



Dive Log

July Newsletter

Tuesday, July 15, 2014

Activities

- July 17: Fish Identification with Bob Abraham
- July 26: Fish Count
- Aug. 16: Lobster Fest
- Aug. 21: Speakers Jeff, Ryan, and Don on the Bradley
- Sept. 18: Scuba Bingo
- Oct. 16: Holly Murray & Chris Miskivitch, Travel people
- Oct. 26: Pumpkin Carving
- Nov. 20: TBD



This month: Fun with Fish Identification

In preparation for the Great American Fish Count on Saturday July 26th Bob Abraham will be presenting on Fish Identification and the Reef Survey program. Its fun and its easy and its something you can do year round as a part of your post dive activities.

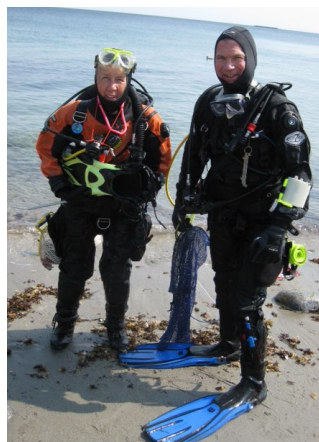
You will need a REEF member ID, which you can get on line at www.reef.org or at Stage Fort Park on the day of the GAFC. You will also need to register to participate in the GAFC, again this can be done on line at <http://www.neadc.org/gafc/> or on the day of. Each participant will be able to fill out two REEF survey



forms to be eligible for some great prizes. The REEF Survey forms report what fish you saw on your dives. But you don't have to limit this activity to the GAFC. You can also fill out survey forms on line after any dives that you make in our area. We will review how to do that as well. REEF makes the survey data available to researchers and the general public.

During the GAFC dives at Lanes Cove you will

need to gather information on the types and numbers of fish that you see. Don't worry its really not that hard. There are twelve really common fish that we regularly see on dives off the Massachusetts coast. We will review pictures of these 12 fish and learn how to easily identify each species. Since competition is always a great motivator there will be a quick Fish ID quiz and a neat prize for the winner.



Chick's Day picture taken by Jan Abraham featuring Karen Ferrante and Bob Abraham. "46° water! Glad I just took pictures!"

Have a picture you'd like to share? Send it to Liz at riccilily@gmail.com, and we'll put it in our next newsletter!

President's message...

Hello Everyone,

July is here and that means the year is half over! AND the dive season is in full swing! I'm looking forward to this meeting's "dive talk" to hear all the experiences you've had this month. I know just from talking to a few people at Chick's Day that the diving has been good for many.

And speaking of Chick's Day... Thanks to all the folks that joined the outing to make it another great day. The weather was great, and I hope everyone had a good time. Anyone that didn't attend missed a

great day and outing with a "challenging" volleyball game. Both teams were fighting a 30MPH wind blowing from one team's back line, over the net, to the other team's back line. At times it looked like the ball was dancing, and going backwards!

This month is the Fish Count. If you are attending the activity, I wish you all the best luck with the "gift drawing"! It would be great to see some of our members win the big prizes.



See you all at the meeting,

Ken

Canada Trip Info

The Boat- Thousand Island Pleasure Diving cost about \$100.00 (not confirmed)
Rockport, Ontario. They have 4 boats that will take from 6-20 divers.
Phone # 613-659 3943
Toll Free # 1-866-659 -2334

Lodging- Boathouse Country Inn
Rockport Ontario
Phone # 613- 659-2348
Cost tax included per room is 141.25 a night

Dive Shop in the area Dive Tech Training Center
Phone 613- 923- 1992

Note:
Cornwall's Pub is the best restaurant in the area.



Deep Sea Dining with Diane

Diane Barletta has kindly sent me several of her personal seafood recipes to share in our newsletters. Keep an eye out for them in each month's newsletter!

Mussels with White Wine & Butter

Remember to serve the remaining wine with dinner!

- 3 lbs mussels
- 3 tbsp unsalted butter
- 1 shallot, cut into thin rings
- 2 garlic cloves, minced
- 1/2 c white wine
- 3/4 c low-sodium chicken broth
- Coarse salt and ground pepper
- 3 tbsp chopped fresh parsley
- Crusty bread, for serving or 1/2 lb cooked pasta (thin spaghetti)



Right before cooking, scrub mussels with a stiff sponge or brush under cold running water. (If the "beards" are still attached, trim them with a knife.)

While cleaning mussels, discard ones with broken shells. Lightly tap the hinge end of any open shells on a work surface. Discard those that don't close.

In a large pot with a lid, melt 1 tablespoon butter over medium-high. Add shallot and garlic; cook, stirring, until fragrant, 1 minute.

Add white wine and chicken broth. Bring to a simmer over high.

Add mussels; stir to combine. Cover, reduce heat to medium-high, and cook until mussels open, 5 minutes, stirring once. Discard unopened mussels. (It's not unusual to lose a small portion of mussels at this point.)

Season with salt and pepper. Remove from heat; stir in parsley and remaining butter until butter is melted. Serve with crusty bread and/or pasta.

Option 1: sauté leeks or chopped fennel with shallots

Option 2: omit wine; reduce broth to 1/2 cup; add 1- 14.5 oz can undrained stewed tomatoes (chop tomatoes roughly); add 3 tbsp Sambuca liqueur



Don't forget to visit!
<http://www.uniteddivers.org>

For suggestions and/
or contributions to the
newsletter, Please
contact Liz Blair at
riccily@gmail.com



About Us

We at United Divers strive to promote the sport of scuba diving in a positive way. We are committed to educating our membership through the use of guest speakers, dive instructors, and club members. At each of our monthly meeting we have a special feature that we hope is interesting and entertaining.

For the newer divers, we offer both shore dives and boat dives. On these dives we have experienced divers act as their dive guide. Diving with experienced divers is a great way for a newer diver to "learn the ropes" without going through the frustration of learning the hard way.

For experienced divers looking for more than the typical shore or boat dive, the club organizes more challenging dives. We work on ideas that challenge the skills of the experienced diver and provide them with an enjoyable experience.

Non-members are always welcome to attend our monthly meetings and activities. Meetings are held once a month, on the third Thursday of each month.

Please feel free to stop in to a meeting, or if you would like membership information, please contact our [Membership Coordinator](#).

Find us on [Facebook](#).
Search for "United Divers of Central Massachusetts"

Monthly Meetings: 6:30 pm on the 3rd Thursday of
each month at
SLATTERY'S, 106 Lunenburg Street, Fitchburg

July's Guest Speaker
Bob Abraham
See you on July 17!!!