

BOTTOMTIME

The Newsletter of The Nova Scotia Underwater Council

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CAPE BRETON EDITION

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THE AIMS AND OBJECTIVES OF THE NOVA SCOTIA UNDERWATER COUNCIL

- 1. To be a representative body for the scuba diving community so as to preserve, support and promote diving and diver safety in the province.**
- 2. To make available to all members information concerning safety, medical, technical and research data concerning the sport of scuba diving and scuba diving equipment;**
- 3. To co-operate and participate with the Provincial and Federal Government on projects and policies that lead to the recognition of sport diving as a significant recreation activity.**
- 4. To foster and promote marine environmental awareness.**

About The Bottomtime - ISSN 1188-2050

Bottomtime is the newsletter of the **Nova Scotia Underwater Council**. Bottomtime is published six times per year and is distributed free of charge to members. Subscriptions commence with the current issue whenever possible. Bottomtime is published to communicate with and generate feedback from our members. Submissions to Bottomtime are published at the discretion of the editor and may be edited because of space. Every effort will be made not to change the basic content of any submissions. Articles submitted to Bottomtime are the opinion of their author and do not necessarily represent the views of the **Nova Scotia Underwater Council**. We encourage response to any article. Send any material for Bottomtime to:

The Editor, NSUC, 12 Mayo Street, Halifax, N. S. B3N 1C8 Or call 477-2662
or to

Bottomtime, c/o Mike Haynes, Sport Nova Scotia, 5516 Spring Garden Road, Halifax, N.S.

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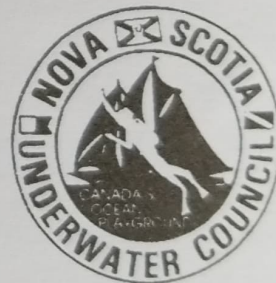


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PRESIDENTS REPORT

As spring begins it's slow approach into Nova Scotia and the thoughts the winter begin to fade away, the upcoming dive season begins to become first and foremost on every divers mind. Could this be the year we have a close encounter with some unusual or rare form of marine life, visit that special wreck we never seem to get to because conditions are never just right or maybe it's time to plan to that weekend getaway with your dive buddies. If a dive weekend is part of your summer plans you should consider travelling to one of the very best dive destinations in eastern Canada - Cape Breton, Nova Scotia!!

This issue of Bottomtime features diving in the Cape Breton area and contains some feature articles on diving throughout the island. You can explore numerous shipwrecks, including some of significant historical value such as the Celeb located in Louisburg Harbour, visit the wrecks on Scatarie and St. Paul's Islands and do some great shore dives. No trip to this part of the country would be complete without a visit to the oiltanker Arrow located a few miles off Arichat in the Chedebucto Bay.

One of the objectives this coming year of the Nova Scotia Underwater council is to provide as much information as possible about diving throughout the Province. As divers we have an opportunity to explore a region of our country that is experienced by a very small percentage

of the general population, the crystal clear waters of our coastal regions. We plan to share as much of this information with as many people as we can.

One of the ways we plan to do this is through the Internet. Beginning with this issue you will be able to access many of the very same articles on the World Wide Web through the Canadian East Coast Diving website which is maintained by Grant McLead. I plan on working with both Grant and John Webber to help make this a reality in the very near future. We will also be providing a feature article beginning with this issue on some of the many websites featuring scuba diving.

As a final note I would like to remind everyone that this is also the time of the year we should make sure we have all of our dive gear serviced. Although designed for many years of safe and reliable operation, dive gear must be maintained and serviced at your local dive shop at least once each year. Hope you enjoy our latest issue of Bottomtime and would appreciate your feedback so if you find something you like to comment on drop me a line or send me an E Mail me at: 'rhatcher@ips.ca'

Safe diving,

Richard Hatcher
President

THE NSUC SEA HUNT AND U.S. DIVERS TREASURE HUNT

DIVERS WORLD would like to thank all participants and the volunteers who helped make this fundraiser so successful.. We look forward to next years Sea Hunt being even more successful !

Cozumel Trip for Two

Patrick Doyle
Halifax, Nova Scotia

PADI Weekend Wreck Dive in Victoria, B.C

Carl Francis,
Porters Lake, Nova Scotia

Congratulations to the Grand Prize Winners! In 1995 Aqua-Lung Canada launched the first national Treasure Hunt Dive Series. This promotion was the largest undertaking of it's kind in Canadian sport diving history. A total of \$27,364.00 was collected for Canadian Charities across the country while promoting the sport of diving. Several individual Treasure Hunts had more than 100 divers participating and the largest event, hosted by CPAS in Montreal. Divers World in Halifax hosted two seperate events and raised a total of \$2860.00 for area charities. The second event was held in conjunction with the Nova Scotia Underwater Council annual Sea Hunt.

NEW DAWN CHARTERS

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Message from the Co-editors

Cathy and I would like to welcome to this special Cape Breton edition of the Bottomtime. It was with great excitement we accepted this opportunity to tell our fellow divers around the province about the great diving here in Cape Breton. We called on several friends to contribute and would like to thank Roland Lewis, Pam Ellsworth, and Ken Jardine for their submissions.

We like to think that Cape Breton is the fastest growing dive area in Nova Scotia, and certainly one of the most diverse. Would you rather dive in the Atlantic Ocean? Or perhaps in the Bras d'Or Lakes. Would you like to do a scallop dive or a wreck dive? It is all here. And supporting all these choices are a group of divers growing by two-hundred every

year. And these are active divers.

If you want to come and do some diving here, you can contact either of the two local dive shops. The experienced divers within can direct you to sites that fit your preferences. The only active dive club in Cape Breton, The Nenrous wrecks, have presented their 1996 dive schedule. This schedule has been designed by the Divemasters in the club and will give fellow divers some great dives to plan for several times a week. You can consult the list for upcoming dives by checking at Scuba-Tech.

Don't forget about Go for Gold in July. This is a fund-raiser by the Nervous Wrecks for The Children's Wish foundation. It runs similar to the Sea Hunt

and has great prizes. The traditional event site is Groves Point in the Bras d'Or Lakes.

While adventurous divers are finding new sites everyday in the summer, there are efforts now beginning to establish an underwater marine park similar to the one found in Lunenburg. We look forward to the completion of the project.

Cathy and I hope you enjoy the rest of the articles in this issue pertaining to Cape Breton, and we hope you have the opportunity to join us Capers for a dive this year.

Damian Romard
Cathy Matheson

INTERNET INFORMATION

Check out these interesting scuba sites...Starting with our own home grown talent: by Grant MacLeod
ac886@ccn.cs.dal.ca - [HTTP://ccn.cs.dal.ca/Recreation/EastCoastDive/Index.html](http://ccn.cs.dal.ca/Recreation/EastCoastDive/Index.html)

Certification Agencies:

NAUI - <http://www.naui.org/>

PADI - <http://www.PADI.com/>

D.A.N. - <http://www.dan.ycg.org/index.htm>

S.S.I. - <http://www.ssiusa.com>

N.O.A.A. - <http://diver.ocean.washington.edu/tidi.html>

Other Interesting Sites:

Cave Diver Corner

<http://grove.ufl.edu/~ken/cavers.html>

Parkers's Nitrox Page

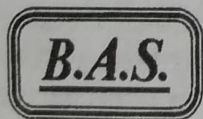
<http://diver.ocean.washington.edu/nitroxpage.html>

Rodale's Scuba Diving

<http://www.scubadiving.com/>

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Get To Know Your Buddy - By Damian Romard

About two summers ago, some friends and I started going diving early in the morning before going to work. We thought it would be a great way to start off the day. We were right. We could go to just about any dive site around 6:30 am) and the conditions would be perfect. There was no wind and the water was flat calm. We did our dive, were out of the water by 7:30 and to work by 9:00.

On this particular morning, six of us went to Gooseberry Cove to do a wreck dive. Conditions were good when we arrived. There was very little breeze and almost no wave action. I paired up with Shane, George got together his brother Rick and John paired up with a visitor to the area. This gentleman from Arkansas had been diving for several years. While he was in town for a few weeks helping with the new Wal-Mart stores setup, he wanted to dive the Atlantic Ocean.

We all entered the water and each team started for the wreck about 100 meters out. Shane and I went down first and spent about ten to fifteen minutes looking over the wreckage. We decided to surface to confirm our bearing for a slow submerged swim back to shore.

When we surfaced and turned towards shore, the first thing we saw was John desperately waving his hand giving the "diver in distress" signal while trying to tow his buddy with the other. The first thing that went through my head was a word i will not print here, but Shane and

I immediately started kicking to offer assistance. It's funny how and emergency puts everything into perspective. They were only about 50 meters from us and about 25 meters from shore, but i thought we would never get to them. John's buddy was completely immobilised and could offer no help.

John chose the closest exit site, a ledge on the rocks we have all used before with little problem. But everything was different this time. John was exhausted from the tow. Shane and I were fatigued from the swim. The rocks never seemed so slippery. The size of the swells had increased and we had an immobile person to work with. Fortunately, George and his brother Rick had cut their dive short and saw this emergency develop. They shed their gear, came to the rocks and were able to pull our man from the water.

Our visitor soon recovered his health after sitting still for a while. He was Asthmatic. We also found out that he had never dove in the ocean previous to this. He was used to the lakes in Arkansas where there was little or no current. By the time he had completed the surface swim to the wreck, he was already fatigued. He indicated to John he was ready to submerge and they did. John soon noticed he was trailing behind. At one point John turned to find him kneeling on the bottom with a steady stream of bubbles coming out his regulator and his eyes looking near panic.

John immediately signalled for a return to the surface. When they surfaced, the man tried to tell John he was having a minor asthma attack and maybe they should discontinue the dive. However, when took his regulator from his mouth to speak, a wave hit him in the face and launch him into a severe attack.

It is important to do a complete buddy check before a dive. We usually check and double check our equipment and make ourselves familiar with our buddy's equipment. It shouldn't stop there. If we are diving with someone for the first time, ask them if they have any medical conditions that may affect the dive. You can never be too thorough in preparing for a dive, especially where safety is concerned. Dive Safe!



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POLAR BEAR SWIM - By Pamela Ellsworth

Cape Breton's 4th annual Polar Bear Swim took place January 1st at Rollie's Wharf in North Sydney. This year's participants, (al 57 of them) braved the freezing temperatures to jump off the wharf and plunge into the zero degree water.

Steve MacAdam and Erin Andrews were among several who participated for the 4th time in this annual event. the youngest to take the challenge was 8 year old Amy Hennessy.

All participants received a POLAR BEAR SWIM T-shirt provided by the event sponsors Rollie's Wharf and Scuba Tech. Rollie's also provided hot soup, tea and coffee which was well appreciated by the swimmers.

This year's event had a spectacular turnout, the largest ever in both participants and spectators. People were lined up along the road, beach and parking lot to catch a glimpse of the

brave souls as they brought the new year in with a splash.

Onlooker from the deck of Marine Atlantic's ferry, The Joseph & Clara Smallwood, showed enthusiasm for the swimmers with a blast of her horn as they jumped into the water. It was a fun and exciting afternoon for everyone and we hope to see you all again next year !

NEVER HAVE A "BAD DIVE" AGAIN

By Ken Jardine, Scuba Tech

Diver 1, "How was your dive on Saturday?"

Diver 2, "Terrible."

Diver 1, "What went WRONG?"

Diver 2, "Well my buddy was late, we forgot our weight belts, the vis was low, blah blah
blah blah blah....."

Have you ever heard or had such a conversation? Well I have and it is a shame because THERE IS NO NEED TO EVER HAVE A BAD DIVE. That's right you can make EVERY DIVE A GOOD ONE.

Do I hear a skeptic or 2 out there?

Well lets look at the REASONS for a "BAD DIVE" and explore some fixes.

I have had buddies forget weight belts, FULL tanks, hoods, 1 fin, the inflation valve from a dry suit, knives, scallop bags, lights, lunch, the complete set of SCUBA EQUIPMENT, in short if it can be brought it can be forgot.

Oh yes I have personally gone diving and discovered I forgot my wetsuit (note I own a Dive Shop with 25 or 30 rental suits!).

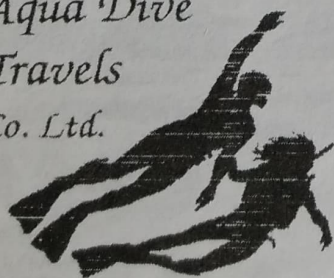
Well it is true that, in some cases, no gear means no dive but if we eliminate the reason for forgotten gear we solve the problem. Taking the empty tank often happens for 2 reasons #1 lifting a tank to determine if it is full. When you hear, "I can tell by the weight that it is full", get your pressure gauge.

#2, "I'm positive it was full when I left the SHOP", well isn't that nice. That nasty dive shop only filled your tank to 2000 psi but charged you for 3000 psi. They just ripped you off to the tune of 50 cents. In fact the shop could have made a mistake or your valve could be leaking or the valve could have been accidentally opened a VERY SLIGHT amount in your trunk for the whole night before the dive. In truth very seldom do you get an exact 3000 psi fill due to the Amotons law of pressure / temperature relationship.

To avoid these problems gauge the tank BEFORE you leave the shop, the shop will gladly let you use their gauge. Next don't put ANYTHING on your tank valves, I have seen countless incidents of dive bags or other tanks hitting valves

(card not available at time of print)

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during transport and wasting hundreds of psi on a diver. Also if you own 2 tanks take them even when you plan only one dive. You'll be glad you did if it saves only 1 dive per year.

As to the "#@\$%\$#@* I forgot my @&*(\$%^@)& mask/knife/fins/HEAD if it wasn't attached syndrome. I know it sounds tedious but every, dive log I have ever seen has a checklist in it. It is DIVER PROOF. WHAT? You use the list and still forget stuff. Well you are probably going over the list without actually touching the items on it as you check them off. Remember just because you put it in the bag a week ago doesn't mean your buddy or friend or partner or child or pet python didn't remove, clean, paint, or eat your stuff without permission. Most times we do it to ourselves.

If you forget your checklist do what I do. Picture yourself fully dressed, for a dive, and mentally go from head to foot, on the mental picture, as you PHYSICALLY account for the items. Oh Ya doing this on the beach is not very useful. Take 5 minutes before you leave the house to ensure you got it all.

If missing equipment is not your problem on "BAD DIVES" perhaps it is the Rottenus Buddy Syndrome. This is characterized by the habitually late or ill equipped buddy.

First off perhaps the fault lies with you. If you haven't politely explained to someone that they are causing you some measure of grief they can't be held responsible for it. Also some of us, myself include, have unrealistic schedules ie, leaving at 7am, coffee enroute, 1 hour drive, 2 tank dive, lunch, stop for gas, 1 hour drive, and I have to be home by 11am. Sound familiar?

So TALK & LISTEN TO YOUR BUDDY. If they take offence blame it on this article. If the person just doesn't get the message remember facial breathing protrusions are not the, only

thing you can pick.

OK I hear you. Your buddy, (and you), are saints, you have a mind like a steel trap and never forget anything, but you still have some bad dives. So it must be the dive SITE / CONDITIONS.

Anytime we try a new dive site we risk some measure of disappointment. It is very hard to find a dive location based on verbal directions and even with a map the EXACT site can be missed. So when possible go to a new site with an old hand. Someone who has been there before. In Cape Breton you can contact the Nervous Wrecks Dive Club through SCUBA TECH for dive locations and dive buddies.

Next you can reference tools such, as the N.S.U.C. new Passport to Diving. I know the new one will be great because the sites are submitted by real divers. Dave



Baron's Nova Scotia Divers Guide is also very good.

Finally you can go to the pro's. We give people directions to dive sites on a daily basis in the summer. And since we dive these sites quite often our directions have become quite good. So using dive shops for directions to a dive site is a good idea.

Last you can pay to go on a charter. We don't often realize it but dive charters in Nova Scotia are the best priced in the Country. At \$25 to \$35 per 2 tank boat dive we are 50 to 100 percent cheaper than OUT west coast, central and southern counterparts plus our divers TOP GRADE.

Now that we have some tips on site

selection lets go to the conditions. If you have done a thorough job getting site information it will include dive conditions during various weather conditions.

Low vis is often the reason given for a bad dive. If you get to a site and discover low vis or some other condition you don't like one option is to have a back up site. If the South East side of Cape Breton has high surf then the Bras d'or Lakes make a fine option.

If you don't have to relocate you could try changing your dive activities at the site you are at. If the visibility is not suitable for dive photo or video work, try some skill enhancement practice. Remember how much fun hovering is, when is the last time you practised some basic and rescue skills? Could your compass skills use some fine tuning? The beauty of this is that the skills practice dive will make subsequent dives all the better.

Lastly forget the BIG picture if the vis is low you and your buddy can try concentrating on the mini creatures we often pass by in our mad rush to find the boilers or the prop. I spent 15 minutes watching a snail slide up a piece of kelp and 2 flat fish breath, blink and swim in side a 2 foot area. This was on the wreck of the Celebre in Louisburg Harbor right beside those big cannons that I had seen many times already and in 4 feet of vis. It was great. I turned quite a few potentially bad dives into beauties by thinking SMALL.

If conditions are unsafe break out your log books and tell war stories or take a walk along the, beach looking for new entry points. Safety First.

You probably notice most bad dives occur early in the dive season. The gear has been stowed for a few months and you haven't been out in a while. Late winter is a great time to get your annual servicing done on the gear, especially if you

don't winter dive (poor you). Also keep in touch with your dive buddies during this time. Club meetings and log book signing parties are a lot of fun.

Which brings us to the final link in the chain. Namely us the divers. Are we going weeks or even months between dives? If this is the case perhaps everything else mentioned is fine. It may be our skills which are lacking and if you aren't comfortable you will have a bad dive no matter how good the planning and conditions are.

Take advantage of NSUC SPRING TUNE-UPS that are run by your local dive shop. Most importantly DIVE, DIVE, DIVE. I firmly believe that following some, or all of these suggestions can WIPE OUT THE BAD DIVE.

YOURS IN SAFE DIVING
KEN JARDINE
NAUI 11041L

AUTHOR BIO

Ken Jardine began diving as a Canadian Forces Ships Diver 10 years ago. Since that time he has moved into recreational diving earning certification as a NAUI DIVEMASTER and Instructor Trainer. He has been the NSUC Sea Hunt Divemaster for 6 years running and has received awards from NAUI as the highest certifying Instructor in Eastern Canada and NAUI's Out Standing Service Award.

Ken is presently owner operator of SCUBA TECH LTD. in Sydney, Nova Scotia where he teaches all levels of diving, does some dive guiding and generally gets wet as often as possible.

A Cape Breton Dive Story **by Roland G. Lewis**

It was a cold day in December 1990 that I found myself in Governor's clutching a draft beer and staring out over the polluted water of Sydney harbour. I was not pleased to be in Cape Breton. However, my search for employment had ironically, after a long journey, brought me back up the road to the place of my birth. Had it only been exactly one year, I mused, since I was enjoying the clear

water of Australia's barrier reef? The thought of submerging in the dark ocean before me added to the gloom that pervaded my lonely existence. But that was then. This is now - and things have changed.

Today I am pleased to report there is a life in Sydney, besides Smooth Herman's, and that diving in Cape Breton is fantastic. All of this did not come about simply because yours truly crossed the causeway. Indeed there are many 'old timers' who will tell you that living and diving around the island has always been most satisfactory. Just ask such legends as Alex Storm, Alfred Sampson, George O'Neil, Ken MacKinnon or Ed Barrington. These names are synonymous with the commercial aspects of diving. There is also a great deal these days for the sports diver. In fact, I can guarantee that for every level of training, skill, experience and interest - there is a dive site in Cape Breton. Although not limited to Sydney, most of these are within 100 km of the industrial area.

For the novice diver there are several places where one can step out of your vehicle at the waters edge and usually find gentle conditions, which although they may not provide an abundance of marine life, are a treasure trove of old bottles and other detritus of times past. The area around St. Peter's is steeped in history, and unlike Louisbourg, is not off limits to divers. The government wharf at Englishtown can provide an adrenaline charge to practice that giant stride entry, especially at low tide. A little challenge may be the current sometimes found here, made up for by finding the occasional scallop, for those with the required license. The pilings of the wharf make for good photo opportunities with an abundance of anemones. All along St. Ann's Bay there are several accessible beaches. One, to the north of the ferry landing, known as the 'Gardens' is an especially good site for a night dive with its shallow depth and white sand bottom. Just north of our famous Ingonish Beach, I was pleasantly surprised to discover the underwater beauty of Green Cove. The visibility here in July was least 50 feet. There were lots of rock formations, caverns and canyons. The kelp beds are the most beautiful I have seen in Nova Scotia.

The more macho types might enjoy the climb down the cliff at Louisbourg lighthouse, where the surge often provides a challenge for the more advanced diver. The Gabarus

lighthouse site is usually more placid and picturesque both above and beneath the waves. An old wharf is found here that hides some great marine life, but of more interest may be the rock formations just below and to the left of the lighthouse.

A boat is needed to reach Scatterie Island, the surrounding waters of which are littered with shipwrecks. This is where I first saw 18th century cannon from the wreck of the Feversham. On a good day the island can be reached by inflatable, but I would recommend the traditional Cape Island boat used by the local fishermen who are happy to supplement their diminishing incomes by taking out a party of divers. Another island not far from Cape Breton shores is St. Paul's. A trip here requires a bit of planning, but is well worth the effort.

The more frequently visited wreck includes the Monterra at Gooseberry Cove and the Arrow near Arichat. A trip to the Arrow has brought me mainlanders, myself included, to the Cape. The exterior of this massive oil tanker, sunk in 1970, can be enjoyed by the novice as well as the more experienced. It is a photographers paradise. A small note of caution, after 25 years the hull is more than a little fragile and still contains oil which is easily released by unscrupulous attempts to remove artifacts.

Our large inland sea, belittled by being called a lake, as it offers many kilometres of coastline and provides an abundance of deep diving opportunities. The water temperature here is most pleasant. Even off the Coast of Cape Breton the water is quite tolerable, as we are caressed by the Gulf Stream. While still requiring a full wet suit, during July and August, there are weeks when hoods and gloves are optional, even at appreciable depths. Although gold of the metallic kind is becoming harder and harder to discover, the chance of coming across a different kind of gold - in watertight containers - apparently is more likely.

All of these attractions have been around for many years. However new life was brought to diving in Cape Breton with the opening by Ken Jardine of a dive shop in Sydney in 1992. Later a second shop was opened by George O'Neil. Around the island one can now find hundreds of well trained, enthusiastic divers, young and older. To the best of my knowledge there is only one active dive

club in Cape Breton, the Nervous Wrecks. This group of 40 or so persons meets on the second Tuesday of each month at the YMCA in Sydney. From its inception in 1993 there has been an emphasis on diving rather than Robert's Rules and there is no membership fee! In addition to Wednesday and weekend day trips, holidays to Cuba and Mexico have been enjoyed. There is a nucleus who unquestionably have gills and webbed toes. Get any of this group together and within a few minutes over a hundred dive sites will be mentioned. The social life is fine also. Information on club activities is available from Scuba Tech in Sydney.

I have been diving over a dozen years. Five of these I spent in the Middle East where I had the opportunity to travel to exotic locals as the Red Sea, Indian Ocean, and the Great Barrier reef. I have been in Cape Breton for the past five years. Although someone in deep narcosis would profess to prefer diving in Sydney over Sharm el Sheik, I will say I am happy to be diving here; the diving, facilities and service are great, Cross the causeway and your dive stories will turn into a Cape Breton love story. Come on up and enjoy the fun.

UNDERGROUND

By Jared Rainault

"You've gotta try it," a good friend told me. "You won't believe it 'till you see it!" Cave diving? All I knew about that was that you needed a lot of gear and there was a lot of solid rock blocking your way to the surface. Besides, where am I

going to cave dive in Nova Scotia?

So I took my friend's advice and drove down to Ginnie Springs, Florida. I soon found out that you do not just jump right into cave diving. You begin your education with a cavern diver course. Cavern diving is the first step to becoming a certified full cave diver. It is where the foundations for further training are laid.

The first morning was spent in the classroom, where our instructor, William Dooley, taught us cave conservation, dive planning, procedures and techniques, problem solving, body control and trim and emergency procedures. We had also committed to memory the cavern diver limits: 130 ft maximum linear distance from the surface, 70 ft maximum depth, 40 ft minimum visibility, no decompression dives, no restrictions (areas too small for two divers to pass through side by side) and always be within visible light from the entrance.

After a short lunch, Bill showed us how to properly rig our gear. Equipment requirements are the same as open water diving, plus 2 lights per diver, and one reel per dive team. All your gear must be rigged in such a way that nothing dangles, entangling you in the guideline.

Before we could get in the water, we practiced on land what we would soon have to do in the water. Laying the guideline, lost line searches and lost buddy searches, and following the guideline using touch contact with our

eyes closed.

Before every dive, a cave diver does a pre-dive check. This pre-dive check consists of a review of the dive plan and an equipment check in which each diver matches their gear from head to toe. Completing this is a bubble check, where the divers check each other's regulators, hoses, and valves for air leaks. If any equipment problems are found, the dive is postponed until the problem is fixed. An air sharing drill completes the pre-dive check.

Moving our weights on to our tanks to raise our centre of gravity, with mask and fin straps taped to prevent entanglements, lights and reels clipped to D rings on our harnesses and tanks, we followed Bill into the water, where we did the same skills we had just completed on land in open water, then we entered the cavern.

About 30 ft inside, we stopped and Bill showed us some specialized propulsion techniques. In the modified flutter kick, the thighs remain still and horizontal, while the knees bend back and forth, keeping the fin thrust from blowing down, stirring up silt. The shuffle kick is even less movement, used in caves with fragile formations or heavy silt. He followed with the frog kick and the pull and glide technique, pulling oneself from handhold to handhold. The ceiling pushoff was the final skill. Rising to the ceiling, he planted his fins firmly on it and walked around the room.

Continued on Pg 10



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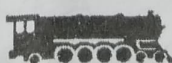
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GARY GENTILE: A BIOGRAPHICAL SKETCH

Enter the wild, exciting, and exotic world of Gary Gentile: author, lecturer, photographer, and deep sea wreck diver. Enter a world of adventure and thrills tempered by poetry and subtle beauty. He will show you marine life and take you to shipwrecks the way no one else can.

Gary started his diving career in 1970, and began avid wreck diving the following year. Shipwrecks fascinated him, deep diving lured him. By 1974 he was diving the Andrea Doria. Since that time he has made more than 100 dives to this famous wreck. He was the first scuba diver to enter the First Class Dining Room, from which he brought back many examples of elegant china. He also recovered and restored hundreds of pieces of jewelry and souvenir items from the Gift Shop, located at a depth of 220 feet. By now he has made thousands of decompression dives.

During the past two decades he has been intimately involved with shipwreck research, and has compiled an extensive library of photographs, drawings, plans, and original source materials. He has conducted surveys on numerous wrecks, some of which have been drawn in the form of large-sized prints suitable for framing.

Over the years he has rescued from the ravages of the sea many thousands of artifacts, making him a leading authority in recovery techniques. He has gone to great lengths to preserve and restore these relics from the deep, and to display them to tens of thousands of interested people, divers and nondivers alike. Throughout the years, these artifacts have been exhibited at various museums and local, club oriented shows.

Gary is the author of more than two dozen books, which include novels of science fiction and adventure, and nonfiction volumes on wreck diving, and

nautical and shipwreck history. He has published many articles in magazines and newspapers. His photographs have appeared in books, periodicals, newspapers, advertisements, corporate reports, museum displays, postcards, film, and television.

Join now in this photographic extravaganza. See the beauty of nature under the waves; explore the inside of an armored cruiser; stand in awe of a warship's turrets; dive wrecks from Nova Scotia to Florida and in the Great Lakes; learn how to save and show those precious, sea tainted relics; sit in on workshops on advanced wreck diving techniques and high-tech diving equipment; take a tour of that renowned Italian passenger liner that all divers long to touch: the Andrea Doria.

Through slides and video, experience the Civil War ironclad Monitor as it lies on the sandy bottom, and learn about Gary's six year battle with the National Oceanic and Atmospheric Administration, and the precedent setting court decision which forced NOAA to make the wreck accessible to the public. See the remains of the Lusitania in 300 feet of water, and learn how a complex mixed-gas wreck dive is conducted. All this and more awaits you.

Let Gary bring it all to you.

**Join Gary Gentile on March 23, 24 in Halifax,
For 3 Exciting Workshops at the Lord Nelson
Hotel. See Pg. 11 for workshop outlines. Book
signing sessions will be held throughout the
weekend.**

**CONTACT DIVERS WORLD
AT 875-0555 or 1-800-616-3483
FOR MORE INFORMATION**

UNDERGROUND

Continued.....

Our second dive was in beautiful Ginnie Springs Cavern. I was the reel man on this dive and was kept busy keeping tension on the line, avoiding line traps (tiny places where the line will fit but you won't), making placements and trying to look at and enjoy the cavern at the same time. Turning the dive, we shut our lights off to practice a lights out, air sharing, touch contact exit. The blue light shining in from the entrance was just amazing.

Practicing line following with eyes closed and sharing air gave us a taste of what Mr. Murphy could throw at us and makes you believe in the rule of thirds. Use 1/3 of your gas supply for entry, 1/3 for exit and 1/3 for Mr. Murphy.

We did our final two dives the next day at Peacock Spring. By now, we're getting the hang of this. Our buoyancy was perfect and we could hover in the head down - feet up attitude while both hands were occupied operating the reel, power inflator, checking gauges and signalling each other. We were also gaining confidence and even had time to admire the beauty of this subterranean world. After two days of cavern training, I was looking forward to doing my Introduction to Cave the next day.

Jared Rainault

Halifax, N.S.

ADVANCED WRECK DIVING TECHNIQUES

Gary gave his first lecture on advanced wreck diving techniques in 1978. Since then he has expanded and refined his program to include all aspects of the sport, has published articles on the various disciplines, and wrote the only book that deals exclusively with the subject of wreck diving, the *Advanced Wreck Diving Guide* (Cornell Maritime Press, 1988). The book now serves as the text for this seminar.

The most sought-after wreck diving course is the half-day seminar geared for the diver who wants to extend his knowledge of diving beyond that obtainable from the certifying agencies, and includes the topics "Deep Diving," "Wreck Penetration," and "Decompression Diving." This triad of lectures is interconnected by methodology and the kind of gear required. In the order presented, each lecture builds upon the material covered in the previous, giving the student a well-rounded picture of the skills and equipment necessary to engage safely in the activity of wreck diving.

Even divers who do not intend to dive deep, stay long, explore the inside of wrecks, or actively pursue decompression diving, will find the workshop a valuable experience. The "positive educational outlook," as opposed to "negatively reinforced ignorance," inculcates individual awareness of the opportunities available as well as the risks involved in acquiring such proficiencies. Advanced wreck diving is not for everyone, but the knowledge of such techniques is. Only a diver armed with the proper information can make an intelligent decision about what is best for him.

At one seminar intended to seat 60 people, more than 250 signed up for the session, requiring a move into an auditorium! Obviously, divers want the kind of information which Gary has to impart. Don't become a diving dinosaur. Before extinction, set up or attend an Advanced Wreck Diving Workshop, and see what it's all about.

DIVING THE LUSITANIA SEMINAR

In June of '94 the author participated in an expedition to one of the most renowned shipwrecks in history, the *Lusitania*. Lying at a depth of 300 feet, the wreck is immersed in cold, dark water which is constantly swept by strong lunar tides.

In order to work safely at this depth, the dive team breathed exotic mixtures of helium, oxygen, and nitrogen. Each diver carried five tanks: back-mounted twin tanks containing bottom mix, two side-slung bottles containing decompression gases, and a bottle of argon for suit inflation. Divers entered the water during the 45 minute slack between tides. All decompression was conducted in-water on a decompression station which was cut loose from the down line when the tide picked up, and which then went adrift.

Of all the victims of World War One German U-boat warfare, the *Lusitania* is the most well-known. The ship sank only eighteen minutes after the U-20 fired a single torpedo into the British liner's hull. Nearly 1,200 people lost their lives, of which more than 100 were American, arousing American wrath over Germany's policy of unrestricted U-boat warfare.

Underwater slides show the wreck as it exists today, broken and sagging. Portholes lie scattered about the hull and seabed. The remains of the wheelhouse, which slid off the hull as the superstructure collapsed throughout the years, lies exposed on the rocky bottom. Clearly visible among the debris are the telegraphs and helm station.

The author also discusses the various gas mixes used, the decompression procedures, boat access, and all phases of preparation for what was a complex and highly technical dive operation, and which was conducted in a remote corner of Ireland, where all expedition gases and equipment had to be delivered. For those interested in the state-of-the-art of technical diving today, this presentation is an eye opener.

HI-TECH DIVING WORKSHOP

High-Tech diving is not just a passing fashion, it is here to stay. Space-age spin-off underwater hardware, coupled with developing techniques and their utilization in deep-water lakes and the open ocean, is forever changing the realm of wreck diving.

This half-day workshop picks up where the *Advanced Wreck-Diving Workshop* leaves off. During three hours of lecture and visual aids, the advanced wreck diver is introduced to the concept of high-tech diving, where "tech" stands for technique and technology: esoteric knowledge in state-of-the-art equipment. Both aspects are discussed thoroughly.

The workshop begins with an in-depth analysis of the applications of "Decompression Computers" (where you learn the fallacy of the Navy Tables), and uses that as a vaulting point from which to evaluate alternative breathing media that extend the no-decompression limits, accelerate decompression, and eliminate narcosis. These three interrelated topics are "Nitrox," "Accelerated Air Decompression," and "Mixed Gas."

This is very much a "nuts and bolts" type of workshop, and leans heavily toward gear configurations, logistics, and so on, rather than theory and physiology.

The basis for the workshop is the author's *Ultimate Wreck-Diving Guide*. The seminar draws on the author's experience in all realms of underwater exploration. This lecture is for those who desire to expand their sphere of knowledge and learn new skills, who want to become a part of the fast evolving world of practiced adventure diving, who seek new challenges, and who are willing to grasp alternative concepts and gear configurations. This is next generation stuff guaranteed to broaden the horizons of even the most experienced wreck diver.

Enlightenment is only a few words away.

Note: Many people attend this workshop that have no intention of diving to 300 feet on mixed gas. Instead, they desire to learn these techniques and apply them to the types of diving they already do.

PRE-REGISTRATION IS REQUIRED
CONTACT DIVERS WORLD AT
876-0555 1-800-616-3483

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All videos are VHS unless otherwise stated.

Lending Policy - There is a \$10.00 deposit for each item borrowed (except audio tapes needed for the slide presentations). The deposit will be forfeited if the item is not returned within 21 days of shipping from NSUC. All costs incurred in shipping payable by borrower.

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