



The Official Newsletter of
THE SCUBA SPORTS CLUB

July 2006

ANCHOR LINE

As I reported last month while in Bonaire my dive computer took a “dive” that is it just stopped working while I was somewhere around 50 feet deep. Well, after sending my computer on a vacation to sunny California to visit the Aeris repair facility a new replacement computer module was returned. How nice I thought they’ve sent me a new module and a classy brown Aeris cap but neglected to return my console with pressure gauge and compass. After calling the repair number a few times there was finally a response on my answering machine that they had located the “collateral” equipment and it was being expressed to my address.

So what did I learn from this experience? Some of you may remember when you started diving and dive computers weren’t available. You might have had to use an instrument called a depth gauge and then plan your dives around something an instructor called dive tables. So I guess the question is, when was the last time you used a depth gauge and dive tables? By the way, those of you that get to work with the Boy Scouts on Friday nights aren’t included in this scenario!

Seriously, I’d bet the majority of divers once they start using computers put the dive tables aside thinking they’ll never use them again unless they take an EAN class and have to review the tables for different O2 percentages.

I know on my next dive trip I’m not only bringing my tables but I’m digging out that old depth gauge for good measure. There’s no reason not to make a dive when you have the equipment

available but it’s been sitting in a drawer for a long time.

Hey, I miss Gregg and his annual equipment tune up program. By this time of the year I hope everyone’s been in the water at least once, twice or as many times as you’ve wanted to get wet. Have you taken the time to inspect all your equipment? Any cracked or broken straps that need to be replaced before you reach the dive site? What about air lines, any about to rupture? Just picture Gregg going through his routine and check everything that you’ll need whether it’s a local outing or you’re going on a dive vacation where you’ll have in excess of 5 feet visibility!

For those that didn’t attend the Dykes Point BBQ – too bad. You missed a great day weather wise, food wise and company wise. My guess is that there were between 50-60 people at the event at different times during the day. Bernie Choudry made a late appearance with his wife and son, courtesy of Candlewood Lake’s ace diver Ray Crawford. Once again there always seems to be tons of food available when we get together. You could tell how many people were dieting by their glazed over eyes and satiated grins or maybe that was just mustard smeared around their lips.

Quickly following up on the BBQ was the clam bake at Tino’s before the monthly meeting. I didn’t see anyone leaving the table hungry so thank you Pat Forgacs for another delightful meal.

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ANCHOR LINE, CONTINUED

In closing this month's Anchor Line I'd just like to thank Lada Simek for the time and patience he exercised in trying to repair my mask that had broken in Bonaire. In case you've forgotten the frame of my mask fractured and my dive had to be aborted due to the pressure differences and water cascading into the mask. Lada, I expect, did the best he could by trying to silicone the affected area but failing in that attempt filling the mask concrete and two eye holes is simply not acceptable.

Have a great month and get wet.

**Don Reynolds
President**

JULY MEETING

**8:00 pm, Wednesday, July 12, 2006
Rob Cowin of**

Conserve Our Ocean Legacy

The **Conserve Our Ocean Legacy** campaign is a non-profit, non-partisan organization. They are a broad national effort to build support for ocean and fish protection. The nation's fisheries have been declining precipitously for decades; America's oceans are in trouble and need our help. *Pollution, habitat destruction, mismanagement and overfishing* have impoverished our ocean resources, and have caused more than 90% of the world's large fish, including *tuna, swordfish* and *marlin* to disappear from our oceans. The U.S. Commission on Ocean Policy, called by Congress and appointed by President Bush, found 'We are beginning to love our oceans to death,' and recommended drastic changes in fisheries management. People who care about healthy oceans are going to have a chance to make an impact in the coming year as the government charts a new course, and we will be working with our coalition to protect and restore America's living oceans.

Upcoming Social Events

- August** – Canoe trip on the Delaware River, Saturday TBA. TSSC Picnic @ Todd's Point TBA (a repeat of a terrific party!)
- September** – Regatta/B-B-Q Saturday 9/2. White Water Rafting. (Dates to be announced)
- October** – Pasta Night before the meeting 10/11. Bike trip Saturday 10/7
- November** – Harvest Brunch, Pete's Saloon Sunday 11/5.
- December** – Wine Tour 12/15 -> 12/17 Dec Social/Holiday Party Saturday 12/9.

DIVE SCHEDULE

Date	Location
July 9-16	Dominica
July 30-31	Daybreaker
Aug 27-28	Giant Stride, Rye, NH
Sept 3	Dutch Springs, Bethlehem, PA
Sept 9-11	St. Lawrence Seaway
Sept 24	Ft. Wetherill
Oct 15-16	Giant Stride



**The Official Dive Club of
BENEATH THE SEA**

EDUCATION AND SAFETY

By Lada Simek

SALT vs FRESH WATER WEIGHT ADJUSTMENT

OK- you did your pool training and now it is time for the ocean. Your instructor probably told you to add a few pounds to your weight belt, but I bet he was not specific. One hears of “10% of your weight plus five”, but that is not acceptable to me. I want the EXACT number! In this article I will show you how to get it.

First of All even being two pounds overweighed means that two pints of air must be added to your BC to offset it. That is one quart, folks. And all this does nothing for you except create drag and cause major buoyancy changes with depth. In my opinion, perfect weight belt is the minimum that allows you to hover at 15 feet with a nearly empty tank.

Situation: You weigh 180 lbs and need a 20 lb belt in a pool. How much should you need in salt water?

First some facts. A cubic foot of fresh water weighs 62.4 lbs and a cubic foot of salt water weighs 64.0 lbs

Density is weight divided by volume--or, the volume is your total weight divided by the density.

First we will calculate your volume. Since you are neutral with a 20 pound weigh belt, your volume in cubic feet must be $180 + 20$ divided by 62.4 or 3.2 cubic feet. That volume will be the same in salt water, which has a density of 64 lbs per cubic foot.

Using the same relationship above, the total weight is your volume multiplied by the density, or, 3.2×64.0 which equals 205 lbs.

That is your total weight. Since you weigh 180, obviously you need a 25 pound belt in sea water.

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This completes the math but I would like to offer the club a practice session in a pool, at cost, (\$10) any Monday night. The last time I tried this, five people dropped 25 pounds from their belts! Let me know if interested.

Disturbing News

Five divers disappear without a trace off Africa. A diver has his head bitten off by a crocodile in Australia. More divers are losing weight pockets from their BC's.

I can't comment on the first. The guide disappeared also.

The second was collecting fish for his aquarium business. He was not the first to die this way.

The third bears pondering. It used to be lost weight belts. (I must have found over a dozen). Now it is weight pockets from integrated BC's.

Surprise! Hook and eye fasteners, (such as Velcro) are not “forever”. They lose their holding power, especially when wet or dirty, loaded with sand, detritus etc. Some consider them dangerous substitutes for mechanical fasteners. The loss of a weight pouch will result in a change of buoyancy and an unplanned trip to the surface. Problems seem to arise after 3-4 years. Some manufacturers are willing to replace the pouches and some are not. It is only fair to state that MOST of the failures are owner caused, such as putting them in the packets backwards or failing to secure the clip. One manufacturer was even replacing the Velcro pouches with a mechanical system at the owner's request, but those BC are no longer made. Some points do appear to make sense.

1. Avoid BC's that are all Velcro operated.
2. Do not place the weight pouches in your BC when you are all geared up and ready to go. You are more likely to screw it up. Do it before you put on your BC.
3. Exercise common sense. If you need 20 pounds, put a four pound weight in each pocket and use a 12 pound weight belt. DO NOT PUT TWO TEN POUND WEIGHTS in the pockets. It is not com-

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fortable and it is dangerous.

There is a scam going on in Mexico, I have heard. You turn to allow the boat crew to take your overweighed and under inflated BC. They drop it, claiming you did not give them a chance to hold it, recover it later and enjoy a nice profit. Think.

**Yerkes-Dodson Curve-
A Possible Stress Reliever**

We as a nation are quite adept at handling mental stress, such as worrying about promotions, paychecks, taxes, divorces etc. However, as a nation we have become less acquainted with physical stress. We no longer have to worry about Indian attacks, foraging grizzly bears, survival at sea and the like. We have police for our protection, dual brakes and other means to keep us from harm and “endangering the public” is a crime. If you have been in the military, did rock climbing, if you played football, did parachuting and so on, then you know the rush of adrenalin released when a physically stressful condition is encountered. It is no surprise therefore that the average office worker, male or female, who has never experienced physical

stress might find his first open water dive (or even the pool dive) so stressful that his ability to perform is compromised.

A curve developed in 1908 by Yerkes and Dodson and retested by other sport psychologists is still bearing true. Most coaches will tell you that an indifferent athlete will not perform well and also that if you get someone “Over-psyched”, their performance may suffer.

“This would have helped me in my open water training” you are probably thinking. Actually it goes farther. Anytime you are doing a stressful dive, be it low visibility, rough sea, cold water, deeper than you feel comfortable, a new area or new task- remember this curve. It is normal (and good) to feel some anxiety. It is bad to be indifferent or terrified--you will not do well or maybe worse. I wish I had the space to illustrate this from my parachuting training days. Thirty years ago we put students out on their first jump from a half a mile up, all alone. No training dives, no pool practice and no divemaster to hold your hand. **THAT WAS STRESS!**