



# The Dive Log

VOLUME 12, ISSUE 2

FEBRUARY 2013

## SPECIAL POINTS OF INTEREST:

- Next meeting to take place on February 21 at Slattery's Restaurant.
- Dues are due by the end of the April meeting.
- Andrew Martinez will be speaking at the February meeting about St. Vincent.

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## Andrew Martinez to Speak at February Meeting

Andy Martinez specializes in images of the natural world. He has traveled and photographed in many of the world's beautiful tropical islands from the Indian Ocean to the Caribbean Sea. For more than 40 years, Andrew Martinez has been diving in New England waters. His work has been published in most nature, travel, and dive magazines in this country and in many other countries. St Vincent has long since been known as a destination for macro pho-



**Andrew Martinez, underwater photographer and world traveler to speak at February meeting.**

tographers and fans of unusual critters. It is blessed with many ma-

rine creatures that are rare in other parts of the Caribbean yet are common around this small island. Come see why this is such a popular dive destination. This summer Andy will be leading another group of diver/photographers that want to improve their photo skills.

Andrew's passion about scuba diving and underwater photography is contagious. Join us for an evening of education and entertainment with Andrew Martinez.

## Autumn Diving in New England

By: Mark Bowers

When it comes to technical dive training it is not always as quick and easy as typical recreational courses. I had worked with one student for about 12 months. This was due in part to schedule conflicts, weather and skill performance. This course had begun in the waning months of 2011. Time quickly ran out due to declining water temps and the need to perfect a couple of required skills. The student determined it was best to continue in the late

spring of 2012. I agreed, as cold fingers prevented the execution of some core skill requirements. After resolving a particular equipment/body mechanics issue we headed to the ocean to test the changes. Things appeared to work much better but not quite to the level they needed to be. The student made a small adjustment and we were off to the water again. This time was to run through all the skills and perform simulated de-

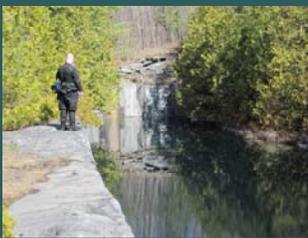
compression. We only needed one last deep dive. The first of two planned dives went well. We spent about 45 minutes on the Poling, reviewing skills and demonstrating proficiency. We had completed most of the skills on the first dive and fine tuned a couple of issues between dives. During the SIT we reviewed the previous dive. I was pleased with the student's performance and

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President, Jeff Goodreau prepping for an ice dive.

*“At the end of the day I was in the car for a total of about 6 ½ hours and in the water for a 1 hour dive. I guess that’s autumn diving here in New England.”*



Taking it all in at the quarry.

## A Message from the President

Hi everyone!  
The January meeting was great and I hope you all had fun, I know I...errrrr... I mean Scuba Santa had a ton of fun!!! Thank you to everyone who helped out with a special thanks to Christine for putting it all together! We had terrific turnout for a winter meeting, it felt really good to be back a Slattery's. If we can maintain that kind of enthusiasm for the rest of the year, 2013 is going to be awesome!!! We have an exciting line up of events and guest

speakers for the year. Please keep an eye on the club web site and Facebook page for the full schedule as I will have it to Karen for posting in the next few days. Throughout the year if anybody has anything they feel needs to attention or suggestions please don't hesitate to bring them up and we will get on them. Also if you have any dive buddy's that aren't a member of the club, please, get them out to a meeting! People are always welcome to come sit through a meet-

ing and speaker, and talk some diving!!! It's up to all of us to keep new blood pumping into the club and the clubs future sits on the shoulders of it's active members and membership. On a separate note, spring is right around the corner! Now is the time to get the gear out, get your regs serviced, and tanks filled. Don't wait till that first nice weekend to do it! Other than that keep praying for spring!!! Dive Safe, Jeff

## Autumn Diving: continued

*(Continued from page 1)*  
looking forward to completing the remainder of the skills on the next dive. Successful completion meant heading out for the final evaluation dive, a deep one. The crew assisted us getting geared up and to the water. I watched the student splash and almost immediately appeared to walk on water. Something was not right! The student loudly announced "I'm wet". The crew extended a boat hook to help the student to the ladder and then over to the bench. I had removed my fins and came to see what had happened. When a dry suit diver announces they are wet ones first thought was that the dry suit zipper was not closed all the way, an easy fix. This was not to be the case. As the student slid into their gear a burr on the bench seat tore a hole about an inch and a half long in the back of the suit. This was the end of their diving today. After having the suit repaired we were out one more time to complete reviewing the necessary skills. Success, that dive went well. We could now plan our final dive for the course. Try as we may it proved very difficult to schedule this dive. It was now early summer I never

would have thought we would be finishing the course in October. We had to coordinate work schedules, vacation schedules, boat availability, weather, etc.. There was no way I was going through another winter without completing this course and I knew my student felt the same way. Finally, a day that work schedules aligned and there was a boat available. We were booked! As the early autumn day drew near I kept an eye on the weather and seas. As the week began the weather did not appear promising. With each forecast all I could think was "are you serious". With the weekend drawing near the weather looked marginal at best. The day of our dive I was up early, about 45 minutes early. It was dark and I could hear the rain on the windows. I laid in bed wondering what the seas would be like. I checked my phone, no call from the captain. Instead of rolling over and trying to fall back to sleep for 45 minutes I may as well get up and get going. I can always take a nap in the parking lot before boarding. I was kind of excited to be finishing this, so up and out I went.

My drive was uneventful. I had just merged onto Rt.128 when the phone rang. All I could think was it is the boat captain or my student. Regardless, a call at 5:30 am is rarely a friend wanting to talk. I looked at the number as I answered. As feared, it was the boat captain canceling the charter. My first thought was, arghhh. The weather window was closing at the speed of light. Now I have to call my student whom I knew was still in bed. I'm not sure what is worse getting a call at that early hour or making a call at that early hour. I broke the news to my student. I know we were both disappointed. We had a plan "B". It was not the ideal, but we had a plan. We elected to go to the quarry. It had the minimum depth required for this course. I turned around and headed back to Andy's, where I would meet my student. I had just driven about an hour and a half and now I was facing a two and a half hour ride one way. We made it to the quarry and completed the dive. At the end of the day I was in the car for a total of about 6 ½ hours and in the water for a 1 hour dive. I guess that's autumn diving here in New England.

# A Recipe from the Treasurer



Janet and Bob Abraham have shared with us this recipe that I just cannot wait to try!

## Baked Scallops with Cream

Ingredients:

- 2 cups sliced zucchini
- 3/4 cup thin carrot strips, cut 1 inch long
- 2 T oil
- 1/4 cup flour
- 2/3 cup whipping cream (light cream or fat free half & half

- work, too!)
- 1 lb. (2 cups) scallops, rinsed, drained on paper towels
- 2 T grated parmesan cheese
- 1/4 t salt
- 1/4 t white pepper
- 2 T dry white wine
- 4 oz can crescent rolls
- 1 eggwhite beaten
- 3 T grated parmesan cheese

Directions:

Heat oven to 375°F. In large skillet, sauté zucchini and carrots in oil until crisp-tender, about 3 to 4 minutes. Sprinkle flour over vegetables; toss lightly to coat and cook 1 minute over medium heat. Add whipping cream; cook 1 minute, stirring constantly. Mixture will be thick. Add scallops, 2 tablespoons parmesan cheese, salt and pepper; cook over medium heat until mixture comes to a boil. Re-

move from heat; stir in wine. Spoon hot mixture into ungreased 9-inch quiche or pie pan.

Remove dough from can in rolled section; do not unroll. Cut roll into 6 slices; cut each slice in half. Arrange around outside edge of pan. Brush with beaten egg white; sprinkle with 3 tablespoons parmesan cheese. Bake at 375°F for 20 to 30 minutes or until crescents are deep golden brown and mixture is bubbly. Let stand 5 minutes before serving. Garnish as desired. 4 to 6 servings. (Bob and I eat the whole thing)

NOTE: I cook it for 10-15 min then put the rolls around the edge for 15-20 min. The rolls tend to get too dark otherwise. Adjust to your liking.

*Enjoy this delectable treat from the Abrahams! Bon appétit!*

## It's That Time of Year: Membership Renewal

The dive season is just around the corner and so is the time to renew your United Divers of Central Mass membership. Your membership gives you the benefits of a monthly newsletter either by mail or electronically, the right to vote on club business and

events, discounted or free admission to club events, an Andy's Sport Shop air fill card, and much more! Renewals are due before the end of the April meeting! But why wait? This year there will be a renewal benefit. We are finalizing exactly what this will be

and have the details at the next meeting! The added bonus is that dues have remained the same. Individual Membership is \$25.00 and Family Membership is \$40.00. See you at the next meeting!



**Renew your membership today!**

# All West Apartments Curacao

By: Bob Abraham



A Curacao iguana checking in on the Abraham's vacation.

*“The bay out front is an ideal multi-level site, easy to navigate with a mix of sand flats, coral rubble, old anchors, and moorings.”*

Jan and I traveled to All West Apartments in Westpunt Curacao for some diving and relaxation this January. Curacao is far enough south that even in January day time temps are in the high eighties and nights in the high seventies so its shorts and t-shirt weather. All West is a small set of apartments on a bluff overlooking a quaint bay that is home to the local fisherman. Every room has a balcony or deck view of the bay and sunsets over the ocean to the west. The place was designed for divers. Your gear is stored in a dive locker. You can grab a tank, gear up and walk down a set of stairs to the beach and dive 24 hours a day. Floodlights out front over the beach are great for night dives. There is zero boat traffic after about 6 PM. Unlimited air, weights, and a vehicle can be in-



Many indigenous species of fish gathering around a float in Curacao.

cluded with the room contract.

GoWest, a dive shop related to All West, is about five minutes' away and offers boat dives which you can book as a part of your package. But we now find that going “off the clock” and just spending time in

the water by ourselves on long dives always turns up something interesting. The bay out front is an ideal multi-level site, easy to navigate with a mix of sand flats, coral rubble, old anchors, and moorings. The sand flat ends about 100 yards off shore and the bottom drops away steeply with some nice coral formations to beyond recreational depths. You can find octopi and turtles out in the rubble, the usual tropical suspects in the coral and sponges, or just hang in the blue water and watch schools of bait mill around overhead. For more pristine coral you can go over to the dive shop, grab a tank and shore dive Playa Kalki. There are also some gorgeous fine sand beaches within fifteen minutes of All West for sun bathing.

## January Meeting Recap

The January meeting was full of Christmas surprises with a visit from Santa Jeff and gifts for all who attended. Several members took time out to have a photo taken with Santa while others kept a safe distance.

From dive flags to retractors to flash lights to 2 pound blocks of led, nobody walked out empty handed! Of course we had the monthly scuba talk including a trip report from Bob and Janet Abraham about their trip to Curacao. In addition we had a couple new members

join us for the fun! Welcome new members Philip McDowell, Lisa Doiron, and Derek Oettinger. Our next meeting will be on February 21. Andrew Martinez will be paying us a visit and giving a presentation on St. Vincent. Do not miss out!

Karen Ferrante and Santa Jeff pose for a photo.



**Schedule of Events**

February 21– UDCM General Meeting at Slattery’s Restaurant. Social begins at 6:30pm.

February 23– Boston Scuba Show at the Marlboro Holiday Inn. Show begins at 10:00am and goes until 3:00pm.

March 9-10– Boston Sea Rovers at the DoubleTree by Hilton Hotel Boston North Shore in Danvers, MA.

March 21– UDCM General Meeting at Slattery’s Restaurant. Social begins at 6:30pm.

March 22-23– Beneath the Sea at the Meadowlands Exposition Center in Secaucus, NJ.

# FEBRUARY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21 UDCM Meeting	22	23 Boston Scuba Show
24	25	26	27	28		

## February Weekend Tide Chart

Date	High				Low				Sun		moon
	am	ft	pm	ft	am	ft	pm	ft	rise	set	
1 Fri	2:21	9.4	2:42	9.1	8:31	-0.1	8:52	-0.1	6:53	4:58	
2 Sat	3:07	9.5	3:34	8.8	9:23	-0.0	9:42	0.1	6:52	5:00	
3 Sun	3:59	9.5	4:31	8.5	10:19	0.0	10:38	0.3	6:51	5:01	
8 Fri	9:05	10.4	9:44	9.3	2:43	-0.2	3:25	-1.1	6:45	5:07	
9 Sat	10:01	10.7	10:37	9.7	3:40	-0.6	4:18	-1.4	6:44	5:09	
10 Sun	10:54	10.7	11:26	10.0	4:33	-0.9	5:07	-1.5	6:43	5:10	
15 Fri	2:28	9.4	2:52	8.8	8:36	0.0	8:54	0.4	6:36	5:17	
16 Sat	3:14	9.1	3:42	8.2	9:26	0.5	9:42	1.0	6:34	5:18	
17 Sun	4:03	8.7	4:36	7.8	10:19	1.0	10:34	1.4	6:33	5:19	
22 Fri	8:36	8.7	9:11	8.0	2:13	1.4	2:52	0.8	6:26	5:25	
23 Sat	9:23	9.0	9:54	8.4	3:01	1.0	3:35	0.4	6:24	5:27	
24 Sun	10:06	9.3	10:34	8.8	3:46	0.6	4:16	0.0	6:22	5:28	



**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.



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## Scuba Trivia!

Which fish spends most of its life in the ocean, but returns to freshwater to spawn?

(Answer from January's newsletter: The Calypso)