to go out alone for another look to see if I could scrounge this critter up.

I went out along the edge of the island at a heading of 60 degrees. I cautiously

picked my way along keeping a good eye on my course, depth and air supply. I swam until I reached a depth of about 55 feet and my air was about half gone. I decided that this wasn't the day I would see it, but thought I might try following a parallel course back, only I moved over about 40 feet to the east to cover a different area. I also raised myself off the ocean floor about 10 feet to conserve my air. I had pretty well resigned myself to not seeing it that day, though.



When I reached a depth of 40 feet, there it was! The ray is 5-6 feet long with a wing span of over 3 feet. It was resting on the bottom. When I approached, it started to slowly rise sending undulations through its wings. It

continued on next page . . .

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INSTRUCTIONS

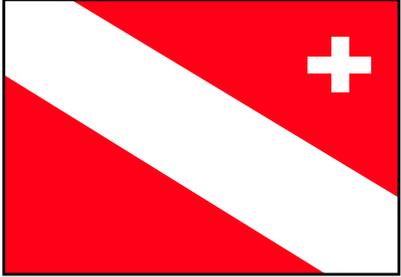
RENTALS

reminded me of something from a sci-fi movie, hovering and turning as it rose. To my surprise it turned toward me, then started swimming in my direction. I am aware that these critters can deliver 220 volts and didn't want any physical contact with it (especially since I was alone). Then I relaxed and thought to myself, "This guy just wants to swim to the water on the other side of me and really doesn't intend to hurt me." I was retreating straight away from it and figured if I turned, it would pass right by me. Wrong! I turned and it turned. This made me really nervous and I swam away faster. It continued to swim in my direction, slowly and really did not appear to be aggressive at all. Still I wasn't about to test that assumption while I was alone, so I decided to raise up in the water thinking that it probably wouldn't follow and if it did at least I'd be closer to the surface. Well, I'm not sure if my maneuver dissuaded it or if it spotted the same two other divers that I did and decided to go check them out. Whatever the cause, I had my thrill and was glad to part its company. I was low on air and headed in.

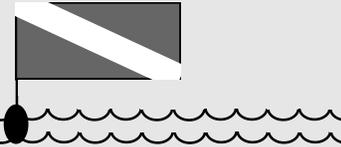
I didn't have my camera that day, darn it! The next chance I had to go back was a week later and I wasn't going to miss it. I had armed myself with a 2 foot piece of PVC pipe (non-conductive) so I could push it away in case it decided to get cozy. Again, I was alone (except for the other hundred divers at Nubble). This time I altered my course and swam right to it as though I had a homing device. There it was on the bottom again. This time it stayed there and I took its picture as it slept. I took a couple and thought, "Gee, these pictures will be kind of boring. I need some pictures of it swimming." I nudged it from behind with the pipe and it jerked up as if awoken from a deep sleep. It arched over onto its back then rolled over and straightened out right side up. After this maneuver, it

swam in a big circle with me right along with it taking pictures.

I must have stayed with it for 20 to 30 minutes, swimming in front of it, beside it and almost under it. What fun! When it completed the circle, it glided up the rocky bank of the island. I figured this meant it wanted to lose me real bad because there was no place up there for it to rest. I had run out of film anyway. I turned for home and on the way back I reflected on the encounter and I thought to myself, "The heck with it, I don't need to go on a second dive today. How could I possibly top this one!"



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To Pee or Not To Pee

by Gary Thuillier



That is the question that has plagued anyone who has donned a wetsuit over the ages.

We all do it at some time or another although many will flat out deny such a disgusting practice. The fact is -IT FEELS GOOD!! When a person enters the water (whether in a wetsuit or not) there is that urge, and believe it or not there is a medical term for it:

Immersion diuresis, an involuntary need to empty your bladder. Something to do with your kidneys being fooled into producing more urine. (Don't ask for more detail, I'm a plasterer not an MD.) From there it's just a matter of self control. Now the BIG question is, SHOULD YOU? Well here's the scenario; You're halfway into your dive and feeling chilled, and by now you have to go. That will warm up the wetsuit real quick, 98 degree liquid spread out over your entire, already wet body. So what happens next, the water already in your suit mixes and cools down (Oh well, it felt great for a minute). At this point you're thinking 'I hope it flushes through by the time I finish the dive', cause I don't know about anyone else but it sure is

embarrassing getting onto a dive boat smelling like a wet diaper. Now let's back up a bit. If you kept that 98 degree liquid inside your bladder the rest of your body would thank you, and so would your friends. It makes more sense to keep your body core warm than to warm up the skin.

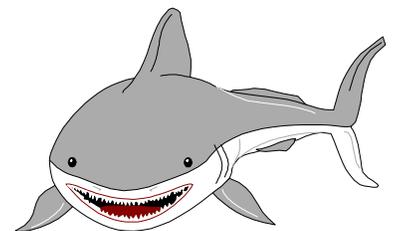
OK so now we know what is best for warmth but the problem is you still have to pee, really bad. Well you could have taken some measures before the dive to help the situation. To start off, what you drank in the morning is working against you. Right now someone is thinking "Aren't we supposed to drink a lot of liquids?" True, but caffeine is one of the most common diuretics (there's that word again). Remember it basically means to fool the kidneys. You can't drink five cups of coffee and think "there, I've got plenty of fluid in me." Because it ain't gonna stay there!! The same goes for carbonated beverages. Check the contents, some of them are caffeine free while others have more per ounce than coffee. So there it is in a nutshell, if it feels good do it, if you prefer to stay warm - resist the urge. Moving on to a related subject - DRY SUIT Diving. There's where control really counts unless you have the latest in sophisticated equipment. Sorry males only!! Maybe our editor will elaborate in a future issue.



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Lea Nichols prepares to head over the edge of the cliff at Glen Ellis Falls wearing HelmetCam



HelmetCam view from above the falls



Wayne Russell tests the water

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SHERWOOD



Sue & Gary Thuillier take a breather after an exhausting dive at Glen Ellis Falls.

Equipment Mart:

Members looking to buy, sell, or trade equipment may advertise here for free. Send submissions to Lea Nichols, 342 Lyndeboro Road, New Boston, NH 03070 or COMPTUS@aol.com.

TECH TIPS

Tech Tips is a new column for members to share their knowledge, ideas and/or inventions. All submissions welcome.

By Mike Griffin



Who needs weights?

New Uses for Duct Tape

When wearing a wet suit while diving in cold water use duct tape to seal your gloves and boots. This will keep you much warmer as it cuts down on water exchange. Don't apply the tape so tight as to restrict blood circulation. Duct tape may also help keep dry suit gloves from popping off when making a giant stride entry.

Computation of Air Volume using Cylinder Pressure

This calculation is indispensable for figuring turnaround pressures when members of the diving team have dissimilar cylinders.

A. The base line must first be established using the CTC/DOT data the is stamped on every high pressure cylinder. Using the steel 104 tank as an example, CTC/DOT 3AA 2400+

For the above, the tank is at its rated volume at 2400 PSI plus 10% or 2640 PSI.

B. All base line Ft³ (cubic feet) figures are calculated using full tank pressure as follows:

Formula 1: Tank size divided by the rated PSI times 100 equals Ft³ per 100 PSI.

For example: Using a 104 Ft³ cylinder

- a. $104/2640 \times 100 = 3.9 \text{ Ft}^3 / 100 \text{ PSI}$
- b. Twin 104's would be $7.9 \text{ Ft}^3 / 100 \text{ PSI}$

C. The $3.9 \text{ Ft}^3 / 100 \text{ PSI}$ is the baseline to compute tank volume for the single 104 Ft³ cylinder.

For example: At 3000 PSI $3.9 \times 30 = 117 \text{ Ft}^3$

An aluminum 80 Ft³: $80 / 3000 \times 100 = 2.7 \text{ Ft}^3 / 100 \text{ PSI}$

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Saturday 7 AM to 7 PM Closed Wednesday and Sunday.



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 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 1998 in the United Divers of New Hampshire are \$25/individual or \$40/family. Dues are not prorated for members who join later in the year. To join, please contact Don Eva at 603-672-5608

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 - 1998

President	Mike Griffin	603-598-0151
Vice President	Tom Tremblay	603-625-8459
Treasurer	Gary Thuillier	603-487-3001
Secretary	Don Eva	603-672-5608
Dive Coordinator	Ken Anderson	603-594-9776
Ass't Dive Coord.	Ron Mann	603-883-9015

Meetings and Events

New meeting schedule: 7-8:15pm - meeting & presentation, 8:30-9:20- pool time, 9:20-9:30 - Hot Tub!

March 14 2nd Annual New England Scuba Clubs Dive Wave. Multi-club party. Don't miss - last year was a blast! Contact Al & Wendy Bozza @508-384-1377.

March 16 Meeting. Video from the recent ice dives.

March 21-23 Beneath the Sea '98- Secaucus, NJ
If you liked Sea Rovers, you'll love this!

April 6 Meeting. Charles Mazel will present blacklight photos of corals - see things in a completely new light.

April 20 Meeting. Underwater Olympics.

May 2 Dive & Picnic @ Fort Foster
Contact Ken Anderson (594-9776) for details

May 4 Meeting. Meeting topics/speakers and dives are being arranged for the upcoming months - if you have suggestions or potential programs/speakers, dive ideas, etc., contact a board member.

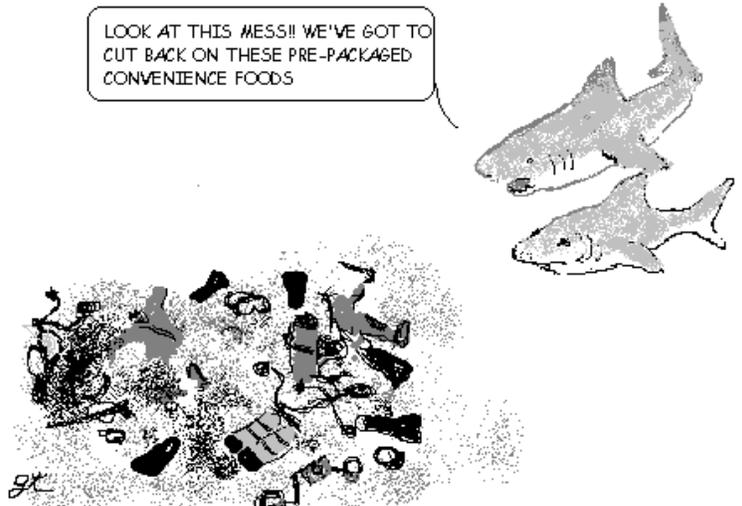
May 18 Meeting

June 6&7 Smuttynose Island trip. (tentative)

August 15 Annual Jay Lewis Picnic. Lobster Raffle

September 27 National Coastal Cleanup

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Forward and Address Correction Requested

DIVE LOG

Dive Log is the 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.

In This Issue:

- Tech Tips
- Torpedo Rays
- To Pee or Not to Pee
- Ice Diving
- Dive Wave Party

