

# Scuba & H2O

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ADVENTURES MAGAZINE

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TURNING THE TIDE

**36** ANTIGUA  
LORD HORACIO NELSON'S ISLAND

**WHALE OF A TALE**

S.S MIRAFLORES - LOST WITHOUT A TRACE,  
THE WALTER AUTRY STORY PT. 1

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## From the Publisher

It is time we stop trying to save the environment and start thinking about ourselves.

Calls to save the planet and all living beings ring out across the land; alarms blaring as we watch the ice melt, the loss in biodiversity, chemical contaminations, and a planet coughing in protest. Time to look at ourselves and come to terms with the reality that the environment is not out there but within all of us. The concept of environment is challenging to humans, it implies that environment is a tangible thing apart from us and surrounding us, which is further from the truth. Humans are not isolated facets of this environment, instead we are interconnected within this environment engaging from micro cellular to viral and biological; we are the environment.

It is time we decide to protect ourselves and by doing so we will ultimately save this planet from self-destruction transforming our need to protect an external non tangible concept to one of self-interest. This shift in thinking can alleviate humans from the constant bickering about who and what has caused the decline of our "environment's health" to a more holistic approach of our personal value and health – we all ultimately want the same thing – to live.

Sure, we would also need to have a shift in cultural values – but we can start somewhere.



Selene Muldowney

### About the Cover:

Montastrea Cavernosa Bat Caves - Courtesy NOAA

### SOUND BITES

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Shout-outs!

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Apic Expedition

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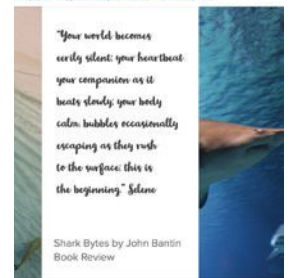


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er Woman of the Ocean – Latinas  
 if of woman in STEM is around 24 percent if

## 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  
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<http://www.fppubs.com/publication/?v=578820&a=68>



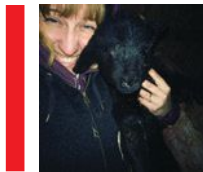
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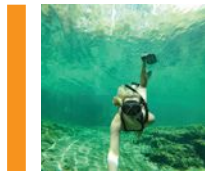
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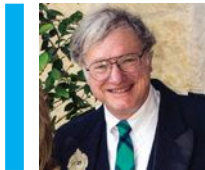


CAITLYN  
RUSKELL

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".



ELIZABETH  
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Elizabeth Babcock, LCSW has been a certified diver since 2000. She is a psychotherapist and community educator who has written extensively on topics of interest to anyone seeking to maximize their health and overall enjoyment of life, though her primary specialty is the treatment of overeating. She recently published "[Why We Overeat and How to Stop.](#)" (available at Amazon.com).



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.



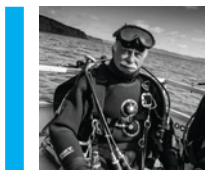
BONNIE  
MCKENNA

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

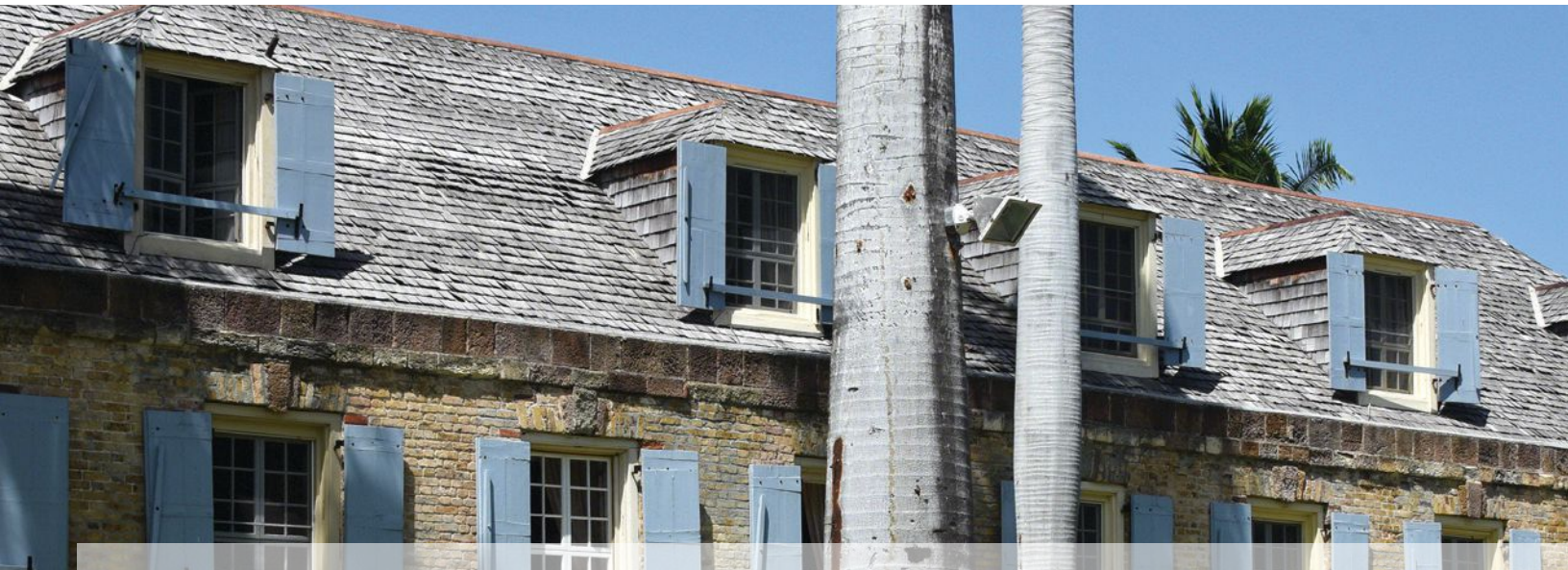


MARK  
NORDER

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.

Scuba Divers travelling to the Caribbean often end up on islands steeped in diving lore: The Cayman Islands, Bonaire, The US Virgin islands and the British Virgin Islands are a few of these. Of course, all of the islands in this part of the world boast coral reefs and colorful marine life, and on a recent visit to Antigua, we were able to confirm that this is yet another location to be added to diver wish lists.

Antigua is the largest of the British Leeward Islands (108 sq. miles) and enjoys world renown amongst knowledgeable sailors, due largely to its rich nautical history. Lord Horatio Nelson based his fleet here during colonial times and visitors to English Harbor on the southeast side of the island can visit Nelson’s Dockyard, a carefully restored example of British Georgian architecture. During the annual “Sailing Week”, hundreds of



# ANTIGUA: LORD HORATIO NELSON’S

MICHAEL SALVAREZZA & CHRISTOPHER P. WEAVER



A tour of Nelson’s Harbor is a must

yachts can be seen crowding this harbor with competitors swapping stories of sailing and carousing, each tale growing larger and larger as the week goes on.

Antigua likes to boast of its 366 public beaches, “one for each day of the year with one left over”. We were not able to confirm the number, but we can vouch for the beauty of some of these beaches. After a day of diving on the nearby reefs, a cooling breeze beneath a swaying palm tree in front of a setting tropical sun is the perfect way to ease into the night.

The scuba diving in Antigua is often conducted on colorful reefs in 20-70 feet of water. Because of the

proximity of good sites on both the Eastern and Western sides of the island, there is always a protected area to dive when the winds kick up. One of the best places to begin your underwater exploration is on the many dive sites of Cade’s Reef.

Cade’s Reef is a barrier reef running parallel to the southwest coast, roughly 20 minutes from Jolly Beach and 50 minutes from St. John’s. The reef is actually divided into an outer area and a more protected inner section. Not unexpectedly, the outer reef area is subject to more wave action but divers here will often glimpse barracuda, moray eels and an occasion Eagle Ray. Also, divers can expect to find Nurse Sharks under the coral ledges and reef sharks patrolling the coral heads in search of prey. When the ocean conditions are too rough for diving the outer reef, the inner reef is generally more protected and here divers can see large amounts of hard and soft coral, angelfish and spotted drum. Bush Gardens, Bluff Cut and Snapper Ledge are some of the best spots along this reef. At Monk’s Head, we encountered a fairly large octopus curiously wandering the reef in broad daylight and our 8-legged friend permitted several portraits to be taken before he scurried away into the darkened recesses of a coral head.

Approximately 7 miles off the West Coast of Antigua and 50 minutes by boat from St. John’s is the Ariadne Shoal. Although the dive sites here rarely dip deeper than 50 feet, divers can expect to find bigger fish here than on most Antigua dive sites. Turtles, Nurse Sharks, and Blacktip reef Sharks are seen on these sites, along with large schools of grunts and snappers. Ming’s Bank, The Cave, Grunts and the Zurich Train Station are some of the named sites of this shoal.

At the entrance to St. John’s Harbor is Sandy Island. This tiny island is surrounded by reefs and outcroppings of rock that are home to brilliantly



colored corals, sea fans and gorgonians, along with multitudes of reef fish. If divers venture away from the corals into the sandy patches nearby, stingrays can often be found along with communities of shy Garden Eels. These tentative animals live in tubes burrowed into the sand, and can generally be seen with their heads sticking out of the sand swaying in the water. Unless very careful and silent, approaching divers will cause these eels to disappear into the sand instantly. Some of the dive sites at Sandy Island include The Ledge, Jewel Box and The Barge.

Other favorite dive sites around the island include Green Island and Bird Island, the latter being a national park. These are enticing locations on the eastern side of the island.

There are some good wrecks in Antigua's clear waters, the most accessible being the wreck of the Andes. This is a schooner that ran aground at the entrance to Deep Bay, off Five Islands Peninsula. From the nearby cliffs, visitors can see the outline of the ship breaking the surface.

In 2017, Hurricane Irma carved a path of destruction through the Caribbean and this monster storm dealt a terrible blow to nearby Barbuda. The extraordinary devastation on the small island of Barbuda was shocking because its sister-island, Antigua, located only about 40 miles away, was practically unscathed.

Although Antigua managed to escape the punishing destruction from Hurricane Irma, there were a few cases of some damage to infrastructure. Powerlines, the boardwalk at the cruise facility, and a few hotels were some of the affected areas. However, with rapid recovery efforts, the island became fully operational shortly after the storm passed. The main airport was closed for a day and a half but did not sustain any lasting damage. And Barbuda, as well, has made significant progress in repairs and recovery.

Visitors to the islands can once again enjoy the beauty of these islands.

Antigua, admittedly, does not offer the dramatic walls of the Cayman Islands. Nor does it have the wild critter diving of St. Vincent. But the coral reefs do boast healthy populations of brain and elk coral, with a parade of



A collection of Feather Dusters

marine life winding through the pillars, coral cuts and canyons to entertain the discerning diver.

And with 366 beaches to explore, the diving here is a perfect accent to a delightful escape from the “real world”. Horatio Nelson knew a good thing when he saw it!

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A diver swims above sea fans on an Antigua reef





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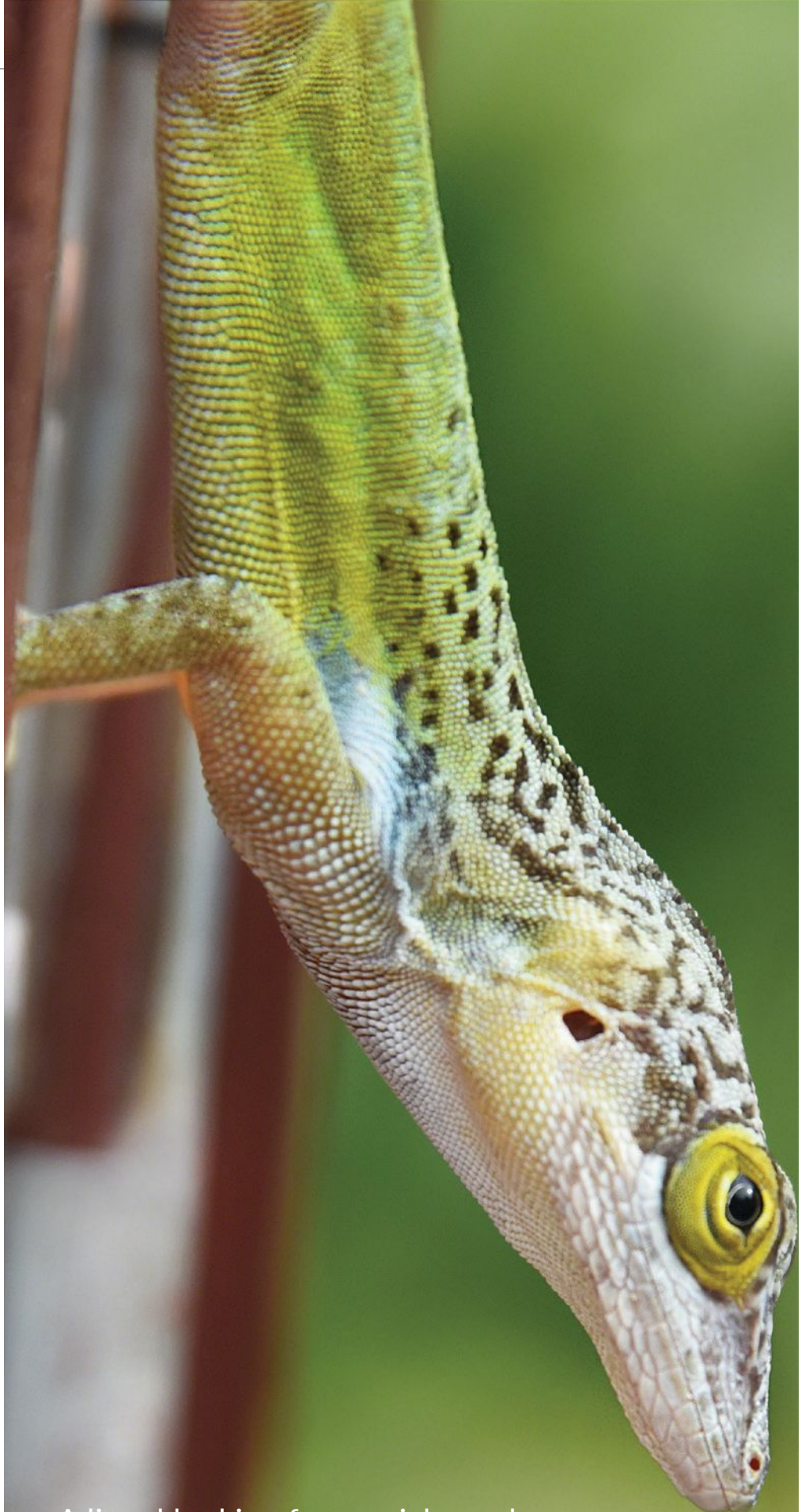
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