



Midwest Dive News

September 2009

THE Local Diving Specialists

**BREEZY
BELIZE**

**PHOTO HOW TO:
UNDERWATER
OVERHEAD**

**NEW
ATTACK OF THE
WRECKS
JERSEY**

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Northeast & Midwest Dive News

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The Dive News Magazine believes in honesty and integrity in business and will support all efforts related to this. We encourage readers to participate in determining the content of this publication by giving us their opinions on the types of articles they would like to see. We invite letters to the editor, manuscripts and photographs related to diving or diving-related business. Send us your stories and photos!

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ABOUT THE COVERS



▲ **Cover Photo by Chris Doyal**
 Chris Doyal has been a professional photographer since 1985. In 2005 he moved to northern Michigan with his wife to pursue underwater photography. He is currently the president of the Grand Traverse Bay Underwater Preserve in Michigan, www.gtup.org. To see more photography by Chris Doyal visit his website at www.chrisdoyal.com.



▶ **Cover Photo by Larry Cohen**
 Larry Cohen at Liquid Images UW started diving in 1989. His photos have appeared in such magazines as Sport Diver, Immersed, Advanced Diver, Sub Aqua Journal and Northeast Dive News, in textbooks and field guides like the National Audubon Society. He also teaches underwater photography at dive shops and gives presentations at dive clubs and dive shows. www.liquidimagesuw.com

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NORTHEAST US DIVES

10 New Jersey's Underwater History
 Waters off the New Jersey shore are littered with time capsules—ships that were frozen in time when they sank to storms or wars. This is the second of two stories on dive sites off the Garden State. Wrecks off north Jersey were described in the March issue, and the story can be read on-line at www.nedivenews.com. By Chuck Zimmario



MIDWEST DIVES

18 Capturing Cave Images
 Few realms challenge underwater photographers more than taking pictures in underwater caves. Safety always comes first; imaging second. Cave diving is a real specialty. You need special gear, rigging and training. Diving in any overhead environment is not to be taken lightly. It is very important for you to be comfortable in a cave before bringing in your camera rig. Besides the technical problems of the dive we also have technical problems for photography.. By Larry Cohen



TROPICAL DESTINATIONS

24 Make Belize a real diving dream
 Its 185-mile length makes it the largest in the Western Hemisphere and second in length only to Australia's Great Barrier Reef. Atolls and cays top the reef at points, some large enough to support resorts for visiting divers. The attraction is rich marine life amid warm blue waters. Story and Photos by: Bob Sterner



THE AQUAWOMAN STRIKE AGAIN!

By Michael Salvarezza & Christopher P. Weaver

Wreck diving in the Northeast is often associated with deep, dark, cold, arduous dives that (gasp!) only a seasoned diver with years of experience could safely execute ... and that diver is most often envisioned to be a man. Wrong!

Although the diving conditions in the northeast can at times be extremely challenging, the notion of an exclusively masculine club of macho shipwreck divers was shattered in 1980 when an intrepid band of woman made their first dive to the wreck of the *USS San Diego* and dubbed themselves the AquaWoman.

This monumental dive was said to be essentially a dare brought on by Captain Steve Belinda of the *R/V Wahoo*, who challenged Edith Hoffman, now charter member of the Woman Divers Hall of Fame and then Vice President of the Long Island Divers Association, to find other women capable of participating in "real" wreck diving. Hoffman knew that there were many other woman divers just like her and with the gauntlet thrown, it didn't take long to fill all available dive spots. Women from six states, including commercial divers, homemakers, and even a Radio City Rockette accepted the challenge and made the dive that day. This dive would become the debut of an annual event that has continued to this day.

Every year since then, AquaWoman dives have taken place on some of the island's premier dive boats and they have visited some of the area's most famous and most challenging wrecks.

And 2009 is no different. On Aug. 1, 24 experienced woman divers, a virtual "who's who" of female sport divers, boarded the charter boat *Lockness* and set out for another adventure to the wreck of the *USS San Diego*. This was a return to the roots of the AquaWoman of sorts as this was the site of the very first AquaWoman dive 29 years ago. Unfortunately, as sometimes happens on the unpredictable



Photo by Michael Salvarezza and Christopher P Weaver. See more online!

Atlantic Ocean, weather conditions were less than favorable for a trip to the east. A last minute decision was made to divert to the wreck of the *Lizzie D*, a local favorite. The *Lizzie D* was an 84-foot tug that disappeared in October 1922. It wasn't until the wreck was rediscovered in 1977 and her cargo of bourbon and whiskey were discovered that it became known the *Lizzie* was a rumrunner. She has since been visited by many hundreds of divers, many of whom have been luck enough to bring home a treasured artifact or two. For the really fortunate few, intact bottles of whiskey have been found.

The *Lockness* is a 48-foot dive boat based at Freeport, NY. She is only minutes from Jones Inlet and offers a wide variety of regular and chartered dive trips throughout the diving season. The *Lockness* can comfortably accommodate 22 divers and features a state-of-the-art navigational system, an open-air sun deck, a climate-controlled first level providing central air conditioning in summer and full heating in winter, and a high-level stereo system throughout. This is a perfect dive boat for the AquaWoman event; indeed, there have been several AquaWoman expeditions over the years on this vessel.

Aug. 1 dawned breezy and warm, and the prevailing winds were suitable for the trip eight miles south of Jones inlet to the *Lizzie D*. Once the boat crew had secured the anchor and down-line, it was

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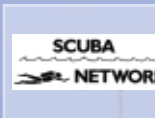
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time to make a splash as only the AquaWoman can. One by one, the buddy teams entered the water. Descending into the cool waters of the Atlantic, the divers found the visibility to be about 10 feet, a bit less than usual due to the recent breezy conditions.

The dives to the *Lizzie D* were fabulous, with most of the ladies opting to do two dives. But AquaWoman dives are much more than just the dives. A sense of camaraderie, fun, mischievousness and a genuine joyful celebration of life is evident on the boat, both to and from the wreck site.

2009's AquaWoman dive was a resounding success and a continuance of a tradition that stretches back to 1980. In 2010, the AquaWoman, in conjunction with LIDA, will once again venture out to one of Long Island's most famous wrecks aboard one of its premier dive charter boats. It will be the 30-year anniversary of the first AquaWoman dive. Through the years, the AquaWoman dives have included some of the most renowned woman divers, and have shown to all that scuba diving, and wreck diving in particular, is not the exclusive domain of men.

If you are a woman diver and you haven't joined this fabulous group in the past, what are you waiting for? Take the AquaWoman challenge! They hope to see you next year wherever their adventure takes them.

For information about the AquaWoman dives, contact Linda Gotti, coordinator, at pinkandh2o@yahoo.com or link to www.aquawoman.org.

Michael Salvarezza and Christopher P. Weaver have documented a world of adventure topside and underwater through their Long Island, N.Y.-based business Eco-Photo Explorers. They are popular lecturers and their work has been published in leading diving and general interest magazines. Learn more at www.ecophotoexplorers.com.

2009 AquaWoman Roster

Linda Gotti
Jaime Frost
Janice Raber
Sally Wahrmann
Martha Katz
Nancy Trejo
Elaine Turley
Anna Benitez
Janitez Espejo
Freddie Hughes
Andrea Nydegger
Cindy Hardenfelder
Esther Askins
Joan Hassler
Maureen Langevin

Caroline Swift
Tamara Wainer
Allison Kucker
Jennifer McCarthy
Victoria Heubish
Theresa Sheil
Alma Cardenas
Women crew (2)
Rachel Goodale
Natalie Whiteman

Lockness Dive Charter
Captain John
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lockness39@aol.com
www.locknessdiveboat.net

WOUNDED WARRIORS BENEFIT FROM DIVING PROGRAM

One minute you are on patrol in a foreign country protecting the freedom of the people and the next you wake up in a hospital. It is a story that is replayed over and over again as the wars in Iraq and Afghanistan rage on. Young men and women from all over the country are risking life and limb to fight for the freedom of people in these two countries often without so much as a thank you. Now soldiers returning from war with disabling wounds are getting a big thanks from a nonprofit called Soldiers Undertaking Disabled Scuba Diving.

SUDS is an all-volunteer program for wounded warriors at Walter Reed Hospital, Washington, D.C., and its reach has now spread throughout the United States. The program offers scuba certification programs through Scuba Diving International. Most service members who are trained were severely injured while in military service. SUDS volunteer instructors teach the adaptive scuba program in the aquatic therapy pool at Walter Reed.

The SUDS program allows Operation Iraqi Freedom and Operation Enduring Freedom veterans to learn to scuba dive as physical therapy and occupational therapy care. The Wounded Warrior / Disabled Sports Project then takes the veterans who have completed in-pool training on trips to dive destinations around the world, where they can take open-water certification tests. Some take tests at local spots such as Haigh Quarry while others go to international destinations like Belize and Bonaire.

John W. Thompson, SUDS president, and Larry Hammonds, training director, have trained 25 amputees through the program since February and more than 100 veterans overall. Both hold dive instructor certifications with SDI, Handicapped Scuba Association, Professional Association of Diving Instructors and the National Association of Underwater Instructors. They have nearly 40 years of combined teaching experience.

The Wounded Warrior Project along with Northeast dive shops and training agencies helped wounded veterans get motivated to rebuild their lives during a Long Island Wounded Warrior Water Sports Festival in July. The weekend festival began with a private parade and offered a weekend of water sport activities. Dave Lesbach, a retail marketing specialist with Diving Equipment and Marketing Association who oversees the Be A Diver program, attended the weekend festival.

"There were 35 soldiers from United States and nine from the United Kingdom," Lesbach said. "Some of these guys are getting used to their handicaps. They realize right away that getting into the water equalizes out the injuries. The water makes the fact that they are missing limbs a non-issue. It is wonderful to see." Lesbach said the crowning event of the festival was a charter cruise dinner to the Statue of Liberty. "It was all very patriotic with music and fireworks," Lesbach says. "It was very moving."

Dan Emke, president of AERIS and Oceanic, is just one of the many dive business owners who have given his time to the program. "I had the pleasure of participating in the Wounded Warrior program at Breezy Point, N.Y.," Emke said. "Kudos to all of those involved. The event was a huge success and the many volunteers made it every bit the success it was. The Wounded Warrior Project is a great asset to those who have been wounded in service to our country."

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