

**MT. EVEREST TREK TO
FIGHT CANCER**

ScubaH2O

ADVENTURES MAGAZINE

**ROCKIN' REYKJAVIK
NATURAL WONDERS IN ICELAND**

**THE CLOCK IS TICKING
OUR OCEANS IN PERIL**



CONTENT

SE	PUNK 999,999 LBTS Ft. Lauderdale, Florida	6 10
NE	Mt. Everest - Fighting Cancer Dive Connections	16 20
MW	Ohio Diving: Exploring Underwater History	24
NW	Tacoma: City of Destiny	32
SW	Dive Pirates: Scuba Experience	40
	Texas Lionfish Control	42
	Ocean Guardian School	44
	Eco Photo Explorers: Iceland	46
	Divers Alert Networks	52
	Basic Training	54
	Alec's Tech Tips	56
	Health & Fitness	58
	Environmental	60
	Business of Tourism	62
	Gear Check	64



ABOUT THE COVER:
 Gary Lehman , Parag Joshi,
 & - Dave Bernhardt at Mt
 Everest Base Camp June 11
 2018. Courtesy Gary Lehman

Publisher: Selene Muldowney

selene.dnn@gmail.com

Senior Editor: John Tapley

dnn.editor@outlook.com

Interns:

Andrew Pierzchala

Reagan Muldowney

Regional Correspondents:

Gary Lehman - NE

John C. Fine - SE

CEO and Advertising Sales:

Rick Stratton

rickstratton.dnn@gmail.com

www.scubaH2Omag.com

SCUBA & H2O Adventure is published monthly by the Dive News Network Media Group at PO Box 1494, Oak Harbor, WA 98277.

The Dive News Network Media Group reserves the right to refuse service to anyone it chooses.

© 1997-2018 Dive News Network Media Group. All rights reserved.

Important notice: The contents of SCUBA & H2O Adventure are opinions of individual writers and do not necessarily reflect the views of the publisher, editor or any of its staff. The publishers and contributors assume no responsibility for any mishap claimed to be a result of use of this material. Adventure sports contain inherent risks. Improper use of equipment or improper techniques may result in serious injury or death. Readers are advised to use their own best judgement in each individual situation.

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 dive-related business. Send us your stories and photos!

Rockin' Reykjavik

Article and Photos by Michael Salvatore & Christopher P. Weaver

Iceland is often thought of as just a rock located in the North Atlantic. Well, if that's the case, then what a rock it is!

Sitting on the doorstep of the Arctic, Iceland boasts a cornucopia of natural wonders ranging from thundering waterfalls, smoldering volcanoes, steaming mud pots and fumaroles, explosive geysers, fresh lava flows and dramatic glaciers. It is a land scarred from recent lava flows and contorted and twisted by the spreading of the earth. Indeed, the mid-Atlantic ridge goes right through the center of Iceland, where volcanoes rise and the North American and Eurasian continental plates are ripping apart.

Reykjavik, the country's capital city, is known for its unique Scandinavian charm and Viking history, along with its vibrant nightlife and culinary opportunities. Because so much of what Iceland offers is accessible directly from Reykjavik, we chose it as our base of operations for an expedition to explore the water world of Iceland. For even in the middle of the cosmopolitan city, the rocks are

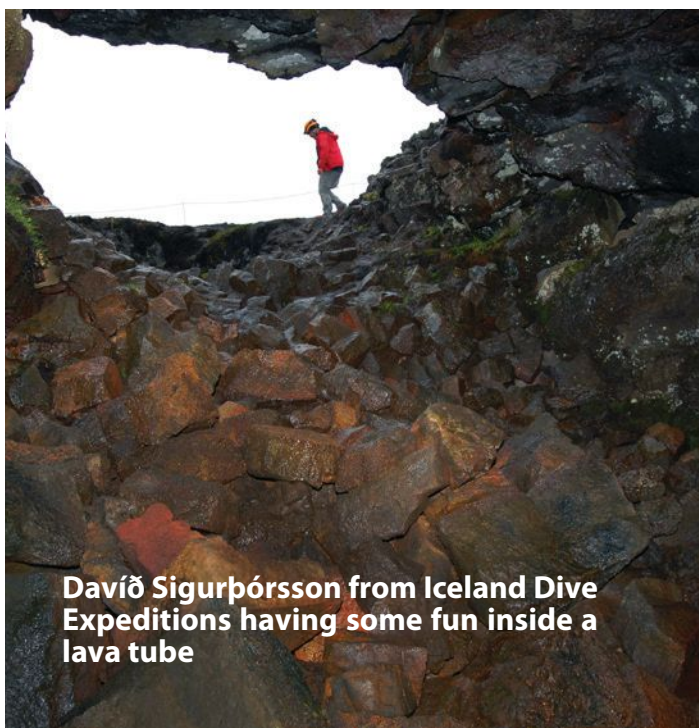
never far away. In truth, Reykjavik rocks...and in more ways than one.

Two hours outside of Reykjavik is Thingvallavatn Lake, home to a ruptured landscape torn apart by geological forces. In and around the lake are many fissures and tectonic cracks, many of them filled with glacial melt water from Iceland's second largest glacier, Langjokull. This water, filtered for 50 years through miles and miles of lava rock, emerges here as clear and clean as possible. It is here that divers can visit Silfra, one of these geological cracks and one of the most iconic dive sites in all of Iceland.

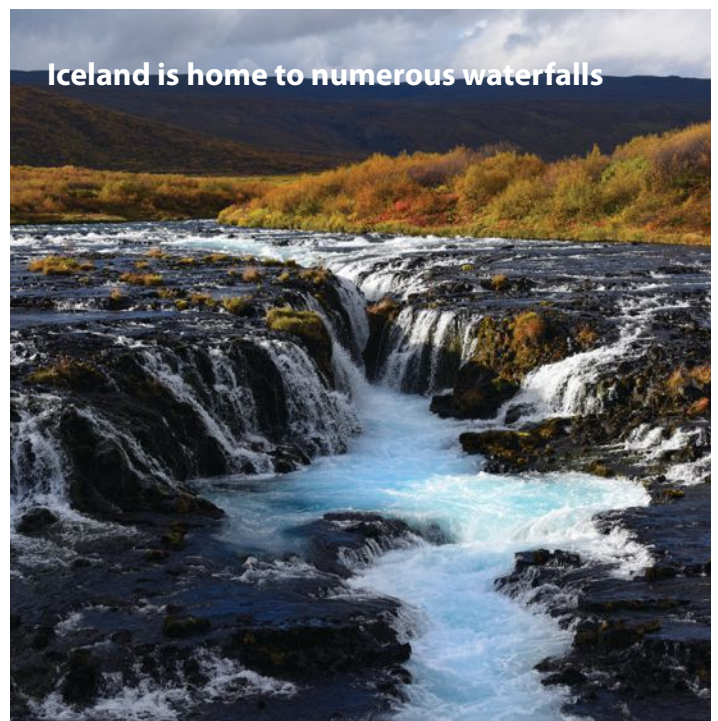
At Silfra, divers descend a set of stairs installed for safety and easy access, and then enter a labyrinth of rock walls, boulder piles, cavities and crevices all filled with some of the world's purest water. Suitable for drinking, the water is crystal clear and visibility is often reported to exceed 300 feet. With water temperatures hovering around 34 degrees Fahrenheit, dry suits are the norm. One of the unique attractions of Silfra is the opportunity for divers to

simultaneously touch both the North American and Eurasian tectonic plates as they dive in the mild current flowing through the fissure. The dive is simple to navigate and concludes in a place known as the Blue Lagoon, where the almost infinitely clear water takes on a dramatic cerulean blue hue. An exit platform and stairs have also been installed which makes the end of the dive a snap for divers. The dive at Silfra is all about the rocks and the water clarity...and is unparalleled in the world of diving.

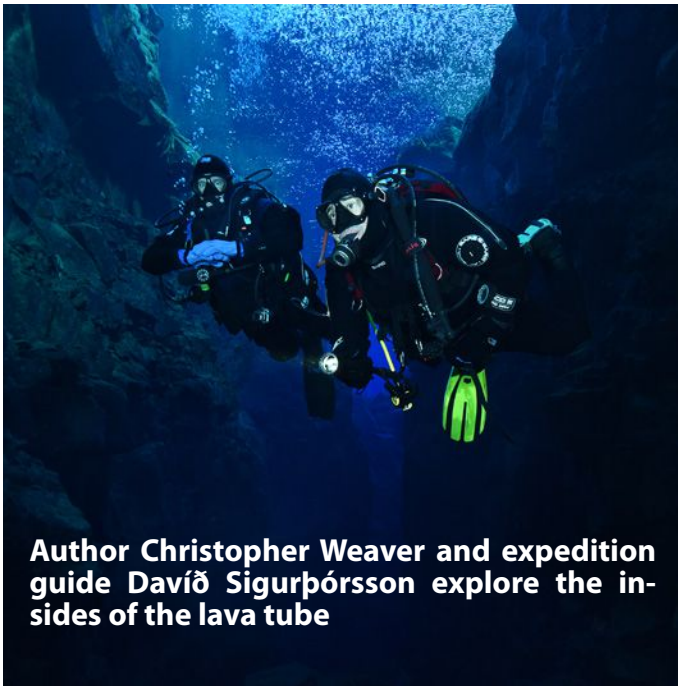
While Silfra is the iconic dive in Iceland, there are other fissures and geological cracks that can be explored which offer similar jaw-dropping experiences but without the diver traffic often present at Silfra. For example, a short distance from Silfra is David's Ravine. Here, divers need to hike a short distance through uneven terrain and underbrush before arriving at this pristine dive site. Once entering the water, divers are transported to an otherworldly scene of tortured geological formations lining a fissure filled with indescribably clear water. Again, this dive is really about the rocks but



Davíð Sigurbórsson from Iceland Dive Expeditions having some fun inside a lava tube



Iceland is home to numerous waterfalls



Author Christopher Weaver and expedition guide Davíð Sigurþórsson explore the insides of the lava tube



A flounder photographed at Gardur

once through the ravine, divers then enter a hydrothermal lake, which affords the opportunity to observe bubbling hot water vents under the water. Stick your hands too close and you will scald yourself...but it is a fascinating way to witness the Earth's geological forces in action.

About 4 ½ hours drive north of Reykjavik lies the town of Akureyri. This is the gateway to the unique dive opportunities available along the dramatic northern coast of Iceland. One such dive is known as Nesjla, or "Little Crack". This is yet another geological fissure in the Earth's crust that is filled with lava filtered glacial melt water. The rock formations in Nesjla resemble the fallen boulders of an ancient temple.

Perhaps most notable in the north is the dive site known as Strytan. Here, in 90 feet of water, divers can reach the only known underwater hydrothermal vent in the world that lies in diveable depths. An entire marine ecosystem has formed around this towering chimney of extruded minerals and hot water and divers can encounter Wolf Fish, Lumpsucker fish, Nudibranchs and other marine organisms. Nearby dives include Little Strytan and French Gardens, all active hydrothermal sites with fascinating geological formations and thriving marine life.

Divers in Reykjavik can also experience the marine life of Iceland by diving in Gardur, or "The Garden", a shore diving site in the ocean about an hour away near the Keflavik Airport. Here, divers descend to about 50 feet into a Kelp garden and can find interesting fish and crustacean life in these weedy clumps. Colorful flounder, crabs, anemones and nudibranchs are some of the critters making their home in the kelp.

Perhaps the best way to experience the natural beauty of Iceland while exploring some of its unique dive sites is to participate in one of several multi-day expeditions that are available from local dive operations. For example, touring the highlands of Iceland will give divers unique access to the dry desert like interior of the island nation, where explorers can see barren, black fields of pumice stone and still active fumaroles and steam vents. In between dives, an exploration deep inside a lava tube will give visitors a true connection to the rocks of Iceland...and a sense of how this landscape is still being formed each day. And because of the exploratory nature of these expeditions, new or rarely visited dive sites are sometimes explored...a unique opportunity for divers to experience the wonder of discovery.

In addition to spectacular waterfalls

such as the famous Gullfoss Falls, and active Geysers, divers can find other unique and special things to see and experience in Iceland. Perhaps most special are the opportunities to witness the Aurora Borealis on cold, clear nights especially in the winter. These shimmering dances of charged electromagnetic particles can make for very dramatic photographs as well as indelible memories.

Divers who dip their gear into the waters of Iceland emerge transformed and transfixed...and determined to return again. But when the diving is done, be sure to experience all that Iceland has to offer above the water as well. If you are basing your dive expedition in Reykjavik, be sure to find a local bar where you can catch one of the many very talented rock bands. There is a vibrant musical culture in Iceland and whether you are rockin' out to an awesome band, or exploring the rocks deep inside a lava tube, or swimming amongst the rock formations in the geological fissures or hydrothermal lakes and vents, we think you'll agree that Reykjavik definitely rocks!

Getting There

International visitors arrive in Iceland into Keflavik Airport. Most passengers do not require a Visa to enter Iceland as long as their stay does not exceed 3

months. Transport to other regions in Iceland can be accomplished either by driving or through domestic air travel. There are domestic airports in Reykjavik, Akureyri, and several other towns. Drive time from Reykjavik to Akureyri is 4-5 hours, while air travel is 45 minutes.

Baggage

Baggage allowances vary for each international carrier, so check before you leave! Note: Some international carriers are now enforcing weight and size limits for carry-on bags as well what is considered a personal carry-on type of bag.

Weather

Iceland lies on the edge of the Arctic and, at its northernmost point, is only 30 miles south of the Arctic Circle. Accordingly, the winters are

long, generally from September to April. In the depths of the winter, daylight is almost nonexistent and in the summer the days are almost 24 hours long. However, due to the moderating influence of the Gulf Stream, winter weather in the south can be milder than in New York or Zurich. Winter is harsher in the north, with fierce storms, wind driven snow and low temperatures. Temperatures are the lowest in the Highlands.

Currency

The local currency is the Icelandic Krona, but US Dollars and Euro are often accepted.

Electricity

Voltage: 220-240V/50Hz

Primary Socket Type: Europlug, Schuko

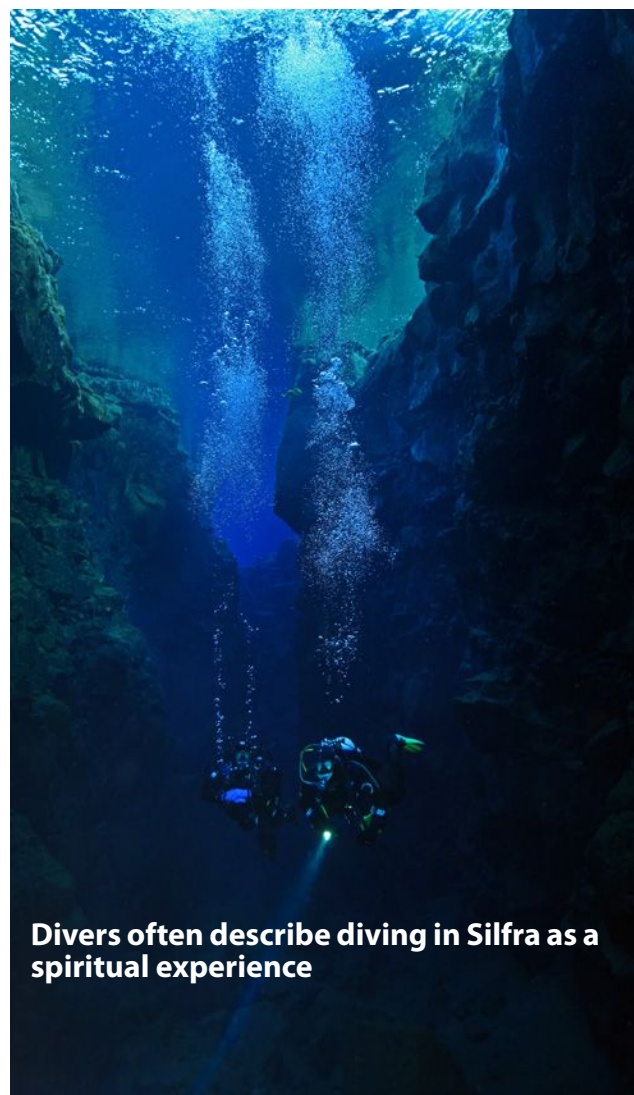
Travel Adapter: Round Pin Universal Plug

Scuba Diving

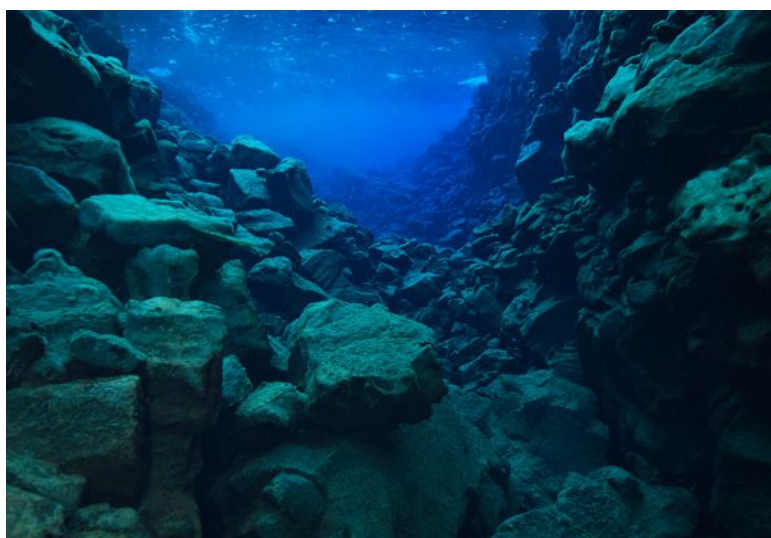
Iceland Dive Expeditions (<https://www.facebook.com/icelanddiveexpeditions.is/>).

They are a specialized dive operator offering multi-day expeditions throughout Iceland. They are based in Reykjavik.

Reykjavik has a recompression chamber.



Divers often describe diving in Silfra as a spiritual experience





About Eco-Photo Explorers: Michael Salvarezza & Christopher P. Weaver

Michael Salvarezza and Christopher Weaver have been diving the waters 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. Mike and Chris have been published more than 125 articles in numerous magazines, including National Geographic Adventure, and have authored numerous articles for the majority of the dive publications the world over. Their work has also been used to support a number of research and educational programs, including the Jason Project for Education, the Atlantis Marine World Aquarium in New York, The New York Harbor School Billion Oyster Project, The Northeast Ocean Planning Recreation Survey and the Cambridge University and the University of Groningen Arctic Centre work on monitoring the transformation of historic features in Antarctica and Svalbard. Mike and Chris are the Executive Producers of the annual Long Island Divers Association (LIDA) Film Festival.

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. Photography, multimedia slide presentations, lectures and freelance writing are all used to accomplish this goal. Christopher Weaver and Michael Salvarezza make up Eco-Photo Explorers. Both live in New York on Long Island and have been scuba diving together since 1978, but didn't seriously start photographing the ocean realm until 1989. Since then, they have spent thousands of hours underwater accumulating and putting together a large and varied library of high-resolution stock photography from around the world. They specialize in all aspects of underwater still photography (wide angle and macro), nature photography, magazine and technical writing and have produced many multimedia slide programs that are designed to educate as well as enlighten the public about the marine environment and the various threats that exist to destroy it.
www.ecophotoexplorers.com

