



# Lakeland Divers

Newsletter

*the adventure starts here...*



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## Think Like a Divemaster

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**Lakeland's** Charters aboard  
the Sea Lion. Schedule  
posted on the web or call  
shop for details.

[http://lakelanddivers.com/trips\\_local.htm](http://lakelanddivers.com/trips_local.htm)

**Sea Lion 2013** Master Dive  
Schedule

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



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updates

**Special points of interest  
in this issue:**

**Birthday Wishes**

**Trip Schedule**

**Class Schedule**

**Trivia Treasure**

**Good Eats**

**Much More...**

The Divemaster (DM) is the individual primarily responsible for supervising the activities of certified divers, both above and below the water. People often wonder how DMs lead divers around the reefs and wrecks without getting lost or worse, leaving someone behind.

After surveying a group of Divemasters, we found the top five points DMs agreed that need to be in place in order to think like a Divemaster. Even if you are not a DM, you can use these strategies to enhance your underwater awareness, manage your dives, and increase overall safety in the water.

For the purpose of this text, we are going to focus on in water supervision.

**Location of Divers:** It's important to know where your divers are at all times to keep the group together and not leave anyone behind. You can manage the location of the divers you are leading by checking in with them often and conducting a mental head count throughout the dive.

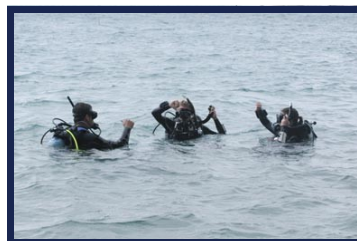
The divers should be aware of where you will be in the water prior to descending, which can be communicated during a proper pre-dive briefing. **A trick from the pros – Stay on task!**

Focus on your main objective: safely lead a group of divers and keep them together. Searching for critters and things to point out should not be your main goal for the dive. It can cause you to become distracted from

the group, allowing for separation. **Stay on task and focus on the divers.**

**Speed:** Often overlooked, the Divemasters swimming rate can make or break the dive. Most divers do not want to chase their DM. It's important for Divemasters to take their time in the water, allowing their divers to relax and enjoy their experience.

**A trick from the pros – If you think you're going too slow, go slower!** After the dive, ask your divers if that speed was okay. They will let you know to speed it up or slow it down.



### Available Breathing Gas:

When leading a dive, not only does the Divemaster need to be aware of how much breathing gas he or she may have, they also need to know how much their divers have as well.

An essential step in the pre-dive briefing is to cover when the dive will be turned around, whether you are basing your turn around point off the "rule of thirds" or when half of their available gas is consumed. It is crucial that underwater communication is covered during the pre-dive briefing to achieve this goal and get everyone out of the water safely with available reserve gas. **A trick from the pros – "spy" on how much breathing gas your divers have!** You can do this by looking at their gauges while they are swimming or focused on something else in the water. You can also combine your head counts with asking your divers how much air they have.

**Available Bottom Time:** Have you been diving all day? Have your divers been diving all day? Is everyone breathing the same gas?

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## Upcoming Events

### At Dutch Springs

**June 15th**  
**LAKELAND ADVANCED**  
**Qualification Dive,**  
**Simulated Deep Dive, &**  
**Night Dive**

**May 24th - 27th**  
Hard Hat Rally

**June 8th - 9th**  
Dive Rite Demo Days

**June 15th - 16th**  
Santi Demo Day

**June 23rd**  
Wipe Out Cancer

**July 13th - 14th**  
Oceanic/Hollis SDI/TDI  
Demo Days

**Sept 28th & 29th**  
DUI Dry Suit Days

**Sept 29th**  
Lakeland Picnic

**Grouper Meeting**  
**Wed, June 5th @ 8:00 p.m.**

“Bonaire”  
 by Mike Arch

&

“RP Resor”  
 by Louis O’Neill  
 Divemaster Candidate

## Think Like a Divemaster con’t

It’s crucial to know where everyone stands on available bottom time throughout the dive so no one exceeds their nitrogen absorption limits for that dive.

If different groups are going to dive at different levels or if the dive needs to be shallower to increase overall diver safety then brief and lead the dive that way.

If you have divers breathing various nitrox mixes, it’s good to know who can stay down longer and who cannot. **A trick from the pros – Make sure available bottom time and gas mixtures are discussed prior to entering the water.**

Establish a plan for the group and stick to it. This is a great example to demonstrate why it is important for every diver to have their own computer.

**Exit:** It’s a gut wrenching feeling to turn the dive around and not know where the boat is or how to get back to your original entrance point on shore.

During the dive, it’s important for DMs to pay close attention to their surroundings and take mental notes on how to get back to where they started. You might find using a compass works or basing your

dive on natural navigation.

DMs often turn around to take a look at the scenery from the point of view they will see on their return. **A trick from the pros – If you’re returning to a boat in a fixed position, make note of the depth and compass heading in the direction back to the boat.** If you’re returning to a fixed position on shore, before going on your dive tour, take a compass heading toward shore, make note of the depth and if there is sand in the area simply draw a X in the sand to mark your spot of return.

Does that guarantee it will be there upon your return? Of course not, but that little trick might help you somewhere down the line!

If you didn’t notice, the top five points the DMs made have some similarities; proper dive planning and communication prior to entering the water can reduce the event of some confusion during the dive.

Always remember to plan your dive, dive your plan! Use these tricks and tips to help you lead better dives.

Written by,  
<http://www.tdisdi.com/wpsite/2013/05/think-like-a-divemaster/>

### North East Diving

Diving can be a challenge because the sea and wind Gods can be a bit cruel at times. Visibility can be a challenge and a big contrast to Caribbean Blue waters. However, the beauty of it all is that there are hundreds of wrecks known and unknown that are waiting to be explored by you.

The key to finding great wrecks is extensive research, investment of time, effort, and resources. Similarly, scuba divers must have the necessary skills, training, and equipment for East Coast wreck diving.

Get proper training before venturing off. I suggest the following courses to hone in on your skills: Advanced Scuba, Rescue, Buoyancy, and Wreck. Each course trains you on different aspects of diving; enhances your skills; and makes you a more informed diver. Preparation and continued education is key to sport diving.

For more information contact the dive shop.

**Dive Safely, and Be Well!**

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**WHAT HAPPENS AFTER  
YOU STOP SMOKING?****THE BENEFITS OF QUITTING  
SMOKING TIMELINE:****20 MINUTES**

- Blood Pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increases to normal

**8 HOURS**

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

**24 HOURS**

- Chance of heart attack decreases

**48 HOURS**

- Nerve endings start re-growing
- Ability to smell and taste is enhanced

**2 WEEKS - 3 MONTHS**

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

**1- 9 MONTHS**

- Coughing, sinus congestion, fatigue, and shortness of breath decreases
- Cilia re-grow in lungs, increasing their ability to handle mucus, clean the lungs, and reduce infection
- Body's overall energy increases

**5 YEARS**

- Lung cancer death rate for an average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a non-smoker five to 15 years after quitting
- Risk of cancer of the mouth, throat, and esophagus, bladder, kidney, cervix, and pancreas decreases

**10 YEARS**

- Lung cancer death rate is similar to that of a non-smoker
- Precancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, cervix, and pancreas decreases

**15 YEARS**

- Risk of coronary heart disease is that of a non-smoker



*"Whatever you are be a good one"*

~ Abraham Lincoln ~

**RECIPE OF MONTH****Linguine with Escarole & Shrimp****Ingredients:**

- 8 ounces whole-wheat linguine
- 4 teaspoons extra-virgin olive oil, divided
- 1 pound peeled and deveined raw shrimp, (16-20 per pound)
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper, plus more to taste
- 2 tablespoons minced garlic
- 1/2 cup white wine
- 1 pint grape or cherry tomatoes, halved
- 16 cups thinly sliced escarole, (2-3 heads) or chard leaves
- 1/4 cup clam juice, or water (see Shopping Tip)
- 1 teaspoon cornstarch
- 1 tablespoon lemon juice
- 6 lemon wedges, for garnish

**Directions:**

1. Bring a large pot of water to a boil. Cook linguine until just tender, 8 to 10 minutes or according to package directions.
2. Meanwhile, heat 3 teaspoons oil in a large skillet over medium heat. Add shrimp, 1/4 teaspoon salt, 1/4 teaspoon pepper & cook until pink and curled, 3 to 4 minutes. Transfer to a plate.
3. Add garlic & the remaining 1 teaspoon oil to the pan & cook, stirring, until fragrant, about 15 seconds. Add wine & cook until reduced by half, 2 to 3 minutes. Stir in tomatoes. Add escarole (or chard) in handfuls, stirring until it wilts before adding more; cook, stirring occasionally, until the greens are tender, 5 to 6 minutes. Whisk clam juice (or water) & cornstarch in a small bowl then add to the pan; simmer until slightly thickened, about 2 minutes. Return the shrimp & any accumulated juices to the pan, add lemon juice, the remaining 1/2 teaspoon salt & pepper & cook until heated through, about 1 minute.
4. Drain the linguine & return it to the pot. Add the sauce; toss to coat. Serve with lemon wedges.

[http://www.eatingwell.com/recipes/linguine\\_with\\_escarole\\_shrimp.html](http://www.eatingwell.com/recipes/linguine_with_escarole_shrimp.html)

**Nutritional Information: per serving - 6 servings**

Calories	271	Fiber	10 g	Cholesterol	112 mg
Protein	20 g	Sodium	502 mg	Potassium	751 mg
Carbohydrate	37 g	Saturated fat	1 g		
Total fat	5 g	Mono fat	3 G		

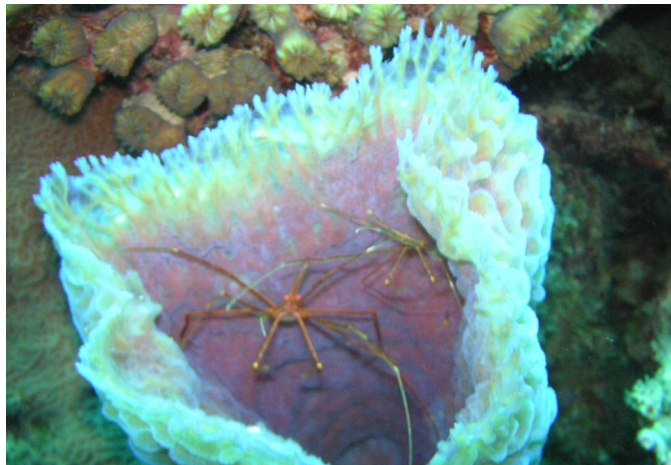
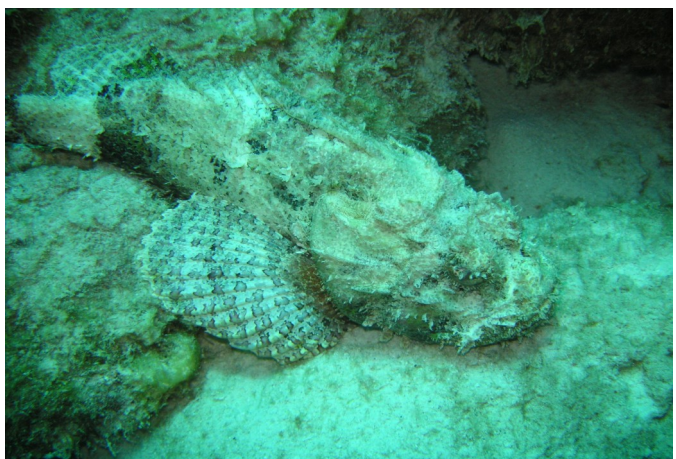
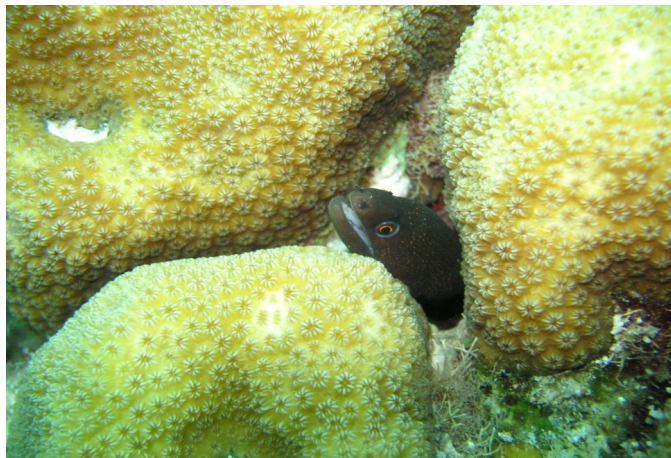
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# Lakeland Divers

## Bonaire Trip



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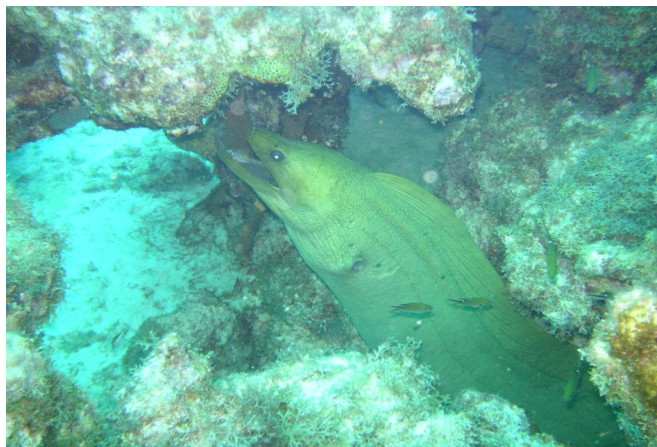
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## Bonaire Trip



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