



# The Dive Log

VOLUME 12, ISSUE 8

AUGUST 2013

## SPECIAL POINTS OF INTEREST:

- Next meeting to take place on August 15 at Slattery's Restaurant.
- Lobsterfest to take place on August 17!
- Ryan King will be speaking about cave diving in FL for the August meeting.

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## Ryan King to Speak at August Meeting

by: Ryan King

### Biography

Ryan King has been diving in New England for more than 20 years as a diver, instructor, and photographer. He has traveled, throughout the Caribbean, Mexico, the Florida Caves, and the wrecks of the Great Lakes and the St. Lawrence River, but his true passion is the marine life of the North Atlantic. Recent trips to Eastport, ME and Les Escoumins in Quebec have provided some amazing opportunities for photography. He currently runs Wolffish Training and Travel, a boutique training company that specializes in providing individualized dive training and travel opportunities.

### Summary

Florida is well known by divers for it's

warmer waters, colorful reefs, and abundant shipwrecks. If you were to ask about dive sites, you would here names like rainbow reef, the



Ryan splashing on one of his many underwater adventures!

Spiegel Grove, The USS Oriskany. However, these sites represent a small fraction of the diving available in Florida. Taking a ride inland reveals a landscape dotted with, small ponds, rivers, and sinkholes. Some of these, probably more than we realize, serve as a gateway to the labyrinthine underground passages, galleries, and caves that

honeycomb the limestone of North Florida. This spring we had a chance to explore, photograph and shoot video of three very different caves beginning with a lazy mile long swim through the crystal clear waters of Peacock Springs, then off to swiftly flowing waters of the Little River cave system and

finally to the well scoured passages of Ginnie Springs on the Suwannee River. Whether you're brand new to diving or have been diving for years, join us a quick glimpse into a part of Florida most people will never see.

Join us for a presentation from Ryan on the underwater caves systems of Florida on August 15 at Slattery's! See you there!



© Ryan King 2012

President, Jeff Goodreau on his recent trip to dive the Bradley.

“I made these a couple weeks ago and not only was it delicious, but it was super easy!”

## A Message from the President

Hi everyone! Summer is flying by and so is dive season. The local water's are nice and warm, and should and stay that way until mid-september. People have been bagging up on scallops and lobsters, and the offshore visibility on the ship wrecks has been great. If you haven't been getting out diving, now is the time! Lobster fest is this weekend in the forecast is looking great. It is always a great time,

and my favorite event of the year so I hope to see all of you there. August it's time to start thinking about next year. The Nomination Committee will be making calls this month trying to recruit people for board positions, please be kind to them and give it some thought. Without a 2014 board there will be no club next year. I enjoy the club and I know you guys do too, so let's pull together and make it happen! Membership

is everything to a club, so if you have a buddy who's not doing anything Thursday night bring them along to the meeting! We have another fantastic guest speaker this month, and thank you to Ken and Joan for speaking last month. I look forward to seeing all of you at the meeting.

Dive safe,  
Jeff

## A Recipe from the Secretary



A fast and easy salmon dinner. Enjoy!

This month's recipe comes to you from treasurer none other than myself. I made these a couple weeks ago and not only was it delicious, but it was super easy! Bon appétit!

### Spiced Salmon Kebobs

(ingredients)  
2T Chopped Fresh Oregano  
2t Sesame Seeds  
1t Ground Cumin  
1t Kosher Salt  
1/4t Crushed Red Pepper Flakes  
1.5lbs. Skinless Salmon Filets  
2 Lemon Wedges, very thinly sliced  
2T Olive Oil  
16 Bamboo Skewers

(directions)  
Prepare grill for medium heat. Mix oreg-

ano, sesame seeds, cumin, salt, and red pepper flakes in a small bowl to combine; set mixture aside. Beginning and ending with salmon and folded lemon slices onto 8 pairs of skewers to make 8 kebobs total. Brush with oil and season with reserved spice mixture. Grill, turning occasionally, until fish is opaque throughout, 5-8 minutes.

# Lobsterfest 2013



Time to go catch some lobsters!

On August 17 the United Divers of Central Mass will be holding their annual Lobsterfest. This is a day of diving and eating fun.

Start your day with a dive on either Cape Ann Divers' boat hunting for the tasty creatures or you may also chose to dive

from shore. Gather as many legal lobsters at possible and pack the cooler for Kevin Brook's house. Kevin will be hosting the event as his house this year. He will provide plenty of ways to cook your bugs, you just need to get them there. If lobsters aren't your thing, there will be

good ole hamburgers and hot dogs.

The cost of Lobsterfest is \$10 per person. Please be sure to sign up at the next meeting. See you all there!



# Another Successful Chicks' Day

By: Christine Duval

On July 21, many excited members UDCM gathered for pre-Chicks' Day and Chicks' Day. The pre-Chicks' Day festivities included a dive at Lanes Cove. There were both new and seasoned divers that participated. The gang mentioned that the conditions were good and that there were some lobsters

scattered about. A couple members even found a monster keeper that they snagged from the rocks.

Following the dive at Lanes the group met up at Stage Fort Park for diving and burgers and dogs. A couple members decided to brave the depths of Stage Fort Park for a dive. The water was really

warm, and the visibility was anywhere from 4-8 feet. There were a few lobsters here and there, but non large enough to keep.

Once the divers came back to shore from their dive, lunch was prepared. Burgers, hot dogs,



Chicks' Day 2013!

*(Continued on page 4)*



Karen, Krista, Jim, and Steve talking dive talk.

“The way that things worked this year allowed for minimal time commitments for each position. ”

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and ribs filled the grill while the club members ate their fill. Following lunch and some delicious brownies from Joan Kadaras, most of the members hopped in

for some beach volleyball. The competition was very intense. There was diving and spiking and plenty of camaraderie. Following some intense volleyball the

group settled in to enjoy some sun and good conversation. Overall it was another successful Chicks' Day. Hope to see you all next year, same time same place!

## A Few Good Board Members

September is nomination month and we all know what we need to do to keep this club running. All that we need are 6 volunteers to give their time for the 2014 board of directors. I would like to think that the club brings a good sense of dive camaraderie among the group and it would be a shame to see that go. The way that things worked this year allowed for minimal time commitments for each position. If you are interested in running for a board position please

come and speak to any one of us at the next meeting.

The following are the positions that we need to fill for the 2014 board of directors.

- **President:** Oversees general meetings
- **Vice President:** Steps in when president cannot serve
- **Secretary:** Takes meeting minutes and composes a monthly newsletter
- **Treasurer:** Maintains the club

funds

- **Activities:** Oversees the organization of club sanctioned activities
- **Membership Coordinator:** Is responsible for maintaining membership records as well as looking for new membership

If you are interested in filling any one of these positions please contact Nancy McKight, Marcelle Campagne, or any current board member.

### Schedule of Events

August 15– UDCM General Meeting at Slattery’s Restaurant. Social begins at 6:30pm.

August 17– UDCM Annual Lobsterfest. (rain date of August 18)

August 27– NAUI Open Water Certification Course begins. Classes take place at the Fitchburg YMCA. Call Andy’s Sport Shop for details.

September 19– UDCM General Meeting at Slattery’s Restaurant. Social begins at 6:30pm.

September 28– New England Aquarium Tropical Fish Rescue <http://www.neadc.org/>

# JULY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 UDCM Meeting	16	17 Lobsterfest
18	19	20	21	22	23	24
25	26	27 NAUI O/W	28	29	30	31

## August Weekend Tide Chart for North Shore

DAY	DATE	HIGH				LOW				☀	
		AM	hgt	PM	hgt	AM	hgt	PM	hgt	rise	set
Friday	02	9:01	7.84 ft	9:14	8.98 ft	2:43	0.95 ft	2:48	1.52 ft	5:35	8:01
Saturday	03	9:53	7.93 ft	10:02	9.12 ft	3:35	0.83 ft	3:38	1.44 ft	5:36	8:00
Sunday	04	10:39	8.10 ft	10:45	9.27 ft	4:21	0.66 ft	4:22	1.28 ft	5:37	7:58
Friday	09	1:14	9.50 ft	1:40	9.04 ft	7:19	0.11 ft	7:32	0.53 ft	5:43	7:52
Saturday	10	1:51	9.43 ft	2:15	9.21 ft	7:54	0.09 ft	8:12	0.44 ft	5:44	7:51
Sunday	11	2:30	9.30 ft	2:55	9.37 ft	8:32	0.12 ft	8:56	0.38 ft	5:45	7:49
Friday	16	6:59	8.50 ft	7:23	9.94 ft	12:39	0.21 ft	12:53	0.58 ft	5:50	7:42
Saturday	17	8:07	8.65 ft	8:28	10.21 ft	1:46	-0.01 ft	1:59	0.41 ft	5:51	7:40
Sunday	18	9:12	8.99 ft	9:31	10.53 ft	2:50	-0.36 ft	3:03	0.08 ft	5:52	7:39
Friday	23	1:10	10.75 ft	1:38	10.38 ft	7:15	-1.09 ft	7:38	-0.81 ft	5:58	7:31
Saturday	24	2:00	10.35 ft	2:25	10.20 ft	8:02	-0.72 ft	8:29	-0.51 ft	5:59	7:30
Sunday	25	2:50	9.83 ft	3:13	9.90 ft	8:50	-0.23 ft	9:20	-0.11 ft	6:00	7:28
Friday	30	7:27	7.69 ft	7:43	8.57 ft	1:07	1.22 ft	1:16	1.74 ft	6:05	7:20
Saturday	31	8:24	7.72 ft	8:38	8.66 ft	2:05	1.22 ft	2:13	1.69 ft	6:06	7:18



Be sure to check that tide before you make that dive!



## United Divers of Central Mass

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## The Purpose of the United Divers of Central Mass

The purpose of the United Divers of Central Massachusetts is to promote the sportsmanship and sport of SCUBA diving by stimulating our members to achieve the highest standards of safety and proficiency in Scuba diving. To promote friendship and wholesome social activity among its membership. To promote educational programs that will provide fundamental knowledge supported by actual hands on experience in a variety of areas including; safe diving practices, conservation of marine ecosystem, first aid and handling diving related emergencies, to organize group SCUBA diving trips, educational and social events that will allow our membership to accomplish all of the above.



United Divers of Central Mass  
PO Box 57  
Fitchburg, MA 01420

## Scuba Trivia!

Objects underwater are magnified by how much?  
(Answer from the July newsletter: the box jellyfish)