

Scuba Fitness Motivation: REEF Great Annual Fish Count (Photos)



Orange Sea Horse (Gretchen M. Ashton, Photographer)



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"One Fish Two Fish Red Fish Blue Fish", the title of one of my favorite books by Dr. Seuss (Ted Giesel) repeats in my mind as I try to remember the differences between a Beaugregory and Cocoa Damselfish. It is week three of the Great Annual Fish Count conducted by Scott and Patti Chandler at CoCo View Resort in Roatan, Honduras. Every morning I check the board for the three "Most Wanted" ocean critters of the day. With entries of a Spotted Drum Fish, a French Angel Fish and a Sea Horse, it feels good to be a contender for a prize drawing. Fish identification, like fitness for diving, enhances the underwater experience and is motivating for divers.

Funny thing, color is not really much help with most fish identification because of the dramatic changes in appearance through the juvenile, initial and terminal phases of

fish development. The shape of the fish body, tail and fins are among the first aspects of fish identification. I learned this from the Chandlers who volunteer for the **Reef Environmental Education Foundation (REEF)** hosting two fish identification seminars each week during July in Roatan. They then move south to Bonaire for several weeks where they lead fish

identification dives in addition to seminars and fish count activities. Scott and Patti have also assisted in the development of Reef Fish Identification Software available at **ReefNet Inc.**, The software includes 4500 photographs and sketches, 1800 full-motion video clips, search tools, learning tools and games and describes 840 distinct species.

“*REEF was founded in 1990 and provides the SCUBA diving community a way to contribute to the understanding and protection of marine populations. REEF members include divers and non-divers alike, all with an interest in the marine environment.*

The next local Reef Monitoring Project seminar, conducted by Herb Gruenhagen, is August 21, 2013 at 6:00 p.m. at Ocean Enterprises, 7710 Balboa Avenue, Suite 101, San Diego, CA 92111. For a complete calendar of REEF events and free membership visit their website **www.reef.org**. In addition to his activities with REEF, Herb is a longtime board member of the Bottom Bunch Dive Club. He is active in fish identification and photography in the San Diego diving community including local underwater film festivals.

The **Bottom Bunch Dive Club** is a SCUBA club based in San Diego, California dedicated to promoting safe diving and having fun. Visitors are always welcome! The Bottom Bunch club meets every 1st Wednesday of each month (except in December) at the Casa Machado Mexican Bar & Grill Administration Building, Montgomery Field Airport with dinner at 6:00 p.m. and presentations at 7:00 p.m.

It was my pleasure to present "Getting Ready to Dive" to the Bottom Bunch Dive Club on Wednesday evening. For more information about fitness for diving visit **www.scubafit.com**, **www.fit-diver.com**, **www.facebook.com/ScubaFit**, or **www.facebook.com/FitDiver**.