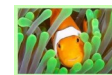




Lakeland Divers

Newsletter

the adventure starts here...



August 2012

Volume 3, Issue 3

Lakeland Divers
34 Ridgedale Ave.
East Hanover, NJ 07936
(973) 887-0194
(973) 887-5557
info@lakelanddivers.com

Owners
Capt. Al Pyatak
Capt. Michael DeCharles

Shop Manager
Cindy Fish
cindy@lakelanddivers.com

Lakeland's Charters aboard
the Sea Lion. **2012** Sched-
ule posted on the web or
call shop for details.

http://lakelanddivers.com/trips_local.htm

Sea Lion 2012 Master Dive
Schedule

<http://www.atlantic-wreckdivers.com/sched.htm>



Catch Us On
Facebook -
for diving updates .

**Special
points of interest in this**

Birthday Wishes

Trip Schedule

Class Schedule

Trivia

Good Eats

Much More...

"TIPS FOR MAINTAINING YOUR BC"

Start by giving your BC a good freshwater rinse to hose off any big chunks of sand and dirt.



Fill a tub with fresh water, dunk the BC repeatedly, then leave it alone for a five-minute soak.

Remove the BC from the tub and give it another hose rinse. Direct the water stream into the power inflator so the bladder fills with fresh water.

Drain the bladder using the exhaust valves so their internal parts get a good flush.

Inspect the BC's corrugated hose and hardware for cracks and signs of wear. Also check all valve caps to make sure they're tight.

If you have a knife mounted on your BC, take the knife out of its sheath and clean it, removing any rust that is visible. Check the grommets and screws or Velcro that is used to secure it on the BC.

Examine the integrated weight system. The ballast pouches need to be removed and cleaned in order to clear the quick-release buckles of any obstructions.

Inspect all straps and their quick release clips to ensure the straps are not frayed and that none of the plastics clips are cracked or broken. This includes the tank cam band and don't forget to inspect the cummerbund.

Then make sure everything is in working order by fully inflating the bladder and checking for leaks, and then pulling the corrugated hose dump and remote exhaust valve cords to make sure they work.

BC Gadgets

If you have any gadgets on your BC or Wing these need to be checked too. Many divers have a tendency of decorating their BCs or Wings with clips, rings, snorkel keepers, or other items to secure dive equipment.

Be sure to look for wear and tear and replace all ties, lanyards, and silicone tubing attached to your BC; otherwise the alternative could be costly if you lose your gear. Or another way to look at it is — perfect opportunity to go shopping at Lakeland Divers to have the items replaced and then some!! I just love shopping...

Job completed, partially inflate the bladder to give it some shape and hang-dry it, now you're ready for your next dive.

A real diver never stops learning and growing

Here are a few tips to hone in on your skills, improve your performance, and have more fun down under (G'day, eh!)

- Learn to make good go/no-go decisions. If you don't feel comfortable, don't go. If you don't want to go deep, don't.

Cont' page 3

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ATTENTION

**** New Just In ****



**Aqua Lock
three finger
mitts**

and

**Miflex hose for
your regulator,
BC, and High
Pressure hoses**



In Stock

Lakeland now has Moisture Munchers to keep your dry boxes and underwater camera housings dry. Don't leave on a dive trip without them.

Congratulations to Advanced Diver Hector Maldonado!

Hector Maldonado on his boat qualification dive, (first dive on the Sea Lion) came up with a 20+ inch fluke in his goodie bag. Yummy and Great Job!

**Sherwood Scuba
Package
Sale**



**Last one!
\$ 899.00**

Share your Adventure

Tell us your story. I invite you to share your memories and experience with us. Submit 3 paragraphs or less including pictures to Marta at:
E-mail: marta@lakelanddivers.com



Happy Birthday to our August Guppies:

Marlene P. 8/2 Mike D. 8/14



Trip Schedule		
Destination	Date	Availability
1000 Islands	Aug 31—Sept 2 2012	Call the shop
North Carolina	Jul 22-27 2013	Call the Shop

Continued Education	
Class	Start Date
Rescue Class	Aug 20
Basic Scuba	Aug 27
Advanced Scuba	Aug 27
Wreck Diver (external survey)	Sept 4
Dry Suit	Call the shop
TDI Basic Nitrox	Call the shop

Congratulations Newly Certified Divers

Basic Open Water		
Timmo Bressler	Pinar Armeci	Jerome Healey
Shannon Kagan	Kaitlyn Kagan	Liam Kagan
Joe Russo	Doug Gant	Marsha Hoch
Chloe Cavanaugh	Ingrid Kretschmann	Todd Taylor

Unscramble

1. **inpcci**
2. **efeamnisonh**
3. **aocnes**

4. **aivcgptnat**
5. **saiohrnpi**
6. **ydtsiusr**

1. Picnic
2. Anemonefish
3. Oceans
4. Captivating
5. Rimpias
6. Drysuits

Answers

written by Marta Chevere

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Events

Annual Lakeland Divers Picnic

It's that time of year again scuba divers. Lakeland Divers is hosting it's annual event at Dutch Springs on Sunday, Oct 14th.

Please contact the shop to let them know what type of goodies you'd like to bring along. We'll bring the hot dogs and hamburgers.

See you there!



Basic Class: Portland Hook and Ladder Water Rescue graduated 2 divers this past Sunday, July 29, at the Delaware River, Jim Futchko and Mark Gwozdz. Great job!

Mike Archambault was also at the river with an Advanced class (Jeff Jammer & Bob Harvey). He was joined by Dive master candidates Greg Harvey and Jim Steele, and Safety Diver Tom Fish and DM Cindy Fish who assisted with the classes.



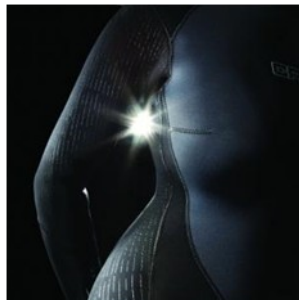
A big shout out, woop woop, to Portland Hook and Ladder Water Rescue team for helping out with the use of their boat and boat operator.

September Grouper Meeting

Stay tuned for the next presentation.

Five Things You Didn't Know About Wetsuits & Drysuits—But Should

A diver's first line of defense against the ocean environment is the exposure protection suit — wetsuits and drysuits. But do you know what neoprene is made from, or what our forefathers used to stay warm underwater? Check out these five surprising facts.



Limestone-based neoprene -- all the rage among environmentally conscious divers -- avoids the use of traditional oil-based products in manufacturing wetsuits but is structurally and functionally the same.

Contrary to popular belief, the real insulation value in neoprene wetsuits comes from the tiny nitrogen bubbles formed in the material itself, not from the water it traps against the diver's skin.

Before wetsuits, Asian pearl divers of the 19th century used to cover their bodies with grease to stay warm. It's a technique still used by modern swimmers, such as those crossing the English Channel.

Wetsuits for diving (rather than surfing, paddling or swimming) typically use stiffer varieties of neoprene. This hinders mobility but stands up at depth where the lightweight stuff is pancaked under pressure.

Drysuits, not wetsuits, were the norm in the earliest days of scuba. Prior to 1953, most divers wore drysuits made from natural, dipped rubber.

written by Daryl Carson
Sport Dive Magazine

Page 1 continued — real diver never stops learning and growing

- Keep a log. It's a good source of reference and provides dive history; such as, weighting, gas consumption and gear.
- Buoyancy & proper weighting go hand in hand. Perform a check on each dive, remember a change to your configuration will have an effect on buoyancy (different wetsuit thickness, salt vs. fresh water, different type or size tank).
- Don't be fooled by a "full-tank" pressure gauge reading. Before you jump in the water, take a few breaths off your regulator and watch your gauge to see if the needle doesn't move from the full position; if not your air is on. If the needle drops down and bounces back up, your air is not on all the way. If the needle drops, and keeps dropping your air was on but now is off.
- Slow down underwater, everyone always goes too fast. When you slow down and relax, you'll maximize your air supply and you'll be able to get your buoyancy under control.

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**Health
Corner****Water**
How much should
you drink every day?

Water is essential to good health, yet needs vary by individual. These guidelines can help ensure you drink enough fluids.

Health benefits of water

Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues.

Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

Factors that influence water needs

You may need to modify your total fluid intake depending on how active you are, the climate you live in, your health status, and if you're pregnant or breast-feeding.

Beyond the tap: Other sources of water

Although it's a great idea to keep water within reach at all times, you don't need to rely only on what you drink to meet your fluid needs. What you eat also provides a significant portion of your fluid needs. On average, food provides about 20 percent of total water intake. For example, many fruits and vegetables, such as watermelon and tomatoes, are 90 percent or more water by weight.

Staying safely hydrated

Generally if you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters (6.3 cups) or more of colorless or light yellow urine a day, your fluid intake is probably adequate. If you're concerned about your fluid intake or have health issues, check with your doctor or a registered dietitian. He or she can help you determine the amount of water that's right for you.

- Mayo Clinic



"We make a living by what we get, but we make a life by what we give"
~ [Sir Winston Churchill](#) ~

**RECIPE OF MONTH**
Bobby's Peach-Glazed
Grilled Chicken Breasts**Ingredients:****Spicy Peach Glaze:**

- 2 cups peach preserves or jam
- 1 tablespoon finely chopped garlic
- 3 tablespoons olive oil
- 2 tablespoons soy sauce
- 1 tablespoon Dijon mustard
- 1 small jalapeno, finely chopped
- Salt and freshly ground pepper
- 8 Frenched" chicken breasts
- 4 ripe peaches, cut in half and pitted

Directions:

Combine Spicy Peach Glaze ingredients in a medium bowl and season with salt and pepper to taste. Reserve 1/2 cup.

Preheat grill. Brush the chicken with olive oil and season with salt and pepper to taste. Place skin-side down and cook for 6 to 7 minutes, until golden brown. Turn over and continue cooking for 5 to 6 minutes. Brush both sides with the peach glaze and continue cooking an additional 4 to 5 minutes.

Place peach halves, cut side down on the grill and grill for 2 minutes. Turn over and brush with the reserved 1/2 cup of peach glaze, grill for 3 to 4 more minutes until peaches are soft.

<http://www.foodnetwork.com/recipes/bobby-flay/grilled-chicken-breasts-with-spicy-peach-glaze-recipe/index.html>

Nutritional Information:
Per serving (Makes 8 servings)

Calories	415	Fiber	1 g
Protein	28 g	Sodium	255 mg
Carbohydrate	61 g	Saturated fat	1 g
Total fat	7 g	Sugar	55 g
Cholesterol	68 mg		

Disclaimer

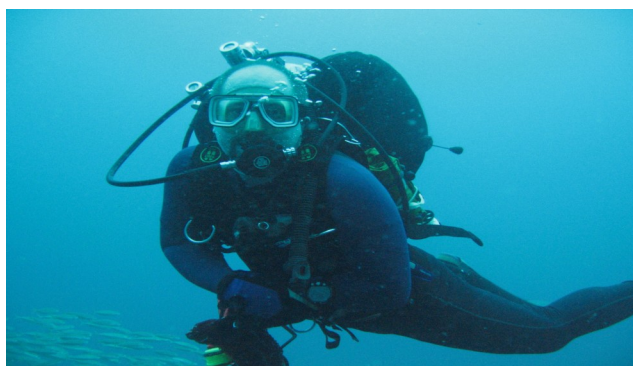
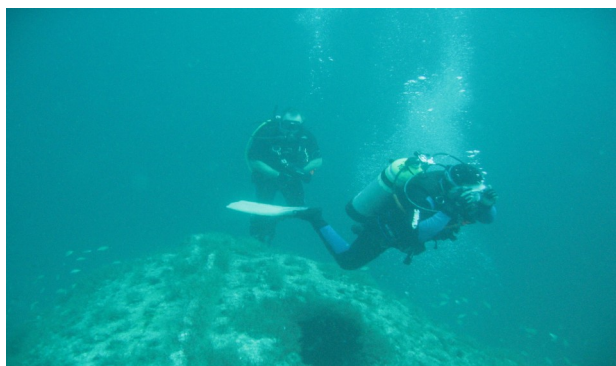
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Dive Pictures

These pictures were taken during the North Carolina Trip July 9-13, 2012. A great time was had by 12+ divers, led by their fearless leader Sal Andreano.

The diving was fantastic, and the camaraderie was great. What more can you ask for?

Well, how about your 400 hundredth dive? Kudos to our shop manager Cindy Fish on this great accomplishment! Keep them gills wet girl.



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