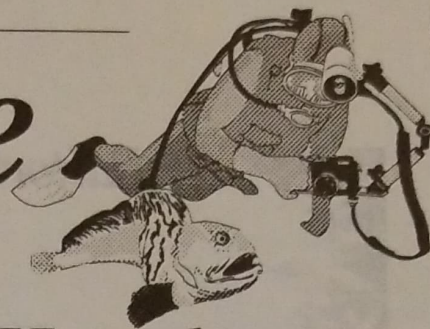


BOTTOMtime

The bi-monthly newsletter of the Nova Scotia Underwater Council • November, 1992



12th Annual Sea Hunt draws divers from across Nova Scotia

Sunday, September 13, 1992
dawned beautifully clear and
calm as divers from across the
province and beyond
— together with an attentive
whale offshore — converged
on Crystal Crescent Beach,
near Sambro, to once again
participate in the NSUC Sea
Hunt.

Co-chairpersons for the event were Ted Iannuzzi and Rob Snelling.

All was in readiness at the appointed hour. Registration was completed, the T-shirts distributed, the underwater lines set to designate the search area, the rescue boats and spotters in position, Ken Jardine, the Dive Marshall, has given the briefing, and the hot dogs were heating up.

The signal to begin was provided by a rocket flare professionally launched by Rob Snelling. As usual, there was much activity in the mild surf zone as divers and snorkelers jostled each other in their attempt to get beneath the surface.

The 190 entrants in this 12th annual event had no trouble locating the cleverly marked scallop shells especially imported from Cape Breton. Most expeditious in their efforts were Dwayne McLaughlin and Greg Chockanoff who emerged in less than five minutes with a pair of coveted bivalves. At least one buddy team, Peter Murray and Roy Smith, rejected just any old shell as they searched for specific ones with their registration number. Incredibly, they were successful! Of some concern to the Dive Master were the Day sisters, Catriona and Melissa, who, while following the

Continues on page four

Answering the critics

Elsewhere in this issue appears a report on the 1992 Sea Hunt. From a divers point of view, it was most successful. Those I spoke to during and after the day said that it was an enjoyable experience. This is what the Sea Hunt is all about ... a fun day of activities for all divers.

Unfortunately, this year's event stirred up a great deal of controversy among dive shop owners and managers. It is only to set the record straight and in the interest of future Sea hunts that I am taking the unusual action of addressing this in the *Bottomtime*. Some said they did not know the Sea Hunt was going to be held, although first notice appeared in *Bottomtime*, March,



1992, and again in May (the ScubaFest edition), with the date and time later published in the July newsletter. It was also discussed at the NSUCAGM, May 30. There is thus little excuse for not knowing about the Sea Hunt. The perception by some was that they were being excluded, while others were

given preferential treatment. Nothing could be further from the truth. Any astute business person owes it to themselves to become aware of upcoming events and to capitalize upon them to promote their own business. This is what happened here.

Continues on page four



Editorial Notes

DIVING SITES

Thanks to the efforts of the President and Phil Jennex, a non-member, our diving problem at Bear Cove has been smoothed over. However another incident arose at the same location a few Sundays back. Most of our shore reachable dives sights suffer from a limited amount of parking, no more so than Bear Cove. Normally if you park at 90 degrees to the road, 4-5 vehicles can park in the space available, but two selfish dive parties thoughtlessly parked parallel to the road thus severely restricting the parking. I do not know whether they were NSUC Members or not. Remember as this is such a popular site have some thought for the people that might arrive after you.

NOTICE

Copies of the NSUC bylaws are available on request either from your area director or our administrator, Marcel Maesson.

REST IN PEACE • LIEUT. LLOYD EMMERSON (CHARLEY) DOYLE

54, Lower Sackville, died October 11, 1992 in Sandy Cove Beach, Terence Bay. Born in Hamilton, Ont., he was a son of the late Lloyd and Mary (Peters) Doyle. He retired after serving 35 years with the Royal Canadian Navy, CFB Shearwater. He spent most of his career with the Fleet Diving Unit Atlantic and was head instructor of Shearwater Scuba Club. He was executive member of Naval Divers Association, instructor at Saint John Ambulance; former member of Kinsmen Club. He was a part time employee of H & R Block. He is survived by his wife, the former Bonita Marie (Bonnie) Gay; daughter, Rhonda, Lower Sackville; stepson, James Lewis, London, Ont.; brother, John, Stoney Creek, Ont.; five sisters, Vera (Mrs. Les Haydon), Hamilton; Shirley (Mrs. Gary Arnott), Evelyn McMillan, Kathleen (Mrs. Jim Thoms), Debbie Dickinson, all of Stoney Creek; three grandchildren, a step-granddaughter. Funeral was October 15 at CFB Shearwater, followed by cremation and sea burial. Donations may be made to Heart and Stroke Foundation of Nova Scotia.

New Hyperbaric Card and NSUC Membership Card now available
Contact the NSUC for details today

BOTTOMTIME

Bottomtime is published six times annually by the Nova Scotia Underwater Council. It is distributed free of charge to members. Non-members may purchase an annual subscription for \$17.50. 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 opinion 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 upon request. If advertisers require design services to prepare camera-ready copy, this must be arranged prior to the deadline.

The next edition will be published on January 24, 1993 with the deadline for submissions to the editor being January 3.

Send all submissions to:

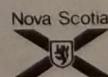
The Editor, Nova Scotia Underwater Council,
26 Sapphire Crescent, Lower Sackville, N.S. B4C 2T9

Bottomtime

Editor	Colin Frazee-Whitelock, 864.1157
Design/Production	Tony Seed/New Media Services, 477.0421 <i>Bottomtime</i> fax: 479.3098
Printing	The Printing House
Nameplate	Tony Seed and Bob Semple

The Nova Scotia Underwater Council

President Roland G. Lewis
ISSN 1188-2050



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News in Brief & Comment

Marcel Maessen

On behalf of the board and members of the NSUC, we wish to bid farewell to our coordinator at the Centre for Outdoor Recreation, Marcel Maessen. Marcel, a partisan of amateur sport, has served us well for the past two years with his inquisitive and principled attitude, attention to detail and cheerful outlook, and will be sorely missed. We wish him all the best in his future endeavours.

U/W Archeology

Over the past two weeks, Trevor Kenchington has been teaching an Underwater Archeology course for four students. All four contacted him after an article in *Bottomtime*. The first two dives took place on Oct. 31 for practical exercises at Prospect Bay. For info, phone 889.3555

Notice

"Effective November 3, 1992 I will be leaving the employ of Divers World to pursue other interests. At this time, I would like to thank the owners, Gloria and Neil Connors, the staff and instructors, and the many students, customers and friends who supported both myself and Divers World, helping to make it what it is today."

Sincerely, Terry Dwyer

International notes

Mixed gas for amateur scuba divers has started in the USA.

It is now poised to enter the UK.

- A UK manufacturer is developing a voice communication package for diver to diver and dive to surface use. A communications package for an individual diver is expected to cost no more than a mid-range regulator.

- Underwater hockey, or octopush, was invented by Alan Bates, of Portsmouth, U.K., to keep divers fit during the winter.

- World Underwater Hockey results from Montreal:

Mens

Gold medal	Australia
Silver	South Africa
Bronze	New Zealand

Womens

Gold medal	South Africa
Silver	Australia
Bronze	New Zealand

- Comments from a diver in the watch industry on depth ratings and what they mean.

90' water resistant • withstands rain showers, accidental splashing or immersion, but not u/w pressure.

150' water resistant • suitable for surface swimming but not surface diving;

300' water resistant • withstands high board diving, snorkel diving and fast water sports (wind surfing, sailing, water skiing);

450'+ water resistant • suitable for scuba diving.

BSAC Magazine, August, 1992

Sport Divers Logbook

NORTH AMERICAN sport divers have never been adequately served with a decent log book. Due to economies of scale, divers have generally had to put up with postage-stamp sized logbooks put out by the major U.S.-based certification agencies, purchased and resold by local dive shops or included with your C-Card when certified. A definite shortcoming of the BSAC logbook in Britain, for instance, is a fairly useless diving profile graph, as you can never ascertain some of the information concerning descent and ascent accurately. The PADI logbook, while cheaper in price, is also half as small as the BSAC logbook and more than half as useless. Other individual productions, such as the **Atlantic Divers Logbook**, do not even come close to the PADI log book.

Now, the Northern Shore Diving Centre, together with New Media Services, graphic designers and publishers — have collaborated to produce a limited edition of a new log book designed to be "user friendly".

From perusing the pages of the **Sport Divers Logbook**, one finds a number of original and innovative features. What is rare is that it gives the diver more than ample space, generally speaking, for his/her input and participation. It gives a useful format for the diver to neatly enter and record data — encouraging a more scientific approach by sport divers to recording and assessing both your individual dives and generalizing your overall diving history in exploring the underwater world. With an attention to detail, there can become a wealth of comprehensive and chronological information that the diver can refer back to afterwards, either to reflect on or study, or plan and organize your future dives. In short, you dive smarter, a sort of pocket day-timer of the underwater world. It is also compact enough for you to carry in your dive bag.

The first thing that strikes the eye is the front cover. A great deal of creative thought must have gone into its design. The inside cover is devoted to the individual diver/owner's information. Only one criticism: I would have liked to have seen space for serial numbers, a description of one's diving equipment and a photograph. The second page devoted to emergency numbers and (winter) diving tips is good, with only one

continues on page 10

THE NOVA SCOTIA UNDERWATER COUNCIL

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Box 2944, Dartmouth E.
NS B2W 4Y2 • Tel.: 434.2768

CFB Cornwallis Scuba Club
Box 295, CFB Cornwallis, NS B0S 1H0

Membership is open to individuals, families, clubs or commercial enterprises. Dues are set annually — usually at the AGM. Members' fees for 1992-93 are \$22 for individuals, \$30 for families, \$11.00 for students/newly certified divers) and \$50.00 for commercial enterprises. Membership is also open to clubs at \$25. Individuals may join by sending an application or letter with the fee to the Membership Secretary.

NOVA SCOTIA
UNDERWATER COUNCIL
PO Box 3010 South, Halifax, NS B3J 3G6



Answering critics

Continues from page one

Some owners came forward early in the planning, asking what could or needed to be done. They approached the Council; not the other way around. This path was open to all. Some didn't take the opportunity and made a business decision not to participate. This decision ought not to be made a political issue.

It is also fair to say that we made some judgment errors. A different approach was taken by the organizers this year. A major scuba supplier was not asked to sponsor the event as funds were available from another source. The chairpersons elected not to lead people by the hand. We perhaps were not as aggressive in our promotion as was past practice. I was told that divers in New Brunswick and even Quebec would have joined us if they had been invited to attend. It is obvious there was some misunderstanding and lack of communication. This is most unfortunate to the extent that it interferes with the enjoyment for the average diver. We must remember the Sea Hunt is organized for the divers — not as a venue for industry to demonstrate competitive ability.

Perhaps if—as allowed in the NSUC By-Laws—the Commercial Members got their act together and selected a director to sit on the Board, these communication problems could have been avoided.

Let all those who have eyes—read. There will be a NSUC Sea Hunt in 1993, likely at Crystal Crescent Beach in September. If you have any thoughts on how it should be organized, or would like to get involved in running the event, let me know. For information—stay in touch.

Roland G. Lewis

92 Sea Hunt

Continues from page one

dive plan of only 30 minutes bottom time, chose to begin their hunt 25 minutes after everyone else! However, everyone eventually returned to the beach to report in for the draw.

The selection of prizes was held under the watchful eye of NSUC President Roland Lewis, assisted by CJCH Radio personalities, led by Mike Moses. Despite the fact that prizes came from a total of only three dive shops—Divers World, Nautilus and Scuba Tech—when their number was called, every participant present received a prize—be it ever so humble, with the grand prize of an Oceaner Polar Dry Suit being won by Laird Bolt. The NSUC gift certificate, valid in an dive shop in Nova Scotia, was carried away by Don Saunderson.

Other prizes included regulators, snorkels, fins, masks, gear bags and, of course, T-shirts, ball caps and drink coolers. CJCH Radio provided movie passes and coffee mugs.

Much appreciated was the Divers



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World food tent, which served up over 500 barbecued hot dogs and an equal number of hot and cold drinks. Coffee and doughnuts were available for the early risers. A special guest of Divers World was US Divers president, John Gardner.

The elaborate safety arrangements, in conformity with NSUC principles, once again proved their value as assistance to tired diver was required by the vigilant rescue divers, including: Fabian Bates, Mike Bennett, Darin Connors, Donald Dorey, Terry Dwyer, Leann Jollymore, Cluny Nichols and Russel Warren. On the beach was Ron Reeves who, together with Kevin Beard of the Greenwood Club, provided the tent and PA system. There were, of course, other volunteers not mentioned here, without whom the event could not take place.

Thanks are also due to the NS Department of Lands and Forests for allowing us use of the public beach.



Posters, T-shirt design and entry forms were prepared by New Media Services.

Some other statistics of interest: only 35 persons (18%) indicated they were members of the Council; 33% were from other than the Metro area; there were seven snorkelers, two of whom were certified divers, and two others who were less than 16 years old; 20% were female divers; and 61 indicated that this was their first-ever Sea Hunt.

One suggestion was to have more activities planned for families and kids — there was a sand castle building contest. Yet another was to provide

toilets — although two were on site for the event. Well, I suppose you cannot please everyone!

However, if you enjoyed this occasion when divers from all parts of the province can get together for a day of fun, then why not plan to attend next year's event. Tell your friends. Let us go for it and set a record for the most number of divers in the water together at one time. See you next September. In the meantime: keep it safe down there.

Roland G. Lewis

NSUC Member Instructors

David Allen
Home 434.4091
Austin Baird
Home 492.2653
Michael Bayer
Home 464.1139
Wayne Bell
Home 465.3880
Michael Chambers
Home 454.4296

Ches Chaulk
Home 765.8527
Darin Connors
Home 443.1150
Mike Covert
Home 443.6748
Charley Doyle
Home 864.3136
Carol Anne Draper
Home 757.2149
Gary Edwards
Home 883.9392
Aaron Flynn
Home 461.2855

Tim Gay
Home 864.0558
David Gough
Home 864.3046
Randy Inkpen
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Ken Jardine
562.6061
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Home 889.3555
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Dwayne McLaughlin
(Windsor)

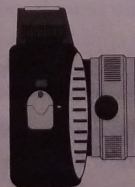
Lorne Piercey
Home 865.7680
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Home 835.8833
John R. Taylor
Home 429.6752
James Semple
Home 443.1150
Joanne Shabolt
Home 634.9190
Bob Smith
Home 462.0738
Dale K. Smith
Home 275.4471

Depth of field and f-stops, or ... Why is my tail out of focus???

7 feet

Out of Focus Area

125) can increase the size of the opening (i.e., change f11 to f8) you have the same exposure. In the diagram, all the shutter speed/f-stop relationships shown will allow the same amount of light to expose the film, with the exception of B. In other words, 1/60 at f11 will give the same exposure as 1/500 at f4. The photographer will have to choose which combination will give the best results. A fast moving fish will need a fast shutter speed to prevent blurring. This results in a lower f-stop to be used. A scenic photograph of a kelp bed may need a high f-stop (f22) to have a greater depth of field. This would result in a lower shutter speed. One has to be sacrificed for the other more important factor in each situation.



Nikonos 35mm lens
set at 5 feet at f8

TIP When you are doing macro photography, the depth of field is very small. Try to adjust your strobe to get as close as possible to the object to give you a high f-stop (Use f22 if you can get enough power from your strobe). This will maximize your depth of field.

4 feet

Depth of Field
3 feet

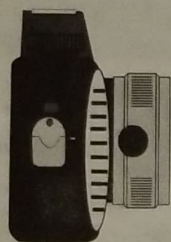
Out of Focus Area

7 feet

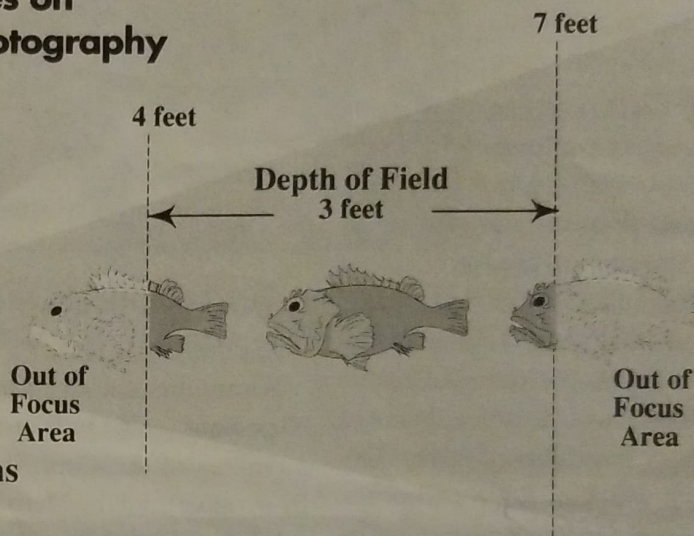
Out of Focus Area

12 feet

Twelfth in a series on Underwater photography by Bob Semple



Nikonos 35mm lens
set at 5 feet at f8



PROPER EXPOSURE is determined by the *type of film* (ISO rating), *shutter speed* (usually 1/60 or 1/90 with strobe) and *the aperture* (f-stop). The right application of these three factors will result in a good photograph. Assuming you use the same kind of film (i.e. Kodachrome 64) and a strobe, the changing variable will be the aperture.

The *aperture* is the size of the opening in the lens which lets the light into the camera. It can vary in sizes by turning a knob on the side of the lens or done automatically. The size of the opening are known as f-stops. *F-stops* are numbers derived from the division of the focal length (the distance from the centre of the lens to the film) by the diameter of the opening. So much for the technical stuff! The Nikonos 35 mm lens has seven f-stop numbers; f22, f16, f11, f8, f5.6, f4, f2.5. As shown in the diagram, the f-stops range from f2.5 (wide open) to f22 (pin-hole size). The thing to remember is that as you change in sequence from one to the other, you are either doubling or halving the amount of light that enters the camera.

The *shutter* of the camera has the same relationship. The *shutter speeds* range from B to 1/1000. The B stands for bulb and allows the shutter to stay open as long as you hold it. It allows you to take long exposures. The R on the

Shutter Speed	F-stop Value	Aperture Diagram
B	f/22	
1/30	f/16	
1/60	f/11	
1/125	f/8	
1/250	f/5.6	
1/500	f/4	
1/1000	f/2.5	

camera stands for Re-wind, but on the older cameras such as the Nikonos II, the R was 1/1000 sec. shutter speed. With the exception of B, the amount of light is halved as the speed of the shutter is increased.

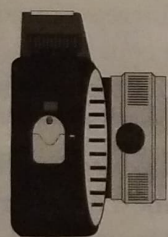
So you can see the relation which exists between the shutter speed and the aperture. If you decrease the time (i.e., change shutter speed from 1/60 to 1/

Depth of field and f-stops, or ... Why is my tail out of focus???

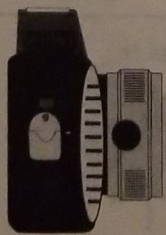
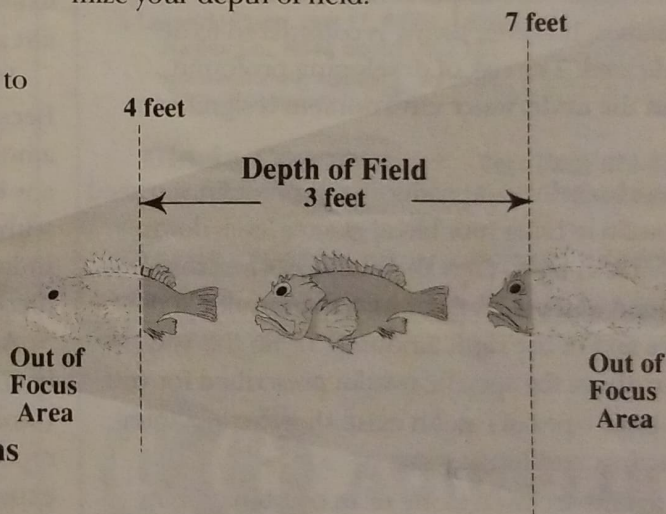
125) and increase the size of the opening (i.e., change f11 to f8); you have the same exposure. In the diagram, all the shutter speed/f-stop relationships shown will allow the same amount of light to expose the film, with the exception of B. In other words, 1/60 at f11 will give the same exposure as 1/500 at f4. The photographer will have to choose which combination will give the best results. A fast moving fish will need a fast shutter speed to prevent blurring. This results in a lower f-stop to be used. A scenic photograph of a kelp bed may need a high f-stop (f22) to have a greater depth of field. This would result in a slower shutter speed. One has to be sacrificed for the other more important factor in each situation.

Depth of field is the distance from the lens which is in focus. Usually there is an area in front of and behind the object which is out of focus. This distance or depth which is in focus is affected by the size of the f-stop. A small f-stop (i.e. f2.5) gives the least depth of field while the largest f-stop, f22 yields the greatest depth. In the example shown, a 35mm lens set at f8 and focused at five feet will have objects four to seven feet away from the lens to be in focus. If the aperture was set at f16, the objects from 3.25 to 12 feet would be in focus! Most lenses have a focus distance scale on the front which you can check the depth of field.

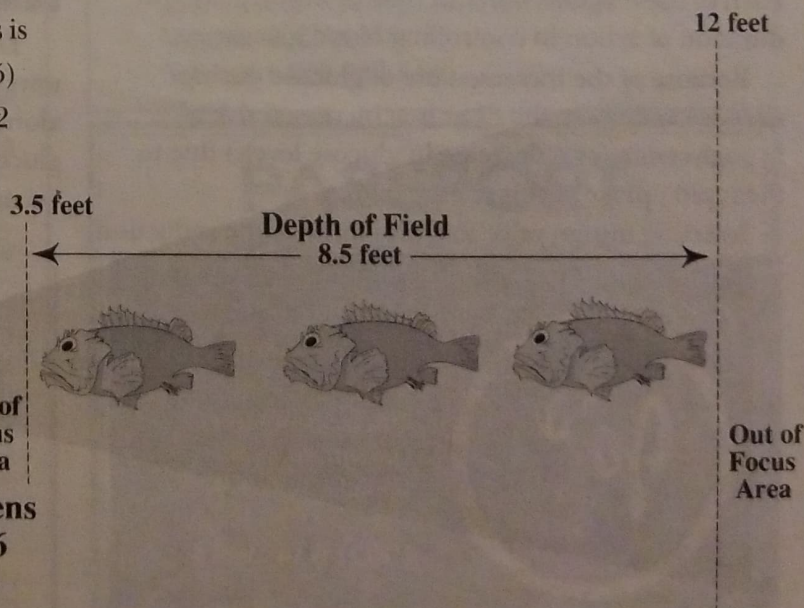
TIP When you are doing macro photography, the depth of field is very small. Try to adjust your strobe to get as close as possible to the object to give you a high f-stop (Use f22 if you can get enough power from your strobe). This will maximize your depth of field.



**Nikonos 35mm lens
set at 5 feet at f8**



**Nikonos 35mm lens
set at 5 feet at f16**



Insulin and its role in diabetes: Part 1

DIABETES IS a chronic (lifelong) disease in which the body either cannot produce enough insulin or cannot properly use the insulin it produces. In either case, cells in the body cannot break down glucose for energy the body needs, and glucose levels in the blood remain elevated.

The treatment strategies employed for the diabetic include meal planning, regulation of physical activity, medications (if necessary), and self-monitoring. Many individuals can control their diabetes with a simple dietary plan and can maintain their status as an active diver with relatively few alterations.

For individuals who require medications to manage blood glucoses, however, diving is considered to be contraindicated. The risk of developing profound changes in the underwater environment is significant.

Insulin

If your body does not produce enough insulin, you need to inject insulin to bring your blood glucose levels down.

The goal is to try to copy the body's normal response to high blood glucose levels by injecting insulin at the right times and in the right amounts. To do this you must learn about the specific insulin prescribed for you.

Three basic types of insulin exist: short-acting, intermediate-acting, and long-acting.

These agents are used alone or in combination in order to achieve appropriate regulation of blood glucoses based on individual needs. Each of these agents differ in time of onset, peak and duration of action in controlling blood glucose.

Because of the increased use of glucose during exercise and stress, the diver is at increased risk of hypoglycemia (or a decrease in glucose levels) due to the rapid uptake of this energy source.

Injecting insulin prior to a dive initiates the reduction

of glucose circulating in the bloodstream. This could result in severe hypoglycemia which could put the diver at risk of shock-like symptoms and unconsciousness underwater, which is likely to be lethal.

It is for this reason that diabetes requiring insulin (or any medication to control blood glucoses) is considered to be a contraindication to diving.

Oral Hypoglycemic Agents

Oral hypoglycemic agents are not "insulin pills".

These agents work with the body to increase the amount of insulin the body is already producing. Then, they work to help the body utilize insulin more effectively. In order for these drugs to work, the body must be already producing insulin.

Most individuals take these drugs once or twice a day. Because this prolonged drug affect can be altered by the amount of glucose ingested or utilized during the day, any unusual increase in normal physical stress (as in scuba diving) could lead to profound hypoglycemia. Individuals who require these medications should, therefore, not scuba dive.

Additionally, adverse effects with these products have been noted: most commonly reported are nausea, vomiting and headache. Another side effect sometimes reported is allergic skin reactions as a result of increased exposure to the sun.

Taking these drugs with alcohol can also intensify these side effects.

Summary

The management of diabetes can occur in a variety of ways. Many individuals can control their disease by diet alone. For those who require medications to achieve glucose control, an increased risk of adverse effects can occur in the underwater environment.

Continues on Page Nine



JOANNE SHADBOLT
296 Lincoln Street
Lunenburg, N.S.
Canada B0J 2C0
(902) 634-3443



Aqua Dive
Scuba Shop
77 Prince Albert Road
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COMMERCIAL DIVING

Six Month Membership Survey

Membership	Year	No.	% Gain	% of total
	88/89	185		
	89/90	213	+ 15.14	----
	90/91	265	+ 24.41	----
	91/92	292	+ 10.19	----
(Sept.)	92/93	253	- 13.65	----

By Area

Cape Breton	91/92	13	-----	4.45
(Sept.)	92/93	22	+69.00	8.70
Central	91/92	180	-----	61.64
(Sept.)	92/93	169	-6.11	66.80
Fundy	91/92	3	-----	1.02
(Sept.)	92/93	11	+83.33	4.34
Out of province	91/92	10	-----	3.42
(Sept.)	92/93	8	-20.00	2.73
South Shore	91/92	36	-----	12.33
(Sept.)	92/93	29	-19.44	11.46
Valley	91/92	50	-----	17.12
(Sept.)	92/93	19	-62.00	5.53

Commercial Members

	90/91	13	-----	----
	91/92	10	-52.00	----
	92/93	11	+10.00	----

By County

Annapolis	91/92	37	-----	12.67
(Sept.)	92/93	0	-100.00	----
Antigonish	91/92	1	-----	.34
(Sept.)	92/93	2	+50.00	----
Cape Breton	91/92	13	-----	4.45
(Sept.)	92/93	22	+83.33	----
Colchester	91/92	3	-----	1.03
(Sept.)	92/93	5	+66.00	----
Cumberland	91/92	0	-----	----
(Sept.)	92/93	1	+100.00	----
Digby	91/92	3	-----	1.03
(Sept.)	92/93	3	No change	----
Hants	91/92	5	-----	1.71
(Sept.)	92/93	7	+40.00	----
Halifax	91/92	178	-----	60.96
(Sept.)	92/93	169	-5.06	----
Kings	91/92	5	-----	1.71
(Sept.)	92/93	6	+20.00	----
Lunenburg	91/92	3	-----	1.03
(Sept.)	92/93	5	+66.66	----
Pictou	91/92	0	-----	----
(Sept.)	92/93	2	+200.00	----
Queens	91/92	1	-----	.34
(Sept.)	92/93	0	-100.00	----
Shelburne	91/92	3	-----	1.03
(Sept.)	92/93	2	-33.33	----
Victoria	91/92	2	-----	.68
(Sept.)	92/93	2	No change	----
Yarmouth	91/92	28	-----	9.59
(Sept.)	92/93	21	-25.00	----

By Gender

Males	91/92	233	-----	79.79
(Sept.)	92/93	197	-15.45	77.86
Females	91/92	59	-----	20.21
(Sept.)	92/93	53	-10.17	20.95

Other

Families	91/92	15	-----	----
(Sept.)	92/93	7	-----	----
Renewals	91/92	96	-32.00	----
(Sept.)	92/93	94	-37.00	----
Student Mbrs.	(Sept.) 92/93	143	-----	56.52
New Mbrs.	(Sept.) 92/93	13	-----	13.80

Insulin and diabetes

Continues from page 8

Hypoglycemia can be a life threatening event, and it requires immediate attention.

Thus it is recommended that divers requiring insulin or oral hypoglycemic agents should not dive while receiving these treatments.

Should you have any questions or concerns regarding the use of these products or the control of your diabetes, consult your physician, the NSUC or contact Divers Alert Network for the name of a diving physician near you.

Karen Vick, M.S., R.Ph., reprinted from Alert Diver, November/

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Sport Divers Logbook

Continues from page three

thing missing that I only recently learned about: there now exists an emergency cellular number as well (*14). The next section, Accident Management, is good. The subsequent dive tables, reproduced from PADI tables, were not printed well in my copy, and were too small. Page six is devoted to a brief but useful description or introduction to several local, well-known dive sites with one small error: Bear Cove has depths of 70' — not 50' — which can be experienced very easily. Page seven deals with wrecks visited: you can list up to 25 vessels with room for the vessel and Loran bearings. I like this idea very much.

Pages 8-10 are devoted to spaces for dive site maps to be drawn by the owner — another innovative idea. The dive logs start on page 11 with room to log 27 dives. I like the graphics here for "PSI In" and "PSI Out" (little air tanks); also, the clocks for "Time In" and "Time Out". Below, there are nine lines for recording your conditions, purpose of dive and comments, along with boxes for other data (e.g., temperature, visibility), but I would like to see more room for comments, and have this expanded from a third to a full page.

A suggestion. I would like to see this section expanded to hold 50 dives. According to Tim Gay, assistant manager who co-supervised the project, the NSDC will be supplying "refills", i.e., additional dive log pages.

Halfway through, and at the end of this section, are pages providing for: date finished, number of dives of different types and a total Bottomtime. This page — the likes of which I have never seen before — is an original idea, it is different, and I like it. Pages 40-1 are devoted to notes — again, unusual and I like the idea. Page 42 is a list of different qualifications you can obtain through advanced courses with a brief description of what is needed. The inside back cover is devoted mainly to the Nova Scotia Underwater Council: thank you for the support.

The **Sport Divers Logbook** marks a step forward as far as existing log books in North America go and, in the face of market pressures of mass consumption, it is very good to see such an initiative undertaken here in Halifax. All in all, a well thought out and well organized log book with a disciplined and simple but interesting design and well worth the buy at \$9.95.

by Colin Frazee-Whitelock

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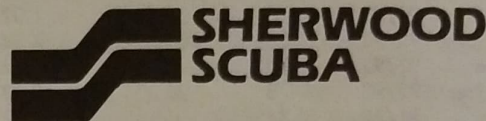
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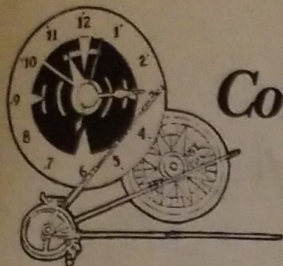
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Coming Events

Coming events is a calendar of events of interest to divers in Nova Scotia and the region. To have your event included, please write to **Bottomtime**.

§ ACQUALANTIC DIVE CLUB

Full program; regular meetings on the second and fourth Wednesday of every month. For information, call 434.2768.

§ NEW SHIPWRECK BOOK

The public is invited to the official launch of a new book by Alan Easton, **Terror on the Coast: The Wreck of the Schooner Codseeker**, on Sunday, Nov. 22, 3:00 pm, Maritime Museum of the Atlantic, 1675 Lower Water Street, Halifax.

§ SAILOR'S KNOTS

Special Evenings to learn sailor's knots will be held on the third Wednesday of every month, beginning Oct. 21, at the Maritime Museum of the Atlantic. Call 424.8793 for details.

§ CHRISTMAS KNOTS

Make an unusual X-mas wreath using the Turk's Head, one of the most decorative sailor's knots in one of two workshops, Nov. 24, 7:00 and 8:30 pm, Maritime Museum, 424.6491

§ UNDERWATER CANADA

April 2-4, Toronto. 21st Underwater Canada. Details from: Ontario Underwater Council, 1220 Sheppard East, Willowdale, Ont. M2K 2X1. Tel.: (416) 495.4245. Fax: 495.4310.

§ THE BOSTON DIVING SHOW

Apr. 3. Program hosted by the Professional Diving Corporation. For more information, contact The Boston Diving Show P.O. Box 291, Back Bay Annex, Boston, MA 02117.

Underwater Park Survey

As we have all heard by now, there may be an Underwater Park in Lunenburg. We would like your response on how you feel. As divers, we feel it is not fair that we are being accused of wanting to harm our environment — our wanting to risk having scuba equipment being taken away, by being poachers!! If any of you have experienced watching lobsters underwater, especially on a night dive, you must admit that killing it was the farthest thing from your mind.

Help support the Park! Not only for our pleasure, but also for the much-needed financial benefit it will contribute to Lunenburg and the surrounding areas.

Comments: _____

I would like to support Lunenburg's U/W Park:

Name: _____

Address: _____

City: _____ Postal Code: _____

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Signature: _____

Clip and send to Jo's Dive Shop, 296 Lincoln Street, Lunenburg,

NS B0J 2C0. For information, call (902) 634.3443.

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All videos are VHS unless otherwise stated

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Contact Rob Snelling, Secretary, at 429-6067

Night Fright: The Blue Grotto, Malta

1981 ▼ 20 April ▼ 1100 hrs

IT WAS MY SIXTH DIVE and my third of the expedition. The place — The Blue Grotto, a spot frequented by tourists for the beauty of its partially submerged caves.

The dive officer's briefing at 1711 hrs that morning told us to drop straight off the quay side, give the OK signal and head for the bottom as quickly as possible to avoid the heavy boat traffic.

The depth is 90', and the water is crystal clear. My dive buddy Hans and I do as briefed, fin to the west side of the inlet and then follow the headland round to find an underwater cave. The cave entrance is large enough to admit the two of us comfortably. And there was no need for a flashlight as the sunlight not only streams in from the entrance but through a blow hole in the roof of the cave. The floor of the cave is covered in golden sand and sparkles in the sunlight.

Hans and I decide to exit through the blow hole which would bring us up to a depth of about 60'. Hans sends me through first and then tries to follow. But he is 6' plus and about as broad and cannot make it. He took his tank off, passed it up to me and came through. After refitting the tank we return to the point of entry. A

thoroughly enjoyable dive. Then a spot of lunch, at St. Paul's, and some shopping in the afternoon in Valetta.

1830 hrs briefing for a night dive and it is back again to the Blue Grotto. With no boat traffic to worry about, there are no restrictions where we can go as long as we stick to the drop-off on either side of the inlet.

So Hans and I set off back to the cave, passing on the way several octopi glowing blood red under the beams of our flashlights.

We find the cave easily and enter. That's when the trouble started! We had not noticed on the way in that we had really kicked the sand up, and the visibility was about 12 inches! To make things worse, my flashlight went dead. Having the only flashlight and not wanting to stir the bottom up any more, Hans signals me to stay where I am, and hoes off in search of the cave entrance. He had barely turned away when I was left in almost total darkness: the eerie glow of his fading flashlight was all that I could see. He was away for what seemed like an eternity. In reality, it was probably less than three minutes. I remembered my BSAC training and my instructors emphasizing the necessity, in a crisis situation, to remain calm, to

think about what you've been taught, about what you're going to do — before you do it. As well, I had a lot of confidence in my dive buddy, with whom I had dove several times. Hans left his flashlight at the entrance to the cave to mark it, and somehow found his way back to me in the depths of the Grotto to guide me out and back to the key side. By this time, my air was well down in the red: I was using a 15-litre steel tank, the equivalent here of 113 cu ft.

I owe my survival to two things: a good buddy and the excellent training we had both received.

by Colin Frazee-Whitelock

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