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Volume 36, Number 9

The Flipper

Official Newsletter of the Great Lakes Aquanauts

November 2003

GLA Board

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Tim Ouellette

VICE PRESIDENT

Ken Anderson

TREASURER

Linda Walton

RECORD SECRETARY

Jan Ouellette

THE FLIPPER

Jan Ouellette

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Sandy Prochazka

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MEETING TREATS

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WEB SITE COORDINATOR

Kristina Troxell

THE UPCOMING AWARDS BANQUET

The annual awards banquet is just a short time away. By now you should have received your invitation in the mail and hopefully you have checked the date with your social calendar and have reserved your spot at the banquet.

We will be at Mama-Mia's again this year and hope that most of you can attend.

Here are some of the particulars:
Social hour at 6:30 PM
Dinner at 7:00 PM
Awards and raffle following.

Tickets again this year are \$26 per person or \$52 per couple.

Check the special banquet sheet in this *Flipper* for further information.

PRESIDENT'S CORNER

1. I am sorry almost everyone missed Dave Jude last month. His expertise and research in limnology -- predation, life cycles, food chain, ecology, etc. of the Great Lakes was presented on a very professional level. I myself need a lot more time to digest all the material. Why don't we have huge smelt runs anymore? Where are the perch? Are zebra mussels of any value? Are Lake Trout spawning in the wild again? I could ask several more questions like these; Dave offered possible explanations. Thank you, Dave, for being our guest and we look forward to the next time. Thank you, Sandy, for bringing us such an enlightened speaker.

2. Unless I hear from someone, our board will remain the same. No one has stepped forward or nominated anyone for anything. Also I have not gotten any resignations, so I assume the board will remain the same. I will stay on as President (reluctantly) as I would hate to see GLA slip into oblivion. John Westman would take my position but has

other commitments. He said, and I hope, he will assume the Presidency in the near future. He has held the position in the past.

3. Our annual pizza meeting will be held at Buddy's Pizza, Northwestern and Middlebelt Road in Farmington Hills. See this *Flipper* for more details. (Free food and soft drinks--cash bar, as usual.)

4. The weather was great for our annual pumpkin carving contest. I had a bad cold and could not dive, but everyone had a good time. As usual the Westmans put on a good event. The slides from their Alaska trip were inspiring and no one wanted to leave. Great friends sharing great experiences. Thanks, John and Joanne.

5. The banquet is less than a month away. Mark your calendars and plan to have a good time. Also, we will need your help in soliciting the dive shops you frequent and support. I know, as in the past, that your help in this area will be greatly appreciated.

ELECTIONS AND PIZZA

To the right is a listing of the current GLA Board and Committee positions. We had no new nominations for these positions at the October general meeting. Therefore, unless we hear from anyone between now and November 19, the board and committee positions will remain the same. *Congratulations everyone!?!*

Our annual elections and pizza party is being held on Wednesday, November 19 at Buddy's Pizza on Northwestern Highway at Middlebelt Road in Farmington Hills. We have a reservation for 7:30 PM. Pizza and soft drinks are on GLA. Other beverages are on an individual cash bar basis. *Come hungry and enjoy!*

GLA Board

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PROGRAMS

Mark your calendars!

November 19 **Elections and Pizza Party** at Buddy's
Pizza, Northwestern Hwy at Middlebelt Rd.

2003 GLA DIVE SCHEDULE

Mark your calendars!

December 13 (Saturday)	Annual Awards Banquet
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SAFETY AND ED

DAN O₂ Courses

For the course nearest you, check out DAN's website: www.DanAlertNetwork.org. Look under "Training and Education".

OTHER DIVE RELATED INFO

Great Lakes Indepth

Watch Ric Mixter on public TV. Check your local listings for days and times. For more information, "dive" into the web at www.moreindepth.com.

FOR SALE

Call, fax or email Jan Ouellette to place your ad. This is a free service to GLA members.

-
- **Contour weights**, any size, call Mike Sitko.
 - **Underwater Metal Detector**, Garret Sea Hunt XL500VLF, \$500. Call Frank Klepadlo.
 - **Wetsuit**, medium, women's with farmerjohn pants and tunic top, hot pink/black. Contact Andrea Wolf.
 - **(2) Dacor regulators** plus 1st stage (console) pressure/depth gauge and compass, **(1) Dacor BC** (adult med). Call Dave Albright.
 - **Miscellaneous scuba gear**: fins (\$15 & \$25), mask/snorkel (\$10), Dacor BC (small) \$40, gloves (\$10), knife (\$10). Call Sandy Prochazka.

HOW TO USE LESS AIR

One of the most visible signs of our overall diving skill is air consumption, which reflects mastery of such basic techniques as relaxation, buoyancy control and fin propulsion. It's hard to hide the need to surface because you're running low on air, especially when your buddies or even an entire group must cut the dive short because of you. No one wants to be the first to give the thumbs-up. And then there's the inevitable post-dive braggadocio: "Yeah, I surfaced with 1,000 PSI in my tank. What about you?"

Before you buy double tanks, here's some good news: Your rate of air consumption is not genetically encoded. Efficient breathing under water is a skill, one of the most important adaptations we make to scuba dive, and you can learn it. Here's how to start saving air on your next dive.

- **Breathe deep.** Your rate of breathing must be slowed down or you will move air without giving your body adequate opportunity to absorb oxygen. Slow, relaxed, deep breaths promote a more complete exchange of oxygen and carbon dioxide. The greater your depth, the slower and deeper your breathing should be.
- **Be a mime.** Because water is 800 times denser than air, you simply cannot move as often or as quickly under water without paying a substantial penalty in effort and therefore air consumption. When you do move, it should be like a slow-motion mime—easy and deliberate.
- **Keep your hands to yourself.** Don't use your hands to swim. Let your arms and hands float loosely at your sides, fold them lightly across your chest, tuck them in your weight belt or beneath your tank on your back.
- **Get neutrally buoyant.** You'll know it when you achieve it: a sense of weightless ease, of being perfectly buoyed by the water around you. Absolute

stillness.

- **Stay horizontal.** Keep your body parallel, as much as possible, to the direction of movement. Swimming at an angle to the direction of movement is one of the greatest wastes of energy and air by novice divers.
- **Streamline your gear.** Secure all hoses as close to your body as possible. Use the smallest possible tank. Wear the smallest, lowest-lift BC that is still adequate for your diving. Put gear such as slates in BC pockets. Get rid of all excess weight. Keep your hands free and carry only the gear you need. Leave your snorkel in the bag unless you'll be making a long surface swim. Each of these steps decreases drag, therefore reducing the energy you put out and the amount of air you use.
- **Regulate your regulator.** Use the highest performance regulator you can afford and are comfortable with. Wash your regulator properly and have it serviced and adjusted regularly—at least once a year, more if you dive frequently, and after a regulator has been sitting idle for an extended period. Set any diver-controlled adjustment to the easiest breathing position that doesn't free flow. You do not conserve air by using adjustments to increase resistance.
- **Conserve tank air.** When appropriate, swim on the surface using a snorkel, or on your back with the BC partly inflated. Keep in mind that you are not as efficient on the surface as under water, but the air is free.
- **Stop spilling air.** When your regulator is out of your mouth, detune it and turn the mouthpiece down to avoid free flows. If your regulator is poorly maintained, it can also leak air through the mouthpiece. Take the same precautions with your octopus, securing it in a position so the mouthpiece will not face up and leak air. Have your regulator and octopus serviced and

adjusted regularly.

- **Reduce workload.** Swimming is the greatest part of your underwater workload, so do as little as possible. Ride with currents and use buoyancy control for ups and downs instead of kicking. Pull yourself gently along anchor lines instead of kicking.
- **Stay warm.** It's a fact: Warm divers use less air. You lose body heat even in the warmest tropical waters, which are considerably below your body's core temperature. And remember, water robs heat from your body 25 times faster than air. To save air, start by increasing the thermal protection of your torso, particularly in the armpits and crotch. Next, give better protection to your head, feet and hands. Increase the thickness and coverage of your wetsuit or switch to a custom-made suit.
- **Increase fitness.** The higher your level of fitness, the better your body can utilize the oxygen in the air you breathe. You should eat well, rest well, reduce stress and get plenty of exercise, while avoiding bad habits, particularly smoking.
- **Get experience and training.** The more you dive, the more comfortable and efficient you will be. Additional diving courses provide even more experience under supervision, along with increased understanding of how best to dive.
- **Relax.** It's not a contest. People vary in size, lung capacity, metabolism, sex (women generally use less air than men) and state of fitness. So there is a point past which you can't improve your air consumption. Trying to be something you're not or using techniques that are unsound simply lead to frustration and, of course, increased air consumption.

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Belize or bust . . . ?

February 27-28 through March 6-7, 2004

Aboard the *Nekton Pilot*

At last year's banquet, I was fortunate to win the 2-for-1 Nekton Cruise. Tim and I have chosen Belize aboard the Nekton Pilot as our trip. We would like you to join us! --Jan Ouellette

Tentative Schedule of events:

Saturday: Departure, boarding after 7:30 pm

Sunday through Friday: Diving, 4-5 dives a day, including a night dive. visibility along the walls is exceptional, 100 feet or better.

Saturday: Check out is by 8:00 AM. Complimentary tour of Altun Ha ruins (9:00 AM to Noon).

Note: Travelling to Belize requires that US and Canadian citizens have a passport that is valid for at least 6 months after they first enter Belize. You will be granted a 30 day visa.

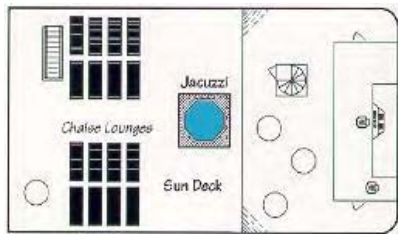
Cost and payment schedule:

Nekton Pilot	\$1495 pp
(Credits: non-divers, \$100; snorkelers, \$50)	
Airfare (Group rate via Continental)	\$ 700.40 pp
(this price includes a \$40 deposit and taxes)	
Est. Hotel cost in Belize City	\$109.00/nite

Payment schedule:

Nekton Pilot deposit due Nov. 28	\$400.00 pp
(33% refund on cancellations 180-90 days out)	
(no refund on cancellations w/in 60 days of trip)	
Continental Airlines due Nov. 28	\$ 40.00 pp
(no cancellation after 12/23)	
(\$660.40 balance due, 12/23)	

Total deposit due November 28 \$440.00 pp
(With deposit, include copy of passport photo page)



Count me in for the trip to Belize on the Nekton Pilot

Name(s) _____
 Address _____
 Phone _____ Email _____
 Diver ____ Non-Diver ____ Snorkeler ____
 Deposit enclosed: \$400 for Nekton Pilot ____
 \$ 40 for Continental Air ____

Please send this form along with a copy of the photo page from your passport to: Jan Ouellette





Banquet reservation information has been sent out. Please return your reservation to Linda Walton at your earliest convenience by November 29.

This year's banquet has been organized by Ken Anderson who was elected to the Vice President position at last year's elections. If you have any questions regarding the banquet, contact Ken.

Frank Troxell will present a slide presentation on the club's trip to San Salvador, April 2003.

As always we will have items to raffle from local dive shops, contributions from our members as well, along with a 50/50 raffle.

If you frequent a particular dive shop, feel free to ask them for a donation for our raffle. Letters have gone out to all of last year's sponsors.

We hope to see you all there!

Annual Awards Banquet

Saturday, December 13, 2003

\$26 per person (\$52 per couple)

Mama-Mia Restaurant

6:30 PM Socializing

7:00 PM Dinner

Awards and raffle to follow.
Banquet reservations

Name(s) _____

Phone _____ No. attendees _____

Amount enclosed \$ _____ \$26 per person/\$52 per couple

RSVP by November 29

Mama-Mia Restaurant

27770 Plymouth Rd, Livonia, MI 48150

Phone: (734)427-1000

[Driving directions](#)

