

BOTTOMTIME

NEWSLETTER OF THE NOVA SCOTIA UNDERWATER COUNCIL FEBRUARY, 1991



Diving Nova Scotia

Since being introduced to the sport of scuba diving, I have had many enjoyable experiences. Like most divers, I find it hard to resist the lure of a good wreck. I have also had the opportunity to dive in tropical waters (diving without a wetsuit was a real treat).

But there is one dive that will stand out in my memory which showed me just how exhilarating diving can be.

I had signed up for an evening charter and our destination was the *Costa Rican Trader*. When we arrived at the divesite, conditions were ideal: the water was calm and fairly warm (for Nova Scotia) and the air temperature was about 25 C.

As the divers entered the water, we discovered that the bioluminescence on this particular night

was unusually prominent. Long trail phosphorescences swirled behind our fins and around our hands. Descending on the anchor line, the divers below me were barely visible through a sea of fluorescent green lights.

The bottom came into view and I was relieved to have a reference point that wasn't glowing or moving. It was at this point I realized that it might not be easy to find a wreck at night, so I left this task to my more experienced dive buddy. We started out in search of our goal. We had only gone about 30 feet when, either by superior navigating skills or just pure luck, we found the wreck.

Orienting on the wreck in the dark was difficult and identifying individual sections wasn't much easier.

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"Security" imposed on sport scuba divers

Due to the ongoing Gulf War and Canada's participation in it, diving within Halifax harbour is now being prohibited as a "security" measure. On January 22, 1991 the Port of Halifax police decreed that the off-limit areas are within a line from Purcell's Cove across the north tip of McNab's Island to the CFB Shearwater wharf. Diving will be permitted in the North West Arm, as long as divers stay away from the Halterm Container Terminal. If you need more precise information, contact Inspector Ed Kirby (902) 326-3694. Initially, no precise area had been defined.

The area and action are unprecedented, states Colin Frazee-Whitelock, NSUC Secretary. A certain amount of winter diving does take place within this area, with the principal areas dived being off McNab's Island, where there are sunken aircraft and George's Island, where there is a sunken ferry, as well as Purcell's Cove. The measure will also affect spring and summer dive charters, particularly if the weather's rough, as they will have a longer distance to travel for dives. On the other hand, various store managers point out that the harbour is a cesspool anyway and not worth diving in, apart from the sphere around the islands. Contact the NSUC for further updates

Editor's Notes

PROFESSIONALISM - Exactly, what is it?

INITIALLY, THE TERM "PROFESSIONAL" was understood to refer to a select group such as Lawyers, Doctors, Accountants and other "trades" where years of college education was required, followed by a "professing" to the standards and ideals of the particular profession in question – a "professing" to uphold those standards and ideals for the common good as more important than the pursuit of remuneration. While those persons who chose to pursue careers as lawyers, doctors or in other "Professions" expect to receive reasonable pay for their services, the underlying principle was not to lower any of those ideals or standards.

Today, the term "Professional" has been expanded to include many more pursuits where the upholding of standards and ideals come first. It has also become a term which could have a negative connotation, depending on the context in which it is used.

In sport, "Professional" usually refers to such organizations as the CFL, NHL, NBA or NFL, where players are paid to compete. However, is this the only factor which distinguishes "professional" from others, e.g., the amateur? Athletes at the Olympics are not paid, but they must undergo years of rigorous training and dedication to reach this level. This requires full-time commitment with the expenditure of large sums to ensure they reach world-class levels. If the only thing that distinguishes the Olympians from Professionals is "pay for performance", then they are not professionals. However, if we consider that they have committed themselves to reaching and upholding a set of ideals and standards, then we must consider them true professionals in every sense.

Are we, then, professional? Do we try to uphold a set of ideals over other things or are we too willing these days to sacrifice those standards for those other things. Everyone expects balance in their "profession" but do we approach it with the right frame of mind? If we believe in what we are doing, and maintain our standards, then we are professional. However, if we are only in it for other reasons, will we maintain those standards and can we still call ourselves "Professionals".

Whether we are lawyers, doctors, accountants or involved in other industries, the term "Professional" does not refer to a specific degree, educational level or "trade". It refers to the manner in which we conduct ourselves, both personally and in our chosen careers.

BOTTOMTIME

Bottomtime is published eight times annually by the Nova Scotia Underwater Council. It is distributed free of charge to members. Members' fees for 1990-91 are \$14 annually for individuals. Membership is also open to clubs and commercial enterprises. Non-members may purchase a subscription for \$12.50. Whenever possible, subscriptions will commence with the current issue.

Bottomtime is published as a forum with the aim to generate opinions, communication with and feedback from our members. Submissions to Bottomtime are published at the discretion of the editor. Articles are the opinions of the contributory authors and do not necessarily represent the views of the NSUC. Articles may be reproduced with the written permission of the NSUC. We encourage response to any of the articles.

Advertising rates are available on request. If advertisers require design services to prepare camera-ready copy, this must be pre-arranged prior to the deadline.

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The Editor

Nova Scotia Underwater Council

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The Nova Scotia Underwater Council

President	Lynn Gallant
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News in Brief & Comment



Polar bears swim underwater too

Approximately 70-75 divers went diving on New Year's Day this year, with four clubs in the Central Area sponsoring dives.

The R.E.C. Divers went on a boat dive on the *Letitia*. With visibility being about 80-85 feet, it was an excellent dive, according to one participant. 12 people participated.

Twelve members of the Aqualantics went diving in the North West Arm, between the Halifax peninsula and the mainland.

The Underwater Adventurers travelled to Prospect. Eight people participated.

The largest number - 44 people - participated in the New Year's Day dive organized by the Dartmouth Dolphins, off the Dingle, also on the North West Arm.

Danielle Gough

New dive tables

DCIEM has developed a new set of Diving tables and with the many forms of tables and computers available today, the question could be asked: "Why?"

For several years, commercial and sport divers alike had used the U.S. Navy Standard Air Tables. However, there were numerous problems associated with them and several high risk areas. They were too permissive, contained errors and had been tested only in warm waters.

When the U.S. Navy tables were published in 1957,

only about 1/4 of the dive schedules had been tested.

In the tests, the severity of symptoms required for diagnosing decompression

Sickness was different from present-day standards, leaving room for many cases that would now be diagnosed as DNS today to be completely ignored.

The Canadian Forces wanted tables with safe operational limits that could be used for working dives in cold water. With the advances that have been made over the years in medicine and diving, it was obvious that a new set of tables was required.

Water, water everywhere ...

Scuba divers do get thirsty, but in the past there was really no effective way for them to get a drink other than to gulp the water they were in. Miami diver Irving Feder, however, has come up with a device that allows divers to swallow fluids smoothly and safely.

The SCUDA (self-contained underwater drinking apparatus) is a 12-ounce collapsible plastic beverage sack that attaches to the regulator on any scuba tank. When it is

squeezed by hand, the pouch sends liquid through a small tube opening in a specially designed mouth-piece.

The device looks something like a blood transfusion bag, with a special valve that allows the beverage to flow but keeps out salt water.

"When you're scuba diving, salt water tastes awful," Feder says.

Source: Fitness Report



State-of-the-art

At long last, the 40-year-old rebreathing devices used by Mine Countermeasures (MCM) of the Canadian Navy are being retired.

They are being replaced by the latest in Military rebreathing technology - the Canadian Clearance Diving Apparatus (CCDA).

The CCDA promises safe, worry-free diving to 55 metres (180 ft.) The new CCDA is magnetically "clean" and acoustically quiet under water, essential features where magnetic influences or noise could trigger a mine.

The rebreathers have

minimum parts, meaning minimal maintenance, and are safer and easier to use.

Another version is the 80 metre, Canadian Underwater Mine Apparatus (CUMA).

It is a more complex system using oxy-helium gas modules attached to the diver's backpack.

A constant flow of oxygen is supplemented automatically by a depth-regulated amount of helium to ensure the diver receives the correct mixture at each stage of the dive.

Source: Trident

Highlights of the last Board of Directors' meeting ...

THE NOVA SCOTIA UNDERWATER COUNCIL

Area Directors

Vacant		Cape Breton
Danielle Gough	864-3046	Central
Gary Mattinson	895-3909	Fundy-Highlands
John Pothier	762-2241	South Shore
Sylvain Roy	765-3786	Valley
Joe Christie	875-3732	Commercial

Executive

Lynn Gallant	434-3675	President
Blair Mercer	463-7365	Vice President
Dave Rodwell	765-6771	Treasurer
Colin Frazee-Whitelock		

864-1157 Secretary

John Webber	477-2662	Past President
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Committees

Blair Mercer	463-7365	Bottomtime
Bob Trider	469-6440	U/W Hockey
Roland Morrison	463-3796	Constitution/ Ethics; SubSea

Vacant

Danielle Gough	864-3046	Membership
John Webber	477-2662	Registrar
Lynn Gallant	434-3675	Marketing
Vacant		P. R.
		Awards
		AGM

NSUC Member Clubs

Aqualantic Scuba Club
P.O. Box 2944, Dartmouth E.,
Dartmouth
N.S. B2W 4Y2 Tel: 434-2768
CFB Cornwallis Scuba Club
P.O. Box 295, CFB Cornwallis
N.S. BOS 1H0

West Pubnico Dive Shop
West Pubnico, Yarmouth County
N.S. BOW 3S0 Tel: 762-2241

Membership is open to individuals, clubs, or commercial diving enterprises. Dues are set annually - usually at the A.G.M. Individuals may join by sending an application or letter with the \$14 fee to the Treasurer.

NOVA SCOTIA UNDERWATER COUNCIL

P.O. Box 34, Armdale,
Halifax, N.S. B3L 4J7



President's Report

The holiday season has come to an end and most of us have gotten back to work. For those of us still diving, I'm sure Old Man Winter has some surprises in store for us. Remember to keep in shape over the winter for another active diving season ahead. A fit, mentally-prepared diver is less likely to become an accident victim.

Here are some highlights of the last Board of Directors' Meeting:

- ◆ Starting the next fiscal year (April 1), there will be only six issues of *Bottomtime* per year.
- ◆ Due to the increase in the cost of postage, paper and printing services, we have had to raise dues for the 1991-92 year to \$16 for individual member, \$25 for family membership and \$50 for Commercial membership.
- ◆ It was decided to offer our member clubs a chance to apply for a rebate of up to \$80 to be applied to the training of one of their members in CPR, First Aid, Rescue Diver or Divemaster courses. These courses must be carried out and completed by March 31. For further details, please contact your area director or a member of the executive.

◆ The next Board of Directors meeting will be held on February 9 in Truro. We will be setting the 1991-1992 budget at this time. Any submissions from the membership should be sent in before then. For more details on the meeting times and place please contact the secretary.

◆ The semi-annual meeting of the Canadian Federation for Underwater Activities (CFUA) was held in Halifax on December 8 and 9, 1990. The meeting ended in a positive note and hopefully the momentum will keep going. There is a more detailed report in this issue.

I have been hearing complaints about diver behaviour at various dive sites in the area. In particular, we get complaints from

Paddy's Head residents. Please remember that, in many areas, our dive sites



are practically in people's yards. The actions of each diver reflect on all of us. Urinating in the water, swearing, making rude gestures and throwing garbage all over the place is unacceptable behaviour from anyone, anywhere and could result in the loss of more dive sites. Please take care of our dive sites and respect the rights of others. Park your vehicles carefully and behave in a civilized manner.

That's it for now folks. Keep diving and keep fit.

Lynn Gallant

Vice-President's Report

Now that the holidays have come and gone for another year, we all start to return to the 'normalcy' that existed prior to the coming of the season. I hope everyone had a very enjoyable Christmas and New Year. I personally had the pleasure of diving on both Christmas and New Year's Day. Both excellent dives with good water conditions and great visibility.

As you will see in the Secretary's report, there will be several positions on the NSUC Executive open for office. I have heard numerous comments on the way the NSUC has functioned in the past. Some good and some not so good. If you would like to see the NSUC broaden its horizons, or

... New positions, new tasks, require new volunteers

if you have ideas on directions the NSUC should take, maybe it's time you considered a position on the Council. You may think that you are not qualified or lack experience. Well, experience is not necessary: all that is required is a love of diving and a concern for the interests of the diving community.

Other positions which have not yet been filled are advertised elsewhere in this issue. They are Newsletter Editor, Membership Registrar and Seahunt Coordinator. All are vital to the success of the NSUC: if you can offer anything, please contact a Board Member.

I attended the Sunday session of the semi-annual CFUA meeting at the Delta Barrington on December 9. I had the opportunity to talk with several of the Delegates and the impression that I was left with was not overwhelming. Some had come with a mandate from their respective Councils to withdraw from membership in the CFUA. At the close of the meetings, all delegates had a more positive attitude towards the CFUA. There are still, however, concerns about its effectiveness. If communications are improved and the CFUA is successful in obtaining federal recognition, we can derive benefits from our membership. That will take some hard work and some time, so we will review our involvement at a later date. In the meantime, the CFUA will continue to enjoy the needed support of the NSUC and other Councils.

In each of my reports, I end them by saying that I am available to discuss any concerns you may have. I know that some of our members have ideas or concerns and I want to hear from you, so don't be afraid to pick up the telephone and call.

Have a great 1991.

Blair Mercer

Secretary's Report

I trust everybody had a very festive season. The lucky ones would have received some diving goodies in their stocking, maybe even a dive computer! For those who didn't, it is that time of year to start thinking about getting your gear checked for the upcoming season.

The membership is up slightly this year to 232 - an increase of 20 over last. Unfortunately, as you may have seen from the President's report, the dues will have to rise as of April 1. This is to cover the ever-increasing costs of postage and telephone calls, etc.: I myself spend around \$30 or more in postage a month. We do economize where possible. Our government grant will not increase this year to help us cover any extra costs.

We do need more members to help us with the increased cost. More to the point, it gives us a better voice to fight various legislations plus it enables us to get our suggestions and concerns heard. If you have friends who are not members, twist their arms a little.

There are several new things in the pipeline which will be announced if they fly, so you can look forward to new things happening this year as well.

Passport to Diving is selling steadily, mainly within Canada but copies have gone to the USA and Europe.

Again this year we have been fortunate as far as diving incidents go with no fatalities and one close call. **If you think water conditions are questionable, don't dive.** Whatever you're going to dive on will be there when the water is calmer.

We are losing dive sites due to construction projects around the coast,

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VACANT NSUC POSITIONS



NEWSLETTER EDITOR

This position requires a person with a love for the written word and a need to meet deadlines. The Bottomtime Editor is responsible to solicit and gather articles, type and prepare the newsletter to go to the Publisher. Some layout is required but this can be done in consultation with the Publisher. The Editor also delivers the newsletter to Sport Nova Scotia for mailing. Bottomtime is published eight times per year. An honorarium of \$100.00 goes with the position.

MEMBERSHIP REGISTRAR

This position requires a person with a computer who is willing to maintain our membership lists, non-member mailing list and produce address labels for Bottomtime. This position can be done on your own schedule as long as the lists are kept up-to-date. The busiest time of the year are April to June when renewals come in.

SEAHUNT COORDINATOR

This is a year-long job starting with the solicitation for a major corporate sponsor, finding committee members, gathering of prizes, organization of the event, advertising and the mailing out of thank you letters to sponsors. This job should be started now and has usually carried an honorarium of \$50.00. The organization of this event has been well-established so there is a framework set up to work within.

Anyone interested in offering for any of these positions should contact the President of the NSUC, Lynn Gallant, at 434-3675.

A successful and productive year for the Aqualantics ...

Secretary's Report

continued from page 5

especially around the Halifax area. Hence, our joining the N.S. Trails Federation to increase the lobby to prevent this happening. We can ill afford to lose dive sites due to bad behaviour: remember, if you are approached by a resident of the area you are diving in, **be polite**. Be discreet when getting changed; also leave the area as you would expect to find your own front lawn.

There are several posts coming up at the next AGM. If you think you would like to occupy any of the positions, watch for calls for nominations in the next issue of *Bottomtime*. The positions are: President, Secretary, Central Area Director, Valley Director, South Shore Director and Commercial Director.

There are still openings for Seahunt Coordinator, *Bottomtime* Editor and Cape Breton Area Director. We hope the latter position will be filled soon.

I wish you a happy diving year and another free of incidents.

Colin Frazee-Whitelock

Aqualantic Dive Club

Annual General Meeting
December 12, 1990

President's Report

The year 1990 was a successful and productive year for the Aqualantic Scuba Club. Membership numbers remained virtually the same as in 1989 and represented a large body of active divers. Members were involved in many activities over the year - both diving and on dry land - bringing them our high standards of safety. The financial situation of the club remained on a par with 1989 but again the lack of a large fund-raising event such as the Seahunt in previous years has hampered our

Bottomtime

financial development. Our level of expenditures continues to greatly exceed the amount received from memberships and other activities such as the snowball draws and Sun Sweep ticket sales. This year, we were lucky to receive a windfall of funds from one of our projects that carried us through the fall. This shortcoming in our budget will have to be addressed in the near future if we are to remain financially fluid throughout 1991.

Meetings

A more concerted effort was made this year to run social/education meetings on alternate meeting nights during the off-season. For the most part, this was quite successful beginning with training on new DCIEM tables and continuing with guest speakers on bottles and seashells and several video nights. The probability of more educational meetings in the coming year looks good with some speakers already tentatively lined up.

NSUC

This year, the Aqualantic Scuba Club became a member club of the NSUC under the new club membership program. We have received many benefits from this, including coverage of our regular Sunday dives under the NSUC liability insurance, a regular listing in the newsletter and our own copy of the Hyperbaric video. The Aqualantics were heavily involved in a variety of NSUC activities this year. A large contingent attended Sub-Sea Horizons as both visitors and volunteer staff helping to make it very the successful show that it was. The Aqualantics were well represented at the AGM in June with several members in attendance. Once again, the annual Seahunt saw key

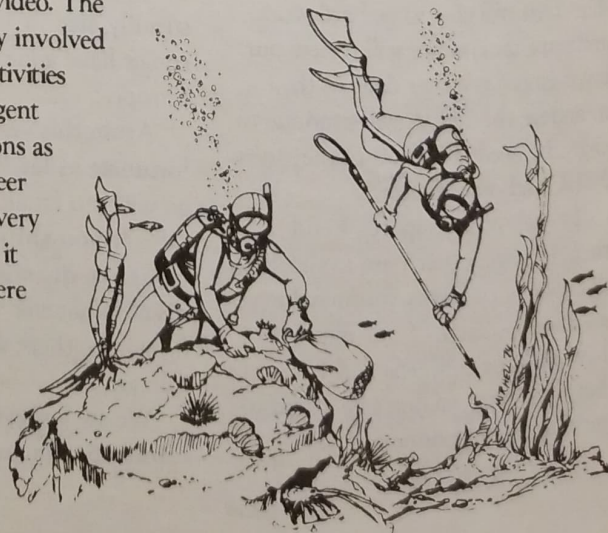
involvement of the Aqualantic members as both entrants and volunteers.

Special Projects

This year saw the involvement of the Aqualantic Scuba Club with various branches of government and their programs. An unsuccessful bid was made for a project for Environment Week run by Environment Canada. An arrangement was made with the federal Dept. of Fisheries and Oceans involving equipment recovery. A well-organized search for a lost side-scan sonar was successful with the resulting compensation benefiting the club's accounts. Most recently, members of the Aqualantics have been involved in a special project with the Nova Scotia Museum testing survey forms. Special thanks to Thierry Papion, Roland Lewis and Greg Doughty for their efforts in organizing and administering these projects.

In conclusion, I would like to thank this years executive - Gordon Murray, Bob Dorion, Thierry Papion, Ann Smith and Grant McLeod for their support and efforts. Special thanks also to Jane Biggs for her help and support whenever needed. and a "well done" to all the members whose efforts have made this year an enjoyable and successful one for the Aqualantic Club.

Calum Ewing, President
Aqualantic Scuba Club



... At the CFUA Semi-Annual Meeting, Halifax

Highlights of the Canadian Federation for Underwater Activities semi-annual meeting, held on December 8-9, 1990 at the Delta Barrington, Halifax, Nova Scotia

This meeting was hosted by the NSUC and the official representative of the NSUC was Lynn Gallant. The meeting was also attended by Roland Morrison (both days), Dave Rodwell (Saturday) and Blair Mercer (Sunday).

The President of the CFUA, **Peter White** from the Ontario Underwater Council apologized for the lack of leadership on his part and asked for feedback on how we would like to proceed from here. Lack of communication was identified as the largest cause of the problems experienced by member organizations.

The CFUA hosted the **World's Underwater Games** in Montreal this past summer. The Australian Underwater Hockey Team still owes the CFUA \$1,840.00 for accommodations which they booked but did not like and did not use. If we fail to recover this money, then we will only break even on this venture. Peter White will write the Australian president requesting payment. If none is forthcoming, then the matter will be turned over to CMAS. Any profit will be used for the development of Underwater Hockey.

There has been **no luck with federal funding or recognition** or a tax number. It was decided that NSUC will pursue the tax number on behalf of the CFUA. Alberta will pursue federal recognition.

The **financial statement** was reviewed and only three members had paid dues for 1990. These members are Manitoba Underwater Council, Quebec and the NSUC. The others will be contacted for immediate payment.

The **accident data base** has 750

entries at the moment but due to a problem with the reporting forms, things are progressing slowly. When a new form is developed, they will be sent to various dive-related organizations.

There was discussion about diving accident victims having problems getting good hyperbaric treatment. Quebec will devise a format for listing all 24 hour Hyperbaric Units and distribute it to divers.



Canadian Diving Achievement Awards were discussed. There was a problem with the committee chosen last year: this is being corrected this year. The committee is Richard Jones, Saskatchewan - Chairperson; Lynn Gallant, NSUC; and Peter White, OUC. All submissions must be in by February 28.

The **AGM** will be held April 12, 10:00 am, Constellation Hotel, Toronto.

It was decided not to have a separate booth at **Underwater Canada** but to ask each member having a booth display some CFUA material.

The **1991 National Diving Jamboree** will be held at L'Anse Bleue, N.B. sometime between July 12-20. More details at a later date.

The **CMAS Congress** is being held in Egypt, May 6-10. The CFUA will ask Christian Ide and John McBride to represent us at this congress. There will be no cost to us.

CFUA will write a letter to support the Alberta Underwater Council in their efforts to get **National Park awareness**. Alberta has been asked by the National Parks to write a code of behaviour for divers in the national parks. This brochure will be funded by

the National Parks. We were also asked to write to local national parks and asked that diving be recognized as an activity.

There was discussion on "**correspondence**"-style **scuba courses** being offered through various diving magazines. This matter will be referred to Gene Hemsworth with a report due at the AGM.

There was a motion to create a **new position of Executive Coordinator**, a volunteer, non-voting member of the Executive and Board of Directors. This person will be charged with devising and maintaining federal communications, monitoring progress of CFUA projects and committees, informing appropriate members of necessary information and reporting to the president. Written reports to be given at least bi-monthly. All interested people send *Curriculum Vitae* to Peter White, OUC by the end of January.

The **Minimum Standards Committee** headed by Gene Nemsworth, PADI, is on the third draft of its report. It was decided to change the name to the National Practising Standards Committee to remove "training" which agencies feel is their exclusive domain.

Templates of the **Logo** will be available so members can reproduce it on brochures, letterhead, etc.

A small reception was hosted Saturday night by the NSUC and attended by Ted Scrutton, Outdoor Coordinator, N.S. Sport and Recreation Commission. Mr. Scrutton presented all out-of-province delegates with the "Order of Good Time". The meeting ended at noon on Sunday, and Council Executive took the delegates to some local dive spots and places of interest before heading for the airport.

Reported by Lynn Gallant
from notes taken by Roland Morrison

underwater photographic techniques

Starting underwater photography

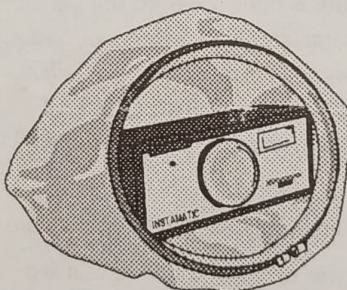
Part Five of a series by Bob Sample

I MAGINE BECOMING EXCITED over a photograph of an out-of-focus eel swimming across a mud bottom, or a photo of a diver with his head cropped off. Just the fact that someone was exposed in that "hostile" environment of the underwater world is enough to enthrall the beginner photographer! Those were my first photos taken many years ago.

I first began photography by placing my Kodak Instamatic camera in a plastic bag with a face plate. It was made by Aqua-Eye for taking still or movies underwater. The tough vinyl plastic was movable enough to click the shutter for a photo, but not clear enough to see through the viewfinder to frame a picture. It was limited to shallow depths as the bag would suffer pressure squeezes. Before someone broke the face plate - accidentally, of course! - I got enough pictures to get excited about and involved in underwater photography.

I purchased plexiglass housings for my Instamatic camera as well as for my Super 8 movie camera. These were limited in quality but fit my budget, providing many hours of enjoyment and practical experience.

My first opportunity to use a "real" underwater camera came when I was diving with some biologists and saw their expensive Rollimarine sitting on the bottom. It was a Rolleiflex 2 1/4" twin-lens reflex camera in a machine housing. It was just laying there - gently swaying in the current. I gazed upon it with great envy. The divers motioned that it was "o.k." to use it, as they were too busy setting up their experiment. Taking full advantage of the situation, I quickly finished off the 12 exposure roll. The viewfinder had a mirror image where objects are viewed backwards, making it awkward to use when following moving objects. The camera also did not have a light meter and I had to "guessestimate" what the exposures might be. Luckily for me, the camera was loaded with black and white film, which has broad exposure latitude - to be discussed in a forthcoming article on films - and the pictures turned out great. The biologists assumed that I had an extensive knowledge of underwater photography and gave me their camera whenever they wanted underwater pictures. Naturally, I wasn't the one to set them straight! But I had a lot to learn in a hurry!!



Over the past years, I have settled into the Nikonos system and now own four cameras - from a Nikonos II to a V - with various accessories to allow me to adapt to extreme close-up or wide angle. This is a valuable system where even a novice can take quality photos on the first dive. More expensive items can be added to the system later when budget and experience allow.

If you are interested in pursuing this fascinating world of underwater photography, put some thought into it before you purchase gear. **Don't buy a system that will prove inadequate for your needs in a short period of time.**

The first and foremost question which you should ask is: **what kind of camera should I buy?** A few short years ago, this would not have been a difficult question to answer. But today there is an astounding, sometimes bewildering selection of equipment to choose from, and an even more overwhelming variety of prices.

Before spending a lot of money, have an idea of what you want to do with your photography. Ask yourself: "Why do I want to take pictures?" Are you aiming to enter the photographic market with quality photos that are crisp, clear and sharp, to be published in a magazine, etc.; to record diving events to share with some friends; or to have a few photos enlarged for display or to hang in your home - or all of the above? Do you want to have photos of moving subjects?

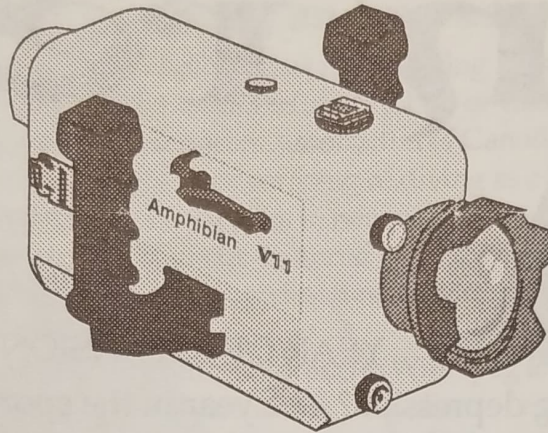
Let's assume that you just want to *capture the moment* and don't care about all the technical jargon and problems associated with underwater photography. You could consider purchasing one of the many "Fun Cameras" on the market. There are several waterproof instamatic, compact cameras available. They can have auto exposure, auto focus, auto flash, auto wind and/or auto everything. One only has to point and press the shutter.

Nor should one sneer at the gimmickry. I have seen some very good results from these cameras. If you just want to have a few scrapbook pictures and don't want to go overboard - excuse the pun! - with cost, then this could be sufficient. I would suggest getting at least a 35 mm size camera, mainly because smaller format cameras just doesn't have the quality for enlargements such as 8" x 10".

Underwater Video

Another kind of photography which should be given serious consideration by anyone wishing to capture the reality of the underwater world is video. The video camera has rapidly developed into very high quality, relatively inexpensive, and simple-to-use technology within recent years. Cameras now come with auto-focus, auto-exposure and are capable of "filming" in extreme light conditions, which are commonly found underwater. Videotape is inexpensive compared to photographic film, with each tape being able to hold up to two hours, and to be used repeatedly. I try to be prepared and dive with both a video and a still camera. At times, I have handed the video camera to a competent novice to use while I am filming stills. Once, while diving in the Baja California, I gave the camera to my buddy: he filmed fantastic "professional-looking" footage of myself playing with sea lions. All he did was literally "point-and-shoot" - without worrying about the technology!

Video is also an easier way to capture the feeling of a dive, more so than still photography. For instance, video is very useful when diving on a wreck for the first time. Unless a diver has a fantastic or photographic memory, much information and detail is forgotten by the time one gets to write it down or explain to someone else. Still pictures can be useful, but video can collect much more information and overall detail and allow the diver to view



over and over again the actual reality of the wreck, its location and environment, or even to see details and aspects that were not noticed with the eye on the first dive. Footage can be previewed as soon as the dive is completed: areas of particular interest can be noted and revisited on successive dives. Video can be also used under more extreme conditions than still photography. I have come

back from a dive with lots of good video footage to show what was observed and experienced, when the conditions were not good enough to shoot any stills!

Video cameras are easy to use, and anyone can bring back great images! If you are not interested in publishing still photos for magazines, then I feel this is the way to go. I would recommend the 8 mm (Hi-8) video camera as it delivers high quality, high resolution im-

ages and can be placed in a compact underwater housing. Amphibico Inc., Dorval makes an excellent line of aluminium underwater housings to fit a variety of cameras.

Video technology is interesting from another angle as well: it allows participation by individuals in their own communities in making video documentaries, i.e., filmmaking, because of its compatibility, commonness of format, quality and expense. The expense of processing and editing through commercial houses can also be minimized by accessing local film resource centres. Now you have the possibilities of preparing short videos on historic shipwrecks in your locale, marine life, and so forth.

continued on page 13

DIVERS' BOUTIQUE

NSUC Clothing for Sale

embossed with "Nova Scotia Underwater Council"

1 white medium golf shirt
(gold lettering) \$22.00

1 white medium golf shirt
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Double Hose U.S. Diver Regulator. Good Condition. Call Bob Dorion at 864-0238

WHITE'S near-dry wetsuit - blue in colour with black booties and seals. Fits lady 5'1", 145 lbs. Farmer John has attached booties, ladies size 9 1/2 to 10, and attached hood. Sleep-through jacket. Gloves included. Worn for snorkelling less than a dozen times - great for cold-water diving. Cost nearly \$500 when new. Make an offer. Call Charlotte after 5:30 pm at 463-3796.

Men's Large Dry Suit with air hose, hood and gloves. Mint condition. \$450 firm. Phone Terry 468-4606 (days); 465-3841 (eve).

Men's Medium/Large Dry Suit. New neck and wristseals. \$275 firm. Phone Terry 468-4606 (days); 465-3841 (eve).

U.S. Diver triple console with high pressure whip. \$80. Call Colin Frazee-Whitlock at 864-1157 (h).

A 1990 in review

YEAR OF EXPANSION - OR RETRENCHMENT ... euphoria preceding depression? The year in the sport of scuba diving was notable for reflecting overall social development - in the economy, politics/government programmes, lifestyles and perhaps now the Gulf War between a U.S.- led coalition, with Canada's participation in it, and Iraq, as we report on page one. In our first brief, annual review, you will find some memorable events, the isolation of some compelling trends - a somewhat eclectic overview of the sporting year with more than a bow to real life ...

Associations ...

Challenges facing diving and
sport associations in 1990:
cutbacks of five per cent;
reduction of the GST with
on dues, club fees, scuba
insurance premiums,
at rentals, etc.;
declining membership and
contribution at the base line
membership rolls grew by
diving leadership to divers
that, in fact, strength does
members;
quality in scuba diving
over safety;
concern over the degradation
natural environment;
centralization of organiza-

Atlantic Canada - the birth of a new divers' press

"From Newfoundland, you say?"

1990 saw fresh developments in journalism and publications utilizing electronic publishing and a realization of the necessity to go to the broadest sections of scuba diving - the so-called "converted" - as well as reaching out to broaden participation in the sport.

With the release of *Divers Free Press*, the professionalization of *Bottomtime* in Nova Scotia, the new best, most striking edition of *Passport to Diving*, and the development of classy newsletters by Divers World and Northern Shore Diving Centre, Atlantic Canada has set an innovative, leading and cultured example to the rest of the nation.

"From Newfoundland, you say?" Indeed. *DFP*, edited by David Barron, publisher of the reputable and popular Atlantic Diving Guides, is aiming at a national audience and has reached a circulation of over 12,000.

Published in a tabloid format on high quality opaque paper, *DFP* features some stunning photography by Bob Semple of the

club on Atlantic and other wrecks, musology and u/w archeology, movie reviews and extensive event and organizational listings.

DFP also showed an innovative approach to exorbitant rates charged by Canada Post to Canadian periodicals, enrolling subscribers in a club for \$2. The publisher is considering increasing frequency to six times a year as well as hiring a graphic designer.

Passport to Diving, released on June 9, is the most comprehensive, professional and attractive edition to date. As a result, response and sales have continued to be strong, with about half of the press run being sold in just six months. Providing an example of self-published books, look for more similar works in the future.

Significantly, this publication explosion has been developed utilizing desktop publishing. Dave Barron publishes using an IBM computer and Ventura page layout software while Northern Media utilizes a Mac-

Events: the

After the 1989 season, the event was dominated by the Mares searchlight, held on September 9, attracted club members and friends to the beach on a simple Well-organized by volunteer staff, the searchlight featured some less featured scenes controversy listing of Mares as a rate sponsor.

A 1990 in review

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The associations ...

Major challenges facing diving and other sport associations in 1990:

- federal cutbacks of five per cent;
- provincial cutbacks in funding;
- the imposition of the GST with its impact on dues, club fees, scuba training, insurance premiums, charter boat rentals, etc.;
- expanding membership and participation at the base - the NSUC's membership rolls grew by 10%. Showing leadership to divers by deeds that, in fact, strength does lie in numbers;
- ensuring quality in scuba training and diver safety;
- rising concern over the degradation of the natural environment;
- professionalization of organization and approach.

Atlantic Canada - the birth of a new divers' press

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Diving industry and recession: features, comments

- Corporate realignment of major diving manufacturers and suppliers;
- setting up of a manufacturer's lobby or trade group - Suba Equipment and Apparel Manufacturers Association of Canada;
- lavish and glossy advertising of diving as a lifestyle with a hi-tech pitch;
- repackaging of old lines in new colours and styles;
- bankruptcy of under-financed retail dive shops, reflecting a 40% increase in small business bankruptcies: three in Montreal, quite a few in Ontario and one in New Brunswick;
- formation of a retailers' group in Winnipeg to promote diving at trade shows;
- the gloomy spectre facing Canadians - especially Maritimers, as well as the middle strata - and the industry of a deepening recession/depression, with opinion sharply divided as to its impact:
 - "We couldn't be healthier", said Evelyn Bracebridge, Tabata, to *Bottomtime*. Reports from Central Canada indicate sales are up or even, she says, with people loading up with gear for southern vacations. Others, such as Neil Connors, Divers World, assess that people, despite being hard-pressed, will still need leisure and recreational activity.
 - Bob Statham, president, Sherwood Canada, forecasts that the recession will get worse before it gets better.
 - In general, observes one industry expert, suppliers are trying to streamline operations, watching overhead, and reducing inventory so to cater to customer needs, without affecting their purchasing dollar, e.g., cutting the frills without affecting, first and foremost, service to retailers and consumers and profit.

Metro dive shops: expansion, but bottoming out?

Two new dive stores defied the trend and opened in Metro, both eager to carve out their niche in the existing dive market. Divers World, owned by Gloria Connors and managed by Terry Dwyer, and Dive Masters, owned and managed by Jim Henneberry, a PADI Master Diver Trainer. Halifax now boasts Canada's highest concentration of dive shops per capita with five full-time, full-sized establishments.

Dive Masters, Woodside Shopping Centre, opened on March 15, featuring the Beauchat line, while Divers World, Lakeside Industrial Park, opened July 14, featuring U.S. Divers, Oceaner, Wenoka and Mares lines and NAUI dive certification.

These augment the services of the three local shops - Northern Shore, Nautilus School of Diving and Aqua Dive Scuba Shop.

Their increasing competitiveness has been

reflected in price cutting as well as the development of professional marketing programs, including newsletters. Divers World positioned itself at the end of the year by offering dive courses aimed at getting new people, especially youth, into diving.

Northern Shore reported its best year ever, says Lorne Piercey, manager. "It was the best year ever in the history of the company in terms of courses and sales income, as well as with internal re-organization, far more efficient, which in turn reflects positively on our purchasing power, which will trickle down to the consumer.

"The biggest challenge for diving retailers in the coming year will be to maintain if not increase customer service and professionalism in hard economic times due to the price sensitivity of the market."

continued on page 19

Events: the Seahunt

After the 1989 edition was terminated by rough weather, this year's **Mares Seahunt**, held on September 9, attracted over 200 divers and friends to Crystal Crescent Beach on a simply beautiful day. Well-organized by a large volunteer staff, the Seahunt nevertheless featured some behind-the-scenes controversy over the enlisting of Mares as the main corporate sponsor.



COMING EVENTS

Coming events is a calendar of events of interest to divers in Nova Scotia and the region. To have an event included, please write to **BOTTOMTIME**. The deadline for listings is detailed on page two.

CFB Greenwood Club, 1st Monday of each month, 7:00 pm, Meeting at the Base Recreational Center.

Aqualantic Dive Club, 2nd & 4th Wednesdays of each month, Meeting at the MicMac Boat Club in Dartmouth, 7:30 pm, usually the second and fourth Wednesday of each month.

Underwater Hockey Wednesdays & Sundays. Regular team meets Wednesday at the Dartmouth Sportsplex, 8:30 pm. New people meet Sundays, 9:30 pm. For more information, call Bob Trider (469-6440).

NSUC Board Meeting, Truro, February 9. Contact - Tel: 864-1157.

The Saskatchewan Underwater Council is hosting the 11th Annual Diver Alert '91, Saskatoon, March 16. The largest scuba dive show in Saskatchewan, it consists of: booths/exhibits; seminars; scuba film festival; gourmet lunch and incredible prizes. Contact - Cliff Adolf (306) 477-1512.

Underwater Canada '91, Toronto, Apr. 12-14. One of North America's largest consumer sport diving trade show plus numerous symposiums. Contact - OAC, Tel: (416) 495-4245

Easter Egg Hunt, Halifax, end-April. Annual event hosted by the NSUC. Contact - Tel: 434-3675

Subsea Horizons Dive Show, May 3-4. The NSUC hosts their 2nd annual exhibit at the Dartmouth Sportsplex and the Holiday Inn. Main attractions: Robert Mackinnon's treasure trove; fleet Diving Unit's sophisticated diving hardware; a fashion show, latest swimwear, diving gear, and fashions. Grand prize being a return airfare trip for two with Air Nova to some great diving in Newfoundland. Volunteers needed. Tel: 864-3046

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Diving the lesser-known parts of the Red Sea

LIVING AND WORKING IN SAUDI ARABIA is a different experience enough without scuba diving.

I lived for a year in Saudi Arabia in a little town called Khamis Mushayt which lies in the south-west of Saudi Arabia at a dizzying height of 7000 feet. The name of the town - literally translated - means Thursday Market.

To get to the Red Sea from this village was quite the ordeal. You could only go down in the winter months as the excessive heat and winds in the summer made it an impossibility. The first step was to apply for a pass from your Arabic employer - in my case, the Saudi Air Force - and on the pass had to be listed all the people travelling with you. Women were not allowed, but most times you got away with it.

The next but comparatively easy step was the drive to Abha and through the check point controlled most off the time by the civilian police or the military. On occasions, the religious police would stop you as well, being the ones to be wary of, as they were always in civilian clothes: you never knew where or when they would stop you on the entrance to the escarpment road. The drive from 7000 feet to sea level

down the escarpments is hair-raising and not a place for anyone frightened of heights. The road is a series of ess-bends, elevated roads and tunnels.

You finally reach sea level at Shuqayq (the Qs being pronounced as Ks). You have but a short drive to the camp site on the beach where again you can be subjected to sudden checks by the military. A very cheap journey though: the gas cost for a full tank in my GMC Jimmy 4WD was five Rhial, or about \$2.00, and the trip took only about a tank there and back.

Our weekends lasted from Thursday afternoon

until Saturday evening. We used to try to travel on Thursday. The diving took place at a bay called Greek Bay, where there was a small uninhabited island about 200 yards off shore. The island was not more than 50 yards across, but surrounded by a coral reef.

The diving was worth it in spite of the journey. The coral formations are absolutely fantastic, with stag horn coral everywhere, fan coral some 12 feet across and huge brain coral. The marine life was abundant with large parrot fish, butterfly fish, pennant fish, Royal fish, damsel fish, coweries, spiny lobster, deep red sea urchins, groupers and puffer fish - plus many more to numerous to mention. At a depth of 30 feet or more, the water is a constant carnival of colour. I only wish I had still photographs of such varied marine life. All too soon, it is time for the drive back up the escarpment, tired and sun burnt. The temperature change from top to bottom at Khamis in winter it around the 24c and at sea level 30c. Sadly, however, it is not a place you will travel to as tourist unless the religious and political climate changes.

Colin V. Frazee-Whitelock



Getting started ... continued from page 9

Large format cameras are both expensive to purchase and also to operate. They do deliver very high quality images and should be considered only by the professional or the affluent. As mentioned above, I have had the opportunity to use a Rolleiflex 2 1/4" twin-lens reflex camera. It yielded great images but it's 12 exposure (should be 36 exposures minimum) and mirror image (objects are viewed backwards in the viewfinder) made it awkward to use.

A through-the-lens reflex, a large film pack, and a metal housing would be important criteria for a large format camera. Unfortunately this would be financially out of reach for all us ordinary 'someday-will-be-famous' photographers.

Perhaps you already own a SLR (Single-Lens-Reflex) 35 mm camera and wish to purchase a housing for it rather than getting an additional camera. Ikelite Underwater Systems, Indianapolis, Indiana sells housings to fit almost any make of camera available. But there are a few important factors to consider before purchasing a housing for it. Is it really worth it? **Don't make the mistake of buying an expensive housing for a cheap camera!**

In our next article, we will be discussing these factors and comparing the Housed 35 mm Camera to the Nikonos Camera.

The healthy diver

FOR THE FIRST TIME, the Canadian Government has published a statement showing causality of diet to health. "There is little doubt that diet is implicated in the etiology of these diseases [heart disease, cancer, obesity, hypertension, osteoporosis, dental caries, and bowel disease]..." (Health and Welfare Canada, 1990).

There is not a lot of literature available on scuba diving and nutrition, however, it is important to be in good physical condition. Following a healthy lifestyle which is recommended to the general public will certainly benefit the diver.

1. Be a non-smoker.
2. Healthy eating means cutting back on fat in your diet, and maintaining a healthy body weight.
3. Physical activities are very important to a healthy body. Exercise regularly, three times a week.
4. Reducing the amount of salt you eat will reduce high blood pressure.
5. Good food choices include:
 - foods baked, broiled, steamed, stir-fried, or microwaved;
 - foods naturally high in fiber (fruits, vegetables, and whole grains/cereals;
 - lean cuts of meat, fish, and poultry; and
 - low-fat milk products.



It may be best to select and succeed with one of the above recommendations at a time. A good time to start is now, before the weather warms up and it's time to dive.

In future issues of *Bottomtime*, I will go into more detail about fats, fiber, cholesterol, smoking, dehydration, and drinking alcohol. If there are suggestions or comments for "The Healthy Diver", please forward them to the newsletter's address.

Heather Robinson, B.Sc., Nutrition

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How to play the great membership drive lottery

1. How to play Simply register with the NSUC as an Individual, Family, or Associate member and automatically receive one entry in the contest. One entry is awarded for each person named in a Family Membership application. Receive an additional entry for renewing entry in 1991 prior to April 30, 1991. Also receive one entry for every 5 members recruited in the above categories. Recruited members must be new members or those who haven't been members since prior to the 1989-90 membership year. Mark the recruited member's application form conspicuously with "Referred by _____ (your name)."

2. Contest deadline All membership forms must be received with applicable membership fees by April 30, 1991. The Draw will take place at Subsea Horizons, May 4, 1991. The address for submission of forms and fees is: Membership contest, N.S. Underwater Council, P.O. Box 34, Armdale, Halifax, N.S. B3L 4J7.

3. Eligible Contestants The contest is open to all members and non-members except NSUC Board of Directors, club membership registrars/secretaries and employees of donors. Dive shop employees and instructors are eligible, but may not win prizes donated by suppliers with whom their shop has an exclusive contract. Substitute prizes will be awarded instead.

4. Prizes They must be accepted as awarded - no exchanges and no cash equivalent. The prizes include Cressi Sub regulator, Fitzwright/Sea Quest B.C. and air source, Suunto triple console, Sherwood Blizzard regulator and Spirit B.C., a Brooks custom wet suit with all options, and an Oceaner Sub-Arctic wet suit.

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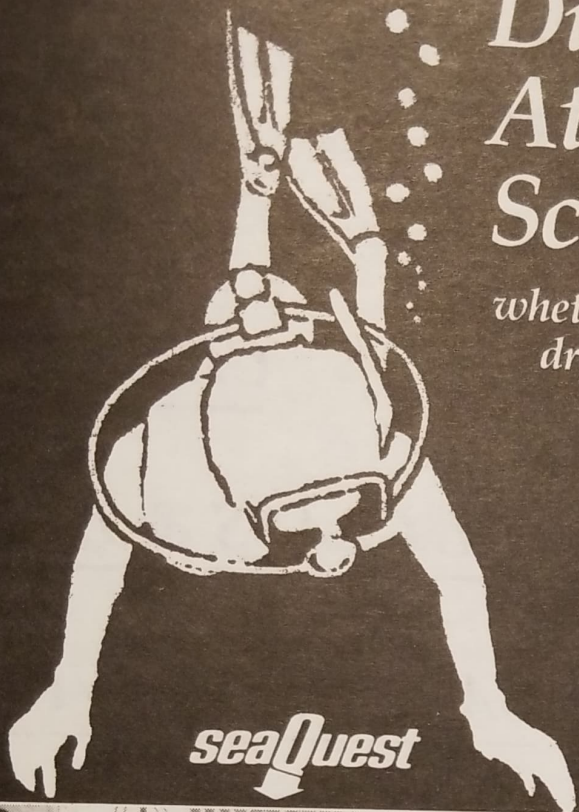
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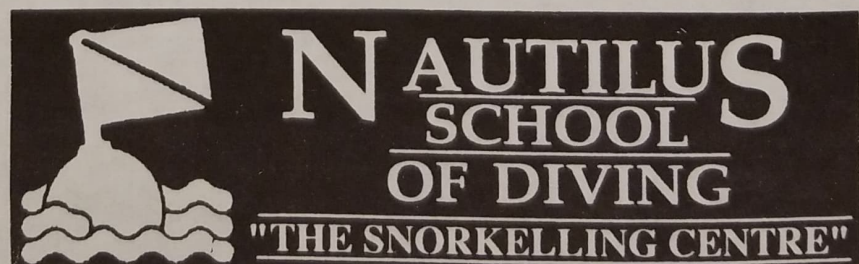
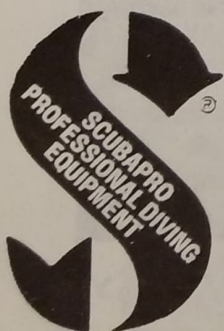
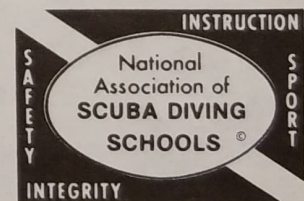


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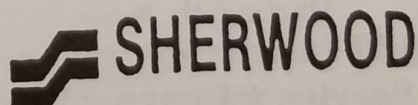
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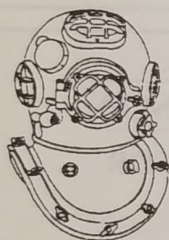
Phosphorescent Nova Scotia ... 1990 in review: Metro shops ...

continued from page one

But it didn't matter. As each new portion of wreckage appeared out of the darkness, I felt like I was discovering it for the first time. Floating weightless in the night, gliding over the twisted wreckage, I was awake in a dream.

Although it seemed we had only been in the water a few minutes, our dive was soon over and we began the slow climb back to the surface. Once we were on the boat, I made a point of thanking my dive buddy for getting me into diving in the first place. I felt like I had participated in something special, something you can't really describe to someone who hasn't done it. It makes every time you hump your gear, freeze your butt and spend three hours to get thirty minutes of bottom time, worth it.

Jim Miller



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Aqua Dive reports that its sales increased by some 30% and courses by 15%. Says Andy Desrochers: "We (metro) seem to be going against the trend, because our suppliers tell us the industry is levelling out".

"Our first year, of course, was a banner year for us," stated Jim Henneberry. "We didn't see any effects of recession in 1990, but 1991 may be a different story. We'll know by mid-summer. Customers are more cost conscious and do tend to shop around more than they used."

"Nautilus School of Diving has decided not to participate in the recession," says Michael Chambers. "1990 was one of our best years - not the best: we lost a few sales due to the new shops, but our overall sales volume increased by some 25%." He adds, "I retail, I don't fight."

Some 500 divers were certified in Metro last year.



Evelyn Bracegirdle

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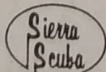
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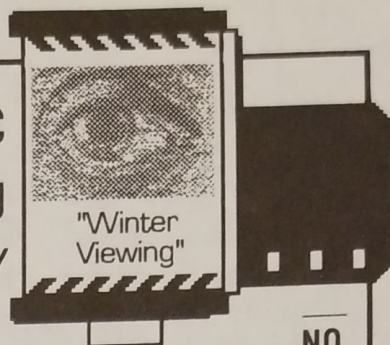
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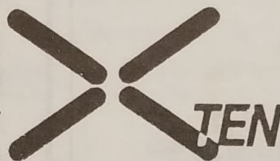
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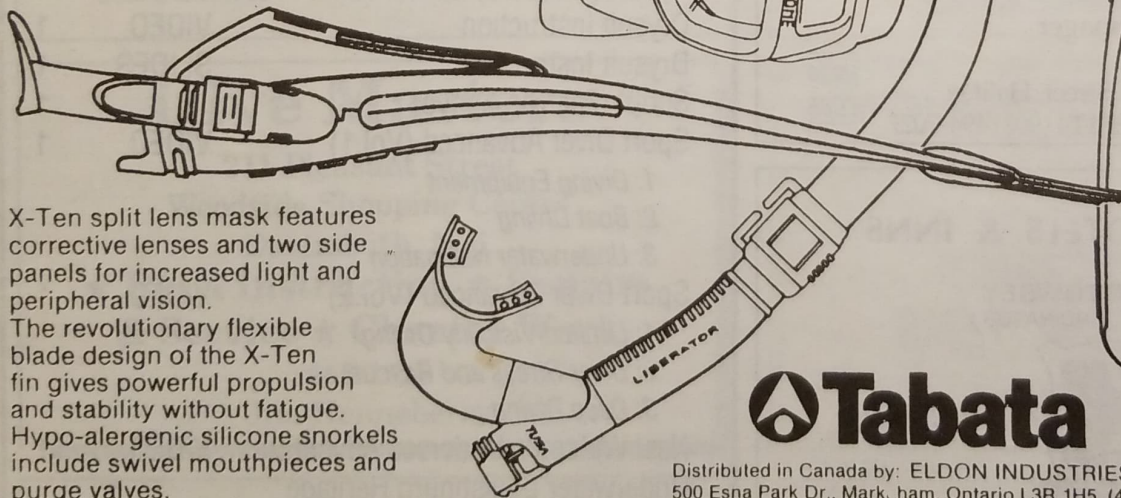
- 1) To be a representative body for the scuba diving community so as to preserve, support, and promote diving and diver safety in the provinces;
- 2) To ensure that training programs are given to a recognized level of quality, to foster and encourage the safe handling and usage of all approved types of equipment used in the sport of scuba diving;
- 3) To make available to all members information concerning safety, medical, technical, and research data concerning the sport of scuba diving; and
- 4) To cooperate and participate with the provincial government on projects and policies that lead to the recognition of sport diving as a significant recreational activity.

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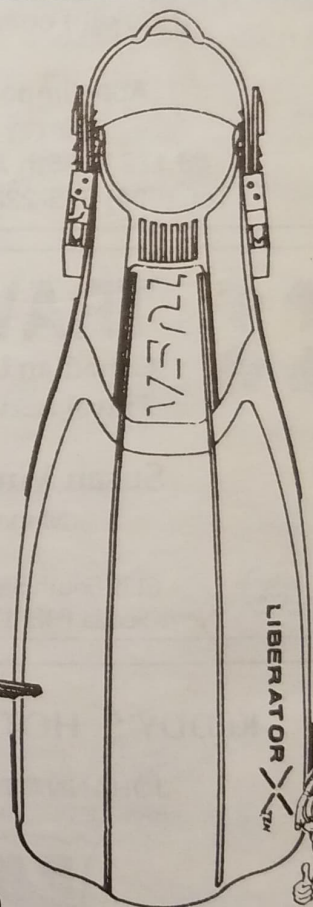
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