



Roatan, Honduras—Trip Report

Remember to visit our website!
www.internationalscuba.com

Upcoming Lake Weekends:
May 24-26 Terrell
June 7-8 Travis
June 21-22 Terrell

As some of you may know, Andrea and a group of 9 of us headed to Roatan's Cocoview Resort in April. We used Sol Air charters for a direct flight, previously a 7+ hour journey now only 3 hours and we got hot meals on the outbound and return flights. Complimentary adult beverages were served as well.

On to the good stuff, if you want to be pampered where your gear is concerned and short boat rides that is the place to go. We had a nice big boat that easily held the 14 of us – we grew once there. Our own private rinse buckets for gear and cameras, a single car garage type gear storage. We never lugged gear anywhere. Computers came back to our rooms merely for logging purposes only. Each cubbyhole had a spot for your room number card. If the card was hanging when a boat went out, your gear was loaded, no card – no load. Many of us were used to lugging gear so we naturally loaded our own but were instructed it was our vacation and we were not to worry. We left the dock promptly at 8:30 each morning for a 2-tank dive. We would arrive back after diving in time to freshen up for lunch. We then could take the afternoon boat for 2 more tanks. This time the second tank was a drop off to the 2 walls or wreck just in the front yard.

The best part was the diving was open 24x7. You could do an early morning 5am dive that several of our group did or perhaps 10pm at night for a true night dive. "The pool" was always open. Diving En-

riched Air (Nitrox) was readily available. We used their oxygen supply up completely one day but it was there the next day. When you are doing 4-6 dives daily, enriched air is the only way to go. It is \$6/tank or \$100/week.

We were fed 3 hearty meals a day and appetizers each day around 4-5-ish. Coffee and juices were available from 5:30 am until 10ish at night. You need the energy in the morning that is for sure especially when you are diving that much. If you ventured out on the gazebo dock at dawn or dusk, you would likely see 3 young spotted eagle rays feeding. In the evening you got puffers, a few lobsters, and baby barracuda (6-10" long) on the way to dinner. Not half bad to see when you're dry.

We dove both the east and west sides of the island. We didn't venture much more than 30 minutes east but headed an hour plus west towards Utila in search of a whale shark. Have no fear; I am no closer to having seen a whale shark as a hammerhead. It just means we have to go back. We did get a nice size hawksbill with 2 remoras hanging on for a free ride.

Had a great week of relaxation with a fun group of folks. See you there next year!

- Patti Stewart

Patti@internationalscuba.com

Inside this issue:

| | |
|---------------------------------------|---|
| The joys of working with the disabled | 2 |
| Featured Product: Aqua FM Snorkel | 2 |
| Photo Tips | 3 |
| Travel—Grand Cayman | 3 |
| Creature Feature | 4 |

The World of Divers Continues to Grow

The number of certified divers in the world continues to grow and International Scuba continues to contribute to that growth. We would like to congratulate and thank all those divers who completed their certification in April:

Open Water/Junior Open Water:

Mike Noyes
Richard Waters
Wendy Fox
Bruce Strickland
Jennifer Wilson
Angela Ardis
Sarah Hinsley
Rhonda Petty
Stephanie Smallwood

Fish ID

Andrea Sorlie

Night

TK Laux
Andrea Sorlie

Emergency First Response/AED

MP Surapenani

Deep

TK Laux
Andrea Sorlie

Enriched Air

TK Laux
Andrea Sorlie

Handicapped Scuba Association (HSA)

Recently I had the opportunity to take a class on how to teach the handicapped to dive. It was a fantastic course. I am pleased to announce that I am now an instructor for the Handicapped Scuba Association (HSA). With the HSA training, we have the ability to train people with paraplegia, quadriplegia, cerebral palsy, muscular sclerosis, blind, as well as many other disabilities.

HSA has done a wonderful job in creating standards for training people with disabilities. They use a multi-level certification that takes into account not only how much assistance the individual needs, but also how much assistance they can provide (how good of a buddy are they). Along with this they have created a training program for buddies so that the buddies of a handicapped diver know what to do and how to do it.

You may ask why would a handicapped person want to dive? For most it's for the same reason we got into diving, the sense of freedom, seeing a new environment, and interacting with the underwater world. In addition it adds a sense of normalcy, and good therapy (both mental and physical). The whole idea behind the training is to allow 'diving freedom'. That basically means that regardless of your handicap, you have the ability to dive any site from any entry. This does not mean there won't be challenges, but it does make the world their oyster (pardon the pun).

Obviously I have just scratched the surface with this article, but I am truly excited about this. If you or anyone you know wants more information, please let me know.

-Brian Divine

Brian@internationalscuba.com



Attention Non-Divers!

Featured Product: Aqua FM Snorkel

With the waters and weather giving us our first taste of summer, many of us have started thinking about bathing suits and dive trips. And with those thoughts, comes a re-evaluation of our fitness levels. Since we are already drawn to the water, why not choose an exercise program that allows you to get wet? For those of us who have enjoyed swimming laps for exercise, the biggest complaint we have all uttered and heard it that after a while the lines on the floor get a little boring.

Well do I have the solution for you! There is now a way to enjoy some tunes while you swim. Okay, don't call me crazy yet. It is an FM radio snorkel. You ask, "How does it work?" Well it is actually very simple. You gently bite down on the mouthpiece, the signal is received thru an antenna in the tube, and the music travels thru your jawbones to your ears. I am aware it sounds odd, but it really does work.

For those swimmers that take it a little more serious than us exercise types, I still have one for you. As a coach or as a swimmer, how many times have you wished you could communicate halfway during a lap than waiting until reaching the side of the pool? There is now an FM Pro snorkel. It allows for the swimmer to use the snorkel, hear the coach, and make instant stroke corrections. As a swimmer, now when you are told to change an arm, head or leg position you will actually know what they are talking about. As a coach, you'll be able to not only critique but you have the ability to encourage and motivate as those yards are adding up.

Give it a try and you will be amazed at how quickly the laps go by.

-Andrea Sorlie

Andrea@internationalscuba.com

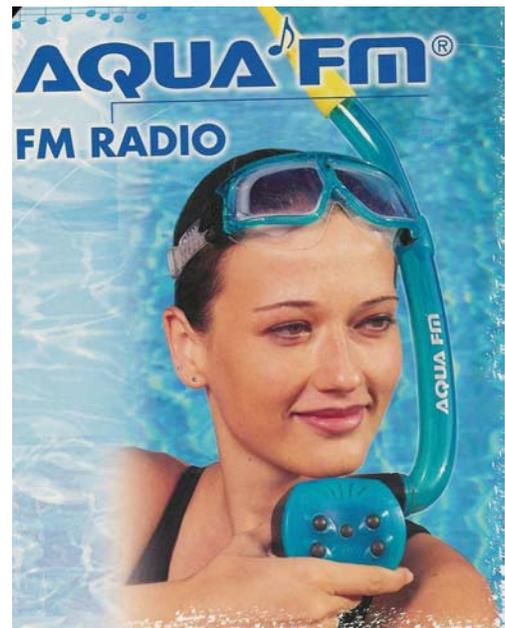


Photo Tips— *Working with Models*

The inclusion of a diver in your image can greatly enhance your photo, if the diver is placed properly in the scene. The diver can provide a size reference for your subject or can add to depth of a wide angle scene. Wide angle scenes can often look flat due to the large depth of field and often uniform lighting. The most common technique is to have a “near” subject (well lit) with the reef as the “far” background. The inclusion of a diver can provide a “middle” area that will enhance the depth of the scene. Here are some basic tips on how best to use divers to enhance your images.



First, since most of us can't afford a professional model, we are forced to use our buddies as models. It is often easier to use another photographer, since they should have a better idea of how to pose and you can take turns posing for each other.

- Communication is key. Do as much as possible on land before the dive. Decide on hand signals for direction. Show some magazine samples of how you want your model to pose.
- Position the model slightly behind and possibly to the side of your primary subject.

- Capture both eyes in the photo, but do not have them look straight at the camera. This avoids the cross-eyed look. I prefer them looking at the subject.
- Make sure their body is in a straight line, no feet up in the air. Angled in the scene is better than horizontal or vertical.
- Make sure they are streamlined with arms close in and no danglies. Nothing will draw the eye away from the subject faster than a dangling yellow alternate air source.
- Make sure the nearest subject is in focus and hopefully the diver, too. If anything has to be out of focus, let it be the background reef.
- Time the bubbles. There is nothing worse than seeing the divers face blocked by bubbles.



This should get you started on your way to improving those wide angle shots.

- George Vincent

Travel — *Join us for some fun and sun — Grand Cayman*

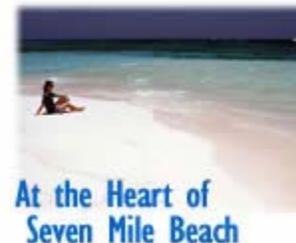
Join us July 3–7 and enjoy the fireworks Cayman style. The Sunshine Suites is a Four Diamond luxury hotel featuring 132 studio suites. All suites have a: fully equipped kitchen, plush tropical interiors, ceiling fans, complimentary continental breakfast served pool side.

We are flying in Thursday afternoon and you can begin shore diving that afternoon or wait for the boat Friday morning.

The cost of the trip is \$1100/pp which includes: air, hotel, breakfast, unlimited shore diving, 2 days of 2-tank boat dives. The trip is filling (max of 12) so don't wait too much longer.

We look forward to diving with you this summer. Call or come by to sign up.

- Tami Gardner
Tami@travelforyouinc.com





Please visit our website. We do our best to keep it up to date. Let us know what you think about the site and the newsletter. An important part of our success has been the friendships developed among customers and staff. That's part of why we dive.

2540 Marsh Lane, Suite 128
Carrollton, TX 75006
Phone: 972-416-8400
Email: info@internationalscuba.com

WWW.INTERNATIONALSECUBA.COM

Creature Feature – *Pajama Cardinal Fish*



Pajama Cardinal Fish

Red spots on body from front dorsal fin to tail. Red band around eye. Common to occasional Indo/Pacific.