



Anne Judge, Membership Director  
The Scuba Sports Club  
2 Pine Mountain Road  
DANBURY CT 06810

## October Meeting

8:00 pm, Wed, October 8  
Lada Simek

on

### Selected Topics in the History of Boat and Ship Design

||

at

Whitby Castle Restaurant  
at the Rye Golf Club  
330 Boston Post Road  
Rye, NY

See page 7 for more details.

# Sea Swells



The monthly newsletter of  
The Scuba Sports Club

October 2003

## the anchor line

### Cheers!

We are all aware of the dangerous effects of alcohol on driving ability, not to mention the consequences in court—license suspension, increased insurance costs, a ruined reputation in the business world.

The adverse effects of alcohol on diving safety are also well documented. Alcohol consumption dehydrates, increasing the risk of decompression sickness. Alcohol also impairs a diver's judgment, increasing exposure to unnecessary risks.

The symptoms experienced with alcohol consumption vary by individual and by circumstances. This variation is due to such factors as body weight, degree of dehydration, concentration of the beverage, type and quantity of food in stomach, and how fast the alcoholic beverage is consumed. Another important factor is the rate of absorption of the alcohol. On average, the liver is capable of filtering approximately 1/3 of an ounce of pure alcohol per hour. Here is the typical alcohol content of some common drinks:

Type of liquor	Size	Alcohol %	Hours
Wine	Glass [4 oz]	12-16	1:30-2:00
Beer	Can [12 oz]	4-6	1:30-2:15
Vodka	Shot [1 oz]	50	1:30
After dinner liquor	Liquor glass [1.5 oz]	25-30	1:15-1:30

Accordingly, after two glasses of wine with lunch it might take your body four hours to completely metabolize the alcohol.

The impairment of judgment due to alcohol is usually reported as a function of blood alcohol concentration. The following were documented in aerospace studies:

0.01-0.05 %	0.03-0.12 %	0.09-0.25 %	0.18-0.30 %
Average for a normal individual	Mild euphoria, talkativeness, decreased inhibition, impaired judgment, increased reaction time	Emotional instability, loss of critical judgment, impairment of memory, decreased sensory response, mild muscular incoordination	Confusion, dizziness, exaggerated emotion (fear, anger, grief), impaired visual perception, decreased sensation

*Continued on page 3*

## 2003 Dive Schedule

Date	Day	Boat & Port	Dive Description	Class <sup>†</sup>	Cost	Contact
Oct 4	Sat	Fort Wetherill, RI	Beach Dive & Picnic	C	Free	Rick D'Amico
Oct 25-26		Cape Ann, Mass.	Scallop & Wreck Dives	C/B/A	\$65	Bob Bak
Oct 25-Nov 2		Salt Cay, Turks & Caicos	Caribbean Diving	C/B/A	\$375**	Lada Simek

\*Local dives are in Long Island Sound and may be to Parsonage Point (4'-20'), the Maine (25'), the *Maine Island* (20'), *Guendoline Steers* (65'), *Celtic* (60'), *Condor* (70'), or *Poling Brothers #2* (50'), or may be to another site the captain knows.

\*\*Salt Cay Divers will provide 15 dives for \$375. Food, lodging, and transportation are additional. See past newsletters or contact coordinator for details.

<sup>†</sup>**Dive Classification:** This is an indication of the expected difficulty of each dive—but remember, any dive can be more difficult than expected, depending on conditions at the time! These are only to be used as a guide. All divers must come equipped with the appropriate equipment, in proper working order, as required by certifying agency as minimum equipment.

**A:** Be prepared for an advanced dive to depths of 130'. These are usually wreck dives in difficult conditions, including cold water, low visibility, significant currents, and wave heights over 3'. The diver should be self-sufficient and very experienced in these adverse conditions.

**B:** Be prepared for an open-water intermediate dive to depths of under 80'. Cold water and low visibility are to be expected. Currents & wave heights should be moderate. The diver should dive at least once per month and be mentally and physically at ease in the water.

**C:** Expect a shallow dive in a relatively protected area, but be prepared for cold water and low visibility. Some current and moderate wave heights are possible. Appropriate for beginning divers, divers new to Northeast diving, and divers who love lots of relaxed bottom time.

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A classic Atlantic wreck dive, and playing peek-a-boo with seals
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## calendar highlights

- ▶ **Fort Wetherill Dive & Beach Barbecue** ..... Oct 4  
Always fun—a laid-back, free dive with friends.
- ▶ **TSSC October Meeting** ..... Oct 8  
Lada Simek continues his fascinating presentation on the history of boat design. See page 7.
- ▶ **TSSC Training Day** ..... Oct 25  
A great opportunity to take four invaluable DAN courses, for the cost of one! Details on page 6.
- ▶ **Cape Ann Trip** ..... Oct 25-26  
Your last chance this year to join TSSC in search of scallops and fun! Contact Bob Bak.
- ▶ **Salt Cay Trip** ..... Oct 25-Nov 2  
Enjoy "diving the way it used to be." Details in the May Sea Swells Log, or contact Lada Simek.
- ▶ **Holiday Party** ..... Dec 13  
Celebrate the holidays with your friends and dive buddies! More on page 7.

## TSSC Directors' Meeting Highlights

September 3, 2003

**Holiday Party:** Rick D'Amico volunteered to manage the holiday party this year.

**Membership Survey:** A team is now surveying a selection of current and past members in an attempt to better attract members to club meetings and events.

**Public Relations:** Vadim prepared an updated flyer. Bill will reproduce the last 200 copies and arrange with Bob Bak for mailing.

**Simplification of liability waiver:** Members new and old have requested a simpler, more easily understood waiver with less "legalese." Bob Schragar advised that the present format is necessary to protect the club and its directors.

**General Meeting Format:** A different schedule will be tried at the next club meeting. The meeting will start on time at 8:00 PM. Members who dine at the Whitby Castle are urged to get their checks on time. The guest presentation will begin at 8:30. A 20-minute social break will follow, then the meeting will resume to cover any remaining club business. A chart will list all events that are to be announced or discussed at the meeting.

**Case Study:** Two club events were discussed to try to determine those factors which made one a success and the other a slight disappointment.

**TSSC Web Site:** Anne would like suggestions from club members for a planned redesign of the club web site.

## Our New Secretary

It is my pleasure to announce that Ms. Dorothy Knudsen has accepted the vacant position of TSSC secretary. Dorothy is a relatively new member. She shows a lot of enthusiasm for the club and is very eager to serve TSSC.

I hope all will join me in welcoming Dorothy Knudsen as TSSC secretary!

**Soliman Shenouda**



### THE SCUBA SPORTS CLUB

P.O. Box 644

Rye, NY 10580

<http://BeneathTheSea.org/TSSC/>

[TSSC@BeneathTheSea.org](mailto:TSSC@BeneathTheSea.org)

#### OFFICERS

**President** Soliman Shenouda  
**Vice President** Bob Bak  
**Treasurer** Paul Dengler  
**Secretary** Dorothy Knudsen  
**Past President** Ben Brush

#### DIRECTORS

**Executive Director** Vreni Roduner  
**Dive Operations** Vadim Ternovski  
**Education/Safety** Rick D'Amico  
**Enviro/Legislative** Rick D'Amico  
**Membership** Anne Judge  
**Newsletter** Anne Judge  
**Planning** Bill Kilgallon  
**Program** Michael Prange  
**Wreck Diving** Jeff Pagano  
**Director-at-Large** Gregg Macaulay  
**Public Relations** Judy Klotz-Simek

**LEGAL ADVISOR** Robert Schragar  
**FOUNDER** Armand Zigahn

**CO-FOUNDER** Soliman Shenouda

Submissions to Sea Swells Log may be made in electronic or paper form by the 20th of the month. Electronic submissions (email) are preferred and should be sent to

[SeaSwells@BeneathTheSea.org](mailto:SeaSwells@BeneathTheSea.org)

Submission of paper copy should be sent to

Anne Judge  
 2 Pine Mountain Road  
 Danbury, CT 06810  
 Fax (208) 485-4641

Please call or email to confirm fax receipt. For information send email to SeaSwells or call Anne at (203) 778-3584.

## coming events

### Sea Monsters

A Halloween Celebration  
 at the New York Aquarium  
 Brooklyn, NY

11 am - 4 pm

October 25 & 26, 2003

Here's a safe and not (too) scary way to spend Halloween weekend with your family: Enter the **Haunted Pavilion**, a 7000-square-foot pumpkin-patch-filled holiday arts and crafts center!

Activities for this event are free with general admission to the aquarium.

- Children 2-12 years of age get in free if in costume and accompanied by a paying adult.

- Carnival activities include flounder slide and match, marine darts, pick-a-duck, scary creatures of the sea mask making, sea life bingo, dolphin ring toss, plus much, much more.

- Need a special Halloween costume? Let full face painters help you become your favorite sea animal from 12:30-4 pm. *By Agostino & Company.*

- Be sure to visit the new "Alien Stingers" exhibit for an eerie look at sea jellies.

- Be sure to catch a walrus, penguin or sea otter feeding and the all-new sea lion show in the Aquatheater.

A Wildlife Conservation Society park, the Aquarium opens every day at 10 am. Closing times vary seasonally. Admission is \$11 for adults and \$7 for children ages 2-12 years old and senior citizens (65 and older); children under 2 are admitted free. It is located at West 8th Street and Surf Avenue in Coney Island.

For directions, information on public events and programs, and other Aquarium information, call (718) 265-FISH or visit [nyaquarium.com](http://nyaquarium.com). For information on special group rates, call (718)265-3454.

Now is the perfect time to visit and show support for the New York Aquarium, an important and beloved part of the Brooklyn community and the City of New York.

## Celebrate the Holidays with TSSC

December 13, 2003

This year's holiday party is currently scheduled to take place December 13 in the clubhouse at Sy and Jodie Turner's condo (High Point, in Hartsdale). It will be a **bring-your-own** event; members will be encouraged to bring a dish that can be shared and does not require on-site preparation. Cold dishes are preferred, so it will not be necessary to keep dishes warm.

The committee organizing the party—Judy Simek, Sy and Jodie Turner, Rick D'Amico, Vreni Roduner and Ann Marie Mazzucco—is working out the details. Stay tuned for more information in the November newsletter and at the November general meeting!

The committee seeks input from club members, particularly regarding entertainment and activities for the party.



Rick D'Amico  
[usamarbiol@aol.com](mailto:usamarbiol@aol.com)

## Dive Shop of the Month

Rex Dive Center

144 Water St, Norwalk CT  
 (888) 260-DIVE (3483)

[RexDiveCenter.com](mailto:RexDiveCenter.com)

[DiveShop@RexDiveCenter.com](mailto:DiveShop@RexDiveCenter.com)

Rex Dive is a full service scuba diving and snorkeling center located in Norwalk, Connecticut. It offers a full range of training options through both PADI and NAUI, full on-site repair and service, 4500 psi air and nitrox fills, and both local and vacation dive charters. Rex is an authorized dealer of high scuba and snorkel gear from over 100 manufacturers, offering items both in their shop and through their website catalog.

*The Sea Swells Log • October 2003*

## October Meeting

8:00 pm, Wed, October 8

Whitby Castle Restaurant  
 at the Rye Golf Club

Lada Simek

presents

## Selected Topics in the History of Boat and Ship Design II

Come hear about

- Medieval vessels of war and trade
- The Viking ship & its construction
- Contributions of Henry VIII
- Some terrible design mistakes
- Square versus fore-and-aft rigs
- Little-known facts about the Monitor
- The zenith of sailing ship design
- Some weird ships in history ...and more!

### Directions to Whitby Castle

at the Rye Golf Club  
 330 Boston Post Road, Rye NY  
 (914) 777-2053

**From I-287:** Get off at exit 11. Stay in the right lane and at the end of the ramp turn right onto Route 1 south (Boston Post Road). Stay on Route 1 for approximately 2.7 miles, going through 8 sets of lights. The Rye Golf Club and Whitby Castle are on your left. Turn into the Golf Club driveway and Whitby Castle is straight ahead.

**From I-95:** Get off at exit 19 Rye/Playland. Immediately take the first exit to the right, signed Rye/Mamaroneck/Harrison. At the first stop sign go left toward Rye/Mamaroneck. At the next stop turn right on North Street, following signs for Mamaroneck and Route 1 south. After .3 mile you will merge onto Route 1. Follow it for .7 mile. Turn left into the entrance of the Rye Golf Club. Whitby Castle is straight ahead.

**From the Hutchinson River Parkway:** Take exit 23 onto Mamaroneck Avenue in the direction of Mamaroneck. Just after the slow-down lights (approx. 1 mile), go straight onto the on ramp for Route 1-95. Stay left for I-95 North. Follow as above.

## TSSC Training Day

### DAN Diving Emergency Management Provider Course

8:30 am – 4:30 pm, October 25, 2003 • Durland Scout Center, Rye, NY

**4 courses in one, all for \$85! That's less than the cost of one oxygen provider course!**

Contact Gregg Macaulay at (203) 746-4983 or gmacaula@juno.com or sign up at the October meeting.

#### OXYGEN FIRST AID

DAN's Oxygen First Aid for Scuba Diving Injuries Provider course provides entry-level training designed to educate the general diving (and qualified non-diving) public in recognizing possible dive-related injuries and providing emergency oxygen first aid while activating the local emergency medical services (EMS) and/or arranging for evacuation to the nearest available medical facility.

In DAN's most recent dive accident record, less than 33% of injured divers received emergency oxygen in the field. Few of those received oxygen concentrations approaching the recommended 100%. DAN and all major diving instructional agencies recommend that all divers be qualified to provide 100% oxygen in the field to those injured in a dive accident.

#### ADVANCED OXYGEN

This module, **Advanced Oxygen First Aid for Scuba Diving**

**Injuries**, is an advanced-level program that provides additional training for those individuals who have successfully completed the DAN Oxygen First Aid for Scuba Diving Injuries course within the past year (12 months). It is designed to train DAN Oxygen Providers to use the MTV-100 or a Bag Valve Mask (BVM) while providing care for a non-breathing injured diver and activating the local EMS and/or arranging for evacuation to the nearest available medical facility.

Rescue breathing with supplemental oxygen delivers upwards of 50 percent inspired oxygen when performed correctly. However, using an MTV-100 or BVM with oxygen can deliver nearly 100 percent inspired oxygen to a non-breathing

injured diver.

- When supplemental oxygen is not available, a BVM can deliver 21% oxygen as compared to 16% with rescue breathing without supplemental oxygen.

This is not a stand-alone program. It is intended to train current DAN Oxygen Providers to administer oxygen using advanced-level skills.

#### HAZARDOUS MARINE LIFE

A diver surfaces from a dive in an area abundant with coral, removes his fins, and finds redness, swelling and blisters just beginning to show on his left ankle. He also experiences a stinging sensation on the same ankle.

A diver, following a dive to an area filled with marine life, notices a small bite pattern on his lower right leg and some stiffness; he also experiences difficulty swallowing, has a generalized weakness and a slight numbness in the area of the bite.

A diver experiences pain, nausea and some swelling associated with a black-and-purple puncture wound in his left knee.

Each of these injuries likely came from contact with some form of hazardous marine life. If you found yourself or a dive buddy in similar circumstances, would you be able to appropriately treat each injury?

Although serious hazardous marine life injuries are rare, most divers experience minor discomfort from unintentional encounters with fire coral, jellyfish and other marine creatures at some point in their dive careers. Knowing how to minimize these injuries helps you reduce diver discomfort and pain.

The **First Aid for Hazardous Marine Life Injuries** program is

designed to provide knowledge regarding specific types of marine creature injuries and the general first aid treatment for those injuries.

#### AUTOMATED EXTERNAL DEFIBRILLATOR

This course presents entry-level training designed to educate the general diving (and qualified non-diving) public to better recognize the warning signs of sudden cardiac arrest and administer first aid using basic life support techniques and **Automated External Defibrillators** while activating the local EMS and/or arranging for evacuation to the nearest appropriate medical facility.

- The mean age of divers who die in dive fatalities tracked by DAN is gradually increasing. It is now approximately 42 years of age. Divers are getting older, and older people are getting involved in diving.

- Of the 78 dive fatalities in the DAN 2001 Report on Decompression Illness, Diving Fatalities and Project Dive Exploration, based on 1999 fatalities, 7.7% were caused directly by heart disease. Heart disease was the direct cause of death for 26% of the fatalities involving divers over the age of 35.

- 25% of divers involved in diving fatalities were also reported to be taking heart medications.

Heart disease is a common problem. To ignore the fact that it affects divers as much as it affects the general population does divers a disservice. When you consider that diving is often done from locations that are far removed from emergency medical help, it is important to prepare for every emergency.

You must be CPR certified for AED certification!

## Club Elections

### Do your part for the club! Run for office!

Club elections will take place shortly. In these elections we will choose next year's vice president, secretary, membership director, planning director, program director, social director, and director-at-large. All members, including this year's elected officers and directors, should let me know if they are interested in serving on next year's board, or if they wish to nominate another member. Contact me at (845) 721-2605 or Rbakdive@aol.com or at the October general meeting.

The election ballot will be published in the November newsletter and distributed via email. We want every member to vote—let your voice be heard!

**Bob Bak**

#### Anchorline, continued

#### Hangover

The symptoms of a hangover may not be due solely to alcohol ingestion; they could be due to activities that accompany drinking. Large amounts of alcohol along with increased gastric acid will irritate the stomach lining. Blood vessels in the brain dilate, which in part causes the headache.

Dehydration is another factor that intensifies the symptoms of a hangover. As the cells in your central nervous system and the cerebral spinal fluid that surrounds the brain become dehydrated, your hangover is intensified.

#### Dehydration

Dehydration by itself can impair one's judgment and cause emotional changes that can seriously interfere with a diver's ability to perform safely. It can also lead to or compound the onset of decompression sickness. Ethanol, the scientific name of alcohol, is good dehydrating agent.

There is a saying regarding alcohol consumption and flying among pilots: "Eight hours from the bottle to the throttle." For divers, let's make it 18 hours—and cheers!

## If You Only Had.....

by Pat Forgacs

If you only had 5 years left to enjoy your life, would it change how you made decisions? I found that it did.

About 4 years ago, when I was old and serious, I had some tough decisions to make. I ended up making the most noble choice, but it was not the one I wanted to make. I still make decisions that are noble and good, but I also make some selfish decisions now.

I'd like to talk to you club members who don't get out and dive as much as you would like, or in as many places as you might want to. There will always be family events that limit us, and bad weather that discourages us. But when you look at yourself in the short term, did you really have to give up the dive to make the family picnic? Or could you do both?

When I look at the past 3-plus years during which I have been diving, I wonder if I would ever have started if I hadn't asked that simple question. I had all the time in the world, and plans made for vacations a year in advance. But I had made a promise to myself nine years before that I hadn't yet kept. I had let the rest of my life get in the way of right now. The past is the past, the future is undecided. Make the present be where you live your life, and enjoy it. Every day!

Now that I look at life this way, I am no longer old and serious. I am young and alive. None of you know me from that time, but I assure you, diving makes you younger!

### Get out and dive!

\* \* \* \* \*

*I wrote the above about a year and a half ago. It is truer now than ever. The five years have passed since I decided to live my life for today, without jeopardizing tomorrow. I am now much younger than I was five years ago. Maybe a few pounds heavier, but the lobster was good! I have said good-bye to a few close friends whom I lost in the past few years, but I have no regrets because I was lucky enough to have shared some wonderful times with them. They will live on forever in my heart. My life is much richer for having followed my dreams, and I have given up my heart to so much that I might not have before. I have found that volunteering is good for the soul, and benefits so many others. When you get involved, your life becomes full. So my advice to others is: Don't forget that things happen in the present, regardless of what we plan for the future. So enjoy the present too!*

## Area Dive Shops

*This list is provided as a convenience. TSSC does not endorse any dive shop.*

<b>Aqua Visions Scuba Ltd.</b> 126 Mamaroneck Ave, Mamaroneck NY (914) 381-1884 • AquaVisions.biz	<b>Marsh Scuba Supply</b> 91 Lauer Rd, Poughkeepsie NY (845) 452-8994 • MarshScuba.com
<b>Captain Mike's Dive Center</b> 530 City Island Ave, Bronx NY (718) 885-1588 • CaptainMikesDiving.com	<b>Orbit Marine Sports Center</b> 3273 Fairfield Ave, Bridgeport CT (800) 395-3483 • OrbitMarine.com
<b>Cougar Sports</b> 917 Saw Mill River Rd, Ardsley NY (914) 693-8877	<b>Rex Dive Center</b> 144 Water St, Norwalk CT (888) 260-DIVE (3483) RexDiveCenter.com
<b>The Dive Shop</b> 265 Federal Rd, Brookfield CT (203) 740-9166 • TheDiveShopOnline.com	<b>Scuba New York</b> 2037 Central Park Ave, Yonkers NY (914) 779-2966 • ScubaNewYork.com
<b>Pan Aqua Diving</b> 460 West 43rd St, New York NY (800) 434-0884 461 Federal Rd, Brookfield CT (888) 388-3483 PanAqua.com	<b>Westchester Dive Center</b> 500 North Main St, Portchester NY (914) 937-2685 WestchesterDiveCenter.com

## Impulse Dive

by Kathryn A. Taubert

Not normally two words one finds in the same sentence, recent events proved that even in diving, spontaneity has a place. Finding ourselves with a free day and a dwindling summer, six TSSC members got together recently for a day of diving at Dutch Springs. Discovering the urge to dive and with no one I knew available that day, I posted a query to the TSSC mailing list and suddenly found an instant source of available buddies! That is, after all, one of the reasons why many of us joined TSSC, and darned if it didn't work!

Ranging in experience from recently certified to highly experienced, six of us met at the Peninsula on September 6. Prospective TSSC members Brad Roscoe and daughter Nissa and I met the night before for dinner in Bethlehem, having either had business in the area or been too lazy to make the three-hour drive from home the same day as diving. Louis Picchione, Vadim Ternovski and Izzy Tahil joined us Saturday morning, locating us by the balloons Vadim suggested we deploy, since most of us had never met before.

The day was gorgeous and the visibility was fairly good early on but later deteriorated due to diver traffic. Vadim and Izzy spent some time in the nether regions of the quarry, locating the remains of an old dynamite shack. Brad and Nissa took a couple of tours of the underwater attractions, and Louis and I redrew the Dutch Springs underwater map as I practiced my navigation skills.

It was a good day, proving that TSSC really is a great club that lives up to its billing. The only problem was that two who wanted to come were unable to. So next time, Madelyn Liberati and Tom Cascione, I hope you can join us, since after the emails we exchanged you were part of the group, even in your absence. And those of you who want a colorful description of the indigenous life found at Dutch Springs, ask Tom to describe them for you next time you see him. He's developed a slate of exotic creatures to watch for during the next "impulse dive."

## A Good Day of Diving

To the G&D Aboard the *Sea Hawk* • 7 September 2003

When TSSC divers Bill Kilgallon, Lada Simek, Dave Whealan, and I rendezvoused at the *Sea Hawk* at 6 AM, a sense of foreboding permeated our conversation. On Wednesday the NOAA forecast for that weekend had called for 12-foot seas, and by Friday evening the update still called for 7-foot seas. Captains Frank and John on the *Sea Hawk* were notorious for going out on any sea, so we all knew that whatever was out there, this dive would not be called. When Lada asked me about seasickness medication I knew that a mere mortal such as myself would not stand a chance.

At 6:30 sharp we began our cruise to the inlet to meet our fate. Braced for the worst, as we crossed the inlet we were greeted by the calmest sea I've ever experienced on the *Sea Hawk*. The sky was bright and the slight swell barely moved the boat. I could eat a greasy sandwich while inhaling diesel fumes and not barf. This was a good day to dive.

We hooked into the G&D wreck for two dives. G&D, which stands for Gloria & Doris, was named by the discovering dive boat captain in honor of two divers on his boat. When it was properly identified as the *Yankee* many years later, the G&D moniker proved to be hard to replace. She was built in 1890 as a Great Lakes steamer and sank in 1919 in a collision with the liner *Argentina*. She lies 21 miles out of Jones Inlet at 110 feet, resting upright on the bottom. She is broken in two pieces, with the bow standing high off the bottom on the forward piece, and two huge boilers and the engine on the aft piece. We hooked into the forward piece.

This was my first time on the wreck, so I planned to use my first dive to survey the forward section, and my second on the aft section. As I descended the water was clear, but filled with comb jellies, salps, and tiny jelly

fish. These are fascinating to watch in all their varied forms and colors, but I would save this for the safety stop. At 70 feet I crossed the thermocline; the water temperature dropped from 67 to 49 degrees, and the visibility dropped from 20 feet to around 6. This wasn't quite a braille dive, but I wished I had my wreck reel with me so I could explore the wreck more freely. I would have it on my second dive. I followed the gunwale along the bow section until I reached the high peak of the bow. There were lots of holes to explore.

Others were taking bugs on this dive, but I was having fun with the abundant cunners and blackfish. I turned the dive after passing once around the bow, deciding to shortcut across the deck back to the hook. Just call me wrong-way Prange, but I was soon lost and had to swim back to the bow to return to the hook along the gunwale the way I had come. I did a very long safety stop on oxygen both in order to watch the slimy sea parade and to clear my system for the next dive.

On the second dive I enjoyed the peace of mind granted by the wreck reel as I explored the huge boilers and engine on the aft section. There is a sandy gap of several feet between the fore and aft sections, so the reel was handy in the limited visibility. The boilers were host to legions of fish, but I didn't see the huge bugs that others sighted here on the first dive. Past the boilers and engine I continued to the very end of the wreck, and nearly to the end of my reel. Once again I made a long safety stop to watch the creepy critters.

On the ride back to the inlet, the DM fired up the barbecue and treated us to grilled steak and corn. Now that's a great way to end a day of diving! It was a nice tour on a grand day, laying the groundwork for my next visit to the G&D.

**Michael Prange**

There we were again, Pete and I, cruising up the Mass Pike on another late Friday evening drive to a campsite, this time among the tall trees of Exeter, New Hampshire. We pulled in after midnight and after only a few minutes had the tent up and were sound asleep inside.

We awoke late to beautiful morning sunshine and after a relaxing breakfast wandered to the marina at Rye to meet the other members of our club in search of seals. There with Pat, Zeké, Dave, Ernie, and Joe we anxiously awaited the return of the *Giant Stride* and her captain, Rob.

Soon the familiar sight of her tank racks and flat rear entry platform appeared and she swung into the dock. We eagerly stowed our equipment on board. After a short boat briefing we were on our way to the Isles of Shoals. The boat ride was quick and calm with each dive preparing and inspecting his or her gear. Soon we tucked in behind Smuttynose and stepped into the clear waters of New England.

The exceptionally clear water amazed me, as did the deep cuts into the side of the island formed by the decaying lava flows of times past. These formed vertical channels whose walls were filled with abundant life well-protected from the harm of lobstermen and boats. This was evidenced when Pete and I discovered the largest living lobster that I have ever seen—it must have been over 15 pounds! This behemoth sat tucked under a ledge at about 25 feet, waiting for its next meal.

We motored to Seal Cove on Duck Island where we would make our next dive. This cove is a protected area surrounded

## Taking a "Giant Stride" for Seals

Isles of Shoals, New Hampshire • Aug 16–17, 2003

on three sides by rock outcroppings.

The water ranges from 5 to 25 feet deep. There the seals like to play in the swells created by the tidal changes over the rocks. This time I headed out on my own. I lay down in about 9 feet of water waiting for a harbor seal. Soon I had a playful seal cruising around me. After a short while I realized there was another seal lying under a rock next to me. We stared at each other. The seal rolled to its left so I rolled too. We just lay there and observed each other. It was a neat experience.

After the seal dive we bolted back towards Smuttynose where Rob, Pete, and I made a third dive to attach a mooring line to an anchor. This *very* large anchor had been found only that morning by a group of divers who were able to put only a small marker buoy on it. In 85 feet of clear water we tried to find the anchor but after only a short while it became dark. We surfaced to find a front had moved in. Quickly we exited the water and found ourselves in a squall with heavy rain, lightning, and thunder. Under the skillful hand of Captain Rob we were soon in the harbor at Rye. No anchor,

but great memories!

The next morning we headed to Portsmouth to meet Captain Bob. We were to go out on a different boat due to a double booking on Rob's boat. In return we got divemaster Jules and a player to be named at a later date. The boat was spacious, with lots of space for our goup and its gear. It was set up now for fishing but the captain has taken many a diver to the shoals over the years. We headed back to Duck Island where we again dove looking for seals. This dive I was not as lucky. I only saw two seals at a distance. I did, however, find about eight lobsters that had to be between 5 and 15 pounds each. I had a long dive of nearly 65 minutes. It ended when I saw a very large shadow in the water. Michael "Mr. Stealth" Prange was lucky enough to have the seals tug at his fins and come up to his face. Everyone had a great time.

The next dive was at a site called "the cribs," an area off Appledore Island where cruise ships once docked. The dock has since burned, leaving only three large log piles intertwined with rocks that the dock once sat upon. There many species of marine life thrive under the watchful eye of Cornell University's research center. In the water around the cribs we saw sea stars, sand dollars, flounder, striped bass and, of course, lobster. The dive was only about 35 feet but was filled with life. What a great way to end a perfect weekend of New England diving!

I can hardly wait for our next dive in October when we return to Cape Ann for more cold water diving. You never know what you will find in the waters up there.

**Bob Bak**



A curious young seal checks out Michael Prange's fin.  
Video still by M. Prange