



The Dive Log

VOLUME 12, ISSUE 1

JANUARY 2013

SPECIAL POINTS OF INTEREST:

- **Next meeting to take place on January 17 at Slattery's Restaurant.**
- **Dues are due by the end of the April meeting.**
- **January meeting will be a social belated Christmas gathering.**

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A Little Bit of Local History

Joe King of Brookline, New Hampshire joined the United Divers for the December meeting to share a little local history about the Fresh Pond Ice Co. The shores of Lake Potanipo housed the Fresh Pond Ice Co. from 1890 until 1935 when it was destroyed by fire. Coincidentally it was just before the development of refrigeration was to make the business obsolete. The Fresh Pond Ice Co. was once one of the largest ice houses under one roof shipping to Cambridge and Somerville, Massachusetts via the Fitchburg Division of the B&M Railroad. The ice house has proven to be a key component to the rich history of Brookline, New Hampshire.

Joe's story with the ice house began several years ago. Joe heard rumors of train tracks in the lake, which peaked his interest to dive there. Although train tracks are not what he found, he made an even more

fascinating discovery of tools from the Fresh Pond Ice Co. With 70 plus dives in the lake under his belt, Joe has recovered numerous tools including saw blades, angled starting



Nancy McKnight discusses some of Joe's historical finds.

chisels, wide-blade bar chisels, calking bars and pike poles just to name a few. To bring the whole presentation even closer to home, some of the saw blades were manufactured

at Simonds Saw & Steel currently known as Simonds International in Fitchburg, Massachusetts. Although the lake reaches a maximum depth of only 29 feet, Joe describes the dives as typical lake dives, muddy and murky. Quite often his arms are buried in three feet or more of mud with zero visibility while he searches the depths for artifacts.

Lake Potanipo is protected as an archaeological site by law which makes Joe's stories and artifact recoveries truly special. All of the artifacts that he recovers are preserved and donated to the Brookline Historical Society.

For more information you may visit the Brookline Historical Society located on Meetinghouse Road in Brookline, New Hampshire. They are currently constructing a new barn to display many of Joe's finds along with the rich history of the town.

January Meeting, A Scuba Festivus

For the January meeting we will be hosting a Scuba Festivus Celebration. (Otherwise known as a quirky, belated, scuba Christmas party.) Feel free to join in on the spirit by wearing your favorite Christmas sweater or accessories. There will be a visit from a special guest Santa and gifts will

be given out to all the good scuba girls and boys. Join us with the Christmas spirit and do not miss out on this fun social evening with scuba friends and family.

Just a reminder, the January meeting will be held at Slattery's Restaurant located at 106 Lunenburg Street in Fitchburg. The

social hour of the meeting begins at 6:30pm with the business portion beginning at 7:00pm. We have started getting a list of events and trips together for the season, so come prepared with your scuba calendar to take advantage of some scuba fun! Sea you there!



President, Jeff Goodreau showing his strength at the 2012 Scuba Skills Challenge

“This year there will be a renewal benefit. We are finalizing exactly what this will be and have the details at the next meeting!”

Fearless Leader, Mark Bowers conducting an ice dive.



A Message from the President

Greetings All!

We are all looking forward to a very positive and prosperous year for the United Divers of Central Mass. The board of directors have been brain storming like mad to have a year full of fun and exciting scuba adventures and activities. We have also been working hard to have a great lineup of guest speakers for many of the meetings. There will be a few social meetings in between to discuss business and events as well. If you have a guest

speaker that you would like to see or a dive topic that you would like covered, please feel free to speak to any one of us.

One of our major goals this year is to improve meeting and event attendance. What makes the United Divers what we are is the fun and camaraderie that we share with one another. We will work hard to provide informative guest speakers, fun scuba events, and quality dive trips so that you may enjoy the full benefits of being a member of the United Divers of Central

Mass.

We look forward to serving the membership to the best of our abilities and having a truly fun year with all of you!

We already have a list of planned events, so be sure to come to the January meeting with an open dive planner so that you may fill it up for the season!

Dive Safe,
Jeff

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!

Ice Diving Anyone?

Have you ever wondered what it is like diving under the ice? Here is an opportunity for you to experience ice diving under the direct supervision of an experienced ice diving instructor and qualified experienced ice divers.

- When: January 27, 2013, 9:30AM at the lake – Mandatory classroom overview January 24 at Andy's 6:30pm
- Where: Lake Nubanusit
- Requirements: Advanced Diver certification, Must use a dry suit (dry suit certification or 20 dives

- in a dry suit) & Redundant air source – no exceptions!
- Price: FREE
- Sign-up at the club meeting or stop into Andy's before January 22, 2013

Please note: This is not an ice diving certification

A Recipe from the Secretary



Plenty of lobsters for some Fra Diavlo

- pieces each)
- 2 large shallots finely minced
- 2T garlic finely minced
- 3/4 cup dry white wine
- 1/4 cup cognac

As much as I love catching lobsters over the summer often times I get tired of the typical lobster and butter and of course the leftover lobster salad sandwich. This summer I decided to try something new and made a Lobster Fra Diavlo that was to die for. The following is the recipe. Bon appetite!

(Recipe adapted from Epicurious)

Lobster Fra Diavlo

Ingredients:

- 5 cups canned Italian plum tomatoes
- 4T extra-virgin olive oil
- 3 Fresh Lobsters (cooked, cleaned, claws and tail cut into about 8

- 1 small red bell pepper cut into 1/4 dice
- 2t crushed red pepper flakes
- 3T tomato paste
- 1/2t sugar
- 8 T chopped flat-leaf parsley
- 2T fresh basil leaves
- 12oz spaghetti

1. Pour the tomatoes, with all their juices, into a food processor and pulse until well blended. Set aside.
2. Heat olive oil in a large heavy pot over medium heat. Add the lobster pieces, shallots, and garlic and toss with tongs. Add the wine and cognac, and

cook over medium heat, turning the lobster carefully with tongs until most of the liquid has evaporated, about 5 minutes. Then add the bell pepper, crushed red pepper, processed tomatoes, tomato paste, sugar, and 6 tablespoons of parsley, and the basil and oregano. Simmer (do not boil), stirring occasionally over medium to medium-low heat until the flavors blend together, about 20 minutes.

3. While the mixture is cooking, bring a large pot of salted water to a boil. Add the spaghetti and cook until al dente, according to the package directions. Drain, set aside.
4. To serve, make delicate swirls of spaghetti in the center of 4 shallow bowls. Arrange the lobster pieces with the sauce on top of the pasta. Sprinkle with remaining parsley. Serve immediately.

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Equipment Maintenance

It is the time of year to start thinking about the annual maintenance on your scuba equipment. The following are some tips and tricks to pay attention to so that your scuba season starts off on the right foot.

- Have your regulator inspected or serviced. If you have 20 or more dives on it from last season it is worth the weight in gold to have it either inspected or fully serviced. It is amazing how quickly salt will wear on the bits and pieces of your regulator.
- Bring your tanks in for their annual visual inspection and/or hydro. Best to get it done early so that it doesn't interrupt your season.
- Check your wetsuit or drysuit for any holes or leaks. Most wetsuit repairs can be done with AquaSeal; however, be prepared if the suit needs to be sent out. Most drysuit repairs need to be sent out for repair, so the earlier you do this the better your season will be.

- Check your BC for any leaks. Also check the inflator to make sure that it is working properly. Bring it in for service if you have any question or doubt.
- Make sure all mask, fin, and dive knife straps are in good working order for the season. Also make sure to stock up your save-a-dive kit.



Get prepared for the 2013 dive season today!



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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!

What was the name of Jacques Cousteau's main research vessel?
(Answer in next month's issue!)