



Lakeland Divers

Newsletter

the adventure starts here...



September 2014

Volume 5, Issue 2

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

Owner

Capt. Al Pyatak
al@lakelanddivers.com
sealion@atlantic-wreckdivers.com

Shop Manager

Cindy Fish
cindy@lakelanddivers.com

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

http://lakelanddivers.com/trips_local.htm

Sea Lion 2014 Master Dive Schedule

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



Follow us on Facebook for dive updates

Special points of interest in this issue:

Birthday Wishes

Trip Schedule

Class Schedule

Good Eats

Much More...

"Scuba 101 - Taken for Granted"

Simply put, scuba divers have a tendency to take things for granted, setting aside some of the basics of scuba that can make our diving experience either safe or dangerous.

What am I referring to? Do you continue your diving education to learn more about the sport and how to dive safely? Are you diving with out dated equipment? When's the last time you checked your gear to make sure it's working properly, prior to or on the day of the dive?

We scuba for the adventure but it comes with some inherent risks and we **do not** need to further compound it by taking things for granted.

Following are some of my observations that caused undo anxiety or the dive to be cut short:

When's the last time you checked your equipment?

- While on a dive, a diver began stressing because their mask was continuously flooding and no matter how much they cleared it the water kept coming in. The diver's dive was cut short. When we got back to the boat we learned the divers mask skirt had separated completely from the mask frame. The diver noted they hadn't used the mask in years and it was the first time since they wore it.
- While suiting up for a dive, a diver turned on their tank and the handwheel on the valve started leaking air. The diver tried to shut the air off but could not rotate the handwheel to turn it off.

It took some doing to shut off the valve but eventually it was turned off. Long in short, this tank had not been used in some time and was not recently serviced. Thus the dive was cut short!

- While on a dive, a scuba diver donned their gear and entered the water. Some time later the fin strap broke off. Luckily another diver had zip ties and they were used as a strap replacement on the fin so the diver could continue diving. While straps can tear, this particular strap had dry rotted and broke off under stress. Hence, check your gear in advance!
- Well if it's not bad enough for one thing to go wrong two wrong things happened...A diver wearing doubles and a drysuit was diving in 80 feet of cold water. The drysuit started leaking heavily causing the diver to chill and some buoyancy issues. The diver started to ascend with some difficulty but made it to the surface. On the boat the diver realized that in addition to a leaky suit one of the dual bladders in the wing was not working properly. Some things you cannot predict like a leaky suit, unless you did something to it while donning your suit, but not knowing both bladders are in good working order prior to an 80 foot dive is a no no.



How's your air consumption; are you still an air hog?

- Your air consumption is based on your physique, depth, comfort level (e.g. skill) and physical exertion. con't on page 3

Disclaimer

All the opinions, advice, instructions, implied and/or expressed in this publication are solely those of each individual writer and not those of Lakeland Divers or Atlantic Wreck Diving, Inc. Any errors, misinformation or typos found herein can be attributed solely to lack of proof reading.

Newsletter

**** ATTENTION ****

Join Lakeland Divers at its Annual Picnic at Dutch Springs.

Come to the shop and get your \$2.00 off coupon for entrance in to Dutch Springs.

Also, call Cindy and let her know what you are bringing as far as a salad, snack, dessert, etc...

Perfect time to commensurate with fellow divers and get wet.

Many more courses offered contact the shop for dates.

At Dutch Springs

DUI DEMO DAYS
Sept 27th –28th

Underwater Pumpkin Carving
Oct 4th

Trip Schedule—Reminders		
Destination	Date	Availability
Submit your suggestions	2015	Call the Shop
Arch Trip (TBD)	2015	Call the shop
North Carolina	July 20-24, 2015	Call the Shop
Continued Education		
Class	Start Date	
Basic Scuba Course Nauí eLearning class Pool session(s)	Start Anytime Online Oct 9th	
Advance Diver Course (Dutch Springs)	Sept 27th	
Rescue Course	One more this season (TBD)	
Dive Medicine for Professionals	Oct 6th	
Congratulations Newly Certified Divers		
Course Certification	Achieved by	
Basic Scuba	William “Alex” Nevitt IV Thomas Gelenites Kaitlin Marie McClain Thomas Joseph McClain Diana D’Achille David D’Achille	Michael D’Achille Dennis Tirri Jerry Goldberg James Holleran Joseph Litschi Peter Wallack
Rescue Diver	Jeffrey Day Kevin Rogers Julianna Fusco	Adam Branovan Daniel Branovan Louis O’Neill
Advanced Diver	Kevin Rogers	
Basic Nitrox	Brian Swauger John Porco Thomas Delvers	Todd Taylor David Decker Louis O’Neill
Dry Suit	John Galus Kevin Rogers	Peter Wallack
Nitrox Diver	William ‘Alex’ Nevitt IV Howard Ryan	Peter Wallack
Wreck Diver	Ryan Altizer Chris Altizer	Lee Trifari
HAS Dive Buddy	Louis O’Neill Greg Harvey Marta Chevere	Wayne Dahlberg Cindy Fish
Solo Diver	Adrian Iordache	
Advanced Nitrox & Decompression Diver	Ryszard Sokolowski Jisoo (Danny) Choe Wan Ki Kim	Mingyoon Song Hwan Sung
Divemaster	Ryan Altizer Chris Altizer	James Steele

Disclaimer

All the opinions, advice, instructions, implied and/or expressed in this publication are solely those of each individual writer and not those of Lakeland Divers or Atlantic Wreck Diving, Inc. Any errors, misinformation or typos found herein can be attributed solely to lack of proof reading.

Upcoming Events

Annual Picnic
Sept 28th see last page for details



October 1st
Grouper Meeting
7:30 p.m.

Movie night Twenty Thousand Leagues under the Sea.

Remember, some of the best diving in the Northeast happens in the fall.

Lakeland has three charters left on the Sea Lion.

- The 'Delaware' on Sept 21st
- Note: only a couple spots open.
- The 'Brunette' on Oct. 5th
- Te 'Emerald' on Oct. 12th.

"Scuba 101 - Taken for Granted" con't from page 1

We've learned that unfit or large scuba diver tends to consume more air rapidly, it is what it is. We know we should be fit, and exercise regularly. We know that if we consume air rapidly, we'll consume twice as much, and more, depending on depth. We know that if we lack confidence we must dive more and practice practice or further our education and take other courses. And we know that physical exertion is another factor which will cause us to consume even more air. That said, we know exercise is one of the **key factors** in improving our air consumption rate, so do all you can to improve it, it will making diving more enjoyable and comfortable.

Oh by the way...the air consumption rate issue also contributes to buoyancy control issues. And buoyancy control is one of the more important aspects of scuba diving, it's what defines a skilled diver.

So get back to the basics and focus on the simple things that can make or break your diving activity. Check all your gear in advance and don't wait until the last minute. Service your gear accordingly. Improve your health and fitness and soon your air consumption rate will improve.

Be a safe and responsible scuba diver!

Written by Marta

Do you know the effects of Hypoxia?

Hypoxia results when the tissue oxygen pressure drops below normal from an inadequate supply of oxygen.

Situations that results in hypoxia can include:

- Breathing mixtures of low oxygen.
- Ascend to high elevation.
- Drowning.

Signs & Symptoms:

- Normally none, diver may just lapse into unconsciousness.
- Mental changes similar to alcohol intoxication.
- Confused, clumsy, slow response.
- Cyanosis (bluish discoloration of lips, nail bed, & skin).
- In severe situations, stop breathing.

Prevention:

- Know the amount of oxygen in the gas mixture being breathed.
- Avoid excessive hyperventilation before a breath-hold dive.

Treatment:

- Get the victim to the surface and into fresh air.
- If victim is breathing, supply a breathing gas with sufficient oxygen usually causes rapid reversal of symptoms.
- An unconscious victim should be treated as if they are suffering from gas embolism.
- Administer CPR if necessary.

Disclaimer

All the opinions, advice, instructions, implied and/or expressed in this publication are solely those of each individual writer and not those of Lakeland Divers or Atlantic Wreck Diving, Inc. Any errors, misinformation or typos found herein can be attributed solely to lack of proof reading.

Hydrate!

With added cardiovascular activity such as running it is important to stay on top of hydration. Rule of thumb: drink 1 oz. of water per minute of activity performed, so that 30 minute run = 30 oz. of water! For extra hot and humid days, **try drinking coconut water**. Coconut water contains essential electrolytes lost through sweating while being low in sodium!

Don't Overdo It...

Be aware of your food consumption. Oftentimes people tend to "overcompensate" physical activity by consuming more food but those calories can quickly add up! Enhance your diet and power your muscles with added fresh fruits and vegetables. Fresh picks are packed with nutrients and low in calories. Try blending up a summer fruit smoothie. Freeze berries, melon, and bananas for frozen drinks!

Berry Banana Smoothie

- 1 medium banana, chopped and frozen
- ½ cup frozen berries (strawberries, blueberries, raspberries, blackberries)
- 1 cup of skim milk (or an equal amount of soy, almond, coconut, rice milk)
- *optional - 1 tsp. nut butter (peanut, almond, cashew)

-Combine frozen fruit and milk in a blender. Blend with the lid on, it may take a few pulses to loosen up the fruit. Add more liquid if the fruit doesn't budge. Add optional nut butter and blend until smooth. Serve and enjoy! Makes 1 smoothie.

Nutritional Information – calories vary based on type of milk and optional added ingredients

~229.7 calories, 14.3g protein, 49.6g carbs, 0.9g fat with peanut butter 323.7 calories, 18.3g protein, 52.8g carbs, 8.9g fat



"Courage is the main quality of leadership, in my opinion, no matter where it is exercised. Usually it implies some risk - especially in new undertakings."

~ Walt Disney ~

**RECIPE OF MONTH****My Big Fat Greek Burgers****Ingredients:****For the yogurt sauce:**

- 1/2 cup nonfat Greek style yogurt
- 2 teaspoons olive oil
- 2 teaspoons fresh lemon juice
- 1 clove garlic, minced
- 1 teaspoon chopped fresh dill leaves
- 1/8 teaspoon salt
- Pinch freshly ground black pepper

For the burgers:

- 2 teaspoons olive oil
- 1/2 small onion, chopped
- 2 cups lightly packed baby spinach leaves, coarsely chopped
- 1/4 cup crumbled feta cheese
- 1 tablespoon chopped fresh dill, or 1 teaspoon dried
- 1/2 teaspoon freshly ground black pepper
- 1 1/4 pounds lean ground turkey breast
- 1/4 teaspoon salt
- 4 whole-wheat burger buns
- 1/4 English cucumber, thinly sliced
- 4 small leaves romaine lettuce, hard ribs removed

Directions:

- In a small bowl, stir together the yogurt, oil, lemon juice, garlic, dill, and salt and pepper.
- Heat 2 teaspoons of oil in a nonstick skillet over medium-high heat. Add the onion and cook until soft and translucent, about 3 minutes.
- Add the spinach and cook until wilted, about 1 minute. Remove the pan from the heat. Add the feta cheese, dill and 1/4 teaspoon black pepper and stir to combine.
- Divide the turkey into 4 equal sized rounds. Make 2 equal sized patties out of each round so you have 8 patties total.
- Put 2 tablespoons of the spinach-feta mixture onto half of the patties. Top with remaining patties working the turkey around the edges to seal burgers closed.
- Season the burgers on both sides with the salt and remaining 1/4 teaspoon pepper.
- Spray a nonstick grill pan with cooking spray and heat over medium-high heat, or prepare the grill. Grill the patties until cooked through, about 5 minutes per side.
- To serve, place a burger on the bottom half of each bun, top with about 2 tablespoons of yogurt sauce, then 2 or 3 cucumber slices and a lettuce leaf. Top with the other half of the bun and serve.

Source: <http://www.foodnetwork.com/recipes/ellie-krieger/my-big-fat-greek-burgers->

**Nutritional Information: Per serving**

Calories	360	Fiber	4 g	Cholesterol	65 mg
Protein	2 g	Sodium	650 mg	Poly Fat	1.5 g
Carbohydrate	29 g	Saturated fat	2.5 g		
Total fat	10 g	Mono fat	4 g		

Disclaimer

All the opinions, advice, instructions, implied and/or expressed in this publication are solely those of each individual writer and not those of Lakeland Divers or Atlantic Wreck Diving, Inc. Any errors, misinformation or typos found herein can be attributed solely to lack of proof reading.

Lakeland Divers



Annual Picnic

At Dutch Springs

SUNDAY, Sept. 28th

Call Cindy to let us know who is coming and what to bring. (salad, snack, dessert, etc.)
Lakeland will supply the hot dogs, hamburgers and buns. Bring your own beverage.

GRILL IS OPEN AT 11:30am

See You There !

The Adventure Starts Here...

Lakeland Divers

973 887-0194

www.lakelanddivers.com

Disclaimer

All the opinions, advice, instructions, implied and/or expressed in this publication are solely those of each individual writer and not those of Lakeland Divers or Atlantic Wreck Diving, Inc. Any errors, misinformation or typos found herein can be attributed solely to lack of proof reading.