



JUNE
2006

DOWN UNDER DIVE CLUB

SINCE 1984

June's DUDC Monthly Meeting is Wednesday, June 14th @ 7:30 p.m.

Schott Beckam from Sea Level Scuba will be the speaker for Jun. He will be talking about physical fitness for diving including healthy diet choices for diving. Schott has many years in the dive industry and his experience and training cover a wide area of our sport. His presentation will not only be interesting, but educational to anybody that dives!

Coming at the July meeting is our annual Ice Cream Social and a presentation on the DUDC's Bon-aire trip!!

Dive Quiz by Al

If you have a problem at the surface you should:

- A. make yourself float right away.
- B. breathe through your snorkle.
- C. grab hold of your buddy.
- D. make sure your weights are in place.

Answer on page 6

Visitors Welcome!!!

Our monthly meetings are held every month on the 2nd Wednesday at 7:30 pm of the month at the

Indian River Lagoon House
3275 Dixie HWY. NE
Palm Bay, FL 32905

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Want to go Diving????

Check out the Club
Calendar — we have some great dives
coming up!

Board of Directors

President : Michael Wheat

Vice-President: Bob Carmichael

Treasurer: Rochelle Hood

Secretary: Laurel LeFavor

Membership: Bill Allen

Safety Officer: Al Audet

Dive Coordinator: Russell Bremmer

MEMBERS AT LARGE:

Newsletter Editor: Debi Buck

Webmaster: Shannon Anderson

Concession Master: Tom Butler



DUDC Event & Activity Calendar

Event		Time	Member's Cost	Coordinator Phone # / E-mail	
West Palm Beach Dive Pura Vida Divers	Average depths 60-85 ft	Saturday, 6/10/2006 @ 8a.m.	\$45.50 + tanks (\$5 air /\$10 nitrox)	Debi (321)728-7243	Dbuck@downunderdiveclub.com
DUDC Club Meeting Indian River Lagoon House		Wednesday, 6/14/2006 @ 7:30 p.m	Free	Bill Allen	info@downunderdiveclub.com
Jupiter Dive Jupiter Dive Center	Average depths 70-90 ft	Saturday, 6/18/2006 @ 9am	\$45.00 + tanks	Michael 727-1028	Mwheat@downunderdiveclub.com
West Palm Beach Dive Pura Vida Divers	Average depths 60-85 ft	Saturday, 7/8/2006 @ 8a.m.	\$45.50 + tanks (\$5 air /\$10 nitrox)	Debi (321)728-7243	Dbuck@downunderdiveclub.com
DUDC Club Meeting Indian River Lagoon House & ICE CREAM SOCIAL		Wednesday, 7/12/2006 @ 7:30 p.m	Free	Bill Allen	info@downunderdiveclub.com
Jupiter DIVE FEST 2006 Morning, Afternoon & Night dives		Saturday, 7/22/06	Contact Michael Wheat for details	Michael 727-1028	Mwheat@downunderdiveclub.com
West Palm Beach Dive Pura Vida Divers	Average depths 60-85 ft	Saturday, 8/5/2006 @ 8a.m.	\$45.50 + tanks (\$5 air /\$10 nitrox)	Debi (321)728-7243	Dbuck@downunderdiveclub.com
DUDC Club Meeting Indian River Lagoon House		Wednesday, 8/9/2006 @ 7:30 p.m	Free	Bill Allen	info@downunderdiveclub.com
Jupiter 2 tank Night Dive Jupiter Dive Center	Average depths 70-90 ft	Saturday, 6/18/2006 @ 9am	Contact Michael Wheat for details	Michael 727-1028	Mwheat@downunderdiveclub.com
West Palm Beach Dive Pura Vida Divers	Average depths 60-85 ft	Saturday, 9/9/2006 @ 8a.m.	\$45.50 + tanks (\$5 air /\$10 nitrox)	Debi (321)728-7243	Dbuck@downunderdiveclub.com

Cancellation Policy for Club Sponsored Dives: Deposits will be refunded with **2 weeks notice** of the scheduled event or with a paid replacement divers. Refunds of money paid after the 2 week cancellation period is subject to **board approval**. All requests for refunds after this period **MUST** be made in writing. Money and deposits are refunded when dives are cancelled by the Charter or DUDC.

ALL DIVES MUST BE PAID PRIOR TO THE DAY OF THE DIVE.
(This calendar is tentative and subject to change.)

DUDC's Annual Club Picnic

May 13, 2006



This year's DUDC Annual Club picnic was held in Futch Park and, as always, was very successful. There were approximately 40 people in attendance. President, Michael Wheat, and Vice President, Bob Carmichael did a great job of manning the grills and everyone brought lots of good food to eat.

Bob Carmichael brought his kayak and *someone* brought a water gun to the picnic and gave it to the children (it wasn't me really ☺ okay, it was me, but the kids really had fun.).



Our picnics are a great opportunity for us to get together and socialize. Most of the time when we get together we are gearing up for a dive or diving. Many thanks to all the people that attended, whether it is diving or just socializing, it is the people that make all the difference.

D. Buck



DUDC's May 13th Night Dive on Blue Heron Bridge

Location: West Palm Beach, Florida

Date: May 13, 2006

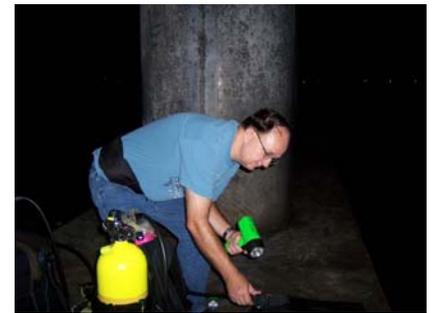
After having such a great time at the club picnic, several of us DUDC divers headed south for a night dive on the Blue Heron Bridge. The bridge has been closed for over two years due to hurricane damage and renovation to the Phil Foster Park. Anyone who has ever gone diving here, knows that this is one of the best shore dives in Florida and several of us were anxious to get back and see what had changed.

DUDC divers:



- Jeri Curley
- Russell Bremmer
- Tim Dempsey
- Keith Caldwell
- Tuyet Mintz
- And, of course, me.

Most of us met at Hatt's and carpoled down in Russ's vehicle to get to the bridge before high tide (which was at 9:32 that night).



We were a little concerned about the park closing, but found out that as long as we just walked between the water and the vehicles without hanging out in the park that we would be allowed to be there.



While we were gearing up for the dive, Tim discovered a big leak on his pressure gauge and we were concerned that he wouldn't be able to dive. Thankfully, Jeri saved the day (or should that be night?) and had a plug for the first stage so Tim could just remove the gauges completely.



We were the only divers on the west side, we saw a couple people gearing up on the bridge when we went in, but never saw them underwater. Went in the water around 9. You could tell the tide hadn't changed yet since there was a distinct pull to the north. Visibility was pretty good (other than it was dark). Once the tide went slack, all the silt that was kicked up lowered the viz. Underwater has changed drastically. A lot of the soft corals on the pilings are gone and the fish aren't quite as prolific as I remember. Still we saw a few little octopus, eels, snook, lots of crabs, coral banded shrimp (some of them were huge - the size you could dip in butter), lots of arrow crabs, lookdowns, parrotfish, and little tiny shrimp everywhere. We spent 76 minutes in the water and by that time the tide was changing again.

In retrospect, I wish had done this site in the day just to get a feel for the layout, since it has changed so much. All in all a pretty good dive and I will definitely be going back on a regular basis.

D. Buck

President's Message

The 2006 Board of Directors is putting the final wrappings on their first quarter in office and I would like to share with you some of our accomplishments to date.

One of the most noticeable changes is that we are no longer mailing hard copies of our monthly newsletter (the one you are reading now). First, why did we make this change? As I mentioned at the beginning of our fiscal year, we are trying to bring costs back in line with generated revenue. Printing and mailing the newsletter has been nearly 15% of our operating budget for the club. With 90-95% of our members having access to an electronic form of the newsletter via the website (www.downunderdiveclub.com), we felt it prudent to make this change. If you subscribe through the website for email notification, you are even notified via email when the newsletter is ready. For the individuals who do not have access to an electronic version of the newsletter, we are now distributing hard copies to the local dive shops (Hatt's and Sea Level). This is also serving a second benefit, as having the newsletter at the dive shops helps promote the club. We may revisit the idea of hard copies again in the future. One idea has been to allow people the option to pay a slightly higher annual due if they would like to receive a hard copy.

Speaking of the web site, one thing we are trying to concentrate on this year is making improvements to our site. We want to try and make it more user friendly and to do a better job of delivering club information and scuba related news. There is a lot of potential in things that we can do, and I hope to begin addressing them later in the year. This will entail an entire make over of the web site, which will include a reorganization of the structure/content and include additional functions and features (i.e., handle membership sign ups, dive trip sign ups and even credit card payments). We have already begun some of the overhaul by trying to include front page articles on club activities and getting the forums more active. If you have ideas and/or suggestions, please drop me a note. Before we begin this transition, I would like to hear from YOU what you want out of the web site.

A big change we made internally this year on the board was that we began the year by establishing a budget for our organization. I'm proud to say that we are working hard to stay within limits. We have had to cut back on some things, but nothing that takes away from the quality of the club.

Bill Allen has also been doing a spectacular job in his new role of membership chair. Bill is proactively working with the local dive shops to communicate with fellow divers about our club and to negotiate club discounts. He also continues to broaden our advertising outlets. We have already added the Florida Today, Melbourne Beach Breeze, and Hometown News – and more are on the way. Bill is also working on trying to build a centralized membership roster. It seems every function on the board has their own list ;-). Bill has one of the hardest positions on the board, so next time you see him, let him know you appreciate all of his efforts. His fellow board members sure do!!!!

And of course our dive trips continue to be very successful and fun. They are not just about the dives themselves. One of the things that I think makes us different as a club is that we have as much fun above the water as below! We also held our annual club picnic on May 13. We had nearly 40 people attend. And I am proud to say that no one had to be rushed to the hospital from Bob Carmichael's or my cooking :-)

There are many other things happening behind the scenes that make this dive club the success that it is. But the biggest thing that helps make the club a success is **YOU**. **We need your feedback!** If you have ideas and/or suggestions, please let a board member know. We strive to make this a club for everyone to enjoy.

See you down under,
Michael

Ed Given Retires as Club Treasure

After many years of dedicated service, Ed Given is stepping down as club Treasure. Ed is pursuing career opportunities outside of the area and will no longer be able to serve. We thank Ed for his many years of service to the club and wish him well on his future endeavors. Ed is going to continue to be active in the club while he is in town and assist with the transition of responsibilities to the new Treasure. We wish you well Ed!

New Club Treasurer – Rochelle Hood

With Ed Given stepping down from the board as Treasure, the first name that came to mind as a replacement was Rochelle Hood. She joined the club last year and has already become one of the more active members in the club and we are very excited that she has agreed to accept the position.

Rochelle is not only a VERY active diver, but she also brings a wealth of board experience and desire to help grow the club. She has an intense desire to see people enjoy scuba. One of the things I truly admire about Rochelle is her desire and ability to help and guide new divers. I think she enjoys the smiles on other peoples face after a dive more then her own. I believe these traits; along with that great personality, will make her a true asset to the board.

So please join me in congratulating and welcoming Rochelle as the new Treasurer!

M. Wheat

Answer to Dive Quiz:

Answer: a. make yourself float right away

March's Prize Winners

Door Prize Winners:

Bob Senton — \$10 off a club sponsored dive
Mike Carroll — \$5 off a club sponsored dive

*Door prizes are given away at each club meeting.
Come to the meeting and sign-in to win.*

50/50

**The Jackpot is up over \$182
with 23 cards left !! Come to
the June Club Meeting and
have a chance to win some
cash!!!**

BUSTED!!!! I swear, it wasn't me honey!

Location: Jupiter, Florida
Charter Boat: Jupiter Dive Center
Date: May 20, 2006



Wow, what a terrific day! After a less than ideal outing last month, we were treated to a wonderful day of diving. The only negative was the water temp. An upwelling late in the week had brought in cold water. I read 72 on the bottom, while others read even lower. Russell looked like a pop sickle stick in his half mil down there and of course Jeri was asking for a refund :-). But there was not a cloud in the sky, the seas were dead flat and visibility was great. We had a great turn out for the dive with 15 members joining us. We would have had at least 3 or 4 more, but the boat was sold out and we couldn't make room. Joining us on the trip were; **Russell Bremmer, Jeri Curley,**

Bill Allen, Rick Halcomb, Hank Green, Bob Jensen, Ed Jewel, Michael Walsh, Dale Purchase, Keith Caldwell, Tuyet Mintz, Marty Munnich, Bob Carmichael, John Dumcan, and of course myself. Jupiter Dive Center took excellent care of us as usual and showed us a good time. Our club has developed a good working relationship with the shop and they go out of their way to make us happy. For those of you that don't know, JDC ownership has changed a little bit recently. Co-owner; Randy Jordan, has decided to get out of the business and sold out to his partner Jerry Carroll. The good news is this will not impact any of our planned dives and/or pricing. So everything stays the same. Well almost everything – Jerry must run a pretty tight ship. We have actually been leaving 5 or 10 minutes early for our trips – which is great! We are always anxious to get going in the mornings.



Site 1 - Captain Mike's: This is the site where a few months ago we saw all the sharks. We only spotted a few Blacktip sharks this day, but overall, ocean life was just teeming – even more than normal. It is pretty common to run into large schools of grunts on a dive, but it seemed like as soon as we made it through one we ran into another. There were also an abundance of Angels, Parrotfish, Surgeonfish, and grouper. It just seemed like there was life everywhere! I also noticed a lot of Spiny Urchin on the dive. Not sure what brought the Urchins out; as I don't usually see too many of them in Jupiter, but I spotted at least 7 or 8 on the dive. Maybe they were enjoying the chilly water :-). Dale and I also spotted a nice large Green Moray hanging out on the ledge. Now I'm hanging about



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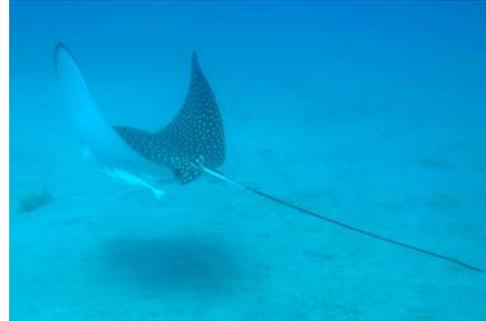
4 feet above Dale keeping an eye on my buddy (okay... waiting for my turn to take a picture) and I see him trying to get closer for a good close up. I guess this Moray wanted a modeling fee and informed Dale of this by lunging at him. I could have sworn I heard Dale cursing underwater :-). Here is a picture of the prima donna Moray :-).



After carbing up and getting some fluids in us between dives, **we headed**

over to Tunnels for our 2nd dive. Now Tunnels is not known for the amount of sea life on her, but more the SIZE of the sea

life that does exist there. The best part of this dive is always the first 5 minutes when you hit the main tunnel. But today, we got a little early surprise! As soon as we hit the bottom I noticed a HUGE Spotted Eagle Ray out in the sand. It didn't take long until several of us were on the chase. This Ray was just beautiful and graceful in the water. Also, one thing that really stood out to me was the tail – I've never noticed Eagle Ray's having this long of a tail. It looked more like the tail of a Stingray.



I ended up missing the main where not there in numbers seeing less and less sharks month. The rest of the dive line. Keith and Tuyet did Goldentail Moray eel, which few of us made it down to the which marks the end of the dive and usually gives you a



tunnel, but I hear the sharks this day. Actually I have been and turtles over the last was spent exploring the reef have a nice find with a little we all took turns admiring. A donut and washout point dive. Tunnels is always a fun good surprise or two.

After getting back to the dock, I CALLED Quarterdecks restaurant to reserve a table and ask for DIRECTIONS :-). I was bound and determined not to get lost this time... hehehe Well low and behold, we made it on the first try. Just remember, it was my excellent navigation skills and not the fact that Bob was driving this time!!!! Once again I was very impressed by Quarterdecks. We had 16 people in our group and they did a great job getting the food out to us quickly and keep the beer topped off. Matter of fact, one of our members had a little TOO good of a time and sadly for him, I've got a picture of the incriminating evidence. Bob, you better hope BJ doesn't pick up this issue of the newsletter :-)

Thanks everyone for coming out. It was a GREAT day and I hope everyone had as good a time as I did! The next dive in Jupiter is Sunday June 18th and is already starting to fill up. If you are interested in joining us, drop me a note at mwheat@downunderdiveclub.com. Price for the trip is \$45 and we always have a GREAT time. If you haven't tried diving in Jupiter yet – do yourself a favor and come check it out. It has some of the BEST diving in Florida!

Tell next time – see you down under!

Buoyancy control .. the signature of a good diver



The whole concept of buoyancy control seems simple enough, you just add some air to your BCD, breathe right and you float though the water with the greatest of ease achieving what is called neutral buoyancy! Ah yes that effortless, fully in control completely relaxed

state of diving.

Unfortunately buoyancy control for most divers is more like a constant tug of war with the power inflator hose. Too much weight sends you looking for the inflator hose with even the slightest change in depth. Too little weight and you struggle to stay down at depth, if you can reach depth that is. It is the intent of this article is to help improve your buoyancy through the suggestions of a few simple skills and techniques.

The first thing is to look at how we breathe. What does breathing have to do with buoyancy and equipment? Actually breathing is the key thing, we'll address the equipment issue but it is our breathing that fine-tunes our buoyancy. I suggest that you start by checking how you breathe. Ideally you should breathe by using your diaphragm, this way you will ensure a full exchange of oxygen within your lungs and you will be much more efficient and relaxed during the dive. Slow deep breathing and relaxation are key elements to good buoyancy control. In your basic open water class you may have been instructed that proper weighting was achieved by having no air in your BCD, holding your breath and the water should be approximately dissecting your mask at eye level. WAIT A MINUTE HERE! What did I see - holding your breath - I DON'T THINK SO! If you are not breathing and have the right amount of weight to off set the equipment and the environment to which you are diving in, then you are not properly weighted. Get your breathing settled down before you do anything else, slow deep diaphragm breathing.

Now let's look at the equipment you may be using and how you wear that equipment

First, look at some equipment characteristics. The scuba cylinder is often overlooked as an issue to consider for good buoyancy control. The fact is that depending on how big and what kind of material the cylinder is made of has a great effect on buoyancy. An aluminum cylinder when full will be negatively buoyant by as much as 8 pounds, but when empty that same cylinder at as little as 1000 psig will be more positive buoyant by as much as 1-2 pounds. A steel cylinder depending on cubic footage will be as much as 8-10 pounds negative when full. When empty that same steel cylinder will still be negative 4-6 pounds buoyant. That means that less weight can be carried when wearing a steel cylinder. It also means that when a cylinder is full that air does have weight and that you will be more negative at the start of the dive. We need to adjust our weights so that at the end of the dive when attempting to complete the safety stop we are correctly weighted and have achieved neutral buoyancy. Weighting is best checked with little to no air in the cylinder 700-500 psig.

The next thing to look at is the environmental protection suit you choose to wear based upon the environment you will be diving. Warm water requires a thinner suit whereas colder water requires

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a thicker suit. Salt water versus fresh water, you will require more weight in the salt water than in the fresh water by as much as 4-6 pounds of lead. Sometimes I have my students wear the environmental suit they will wear most often for the environment they will be diving. I have them wear a scuba cylinder with about 500-700 psig. They remove all the lead weight they are wearing and then we begin by placing the weight back onto them in small increments, usually in 2-3 pound packets or blocks. With no air in the BCD and a normal breathing rate achieved we adjust the weight until they can sink just by exhaling and remain below the surface breathing normally. At this point I have them practice the fin pivot to obtain neutral buoyancy. Further to this I have them practice changing their depth just by varying their breathing. From this the diver learns the key to buoyancy control, the BCD is used to make the course adjustments, and breathing is used to fine-tune buoyancy to perfection.

Ok so now we have the basic equipment used for adjusting our buoyancy

Our breathing is established, our BCD has the right amount of air in it, and the correct amount of weights needed to offset our diving suit in the environment to which we are diving, and we have a full cylinder, all things are good to go. So why is it that we still don't feel all that great stuff about neutral buoyancy. Well it may be the position we are floating at or we may still not be fully relaxed. First of all lets just relax. We can practice this by not moving, no kicking, no sculling - nothing just freeze and see where you end up. Too much movement when attempting to obtain neutral buoyancy can make the difference between good and great buoyancy control.

Secondly we may need to trim ourselves properly. This means to ensure that we have positioned our weights and scuba cylinder to the correct ballast point to where we feel most comfortable. Make sure that you have even weight distribution from head to toe and left to right. Make a note of the material your fins are made of. Some fins sink while others float, Some BCD's have the use of rear weight pockets to distribute weight across the body. You can also strap weights to your BCD's tank band and trim yourself quite effectively with no lessening towards your safety should you need to ditch your weight in an emergency. Some divers use ankle weights as a means to distribute weight. You can even place an ankle weight up around the tank valve to assist you in trimming. And lets not forget that where we position our scuba cylinder itself will have a great affect on our buoyancy and trimming. A scuba cylinder, worn high places us in a more head down position, a cylinder worn too low places us in a feet heavy position. Try moving your cylinder up, taking care not to bump your head when you look forward. The advantage of this is you will find you are actually more streamlined and your breathing and movements will become easier and better. As an added result of regulator mechanics you'll have improved air consumption because your regulator will be working at a greater pressure than your lungs, if only by a few inches.

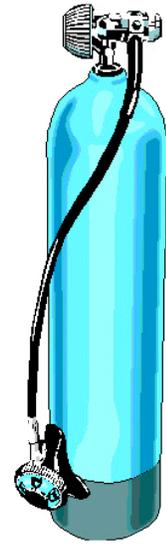
Once you get all the tricks mastered you'll be able to breath your way up and down the water column, around the reefs or through a hole in a shipwreck (avoid overhead environments unless you are properly trained to dive in these areas). The type of BCD you choose be it back inflation or jacket style will also affect your in water position but with practice you'll soon master control of that as well. Practice your buoyancy skills on each and every dive even if only for a few minutes, it will most certainly make a difference in the enjoyment of your diving.

Source: <http://www.genesisdiving.com/buoyancy.shtml>



Congratulations!!!!

New Certification(s)



Jack Audet - Nitrox

Visitor Craig Bell - Nitrox & AOW

Have a recent certification?? Let us know by sending an e-mail to dbuck@downunderdiveclub.com and I'll put it in the newsletter.

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