

NZ Dolphin Underwater & Adventure Club Newsletter October 2021

No Club Meeting: Wed 13th October 2021 - Club Rooms Closed L3
Guest speaker: Nil

www.dolphinunderwater.co.nz



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Reg Lawson - Life	Roberto Tonei – Life	Dave Quinlan – Life
Graham Thumah – Honorary	Tony & Jenny Enderby - Honorary	Eileen Slark – Honorary

Cover Page Photo:– Swim through Beqa Is, Fiji by Denis

What's on our coming agenda?

13th October – Wednesday – Closed- No Dive Club Meeting – Club Rooms – Northcote Road Extension

Postponed - Saturday – 10.00am – 2.00pm Clubrooms – EMR Training session.

Dive Trips Available

You will need to contact the shops

Upcoming Trips with Performance Dive NZ you may be interested in 2021 - Ph. 489 7782

Contact shop directly to see what is available. Trips available have been limited due to Covid/weather/numbers etc.

Upcoming Trips with Global Dive you may be interested in 2021 - Ph. 920 5200.

Contact shop directly to see what is available. Trips available have been limited due to Covid/weather/numbers etc

Other events & suggestions please contact a committee member or organise it yourself & get the club to make up your numbers. i.e. – Dives, trips NZ & O'Seas, Events, Outings, Tramps, Dinners, Movies, whatever social event tickles your fancy.

Our Club's Trip Rules (Organiser's rules apply for overseas trips)

- A. Bookings allowed on all trips. *Two trips & club membership is a must.*
- B. **A deposit or full payment to be made at time of booking.**
- C. Full payment MUST be paid at least two weeks before departure date.
- D. Trip Organiser to handle trip & bookings, & Treasurer to handle finances. Cancellations due to weather will be refunded in full, or transferred to another trip.

- E. Members cancelling for any reason will lose full monies unless they find a replacement for their position on the trip.
- F. The trips Organiser will determine if there are enough people to run a trip & if not will notify cancellation two weeks prior to departure. **Non - financial members will be charged an extra \$10 on trips.**

Membership: Single – \$40 Family - \$50.00

Are YOU a paid up member?

C'mon people if you want the club to survive see Margaret or Trish next meeting or do it online.

Club's Internet bank account is 06 0122 0074227 00 & don't forget to put in your name

Club Membership also includes Affiliation to the New Zealand Underwater Association

KINA

Have you noticed a marked increase in kina around rocky reefs over the last few years? We certainly have, and these kina barrens have prompted us to investigate ways of addressing the issue of kina barrens, which are causing a real imbalance in the marine ecosystems. One solution could be to cull some of the kina, but that doesn't address the underlying problem, which is that kina have lost the large predators that keep the system in balance – namely tāmure/snapper and kōura/crayfish. This enables them to decimate once healthy kelp forests, essentially eating themselves out of house and home. There are also cultural elements to consider as kina are a taonga species and have their role in the ecosystem.

To look into the issue, and to see how quickly the kelp could recover, the University of Auckland proposed a project to work with mana whenua, the Neureuter whānau, matāwaka, rangatahi and marine scientists. Led by Assoc. Professor Nick Shears, alongside PhD student Kelsey Miller, the project's aim is to test the viability of large-scale kina removal and how it might be incorporated into wider plans to restore mauri to the Hauraki Gulf's rocky reefs.

To learn more about the planning, process and monitoring involved with this project - you can follow the link below to read the blog on the Noises website:

<https://www.thenoises.nz/.../26/we-need-to-talk-about-kina/>

[The University of Auckland](#)

[#thenoisesislands](#) [#haurakigulf](#) [#newzealand](#) [#aotearoa](#) [#conservation](#) [#protection](#) [#moana](#) [#sealife](#) [#kina](#) [#motu](#)
[#underthesea](#) [#universityofauckland](#)

Ama Sea Divers of Japan

These women work as *ama* sea divers, catching fish and shellfish and collecting seaweed in Japan's Ise Bay. Protective symbols are stitched onto their bonnets to ward off danger and ensure a safe return.

STEPHEN MANSFIELD, Contributing writer August 18, 2021 08:00 JST

OSATSU, Japan -- I am sitting inside a wooden hut, a simple structure known as an *amago*, in the fishing village of Osatsu, on the east coast of the Ise Peninsula, an area of great beauty located on the southwestern coast of Japan's main island of Honshu.

I watch as the women divers, or *ama*, wearing white bonnets embroidered with star symbols known as *seiman*, turn oysters over red-hot coals. It is one of those culinary experiences that is as much about culture as food -- in this instance, an ancient marine culture.

Fear of the sea, its shifting, tempestuous moods and irascible temperament, has spawned many superstitions among those who depend on its bounty and goodwill for their livelihoods -- not least in this unique part of Japan.

The *seiman*, a geometric shape resembling a spiky constellation, can be drawn -- or in this case stitched -- in a continuous pattern which represents completion, a safe return to the starting point of the woman's dive -- the surface of the sea. The nine superimposed lines of the *doman*, a pictorial representation of a fishing net, is another visual amulet, this time a hopeful defense against menacing deep-water threats such as sharks and the hypothermia-inducing winter seas. Our lunch, chargrilled over an open hearth, is a smorgasbord of clams, scallops,

sazae (turban shell), spiny lobster and oysters, served with grilled sea bream, a briny agar seaweed soup, and organic rice.

The peninsula's seafood meets the sacred on the high altar of abalone consumption and appreciation that almost amounts to gastronomic cult worship. Abundant during the months from May to September, even the deities at the Ise Grand Shrine, which is deeply linked to Japan's Imperial family, get to partake of this delicacy in an annual ritual offering. It is no coincidence that the connecting set of main and subsidiary places of worship at the Geku (the Outer Shrine) is dedicated to Toyouke O-kami, the Divinity of Abundant Food.



An ama takes the plunge in Ise Bay.



Grilling oysters at a lunch buffet restaurant off the Pearl Road.



A reimagined painting of an ama depicts marine life in heightened detail. (Stephen Mansfield)

There is a timeless quality to the Ise shoreline, one sensed in the fine alterations of light, as its waters change from the muted hues of a shrine mirror to deep aquamarine. The marine connection with the peninsula, also known as Ise-Shima Peninsula, is reinforced in a unique museum just south of the bayside town of Toba. Occupying a set of stunning modern buildings, the Toba Sea-Folk Museum explores the relationship between the region's inhabitants and the sea in exhibits tracing the traditions, superstitions, festivals and working methods of fishermen. Arguably, the most impressive building in the complex is the Repository of Wooden Boats, with its vast collection of original vessels from both Japan and other Asian countries.

The museum's remarkably realistic fish models are a good introduction to the species inhabiting the surrounding waters here. But for a genuine sampling of Ise cuisine, visitors need to go to locally endorsed restaurants. Some are on the Pearl Road, a twisting country route offering glimpses of tiny bays and ageless fishing villages, which might just as well be called the Oyster Road, at least

during the late autumn and winter season. Signboards point to roadside eateries and timber huts, advertising "Oysters: All You Can Eat!" Piles of oyster shells can be seen along restaurant peripheries or beside car parks or surrounding sacred rocks in the precincts of local shrines.

For the ultimate in fresh fish servings, however, Hanaya, an eatery in Kashikojima in the peninsula's south, is hard to beat. Like provincial French restaurants, the menu is handwritten every day, the dishes changing according to available catches. Numbers are scribbled next to dishes on the menu, indicating how many servings are available at any given time. The restaurant, which doubles as an inn, has seen a decline in customers since COVID-19 appeared in Japan last year, although the periodic lifting of states of emergency and public holidays like Golden Week in the spring have helped to partially restore profits.



One of the buildings at the Toba Sea-Folk Museum replicates a fish-drying shed



This kimono at the museum depicts Ebisu, god of commerce and patron of fishermen.



The museum has an impressive collection of fishing boats. This kimono at the museum depicts Ebisu, god of commerce and patron of fishermen. (Stephen Mansfield)

Although fish consumption in Japan has shown signs of recovery during the pandemic period as more people stayed at home, public demand for meat overtook that of fish a decade ago, a gap that has been widening. This shift is partly explained by the lengthier preparation process required in cooking with seafood. Falling demand also reflects diminishing fish stocks caused by overfishing and rising sea temperatures.

Fishing has always been a more precarious undertaking than farming. The danger of working at sea, combined with the economic uncertainty of unpredictable catches and falling incomes, explains the existence of small seaside shrines clinging to the cliffs of the peninsula. One thing that any amount of petitioning to the gods cannot change, however, is the inexorable migration of young people to urban areas. The depletion of an energetic work force, combined with a steadily aging population, spells an uncertain future for marine-related occupations in the area.

There are exceptions to the exodus, as the case of 41-year-old Aiko Ono illustrates. A trained photographer, Ono relocated to the Ijika district of Toba and became an ama, joining a group that includes women in their 80s. The move was not as improbable as it might seem since Ono is a keen diver. After a day's diving for abalone, seaweed and turban shells, Ono and her team of women go to a *kamado*, a simple hut with a wood-burning fire, where the divers warm up. These are also the places where younger women can learn from their more experienced elders how to cultivate a respect for the sea, while formulating modern diving methods and business models.



Oyster shells often appear in shrine displays like this on the Ise Peninsula



Nets of seaweed hang out to dry along the peninsula's picturesque Pearl Road



Sorting seaweed at a women's collective in the fishing port of Arashima. (Stephen Mansfield)

In an example of using contemporary technology, another ama, 38-year-old Megumi Koderu, who is based on the tiny island of Sugashima, has turned to online shopping applications to sell her seaweed products.

Men may sail out to the open seas to catch fish, but much of the managing of Ise's marine culture seems to be conducted by women as they can be seen sorting, cutting and hanging great hanks of kelp. Meanwhile, female divers plunge to astonishing depths, while

elderly women can be seen carrying bundles of *arame*, a local seaweed, along woodland tracks to fishing ports after cutting the plants from rocks.

At the amagoiya, the women are busily engaged in preparing and serving food. Besides oysters, a feature of any visit is the optional side treats that include the prized and suitably expensive Ise *ebi*, a local shrimp. Bottles of ponzu, a citrus-based soy sauce, sit on the tables, often alongside tiny servings of *yuzukosho*, a mix of yuzu citrus peel and chili peppers which goes particularly well with oysters.



Serving a truly fresh fish set at Hanaya, Fruits of the sea at a local Ise restaurant. (Stephen Mansfield) a sea-facing restaurant in Kashikojima.



The ama at these rough-and-ready cantinas not only dive for our lunch, they also prepare the oysters by scraping off exogenous matter from the shells, a process not unlike caulking the underside of a fishing boat. Care is needed in grilling the sharper shells. Ama routinely wear white gloves, arming themselves with tongs and oyster shuckers. While cooking, the oysters can burst open, spitting boiling, briny water. It is a

delicate business, involving good timing, as the oysters can easily burn if the seawater in the shell evaporates too quickly.

As we consume our generous, multicourse servings, the ama relate anecdotes of sea life. Their accounts touch on fishing techniques, the risks involved in diving, superstitions and beliefs, and thoughts on the embattled state of marine biology in the area. They also recount how oysters were once, and perhaps still are in some quarters, regarded as powerful aphrodisiacs. And that oysters have eyes, a fact I would prefer not to know.

Further evidence that the local marine culture is firmly in the custody of women is the annual spring visit by Osatsu's ama to the nearby Ishigami-san Shrine to venerate the sea gods and appeal to them for bountiful catches and protection from marine perils. It may be that the waters in these parts benefit best under the supervision of women. In "Deep," James Nestor's book on the power and mystery of the oceans, an ama tells him, "When a man comes to the ocean, he exploits it and strips it. When a woman puts her hands in the ocean, that balance is restored."

An Interesting Concept to Help the Environment

Underwater memorials: More families creating 'eternal reefs' to honour loved ones
by [Evan Dean 7:59 PM EDT, Sun June 27, 2021](#)

SARASOTA, Fla. — Soon after the sun rises over Sarasota, a crowd of several families and their friends gather in a marina to board a large boat.

"Gather around, please," a woman announces to the crowd. "Welcome to deployment day." Dawn Zeugin, a local woman, is among those on the boat. "I called him Craigy-poo," she joked, reminiscing. "He'd go fishing every morning and then go to work." He is her late husband, Craig Zeugin. He died months ago after battling brain cancer. "This is kind of celebrating him and what he meant to all of us," she said of the boat ride.

It's no ordinary trip. After navigating several miles offshore, the passenger boat approaches a large dive boat and a memorial of sorts begins.

With flowers in hand, families watch as, one by one, large concrete reef balls are lowered into an underwater memorial. Inside each ball is a concrete mix called the 'pearl' containing the ashes of a loved one who's died.

Dawn, fighting tears, watches as her husband's reef ball is placed into the water. It's a final goodbye and Craig's final resting place.

"You'll have to learn to be a scuba diver," Dawn told a young family member. "You can be his diver dog and go down and see his reef."

On dry land, George Frankel walks through the warehouse where the reef balls are made.

"These are different molds," he explained. "We call this 'The Mariner.'"

Frankel is the CEO of Eternal Reefs, the non-profit that creates the unique tributes. Families get to decorate each reef ball before they go into the water.

"They'll put hand prints, they'll write messages," Frankel explained. "This is the place where you watch families take ownership of the reef."

This year, more families are turning to Eternal Reefs to memorialize their loved ones. Frankel said that's because of the COVID-19 pandemic.

"We've gone from about 300 information requests a month to over 500 since COVID started," he explained. "For the first time as a society, we're talking about death. We're talking about it among our families."

Frankel said the ocean memorial can be a good way to introduce young children to a loss.

"There's no body, there's no darkroom, everybody isn't talking in whispers," he explained. "This is an arts and crafts project, and that's the way they look at it. And it becomes a very positive experience."

It's also positive for the ocean.

The PH-neutral reef balls immediately become a new habitat for marine life. Over the past 20 years, Eternal Reefs has placed memorials off the coast everywhere from New Jersey down to Texas.

“This is nothing more than an enhancement for mother nature to use as one of her tools,” Frankel said.

“I put in this heart that says, ‘I carry your heart with me,’” Dawn describes, showing a picture of Craig’s reef while on the boat.

The memorials are a reminder that while death should be mourned, a life well-lived deserves to be celebrated.

For the Zeugins, there’s no better place to do exactly that — than on the water.

“We love you. Enjoy the bubbles and the fish,” Dawn says before the boat heads to shore. “Keep in our hearts. You’re in ours.”

Don't have boat but do have a Kayak & want get to those dive spots? How about this idea!

PacMotor system adds dual electric motors to existing kayaks

By [Ben Coxworth](#)

October 05, 2021

The PacMotor system, with its two motors deployed over either side of the kayak PacMotor

Although most kayakers like their boats specifically *because* they're human-powered, a motor could help out in some scenarios. And while there are [already](#) pre-motorized [kayaks](#), the PacMotor system adds *two* motors to an existing boat.

There are three parts to the setup – a dual-motor assembly that gets strapped onto the hull behind the cockpit, a hard-wired 16.8V/39-Ah lithium battery pack, and a waterproof floating Bluetooth remote control unit.

Each motor is located on the end of a folding aluminium arm. Those arms are pulled up out of the water when no electrical assistance is required, and get folded down over either side of the kayak when a boost is needed. They're then activated by the joystick remote.

The PacMotor system with its motors raised

Because the two motors operate independently, the system is able to turn the boat to either side by varying their thrust relative to one another. It's even possible to spin the kayak around on the spot, by running the motors in opposite directions. And as a safety feature, the motors won't run if the remote's Bluetooth signal isn't detected.



According to the Florida-based PacMotor company, one charge of the battery should be good for over three hours of use. The system has a top speed of 6 mph (10 km/h), it can be used in salt or fresh water, and the motor unit is claimed to tip the scales at 9 lb (4 kg) while the battery weighs around 10 lb (4.5 kg).

It's an intriguing setup, although we're not sure how compatible the motor unit's mounting system would be with different hull shapes and materials. Additionally, while the website shows the battery nestled in a depression on the kayak's rear deck, such a convenient storage spot wouldn't be available on many boats. Sticking the battery between your legs in the cockpit, or trying to cram it into the rear cargo compartment (which would have to remain open), would be pretty awkward and perhaps even a bit unsafe.

In any case, if you're interested in getting a PacMotor system of your own, you can register for updates via the company website – a Kickstarter campaign is planned to start in November. The planned retail price is US\$799, although a 30-percent discount is being offered to early birds.

Scuba Diving And Cramps:

How to Prevent Leg Pain, Foot Pain, and Cramps While Scuba Diving

Scuba diving and cramps shouldn't go together. But, unfortunately, as many of us know - they sometimes do. And it is never fun. Today we have a guest post by Dr. Brent Wells addressing this issue. So if you ever had that leg cramp up while diving, or if you never want to feel those leg cramps while diving, this post is for you. There are some simple things we can do to help prevent experiencing this issue during our dives. Hope you enjoy the article. Here's to cramp free dives!

It's happened to every scuba diver at one time or another. There you are, watching manta rays glide across the ocean floor when suddenly, you are hit with a powerful leg or foot cramp. The more you try to shake it off, the worse it gets. What can you do?



Regardless of how much experience you have or what kind of shape you are in, leg and foot cramps can hit at any time. This is especially true when it comes to cramps in the calves.

In addition to being painful, cramps can cause you to fall behind or get left behind by your diving buddies, make you forget to monitor your air, and even cause you to stop paying attention to how deep you are diving.

The good news is that there are some steps you can take both before and after a dive to help keep these pain-filled episodes short and infrequent.

Why Your Legs and Calves Cramp Up

While most divers experience cramps in their calves, you can also get them in your thighs and your feet. Some episodes are short, others are excruciating and go on for 3-5 minutes!

There are multiple reasons why our legs cramp, and sometimes the reason is unknown.

One thought is that certain activities, such as diving and swimming, involve the intense use of multiple muscle groups, including the feet, calves, quads, hamstrings, and buttocks. This “overuse” or prolonged use of these muscles can cause a lack of circulation, which can cause cramps.

One known factor is that when the body is low on certain minerals, the muscles do not receive proper nerve signals, or the lack of these nutrients causes the muscles to act erratically.

Tips for Preventing Cramps and “Divers’ Feet”

When we are diving and swimming, we point our feet to effectively use our swim fins. Unfortunately, pointing our feet is what can bring on a cramp in the calves or the toes.

This cramping when pointing our toes is so common it is known as divers' feet.

The best tips for preventing these cramps include:

- Ensuring that your fins fit well. The foot pockets should be long enough and wide enough that you can wiggle your toes just a bit
- Check the stiffness of your fins. Older fins can become too stiff and hard, which forces you to put more effort into using them
- Be sure that your booties fit well and are not too tight
- The strap on the back of your fin should fit firmly, but not so tight that they pinch

Regular stretching exercises can also go a long way towards preventing cramps. You should do stretching at least 3-4 times per week and before you go on a dive to prevent leg or foot pain and cramps.

Good stretches for the legs, buttocks, and feet include:

- **Upper Calf Stretch** - Stand near a wall with one foot in front of the other. The front knee should be slightly bent. Put your hands on the wall for support. Keep the back leg straight and the heel on the ground. Lean towards the wall by bending the knee on the leg in front. You will feel the stretch in the calf on the leg that is straight. Hold for 30 seconds and switch legs.
- **Lower Calf Stretch** - Using the same position as the stretch above, this time you should bend the back leg while keeping the heel on the front foot on the ground. Hold for 30 seconds and switch legs.
- **Toe Pulls** - Sit on the floor with your legs straight in front of you. Stretch out a towel and loop it around your toes. Pull the towel towards you. Hold for 5-10 seconds and repeat 3 times.
- **Tip Toe Stretch** - Stand next to a sturdy object, such as a table, and stretch up onto your tiptoes. Hold for a count of 3, then return to start. Do this 5 or more times each day.
- **Hamstring Stretch** - Put a chair in front of you and place the heel of one foot on the chair. Bend at the waist and try to grab your foot or ankle. You will feel this stretch in the back of your thigh. Hold for a count of 20, then switch legs.
- **Quad Stretch** - Stand on one leg, keeping your knees close together. You can hold onto a chair or the wall for support if necessary. Grab the toes of the bent leg and pull the leg towards your behind. Hold for 30 seconds, then repeat with the other leg.



Low Back Pain or Sciatica That Occurs During or After Diving

Whether you have chronic low back pain, intermittent back pain, or if your sciatica acts up after a dive, one thing for certain is that you want that pain to stop right now!



Back pain can occur for many reasons. Everything from herniated discs to arthritis, back sprains to compressed (pinched) nerves.

Finding the source of your back pain would be ideal, but some things to consider include:

- Adjusting the location of the weights can help. Moving them to the front, rather than the back or perhaps putting some weights on the tank or in pockets than on a belt.
- Consider using open-heel fins with a spring strap for quick and easy fin removal that doesn't require a lot of bending over.
- Avoid shore or surf entries as the currents often require constant body movement and repositioning.

If back pain becomes worse or if it is unrelenting, it's time to seek professional care from your trusted chiropractor.



If sciatica is a problem, the following tips from a can get your sciatic nerve to stop hurting:

- Practice yoga or Pilates to strengthen the backand core muscles
- Since the sciatic nerve is inflamed and irritated, consuming natural anti-inflammatories, such as turmeric and fish oil every day can help to keep inflammation under control
- Consider regular chiropractic care to treat and prevent compression and irritation of the sciatic nerve. [Studies show](#) that regular chiropractic care is one of the best ways to treat and prevent sciatica.
- Get regular massage therapy to keep muscles loose and avoid the tight muscles that tend to cause sciatica

Be aware that you may not even have sciatica, but a condition that feels similarly called piriformis syndrome. Your chiropractor can tell the difference and can guide you towards healing whichever problem you are experiencing.

Taking good care of yourself by eating a healthy diet and keeping muscles flexible through regular stretching can go a long way towards years of enjoyable diving experiences.



About Dr. Brent Wells:

Dr. Brent Wells is a licensed chiropractor who founded [Better Health Chiropractic & Physical Rehab](#) in 1998. His clinic is currently leading 10,000 Alaskans to more active and pain-free lifestyles without drugs or invasive surgeries. It brings a progressive and highly innovative approach to chiropractic care, physical rehab therapy and chiropractic massage I hope you enjoyed this guest post on scuba diving and cramps. And most importantly, that it will help you avoid those cramps in the first place! Here's wishing you all cramp free dives!



10 Best Scuba Diving Websites Worth Diving Into: Updated for 2019

There are a ton of **scuba diving websites** out there. Including ours, of course.

But let's face it, there is a lot of junk out there too.

We have visited more scuba diving websites than we care to count. However, there are some that stand out above the rest. Whether they are educational based or more focused on leisure time fun, they draw you in and have you reading one article after another.

I have updated this list for 2019. Some websites were no longer being updated so some new sites took their place. However, most of the ones below have stood the test of time and still deserve our vote for one of the best scuba diving websites out there. Hope you enjoy them!

So, in no particular order, here is our take on what dive websites are worth diving into:

The Best Scuba Diving Websites for 2019

[DTmag.com](#)

This is the official website for *Dive Training* magazine which is an education-based publication focusing on new divers and divers in various levels of training.

Their website is chock full of information and contains hundreds of articles on all aspects of diving and marine life. You do not have to be a subscriber to access this information and the articles are free.

If you are anything like me, you can get lost for hours here going through all the articles and photos.



Highlights of this website include their [library of articles](#) and their section on underwater photography. Just take a look at these [amazing photos](#) from one of their pages. Makes me want to go diving right now.

Current recreational scuba diving students can receive a complimentary 6 month subscription (instructions on their website to get free subscription).

[Aquaviews.net](#)

This is the online scuba magazine of the dive gear retailer *LeisurePro*. They publish what they call the Daily Reel (although it isn't published every day) with up to date scuba related stories. It also has a diving news from around the world section.

The stories are usually short and to the point so it won't take long for you to keep up on what is going on in the diving world. I subscribe to them via email and follow them on twitter. I find most of the stories interesting and/or helpful and it is an easy way to



keep up to date. (For full disclosure, I am an affiliate for LP but these are not affiliate links.)

They also run regular **raffles and giveaways** you can enter for free. Hey, you never know.

DiversAlertNetwork.org

Also known as **DAN**, this is a well known nonprofit scuba diving and dive safety association. While they are best known for offering divers insurance (I have insurance through DAN), their website hosts a wealth of information on scuba diving safety and related subjects.

Especially helpful is their **Medical FAQ page** which answers just about any question you may have regarding a medical condition and diving (heart, diabetes, aging, barotrauma, decompression illness, fitness, eyes, plastic surgery - to just name a few).

If you have a question about a medical condition and diving, this is the place to look for answers (besides your own doctor, of course).

Undercurrent.org

This is a monthly online scuba magazine that has tons of information on diving and dive travel. While you have to be a subscriber to access all the information, there is still a lot of information available for free.

They **do not accept any advertising** and I have subscribed to them for many years (including many years when it was a print publication). I think it is a truly unbiased source of information including reviews of dive sites, operators, resorts, etc. I did let my subscription lapse for a little while but I had to go back because I missed receiving the publication. I will be a subscriber for life.

A big focus of the site and magazine is dive travel and reviews and since I travel to dive, this holds a big appeal for me. If you are like me, it is definitely worth checking out.

[Dive Links](#)

OK, not quite a scuba diving website per se, but this is an incredible resource put out by Larry Harris, the diving safety coordinator at the University of Michigan. It contains hundreds, if not thousands, of **categorized links to every dive subject** imaginable. While it hasn't been updated in a while now (2017 according to the site), the links are still a great resource. I can only say it has to be a project of love.

Whatever category or subject you want to know about related to diving, you are sure to find a link to information here.

As if that isn't enough, Mr. Harris also hosts Diving Myths and Realities. This page contains articles covering many different subjects and includes a section entitled "War Stories" which are short stories used as teaching examples: <http://www.mindspring.com/~divegeek/home.htm>

These two sources are a veritable goldmine of diving information.

Scubaboard.com

This is probably the most active **forum** on scuba diving around. It has a section on just about anything you want to know about relating to scuba diving.

There are sections for beginner, advanced, technical and professional divers. As a sampling, you will find dive reviews from forum members, a place to ask questions of scuba gear manufacturers, a free classifieds marketplace to buy, a place to sell and trade gear, a "hot deals" section from manufacturers, a thread on scuba related court cases and much more.

This is in addition to all the "normal" information you would expect to find on a scuba diving forum such as threads on diving equipment, underwater photography and dive destinations.

In fact, years ago we were scheduled to go on a liveaboard dive boat in the Bahamas. About a week before we were to leave, I was reading through the forums while at work (what else am I supposed to be doing at work? :)) and discovered that the boat we were scheduled to go on had had an accident. It was out of commission and wouldn't be making our trip. I called the company and sure enough, it was true. On to Plan B.

If it is happening in the scuba diving world, someone is probably talking about it on scubaboard.

Scubadiverlife.com

I keep finding myself back on this scuba diving website. Plus I love their logo.

Probably the most useful sections are "**New to Scuba**" and "**Resources**." They have informative and well written articles covering a variety of topics and updated regularly. You will also find some great videos and beautiful photos throughout this site.

Nadia, the owner, also runs some awesome dive trips. Expensive but awesome! How about the sardine run in South Africa or swimming with whales in Tonga? Yup, those kinds of trips :

DiveZone.net

Ok, maybe I am just a sucker for the **graphics** but I love this site. I think it deserves to keep its place on the list for best scuba diving websites.

This site isn't for everybody as it concentrates on diving information and reviews for Asia, Australia, Red Sea, Maldives and Indian Ocean. However, since I have last reviewed it, they have added more good general information on spots in the Caribbean, Mexico and other areas. Not many reviews but good knowledge nonetheless. Good for an intro if you can't find it here, LOL.

It also contains some good articles on scuba diving in general. The **photos** on this site are spectacular (even if he didn't take all of them himself). It reminds you of why we dive.



Scubadiving.com for dive news

I know what some of you are thinking about scubadiving.com and their industry leading magazine, Scuba Diving. Many divers believe their reviews, etc. are biased towards their advertisers. And I am not here to disagree with you. In fact, I used to subscribe to this magazine for years but stopped it awhile back - so I do not know what the current state of their magazine is.

However, their website is still useful for finding out what is going on around the industry and in diving news. While it may not be the most comprehensive it is still informative with some interesting articles. The rest of the website also has some good articles on a variety of subjects such as gear, travel, training, lessons for life, videos and more. If you read it with a critical eye, there is a lot of good information for any diver.

Note: This site didn't make our original recommended list for best scuba diving websites but the sites I used to use for news are no longer being updated. I am still in search of a good news site and I will update it here when - and if - I find it. If anyone has any good sites for dive news, I would love to hear it.

Wetpixel.com

If you are into underwater photography or videography, this is the website for you. It has all the industry news about photo gear, photo contests and more. And they have now reopened their forums. The place to go to discuss,

learn, ask questions, show your stuff or more. So all your photographers out there, go check it out and see what you think. Happy shooting!

So there you have it, our take on scuba diving websites that are worth your time. Hopefully you will find some on this list that will interest you and keep you entertained and/or informed.

Because if we can't be scuba diving, we may as well be reading about it, right?

Editors comment – I agree with the last comment & hope you do too!

Celia Seagull and the Plastic Sea



The [Bobby Stafford-Bush Foundation](#) aims to help young people and community groups who have a passion for the marine environment. The Foundation has supported our Kai Ika Project and helped fund the educational Hī-Ika cards that were made available to children in schools.

The Foundation generously funded the production of Celia Seagull and the Plastic Sea, and are providing free copies to New Zealand public libraries and school libraries in support of Plastic Free July 2021.

To support this wonderful cause, grab a copy for yourself or a small person in your family.

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PS: Anyone got a recent dive report/story to tell? Please forward to me. Denis

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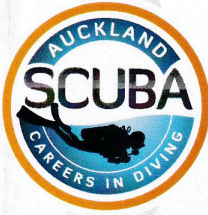
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