

## The Cemetery

by Philip Morrison

No, this isn't a book review of the latest Steven King horror story. Instead, this is a report about one of my favorite dive sites in the area. While the name of this dive site may sound a little ominous, there really is nothing to fear here. The Cemetery gets its name from the fact that you get there through a cemetery.

The Cemetery is located in Gloucester, Massachusetts, not far from Folly Cove. To get there, take Rt. 128 to Cape Ann. At the first traffic circle, go 3/4 of the way around and take Rt. 127 North. Approximately one mile past Plum Cove you will see the sign for Seaside Cemetery on your left (if you reach Folly Cove, you've gone too far). Take the first left into the cemetery. Proceed straight through the cemetery to a small pull-out area where the lane curves to the right and then runs parallel to a fence. To reach the water, you walk down a small trail through the trees.

What makes The Cemetery such a nice dive site? Well, for one thing, it is relatively unknown (at least it was up until now). On those days when you go to Cathedral Rocks and can't find a place to park and you virtually have to take a number to enter the water, you can usually count on sharing The Cemetery with only a handful of other divers. On several occasions, my partner and I have had the place all to ourselves. One reason that it is not very crowded is the parking. Up until last year you could not park in the cemetery. The only decent parking was on a side street a good five minute walk (if you walk fast) from the site. You could unload your gear at the pull-out area but then you would have to move the car, unless you wanted to risk getting a ticket. Last year a small parking area was established a short distance from the pull-out area. However, this parking area can hold only about three or four vehicles, everyone else (I assume) has to park out on the street. This parking area could also serve as a drop-off point as there is a trail that leads down to the water from here as well.

So, other than having it all to yourself, what else makes it so nice? The diving, of course. Those of you familiar with Cathedral Rocks will recognize the underwater topography. It consists of a series of ledges culminating at a silty bottom at about 70 feet. The ledges are covered with large boulders and outcroppings. These provide numerous overhangs and crevices in which you'll find a wide array of marine life such as lobsters, anemones, nudibranchs, tunicates, hydroids, and lots of fish. The marine life isn't limited to the crevices of the boulders either. Elsewhere, you'll find more anemones, brittle stars, crabs, rock eels, ocean pout, lumpfish, flounder, and starfish, just to name a few.

To make this site even better, the entrance isn't nearly as complicated as at Cathedral Rocks. Once you reach the waters edge, you can just about walk right in. Getting to the waters edge, though, isn't without its problems. Although the trail from the drop-off area is relatively short (about a five minute walk), you will work up quite a sweat and may need to take a break in between trips. You also have to use caution at the beginning of the trail because there is a very steep section as the trail leaves the drop-off area. As far as I'm concerned, though, the work that it takes to reach the site is well worth it. So if you're interested in some really nice diving, and are tired of the crowds at some of the more popular sites, why not give The Cemetery a try. But don't tell anyone else about it; lets keep this site our little secret. Okay?

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## The May 13th Viking Dry Suite Dive

by Wayne Russell

The weather was windy and rainy, but several club members arrived at Great Island Common in New Castle, New Hampshire to take advantage of Viking America's offer to let them try a Viking Pro dry suit in a dive. The water was 46 degrees Fahrenheit, a sure test for the suit!

Lea Nichols and myself assisted with getting the divers fitted with the proper undergarment and suit. Neck seals were trimmed and the divers hit the water either snorkeling or on scuba. First-time dry suit divers were paired with an experienced dry suit diver, and every diver came out dry and warm!

All of the divers were comfortable with the experience. We learned that neck & wrist seals (all dry suits have them) require trimming and fit for comfort and safety. Viking not only provided us with demo suits at no charge to UDNH, but most of them were brand new! I think that those who participated felt the dismal weather was a good test for a dry suit! Cold and miserable outside, warm and comfortable inside, just the way Viking America designed it.

The suits we demoed were vulcanized rubber suits. Viking reminds us that for those of you who don't exactly fit standard sized suits, alterations can be made. Also the new Viking 590 tri-laminate suit has a different fit than that of the Viking Pro and you might consider trying one for fit. Contact your favorite dive store for price and availability of both the Viking Pro and the soon to be released Viking 590 series. Most dive shops advertising in our newsletter offer the Viking product line.

We would like to extend our gratitude to Viking America (and especially John and Steve) for providing an informative talk and demo at our May 1st meeting and providing the demo suits for us to test-dive on May 13th at Great Island Common!

Here's a big UDNH THANK YOU!

Wayne S. Russell, President, UDNH



### The Newsletter of the United Divers of New Hampshire

Editors: Jake Richter  
Linda Richter

#### Submissions

Editorial contributions may be e-mailed to [jake@strokeofcolor.mv.com](mailto:jake@strokeofcolor.mv.com) or FAXed to 603-432-0817. Submissions can also be sent on paper or PC floppy to:

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Derry, New Hampshire 03038

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 Jake Richter at 603-432-0234.

#### Membership

Annual dues for membership for 1995 in the United Divers of New Hampshire are \$25/individual or \$35/family. Dues are not prorated for members who join later in the year. To join, please contact Phil Morrison, 603-529-4361.

#### 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 Phil Morrison, 603-529-4361.

#### Advertising

Rates for a full year placement range from \$75 to \$200, depending on placement size and location. For detailed information on advertising in *Dive Log*, contact Wayne Russell, 603-669-7124.

## Diving Tips for Beginners

by Ray McAllister

Here are a few hard won tips that will make diving easier and safer for you. Most of them are from personal experience during 43 years of SCUBA diving.

1. The main reason you dive is to see the beautiful things underwater! Yet many divers look thru a constant fog on their faceplate, seeing very little clearly. Clean your faceplate before you think of going in the water. If it is new, use toothpaste, detergent, etc., until a thin sheet of water forms on the inside of the glass without beading up when you wet it. Pay special attention to the outside edges of the glass, too. Why buy a wide angle faceplate if you are only going to keep the center of the lens clear?

Once you have your mask glass clean, keep oil, grease and dirt off it, and clean it good with saliva or bottled defogger before EVERY dive. You always have saliva with you, and it contains enzymes which break down oils and greases in the mouth, a sort of predigestion, which is what you want to do to the lipids on the glass. It has worked perfectly for me for 42 years. (Interestingly enough, urine is also a good defogger, but nobody has ever taken me up on my offer to pee in their faceplate!)

2. Stay aware of your buddy. Keep your buddy in sight and if you do get lost, retrace your track until you find her (or him). If you do not find her immediately, have a signal, like four taps on your tank, repeated several times, meaning "Come to the surface and look for me!" When it is answered, go carefully to the surface and locate the buddy, get together and go down again. I've had several times when I was damn glad to have a buddy near.

3. In Florida east coast waters and in some other areas, strong currents are the rule. When you roll over the side while anchor diving, do not take your own sweet time to adjust your mask, your BC, etc. In a strong current you will end up far behind the boat, requiring a long pull to the stern, hopefully via a trailing line, and then a swim for the anchor line. Instead, be slightly uncomfortable for long enough to get on the anchor line or a descending line, and then adjust everything before going on with the dive. That way you don't end up all alone, way behind the boat, using up too much of your air or spoiling a dive.

4. If currents are strong, and it's easy to watch foam, bubbles, or floating Sargassum weed going by to tell you how strong it is, prepare a "chicken line". Tie a line to the anchor line some distance under the surface. The best way is to tie it above water, then let out another 10 or so feet of line, to get it down under the bow. Fasten the bitter end to the after cleat, with a small belly in the line so one can roll over clutching it, then pull down to the anchor line without fighting the current or being hit by the bow of the boat (next tip).

5. The bow of a boat can be a lethal weapon. As seas go under the boat, the bow moves the most. It rises and falls very rapidly and very hard. Getting too close to the bow is courting a serious accident or death. I make it a standard rule to swim 6 feet or so away from the bow, with my body turned so my left shoulder is closest to the hull, with my head arched away from the hull and with my left arm raised and bent, to take the shock if I get too close.

Two acquaintances of mine are dead because of skull fractures caused by coming up under a boat bow, alone, and unseen by the rest of the divers. Even in a calm sea, another boat's wake can start the bucking and do you in.

*continued...*

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6. Don't ever put equipment on the rail, gunwale, diving platform, etc. A little roll and it's over the side. Often a diver brushes it with wet jacket or other equipment and over it goes. Put it inside in a bucket, or along the sides of the hull away from scuppers and openings. Murphy says, "If it can get knocked overboard it will; and quicker if it is new and valuable gear." A good deal of my gear has been found on the bottom, including masks, snorkels, cameras, knives, weight belts, a speargun, etc. How much of it flipped over when nobody knew it?

7. Touch nothing on the bottom which you do not recognize! I once knew a man who was pulling himself along the reef (which he shouldn't have been doing anyway) and he grabbed a scorpion fish, which looked just like a rock to the newcomer. He got very painful stings and had to go to the hospital for treatment for the pain. Let an experienced diver show you the things to leave along. Wear gloves if possible, but don't let the protection of the gloves cause you to grab living reef critters.

8. Generally keep your mask and fins on (and your mouthpiece in your mouth if you have air) while coming aboard. That way, if you slip back in you are still in control, with the mask to keep water out of your nose, and fins to propel you against the current. If you hand your tank in or tie it off to a trailing line, release the mouthpiece as the last thing. Never give up the mouthpiece for a snorkel while you have air in your tank. As long as the regulator works you are in control. Most dive courses teach you to knock the mask down around the neck, instead of putting it up on the forehead, where it can get knocked off and lost. I keep mine on my face!

9. If you can devise a place to carry your snorkel in a place other than tied to your mask, you will save yourself a lot of trouble with the snorkel pulling on the



Photo by Jake Richter

mask, and breaking the seal, or hitting you on the side of the head. For many years I've carried mine tucked behind my leg knife sheath, and I've lost only two snorkels that way, one over twenty years ago, and one very recently, when I dropped it from my mouth, as I came aboard. I thought it was my regulator mouthpiece!

10. Leotards and pantyhose are reported to give good protection from both cold and stingers. I cannot vouch for this because my masculinity is not quite secure enough for me to be seen in public in pantyhose, but the women swear it is true. The latest thing is "diveskins". My diveskins are an old pair of blue jeans. I'm not fashionable, but I have money for dive trips and new gear instead of the latest fashionable wear, in the latest lime green color; and of course color coordinated. My snorkel is black, my wet suit is black, my mask, which used to be clear silicone, is black, my fins are black, my weight belt is black and my knife handle is black. As soon as I have worn my blue denim "diveskins" a few more times, they will be black too!



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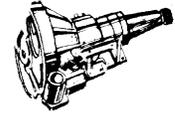
11. If you are underweighted and fighting to stay on bottom, pick up a rock and carry it, either in your hand or in your catch bag. It sure beats swimming head-down throughout the dive and will save a great deal of air, making the dive longer and more enjoyable. Make sure you pick a rock with as little growth on it as possible, so as not to kill bottom critters.

12. By the same token, when you set your anchor, take a second to be sure the chain (or the anchor rode) does not saw thru a sponge, sweep across a seawhip, or beat a coral to death. What you kill today we will not be able to enjoy tomorrow. If there is a reef buoy nearby, use it. Anchor in sand near the reef whenever possible!

13. Do not use bottom growth to pull yourself along the reef, or to hang onto. Seafans, seawhips, corals, sponges etc., are all animals, attached to the reef, often by fairly flimsy grips. Once loose from the bottom they die in fairly short order, rolled around by big waves which feel bottom, or covered with sediment, or by starvation if lying on the bottom where little water goes thru the fans, for example. The water carries the tiny plankton critters which they eat.

By the same token, turn any hard corals, which are upside down, right side up, as corals die if the don't have light. This is because the little algae that live in the coral tissues need light. If they die, the corals die. Turn them right side up and save a coral head to enjoy on your next dive!

14. Note the direction of the current, if any, before you go into the water. Also the direction of travel of the waves because the bottom surge is toward and away from the shore, often at a small angle with the shore. Note the location of the sun in the sky, the orientation of ripple marks, and any other directional clues which will



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help you return to the boat without a compass. While underwater, note landmarks; rope on the bottom, odd shaped reef masses, distinctive sponges, abandoned lobster pots, white sand runs, usually east - west trending, which will tell you where you are as you return to the boat. Remember that these things will look different from the other side so look back and see how they will appear when you return.

There are hundreds more such tips which make diving easier, and which become second nature to the experienced diver. Tell us some of yours, care of this newsletter and we'll print them in a future article. Meanwhile dive carefully and safely, under a red and white **DIVERS DOWN** flag.

*Ray McAllister is a Professor Emeritus, Department of Ocean Engineering, at Florida Atlantic University in Boca Raton, Florida. Ray styles himself a "Diving Dinosaur", having been an active diver for 43 years. In those years, Ray has been on countless marine field/research expeditions, written numerous articles about diving, and done many other water things we can only dream about doing. Ray can be reached via e-mail as [mcallist@gate.net](mailto:mcallist@gate.net).*

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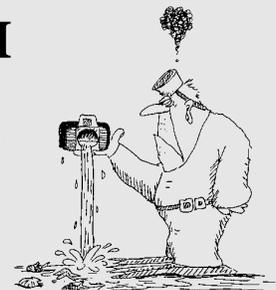
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## Dive Flag Bill Passes!

A few weeks ago, the New Hampshire Senate and House voted overwhelmingly to approve modifying current New Hampshire State laws to make it safer for divers to dive in State waters. The new law requires, unless access is blocked, that all boats stay 150 feet away from a dive flag, and similarly requires divers to stay within 75 feet of the flag. Additionally, the new law recognizes the red and white dive flag as the official dive flag of New Hampshire. One important note to all divers: The bottom of the posted dive flag, must be at least three (3) feet from the water. For most divers, this will require modification to their existing dive flags or the purchase of a new one. The full text of House Bill 142, which embodies the new law, follows:

### House Bill 142 - STATE OF NEW HAMPSHIRE

In the year of Our Lord One Thousand Nine Hundred and Ninety-Five.

AN ACT regulating boaters and divers as to the use of dive flags.

Be it Enacted by the Senate and House of Representatives in General Court convened,

1. Scuba Diving and Snorkeling; Restrictions. Amend RSA 270:31 to read as follows:

270:31 Scuba Diving and Snorkeling.

I. Any person engaged in scuba diving on any of the public waters of the state and any person engaged in snorkeling in normally traveled navigable public waters shall have a diver's flag, consisting of a red flag with a diagonal white stripe, displayed indicating that diving activities

are in progress. The bottom of said flag shall extend at least 3 feet above the surface of the water and the view of which shall be unobstructed for 360 degrees.

II. Any person engaged In scuba diving or snorkeling shall remain within 75 feet of their dive flag. Boaters shall remain a minimum of 150 feet away from any posted dive flag, unless there are circumstances which prevent the operator from maintaining a minimum of 150 feet, in which case the operator shall maintain headway speed.

III. The commissioner of safety may adopt rules pursuant to RSA 541-A relative to restricting scuba diving between sunset and sunrise.

2. Operation of Watercraft Restricted. Amend RSA 270:32-a to read as follows:

270:32-a Any Type of Watercraft. An operator of any unofficial or unauthorized watercraft of any type approaching within 150 feet of a diver's flag being displayed in accordance with RSA 270:31, shall be subject to the penalties provided in RSA 270:32, I and II. Official watercraft shall use precaution when official business requires them to be within the above-cited range.

3. Effective Date. This act shall take effect 60 days after its passage.



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## The Flounder

When it first hatches from its egg, the free-swimming flounder has an eye on either side of its head, like most other fish. After a few days, however, the flounder begins to lean to one side and the eye on that side begins to migrate to the side with the other eye; the side with both eyes eventually becomes the top of the fish. After this transformation, this flatfish becomes a bottom-dwelling fish. Some flounder have the eyes and coloration on their former right side; other flounder have the eyes and coloration on their former left side.

Included among the approximately 100 species of right-eyed flounder are the winter flounder, yellowtail flounder, witch flounder and the Atlantic halibut. Yellowtail and winter flounder are exclusive to the east coast and are common in the waters of New England and the middle Atlantic states growing to lengths of about 2 feet. Among the left-eyed flounder family, containing more than 200 species, the better-known species is the summer flounder, an Atlantic food fish that is reported to grow to a length of almost 4 feet and a weight of 26 lb. The summer flounder moves inshore along beaches

and into bays in summer and migrates to depths of 150-500 ft. in winter. It is an active species and will follow small fish to the water's surface, frequently jumping clear of the water in the chase.

Most adult flounder feed on various smaller fish that they find on the ocean bottom along with urchins, and marine worms. By keeping their mouths free of water, flounder can create a suction with which they pull prey into their mouths. Some flounder, such as the summer flounder, can change their normally gray-brown skin color into various hues of pink, orange, green, blue, and dark brown to match the changing ocean bottom.

While flounder is a popular food fish and are often sought by divers with pole spears, divers seeking flounder should be aware of local fish & game regulations. Although most states do not require licenses, there are size limits which may vary from state to state.

*This article appears courtesy of Diver's Den of Manchester, NH, and was first published in Diver's Den's Spring 1995 Seafarer's Log newsletter.]*

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## DAN Oxygen Provider Award Program Announced

Divers Alert Network (DAN) is proud to announce the DAN Oxygen Provider Award Program. It is designed to recognize individuals trained in the DAN Oxygen First Aid in Dive Accidents program who utilize their skills to render emergency oxygen first aid to an injured diver.

The incident where an injured diver is assisted need not be dramatic or prevent death or permanent injury. What is important is that a DAN Oxygen Provider rendered emergency assistance to a potentially injured diver.

To nominate someone for the award, please contact DAN for a copy of the Oxygen Provider Award nomination form. Please complete the information and return it to DAN, Box 3825, Duke University Medical Center, Durham, NC 27707. All eligible DAN Oxygen Providers will receive a Certificate of Recognition from Divers Alert Network.

DAN wishes to recognize individual divers who have the opportunity to fulfill DAN's goal to have oxygen

equipment and someone trained in its use at every dive site and on every dive boat. We want to reward their efforts, encourage others and demonstrate the benefit of the DAN Oxygen Program and related oxygen equipment through this ongoing program.

## Dive Equipment Mart

### For Sale:

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### Wanted:

Used 95 or 100 cubic foot tank. Call Steve Lindblom - 603-456-2190

The Equipment Mart is a service offered by Dive Log to the members of the United Divers of New Hampshire dive club. If you have any equipment you are interested in selling, or are looking for any particular piece of dive related equipment, please drop the editors a note. Their contact information can be located on Page 2. Note that only personal articles will be offered, as commercial advertising and sales are handled separately via vendor advertisements. Dive Log makes no warranties or representations as to the suitability or state of any equipment offered via the Equipment Mart, as ascertaining those conditions is the responsibility of the purchaser of such goods.

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## Meetings and Events

### June 5 - Meeting

- Ron Watson of the New England Aquarium “Senior Volunteer Staff” tank diver - 17 plus years diving the Great Ocean Tank. Come and hear and see what it’s been like to work every week in a premiere aquarium.
- Pool time - swim and underwater hockey.

### June 10 - Event

- Club Dive at Fort Foster in Kittery, Maine. Open to divers of all experience levels. New divers are welcome and will be matched with experienced buddies. Enjoy the day and bring a picnic. 10AM to 4PM.

### June 19 - Meeting

- Presentation - To be announced

### June 23 - Event

- Club Night Dive at Nubble Light in York, Maine. Join the club at dusk here for a great area night dive. Open to divers of all experience levels.

### July 17 - Meeting

- Presentation - To be announced.

### July 22 - Event

- The Annual *Jay Lewis Memorial Picnic*. Location to be announced soon.

### August 11-13 - Event

- 10th Annual Black Island Camping/Diving Trip. Bass Harbor, Maine. Contact: Wayne or Diane Russell at 603-669-7124 for more information and to sign-up. Reserve early, space is limited. Cost: TBD.



Blue Tang



### Club Meetings

Meetings are held the first and third Mondays of each month, except for January, November, and December. 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. in Manchester. The meetings start at 7:16 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.

### Get in the Swim

After every meeting, the YMCA pool is open to our dive club for an hour of fun and fitness. Join our lap swimmers in the great race to swim the most miles! Or dive into a pick up game of underwater hockey.

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 try 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 - 1995

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United Divers of New Hampshire  
P.O. Box 703  
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Forward and Address Correction Requested



*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.

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