

DIVE LOG



The Bimonthly Newsletter of the United Divers of New Hampshire

Bob Lacz



“Just like a Jacuzzi, but the water isn’t as warm”

Cindy Conlin & Ken Anderson



Shawn Matte



Cover photo by Lea Nichols

Glen Ellis Falls

by Cindy Conlin

There are as many reasons to ice dive as there are members of the club, but stopping traffic on Franconia's highway has always been one of the more obscure ones. The trip to Glen Ellis Falls in Jackson, NH, was quite taxing, considering the laborious 3-mile hike through blinding snow to get there with 80 pound packs on our backs, uphill both ways. OK, so maybe it was only 1/4 mile and the snow had already snowed. And, OK, we dragged most of our stuff on sleds. But we still had to cross the road. For the glory of careening down snow-filled hills into the glacial Glen Ellis Falls, though, 2 hours of driving and a little snow wouldn't stop the United Divers (who, by the way, are known for their incredible stamina in disastrous conditions...) from their rainy/snowy destination on Jan. 23. So, what about the traffic, you ask? Well, Shawn Matte and Bob Lacz got sick of walking back and forth to the site, so they took the easy way out. The penguin's route. Surely you can imagine some poor tourists from Taxachussetts driving cautiously on snowy roads in the White Mountain National Forest on their way to ski at Wildcat with the fam. Then picture their faces when they see two fully grown, or overgrown, penguins, no wait, they're men, running across the road in their flippers and face masks, diving over the guardrail. And they could run fast in those flippers, I tell you!! OK, they were NOT wearing their flippers. But they did run across the road in their wetsuits and dive over the guardrail. Back at the falls, Jean Stefanik kept the heater going with her boots and almost melted them. She also brought killer brownies! She had a cold, unfortunately, and thought better of submersing herself in 30 degree water. Lea Nichols was also there, diving and running operations at base camp. He was the brains of the day. Everyone had a job to do. Elsbeth Nichols stayed at the Appalachian Mountain Club lodge at Pinkham Notch and tended the fire. She did a great job, checking out which magazines were really worth reading and making sure we all returned and thawed out. Maybe she was the only sane one to not come out in the rain. Tom

continued on next page...



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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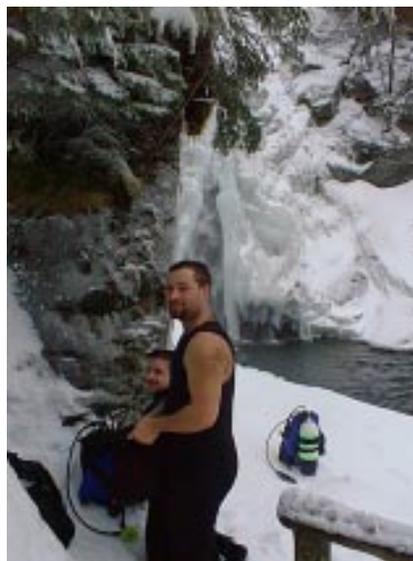
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Website:

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

Brumaghim came to the Polar Bear Club initiation too. He brought friendly Sheeba (his dog), who was more than pleased at the way 4 or 5 cold divers dropped brownies from numb fingers. One of the biggest hints for next year, we all agreed, was that we really didn't need full tanks. A pony bottle would have sufficed. Not too much to see under the water, and it was only 15 feet deep — if that — at the deep end. Cindy Conlin and Ken Anderson, having arrived in the second shift, fell privy to Jean's, "Oh Don't go up empty-handed..." They got suckered into lugging Bob and Shawn's weight belts back up the hill, while the brothers frolicked in the falls. Another reason tanks were optional: there was no ice. None under which we could dive anyway, hence the term "ice dive." That's OK though, because all the ice and beauty was above the water. The coolest part, I think, was getting swushed under the overhang of the banks, which were frozen about 2 feet off the surface. The icicles hung down from the underside like stalagmites, creating a virtual glass castle over our heads as the current pushed us along. Incredible! Not to mention the icy cascades in the background. Picture-perfect New England.

Aaaaaaaahhh, this is the life!! After the dive, some of the crew stayed at the Jackson House, a cozy bed and breakfast inn complete with a hot tub!! The water was set at 110 degrees, making it necessary to dump snow into it before we could enter. It was very relaxing to be away from it all up in the mountains. All in all, everyone had a gnarly time! The backdrop of icy cascades made this first dive of the New Year a



scenic one. Jean's and Lea's digital pictures can attest to that!

Shawn Matte
preparing to dive
Ellis Waterfall
Photo by Jean
Stefanik

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INSTRUCTIONS

RENTALS

Notes from recent UDNH Meetings

Dues for the new year are due. We discussed the increased cost of the room at the YMCA, and voted to raise dues for 1999 to \$30 (single) and \$45 (family). This should cover at least half of the increase and we hope to make up the rest in increased money-making activities. If anyone has ideas on how the club can increase our bank account, please talk with one of the board members or bring it up at a meeting.

Gary Thuillier brought in the new bumper stickers for sale. They are \$2.00 each and are great looking! They have the "Live Free and Dive" logo. Buy lots, they're great for cars, scuba tanks, offices, anywhere!

Tom discussed the possibility of a boat dive this winter through Seafari Charters. It costs \$55.00 per person and there is a minimum of 4 divers required. This is an excellent opportunity to get scallops, so contact Tom if you'd like to get in on it! Tom also suggests a dive on the Empire Night.

We are beginning to plan our second annual Hermit Island camping trip. Tom is taking names and will reserve the sites for us. We had a blast last year, diving, kayaking, sailing, hiking, and eating! So, c'mon out and join us for a great weekend!

Tom's looking for members for the Seamark committee. Same for Sea Rovers. If you'd like to help out at either event, please let Tom or one of the other board members know.

Jean mentioned that there are 2 hyperbaric chambers in Manchester, at the Catholic Medical Center. These are for short term treatments only, and she's investigating the possibility of a club tour of the facilities.

Lea told us of an effort by Rodales to put together a national club organization. It will publish meeting schedules and possibly share speakers. There will be a web site, and there is apparently no cost. The members in attendance all agreed that as long as it's free we should join.

There was a suggestion that we ask the local dive shops to include a copy of our newsletter in student bags.

When our business was complete we saw slides and film of Gary Thuillier and Mike Griffin's trip to

Florida. It looks like they had a wonderful time and the film of their cave dive was awesome!

Then, pool time and deco ...

January 18, 1999

We were reminded that dues were due. There was a suggestion that we offer a cheap, short term membership for students. There was some concern over liability for the pool, and the discussion was tabled, figuring that offering several free sessions to get to know us, as guests, has worked well. We may have to advertise that better.

We started taking names for the Hermit Island camping trip.

And we were reminded that we still needed someone to help out with Sea Rovers.

There was some discussion of doing a wreck dive at Cedar Park.

Plans were made for the dive at Glen Ellis Falls, and general training in ice diving was explained. Line handling was described and demonstrated, and other tips, hints, and cautions expressed. Then they retired to the pool for further training.

February 1, 1999

Tom reported that of the folks that went to Glen Ellis Falls, half a dozen actually entered the water. Lady of the Lake dive is planned for the following weekend.

After that, Tom is hoping to dive a shipwreck at Great Bay. They'll dive at slack tide. Expect low visibility, some current, and cold water, so be prepared.

We discussed the Jay Lewis fund. There's currently \$1333.00 in it, and no plans as to how to use the money. We voted to put \$1000.00 into a CD for the time being.

Jean is going to get some more club t-shirts made for Sea Rovers. We currently have a shortage of size Large. Mike and Gary have agreed to help out at Sea Rovers.

continued on next page...

We discussed the Catch the Wave party, which was a lot of fun. We commandeered a table and had lots of good food, good conversation, and we even won a few things. I won a DAN first aid kit, two folks won books, Kerry and Linda won a hat, and Jean got a rebreather course in the silent auction. A good time was had by all!

Sunday, May 16 will be the treasure hunt for the Underwater Society of America. They are fighting proposed legislation to limit access to underwater wrecks. See Mike if you are interested in learning more.

February 16, 1999

There were some general reminders and discussion about the Hermit Island camping trip, t-shirt purchases, and an upcoming trip to Florida for cave diving that Mike and Lea are planning (and at the time of this newsletter, will have just returned from).

The presentation today was a discussion by Rich Bacon on dive accidents, rescue, and insurance coverage. The basis for the discussion was an incident in which Rich's wife lost consciousness at approximately 90 feet on a recent trip to Grand Cayman. Rich noticed her distress and managed to successfully return her to the surface and give initial first aid. All the divers were recalled to the boat, and it was soon apparent that she was suffering from DCS. She was rushed to a local hospital and started on chamber treatments.

Major points learned:

- Be prepared before the dive. Know emergency procedures for your boat, including how to recall divers, where the oxygen is, and what to do with the victim. Take a safety/rescue course. It's safest to have someone on the boat at all times to help in case of emergency.

- Be prepared during the dive. Keep an eye on your buddy. If Rich had not been as aware of his wife as he was, he might not have been able to revive her. Secure the victim's regulator, remember to ascend at a safe rate, practice your rescue skills so you know what to do. In this case, the rescuer was a trained instructor, and was well prepared for a rescue situation.

- Understand what your insurance covers and what your rights are. Rich found that the hospital wanted cash up front, not wishing to wait for DAN to pay them. At a time when a loved one is in distress, is not a good time to have to run around trying to get cash for emergency treatments. If you have DAN coverage, you can call travel assistance to get faster payment, or advice on what to do. Check your own personal insurance ... DAN covers whatever they don't.

(continued on next page)



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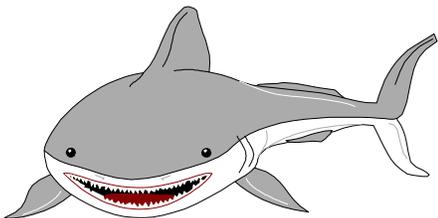
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- Rich has spoken with DAN about his experiences, and they are planning a quick reference guide to help customers know their options. It is apparently in the approval process now, as documents of this nature must be approved by all states before publishing them.

In this particular accident, there was apparently a previously unknown condition that led to the loss of consciousness under stress.

So, be careful out there, watch your buddy, and if you're unsure of your rights at the hospital, remember that help is a phone call away.

Your faithful scribe, Karen Marion.



TIDES

The following abbreviated tide tables are for High Tides only based on Boston Harbor. This guide is a quick reference only and should not be used for dives requiring exact times for slack tide.

Sat Mar. 6 - 2 PM	Sat Apr. 3 - 12:20 PM
Sun Mar. 7 - 2:45 PM	Sun Apr. 4 - 1:00 PM
Sat Mar. 13 - 7:30 AM	Sat Apr. 10 - 6:45 AM
Sun Mar. 14 - 8:15 AM	Sun Apr. 11 - 7:45 AM
Sat Mar. 20 - 1 PM	Sat Apr. 17 - 1:00 PM
Sun Mar. 21 - 1:30 PM	Sun Apr. 18 - 1:45 PM
Sat Mar. 27 - 7:30 AM	Sat Apr. 24 - 7:00 AM
Sun Mar. 28 - 8:15 AM	Sun Apr. 25 - 8:15 AM

Classes

Open Water

Wednesdays
6-wk course starting:
March 24
3-wk courses starting:
May 3
24
June 14
July 5
26

Manchester *New*
May 4
25

Advanced Open Water

Fridays
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May 7
June 4
July 9

Rescue

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March 1
June 18
July 23
Aug. 20

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Fin Thoughts

At a recent club meeting in the pool, Keny & I discovered an important problem with her fins. I bought her fins from a woman at work who sold me all of her stuff at a reasonable rate.

Keny used them on some checkout dives I ran her through at Lake Nubanuset, Dublin Lake and Folly Cove. I was surprised that she couldn't kick with them. I thought she was lazy or not paying attention. In her basic scuba course, her instructors kept telling me that she really needed a lot of work on her kick. They acted unsure of passing her. I promised that I would work with her.

A friend even had her laying across a chair in our living room and slowing having her move her legs up and down. I kept trying to get her to kick right. I had mentioned over the past two years that I ought to try on her pink fins so I could see what she was going through but didn't get around to it. So three years after she has been certified, I try on the long, rigid, pink fins and go for a spin in the pool. I couldn't kick with them either! It was like two iron hands held my feet. I got perplexed and tried manhandling the fins with powerful kicks and could hardly move through the water. I felt bad that Keny went through that hardship of three years of diving with me, but I assured her we would get her some decent fins. Keny, for the heck of it, slid my Dacor snorkel fins on over her neoprene booties, and she was able to kick and glide through the water. We were both so happy at figuring out the problem.

Willis & Keny Judith



Catch the Wave Party

by Don Eva

Well, a good time was had by all at the 3rd annual Catch the Wave party on January 30. This event is designed to gather together divers from different clubs around New England, and help create a broader community spirit.

Additionally, we have been able to raise funds for worthwhile causes. The first party, two years ago, raised money which was given to help in the recovery of Wayne Ross. Wayne was paralyzed when he was struck by a bus while bicycling in Mexico. Wayne has continued to dive, with the help of Moray Wheels and other diving friends. Moray Wheels is a club for handicapped divers, and one of the clubs involved with the Catch the Wave celebration.

This year we were able to give money to Divers Alert Network for dive medicine research, and also to a local diver suffering from leukemia.

Lots of equipment was raffled off, including a dive in the New England Aquarium's Giant Ocean Tank, a dive computer, regulator, and many others. A new feature this year was the art exhibit. Our own Gary Thuillier displayed two of his paintings of coral reef subjects, one of which was purchased before it even went on display!

Approximately 120 people attended the party, including over a dozen UDNH members. Next year's party is being planned for the end of March, 2000. Details will be announced as they become available. For more info, contact Don Eva at 603-672-5608.

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TECH TIPS

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



Who needs weights?

- Activity Level
- Immersion Time
- Water Temperature

When diving in water 60°F or cooler all of us carefully consider what we will wear for an exposure suit.

Immersion in any water less than body temperature will eventually result in hypothermia as water conducts heat from our bodies very quickly. A 3mm wet suit may be adequate in 80°F water for two 45 minute long dives per day. If you plan on four or more dives a day every day a 5 mm wet suit may be in order. The worst episode with hypothermia I've experienced occurred after four hour long dives in 82°F water wearing a 3mm wet suit and no hood. I was shivering in the water and couldn't warm up even with a couple cups of hot chocolate. Back on the boat I shivered uncontrollably for several hours afterward.

A diver who is continuously swimming (assuming a good fitting suit) can get by with less insulation than a slow moving diver. A dry suit is useful to provide enough insulation for more than one dive a day in water cooler than 65°F. After protecting the body core the head is the next area to cover.

Human beings have a response to cold water on their face called the mammalian diving reflex. This is supposedly left over from when we were all creatures of the sea. The reflex serves to conserve blood in the body core by shunting it away from the extremities. There is a school of thought that recommends invoking this reflex by submerging your face in cold water for 30 - 60 seconds just prior to a dive. Try it for yourself sometime.

I have a rule of thumb that a human can stand 15 minutes in any body of cold water that is still liquid.

Dive Warm - Lea Nichols



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 7:15 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 1999 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 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 - 1999

President	Mike Griffin	603-673-9250
Vice President	Kerry Hurd	603-672-8325
Treasurer	Gary Thuillier	603-487-3001
Secretary	Karen Marion	603-880-0293
Dive Coordinator	Tom Tremblay	603-625-8459

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

Meetings and Events

March 26-28 Beneath The Sea Symposium , Secaucus, NJ.

April 5 Meeting Chris Hugo will tell us about Moosehead Lake diving.

April 17 Diver Introductions @ Yokens Restaurant, Portsmouth, NH, tickets \$20 Call Atlantic Aquasport for reservations.

April 19 Meeting

May 3 Meeting Cliff Simoneau will tell us about exciting new diving technology.

May 16 Bay State Council of Divers Treasure Hunt @ Stage Fort Park, Cape Ann, MA.

July 16-18 Hermit Island Camping/Diving/Kayaking/Canoing/Biking/Windsurfing/Carousing Weekend. Contact Tom Tremblay (603-625-8459) for details. (For carousing info, contact Alice Mann)

August 27-30 Les Escoumins, Quebec trip with New England Aquarium Dive Club.

Paramedic puts dolphin in ambulance BUNNELL, Fla. (AP) -

A paramedic was suspended for two shifts after he used an ambulance to take a beached dolphin to a holding tank. County officials said Roy Longo, a 10-year veteran, violated county policy by transporting an animal in an ambulance. The dolphin washed ashore last week, and Longo had taken it to a 1,000-gallon water tank at a nearby fire station until officials from Sea World could treat the animal. "I violated the policy and I understand that I have to be disciplined," Longo said. He said the alternative to using the ambulance was more dangerous - placing the dolphin in a basket-like stretcher atop a fire engine with a firefighter atop the engine holding the animal.

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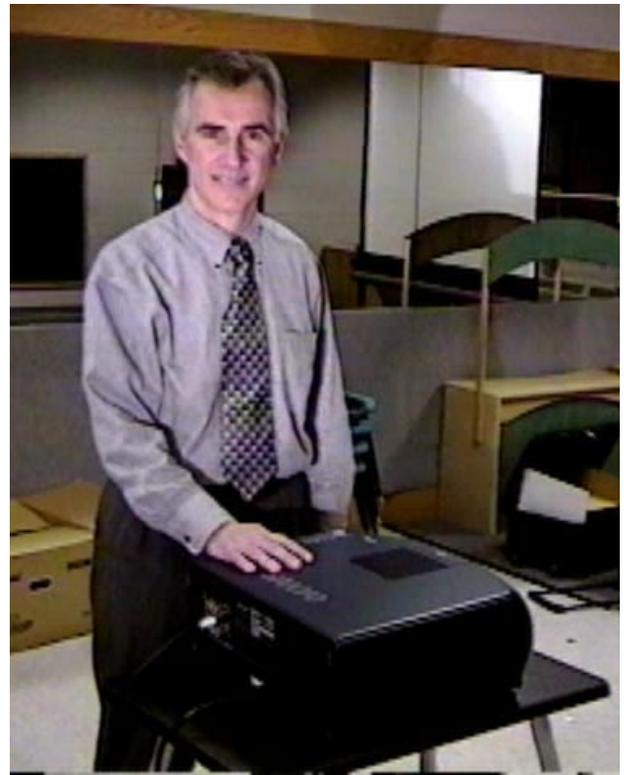
Price: \$2200 for all.

Everything is in perfect condition as I switched to video and didn't use the system very much. Contact Gary Wenzel @ 603 472-3692 after 8 PM.

Viking Sport Dry Suit Size 01

Viking Sport Dry Suit Size 02

Both suits little used and in good condition with under garments, \$450 ea. Contact Lea Nichols @ 603 487-2726



Gary Wenzel presents his video from Borneo at the Feb. 1 meeting.

DIVE LOG

United Divers of New Hampshire
P.O. Box 4176
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Forward and Address Correction Requested

DIVE LOG

Dive Log is the semi-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:

- Glen Ellis Falls
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- Minutes of previous meetings
- FL Dolphin gets ambulance ride
- Weekend Tide info
- Dive/Activities schedule

