

JUNE 2020

ISSUE 6

WWW.SCUBAH20MAG.COM

# Scuba & N2O

YEARLY SUBSCRIPTION \$20

ADVENTURES MAGAZINE

08 IS IT EVEN A CORAL REEF NOW?

14 MONTEREY

YAP 50





# This month we visit Yap!

We have a number of great articles this month - okay - we have awesome articles every month! Our contributors share their travel experiences, stories that tug at our hearts, treasure hunting, educational insight, and of course gear.

This month we welcome back Bonnie McKenna, our environmental consultant, as she shares her adventures to one of her favorite locations - YAP! We welcome her insight and marvel at the incredible imagery graciously provided by photographer Brad Holland.

She shares some import details to remember when visitng Yap, and honestly a great reminder to all of us; check local customs before visiting any location.

Getting there: Yap is not difficult to reach from anywhere in the world. From Japan, it is an easy jump to Guam and on to Yap. United Airlines serves Yap twice a week from Guam.

Cultural courtesies: Women should cover their thighs when in public areas. Shorts or skirts down to the knee, sarongs, jeans, or slacks are acceptable. Men should not wear short-shorts. Bathing suits should be worn only at the poolside or on a boat.

Always ask permission before entering private property or taking photographs of people.

It's always fun to learn a few words of the local language: Greetings: Mogethin and Thank you: Kammagar.

*Selene Muldowney*

### About the Cover:

Photography by Brad Holland: Beautiful YAP

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## FACEBOOK

## INSTAGRAM

Book review on John Bantini's impressive impression on sharks! Shark Bytes is a great read - a must read for any ocean aficionado. John Bantini, Fernhurst Books  
#bookreview #sharkbytes #fernhurstbooks #sharkbitesbeautiful  
<http://www.fppubs.com/publication/?v=173820&a=68>

"Your world becomes eerily silent; your heartbeat your companion as it beats slowly; your body calm; bubbles occasionally escaping as they rush to the surface; this is the beginning." Selene

Shark Bytes by John Bantini  
Book Review

### FOR THE RECORD:

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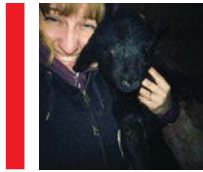
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# Regular Contributors



SELENE MULDOWNEY



JOHN TAPLEY



CAITLYN RUSKELL

Caitlyn is Content Writer and Editor for Divers Alert Network in Durham, NC. She is an active PADI and NAUI Instructor, RAID Rebreather Instructor and graduate of the University of Georgia.



A BEACH IS NOT ONLY A SWEEP OF SAND, BUT SHELLS OF SEA CREATURES, THE SEA GLASS, THE SEAWEED, THE INCONGRUOUS OBJECTS WASHED UP BY THE OCEAN. **HENRY GRUNWALD**



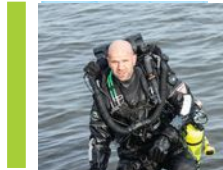
GARY LEHMAN

Gary came to diving later than most, and loves to get away when he can – which is not enough! Some of the most memorable experiences ever for Gary have been underwater with his club buddies, turtles and sharks! When not diving or thinking about it, he writes about it!



ALEC PEIRCE

Alec Peirce is recognized as one of the finest scuba diving presenters of his generation. He holds instructor certifications with seven different scuba training agencies plus many honorary awards from the scuba industry including the prestigious "Platinum Pro 5000 Diver".



ERIC PETKOVIC

Erik is an explorer, author, maritime historian, shipwreck researcher, and technical diver with over 20 years of diving experience. Erik has been featured in dive publications world-wide, is the author of three books, and regularly presents at the largest dive shows and museums in the country.



JAMES LAPENTA

I am a recreational and technical SCUBA Instructor whose primary goal is to create divers that are safe, skilled, and competent. I'd rather lose business than certify an unqualified diver. It is my moral and ethical duty to call out unsafe practices, standards, and those who defend or use them.



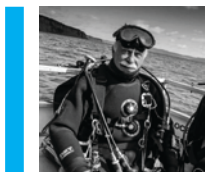
BONNIE MCKENNA

Destined to a life with adventure, Bonnie McKenna took her open water dive in 1955 with no wetsuit or BCD, a J-valve tank, double hose regulator, and fins that weighed a ton. She explored the world, with camera in hand, as an international flight attendant. Now retired, she spends her time working as a photojournalist and conservationist.



JOHN C FINE

The author Dr. John Christopher Fine is a marine biologist, Master Scuba Instructor and Instructor Trainer. He is an expert in maritime affairs and has authored 26 published books. His large format coffee table book: TREASURES OF THE SPANISH MAIN contains information and photographs of Spanish colonial shipwrecks.



GENE PETERSON

An accomplished wreck explorer, historian, speaker, instructor, and business owner, Gene is a man who wears many hats, and who has made significant strides in surfacing the deep history of New Jersey shipwrecks. Gene has over 40 years of experience in these fields, and we look forward to sharing his stories and expertise in future editions.



MICHAEL SALVAREZZA

Michael Salvarezza and Christopher Weaver have been diving the waters of the world since 1978. In that time, they have spent thousands of hours underwater and have accumulated a large and varied library of photographic images. They have presented their work in many multi-media slide presentations, and have appeared previously at Beneath the Sea, the Boston Sea Rovers Underwater Clinic, Ohio ScubaFest and Our World Underwater.

Eco-Photo Explorers (EPE) is a New York based organization and was formed in 1994 to help promote interest in protecting the environment through knowledge and awareness through the use of underwater photography.



CHRISTOPHER WEAVER



MARK NORDER

Mark has worked as a diver and dive supervisor for more than 30 years. He works in locations as diverse as Alaska's Bering Sea, the Missouri River and Gulf of Mexico. Mark currently resides in Southern California.

# SHORE DIVING

ARTICLE AND PHOTOS BY MICHAEL SALVAREZZA & CHRISTOPHER P. WEAVER, ECO-PHOTO EXPLORERS

Diving in Kelp Forest is a special experience for Pacific Coast divers

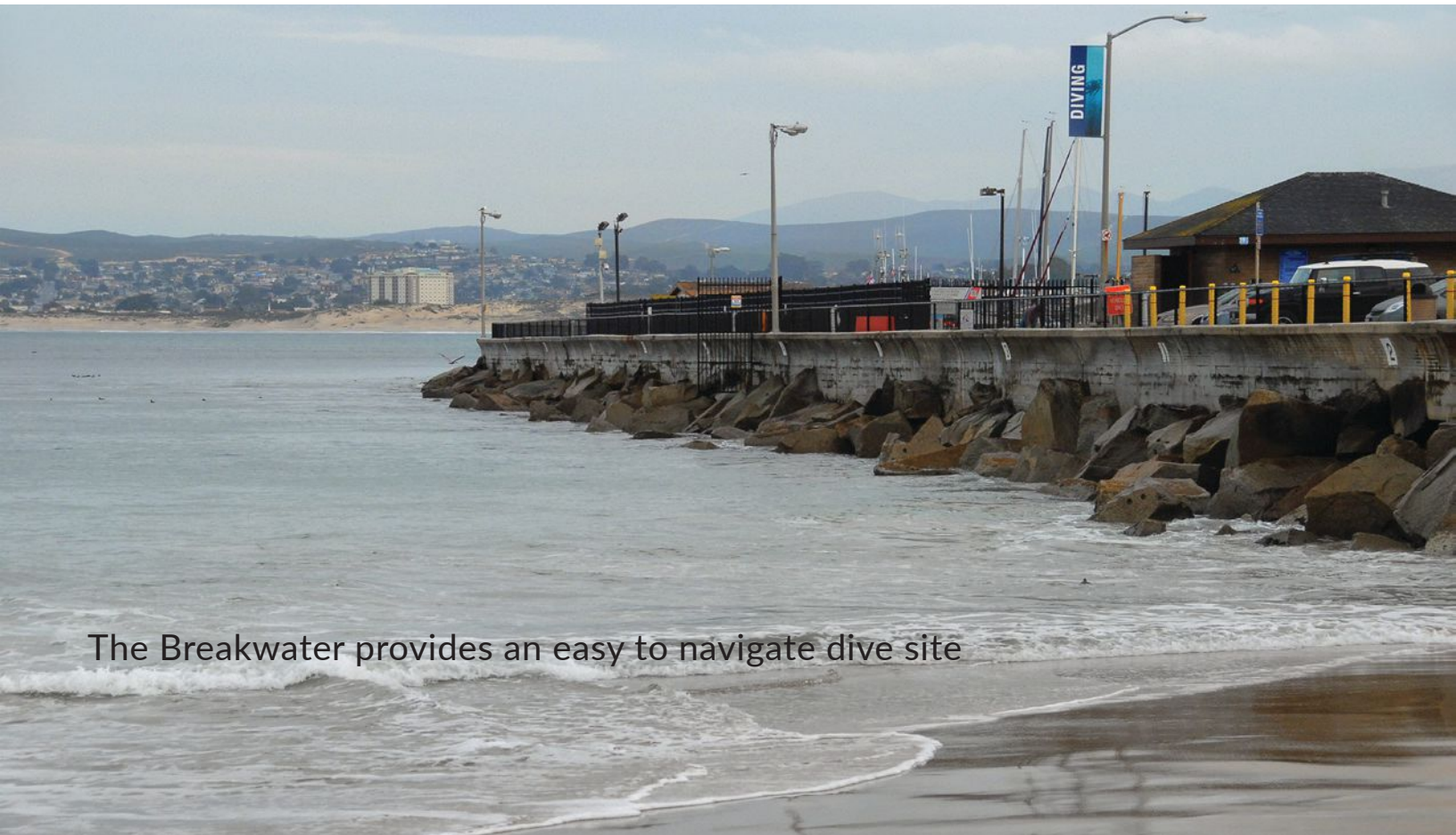
# IN MONTEREY



The coast of Central and Northern California is rugged, rocky and wild. Rocky cliffs give way to an occasional sandy beach, and offshore the waters drop precipitously into deep canyons. The vast expanse of the Pacific Ocean gives rise to mountainous waves during fierce storms, and the predominant currents bring cold water from the north. These conditions can be challenging for divers, but for those who time their dives properly, are prepared for changeable conditions and are ready for diving in relatively cool water, the treasures below the surface are well worth the effort.

And nowhere are those treasures more evident than in the rich waters of Monterey Bay.

Monterey Bay lies about 120 miles south of San Francisco and boasts of the world-famous Cannery Row, the fascinating Monterey Bay Aquarium and some of the best shore diving in the United States.



The Breakwater provides an easy to navigate dive site

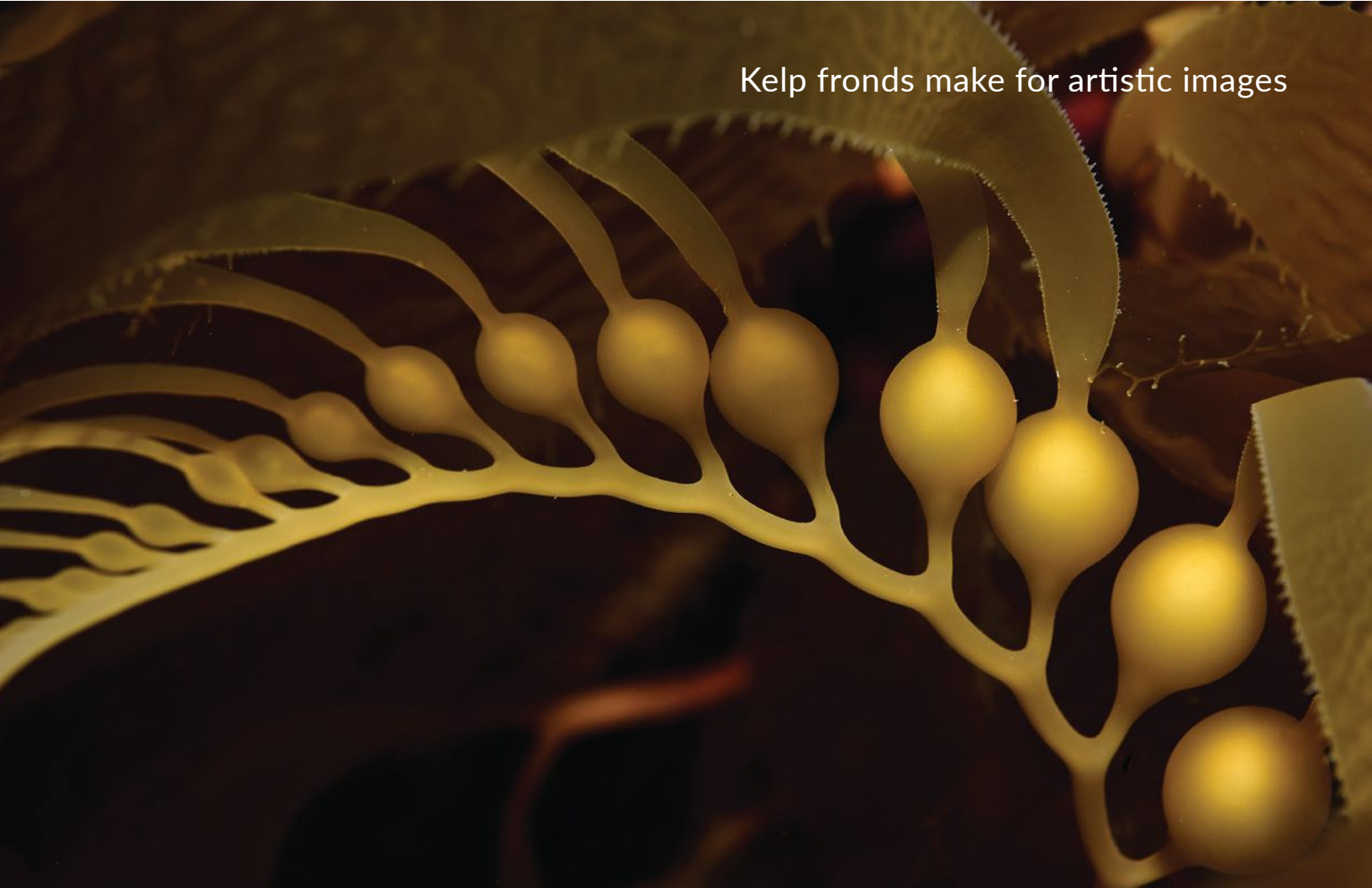
There are a number of dive sites to explore in Monterey Bay, but beware that shore diving in this region does require some preparation and some additional skills. Of primary concern to divers is the erratic surf: conditions may be calm when you enter the water but can deteriorate into a high surf situation during the course of the dive. Never enter the water if the surf is too dangerous and if you are not comfortable with waves during a shore entry or exit.

Generally, shore divers enter these waters with fins on and regulators in mouths and will shuffle into the waves backwards until deep enough to submerge. If there are high waves during the exit, divers will crawl on all-fours with regulators in mouths until safely ashore. Always leave 1000psi in the tank for your exit from the surf.

The waters in Monterey are cool. Surface temperatures average between 50-55 degrees Fahrenheit but can



Kelp fronds make for artistic images



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quickly drop to 45 degrees or lower below 40 feet. A 7mm wetsuit or a dry suit should be used for thermal protection. Visibility can range for 20-50 feet.

If you are unfamiliar with diving in the area, unused to surf entries from the shoreline or are new to cold water diving, it is best to find a site that is more protected from the waves and currents. An ideal place to begin your Monterey adventure is at a site known as **The Breakwater**. This is a man-made jetty that extends some 200 yards into the bay. Home to dozens of California Sea Lions, the Breakwater offers a dazzling array of marine life and there is an extensive kelp bed growing alongside the structure. Divers will find convenient parking and an easy entry point more or less protected from the waves.

The rocks slope down to about 60 feet of water and along the way you will encounter brilliantly colored starfish, tube anemones and sea pens. Myriad species of cold water fish inhabit the jetty and if you make it to the very end, you may just find yourself cavorting with the Sea Lions.

**Lover's Point Cove** is another popular dive location. Reaching depths of about 40 feet, the cove is somewhat protected from the prevailing surf by a small breakwater and the natural contours of the coastline. Divers often report bat rays, torpedo rays and schools of rockfish. We came across a California Sea Hare, a species of sea slug. Sea Hares are visually quite arresting, reaching lengths of 30 inches when crawling.

Other dive sites in the Monterey area include **Del Monte Beach, McAbee Beach, Coral Street Beach** and **Otter Cove**.

A short distance to the south is Carmel Bay. This area is more exposed to the open ocean and therefore the conditions are often rougher. The surf is usually higher and the surge generally stronger. The proximity of the Carmel Trench makes for deeper dives and colder water but with these conditions comes better visibility than in Monterey Bay.

One of the best known dives sites in the area is also one of the most challenging. **Monastery Beach** is known for beautiful kelp beds filled with a plethora of marine life. But the sharp drop of the beach causes the surf to rise quickly, creating very tough conditions on all but the calmest of days. Nobody should dive this site unless well prepared for surf entries and exits. But for those who make the dive, the rich marine ecosystem of the nearby kelp forests makes it all worthwhile.

Monastery Beach sits at the head of a deep submarine canyon and the depths reach well beyond diving limits. Bat Rays, Torpedo Rays and even an occasional Blue Shark can all be found here. In the kelp, divers should slow down and focus on the marine life making their homes in the fronds of these fast growing plants. A close examination of the kelp fronds will reveal gastropods, shrimp and numerous types of well camouflaged fish. An inquisitive Sheepshead may make an appearance, as well as the bulky Black Sea Bass.

We finished our exploration of the Monterey Bay area with a dive at **Metridium Field**. This site lies nearby to Cannery Row and gets its name from the vast array of rocky outcroppings covered with large white Metridium Anemones that can be found here. The entry point is along a sandy beach that usually experiences only a mild surge. A long swim is required but eventually, between 50-70 feet of water, the Anemone fields come into view. These fluffy looking anemones extend their tentacles into the nutrient rich water and wait for unsuspecting crustaceans and small fish to happen by, making for a quick meal for the Anemone. The site is ideal for wide angle photographers who can revel in the image making opportunities with these two-foot Anemones.

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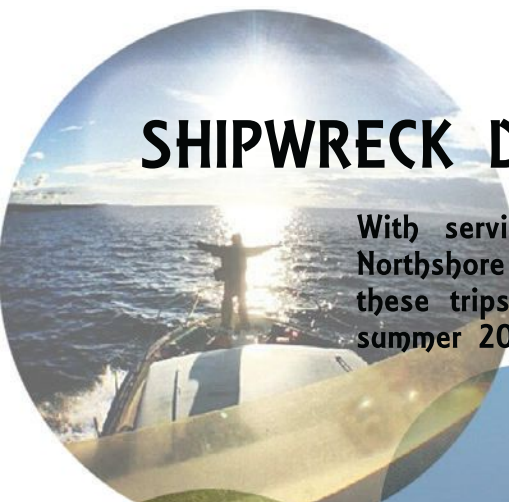




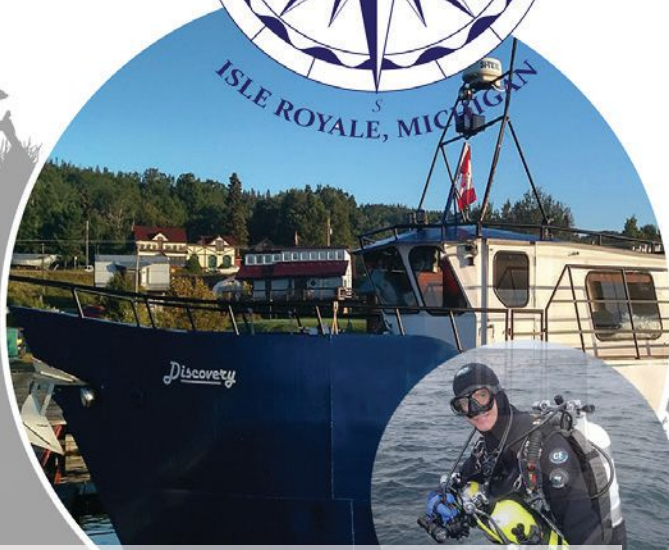
Large Metridium Anemones give the Metridium Fields dive site its name

# SHIPWRECK DIVING AT IT'S BEST

With service to Isle Royale National Park, the Northshore of Minnesota, and the Apostle Islands, these trips are sure to be a 'must do' on your summer 2019 list.



Follow us for your next underwater adventure



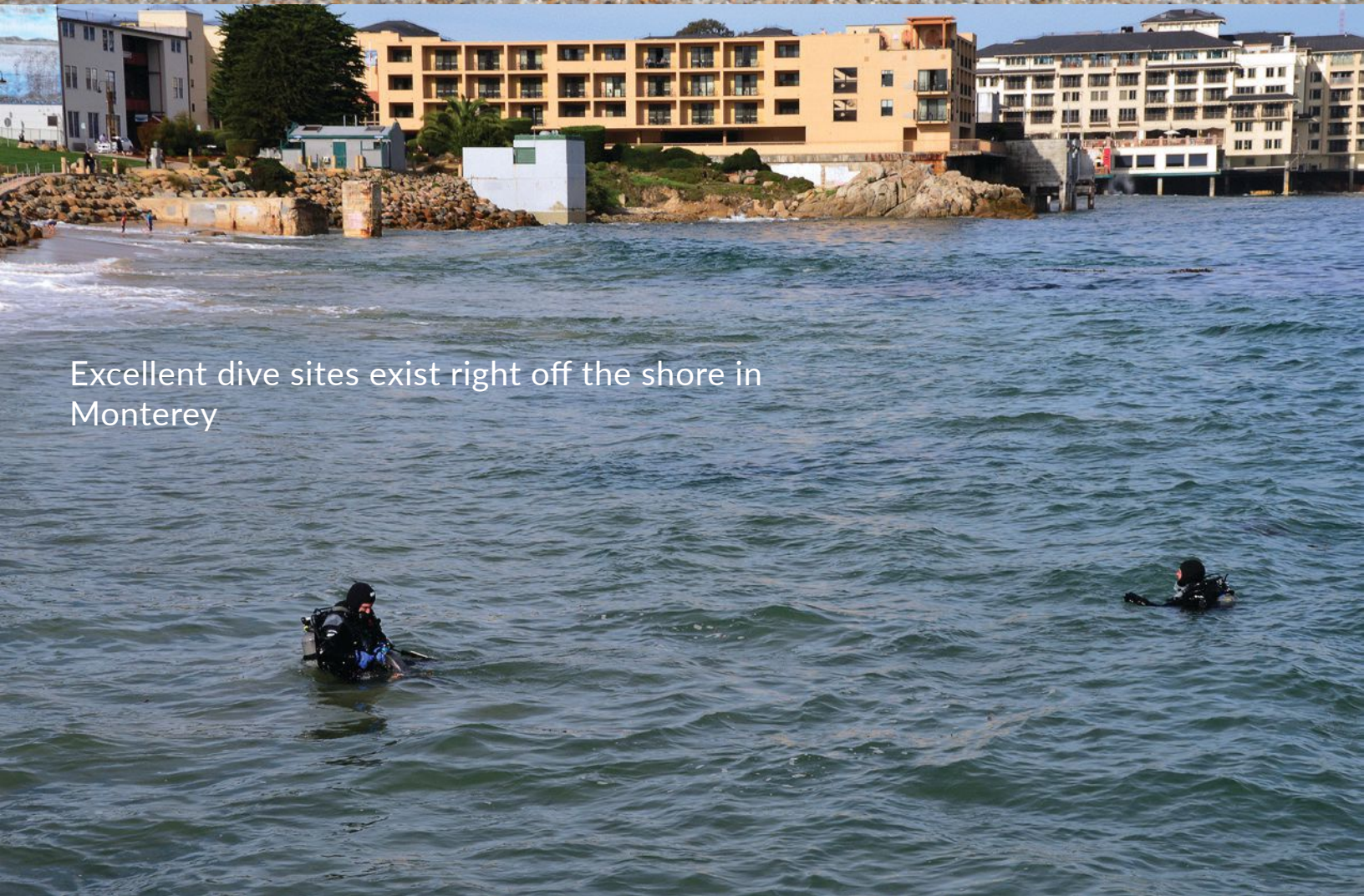
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A gull wanders the beach

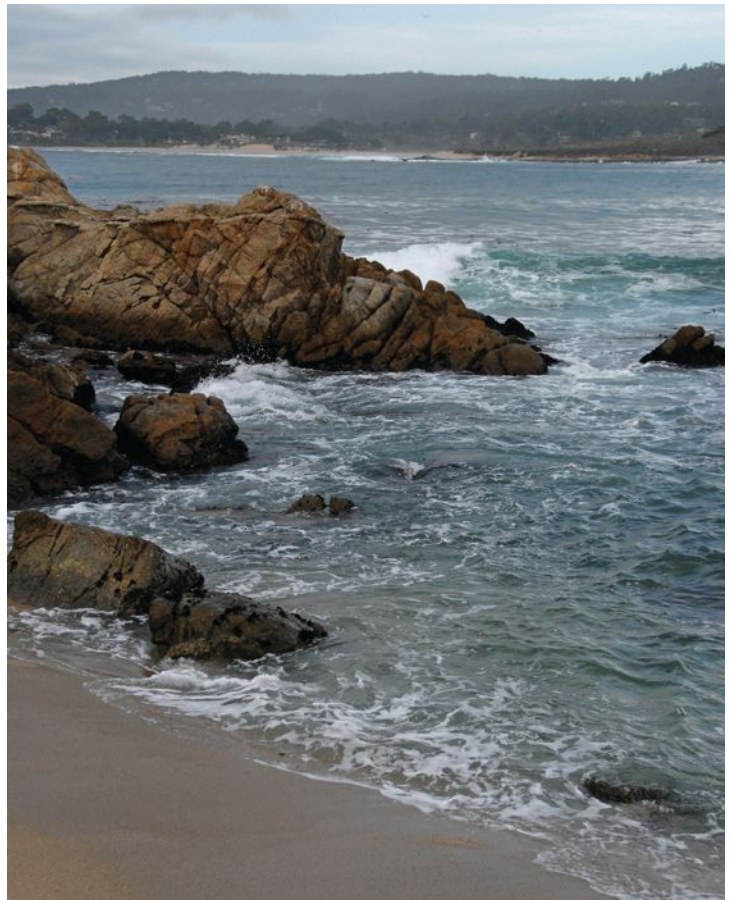


Excellent dive sites exist right off the shore in Monterey



A visit to Monterey is a journey back to the time when sardine fisheries ruled the day in this area. Cannery Row, made famous in 1945 by Author John Steinbeck, still stands and is home to hotels, shops, restaurants and the Monterey Bay Aquarium. At one time, massive quantities of Sardines were brought here to be processed and canned. This industry collapsed when the populations of sardines crashed due to unchecked overfishing. It never recovered nor did the sardines.

The waterfront area is still evocative of those days. It is a major tourist destination and its many treasures are enjoyed by visitors from around the world. Divers, however, can smile with the knowledge that there are even greater rewards to be found beneath the waves of Monterey. So grab your gear, strap on a tank and stride right into the water from the shores of this quintessential northern California community and be transported to another world. You'll be glad you did.



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