



# International Scuba

GETTING YOU THERE... STARTS HERE!

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## Is it May already?

Howdy Divers,

Can you believe May is already here. I am not sure what happened to April but I hope it was good.

We have lots going on this month with two big outdoor events. Outdoor Expo on May 5-6 was a huge success. We put over 100 divers through the pool during the weekend and have some new junior divers for our camps this summer.

The next event is Grapevine Main Street Days May 18-20. Come join us for all sorts of fun. Last year we had a blast!

Trips this season are a little lighter than we would like so

don't wait too long to sign up. We have spaces remaining on the Bonaire June trip, Cozumel June trip, Blackbeards July trip, all Flower Gardens, and especially the Pamper yourself trip to Cozumel in September.

We are beginning to plan 2008 trips so now is the time to speak up and let us know where you want to go and when. As you know, many of the trips on the board as there because you asked for them. Be careful what you ask for—ha ha. Seriously though, this is the time we sit down and start planning and scheming. You know we already have Turks and Caicos for January '08 and believe it or not Palau in 2010.

There are still spots left in our summer camps for junior open water

divers so let all of your friends know Jun 18-22 and Jul 16-20 still have room available.

~ Patti



## Class Schedules & Trips— at a glance:

- WEEKEND:**  
**APR 28-29 TERRELL**  
**MAY 12-13**  
**MAY 26-27**  
**JUN 9-10**  
**JUN 23-24 DEEP WATER**  
**JUL 7-8**
- WHERE TO:**  
**JUN 22-30 BONZIRE**  
**JUN 30 COZUMEL**  
**JUN 30-7/1 FLOWER GARDENS**  
**JUL 14-21 BLACKBEARDS**  
**AUG 18-19 FLOWER GARDENS**  
**SEPT 17-20 COZUMEL PAMPER YOURSELF**  
**OCT—WAKATOBI**  
**JAN 08—TURKS AND CAICOS**  
**FEB 2010—PALAU**

## Specialty of the Month— My Favorite Class

As I write this I am looking forward to a fantastic weekend. We are preparing for the Outdoor Expo at Lake Lewisville. (By the time you read this it will be done). In two more weeks we will be at the Grapevine Main Street Festival. In both venues we put up a pool and let people try out scuba. It's a great opportunity for everyone. We always like to see the look on peoples faces when they breathe underwater for the first time. It is also another mark that summer is here (yes officially its spring, but this is Texas, spring is about over by now). Ok enough of my waxing poetic (ok not very poetic) and on to the subject at hand.

Last month we talked about the night dive specialty. It is May's specialty of the month. There is still plenty of time to take advantage of it. If you have never done a night dive, now is the chance. If you have, but want to learn more about proper techniques and equipment now is the time. The ocean is an amazing place at night, but night diving in fresh water has its allure as well. It's also a great place to prepare you for your next trip.

For next month, I am very excited. It's actually my favorite class to teach - Peak Performance Buoyancy. In

nearly every activity, there are a few stages you need to go through. The first is to get the mechanics down. This is what we do in the Open Water Course. The next step is the ups and downs of trying to get everything to come together at once. This takes a while. You will gain proficiency in one area, but seem to lose it in another. This goes back and forth until all of it becomes almost automatic. Once it becomes automatic, you can now polish techniques and fine tune areas. This does not mean you quit learning just that the learning is now going outside of the basic techniques and comfort. All of a sudden you find that you don't think about the basics any more. You don't seem to be working as hard when you dive, your air consumption is way down. You almost feel as one with the water.

If you talk to anyone who has gotten here as ask them about it, you will find one core element beyond the basic mechanics of diving, which is buoyancy. Without it, nothing seems to work right, with it, everything is almost effortless.

Buoyancy is a lot more than hovering. That is very important, but learning to hover alone will not make

your buoyancy correct. It is also about proper weighting (many people dive very over weighted and don't even realize it), trim, breathing techniques and finning techniques.

Proper buoyancy means you can control your position in the water. While swimming you are horizontal and streamlined. When you are looking around you can go head down or up as needed with little effort. Safety stops become a breeze. Proper buoyancy also means that you have just enough weight to get down and maintain your safety stop on a nearly empty tank (500-750psi). If you are weighted properly, you will sink slowly. This makes it much easier to equalize as well as compensate for your wetsuit compressing. When you get to the bottom you will have to add very little air to your BCD to get neutral and probably will rarely if ever touch your inflator until it is time to ascend. Your air consumption will get better very quickly because you don't have to work as hard. You will move through the water very effortlessly.

Cont'd on Page 3

## Inside this issue:

Specialty of the Month	1/3
Our Stars	2
Milestones	2
New Toys—Aqualung and Bare	3
Possum Kingdom Cleanup	4
CD Corner— Working as a Team	5
Creature Feature — Cleaning Shrimp	5

## Our World of Divers Continues to Grow

### Junior Open Water & Open Water (White Belt)

Devin Rose  
Matt Rose  
Jeff Weeks  
Sonja Paxton  
Marie Wall  
Chris Wall  
Maryn Gier  
Matthew Perry  
Carrie Francis  
Jeff Francis  
Trent Sutton  
Muriel McGuire  
Harley Mimura  
John Black  
Chris Tullier  
Michael Villere  
Matt Cook  
Brian Schroeder

### National Geographic Open Water

Brian Brewer  
Chris Cunyngnam  
Audrey Temple  
John Noble

### Advanced Open Water Diver

### National Geographic Specialty

### Enriched Air

Lauri Schisel  
Dean Follmer  
Maryn Gier

TC Carroll  
John Noble

### Emergency First Response

Tom Baggett  
Emily Keese  
Dalton Keese  
Shannon Rene  
Tiffany Hiemeyer  
Debbie Breihan

### CPR

Shane Zanders  
Gerald Lange  
Eve Ksabi  
Kimberly Chance  
Angel Witte  
Jeffrey Dwelle  
Christopher James  
Weldon Wright  
Tony Williams  
Derry Mallard

### Oxygen Provider

### Rescue Diver

Ho Lee  
Kevin Gibbs  
Kristin Gonzalez

### Tec Rec Gas Blender

Ho Lee  
Tom Baggett  
Romy Verhovshek  
Dave Allen  
Bill Wood

### Search & Recovery

Bonnie Jones

### Wreck

Ho Lee

### PPB

Solomon Chaim  
Maryn Gier

### Digital Photo

Ho Lee

### Navigator

Chad Sibley

### Master Scuba Diver

Jim Pasant  
Ho Lee

### Master Scuba Diver Season Pass

### Digital Photo Instructor

Brian Divine

### Altitude Instructor

Brian Divine  
Patti Stewart

### EFR Instructor

Emily Keese  
Dalton Keese



## Milestones—number of dives recognition

Don't forget to email us your milestones—remember you are working hard!

10 Dives

150 Dives

300 Dives

20 Dives

200 Dives

350 Dives

25 Dives

250 Dives

400 Dives

40 Dives

500 Dives

600 Dives

100 Dives

700 Dives

## Specialty of the Month—My Favorite Class cont'd

So why is Peak Performance Buoyancy my favorite class to teach? Because it makes such a huge difference in all aspects of diving. The other specialties are wonderful, but they are focused on specific tasks or environments, this one is something you will use in each and every dive, no matter what you are doing or where you are doing it. Until you master the techniques, you will never be truly comfortable with your diving. As an instructor I truly enjoy seeing the progression of students. With Open Water I get to see the twinkle of newness and accomplishment in people's eyes. With PPB, I get to see lights go on and a huge difference in people's diving. I watch them go from student divers, and average divers, to truly comfortable divers. It's a wonderful progression to see and still makes me smile.

Ok I've gone on long enough. And yes for the month of June if you sign up for Peak Performance Buoyancy, you will get a gift from the PADI Diving Society (if you are a member). The gift for June is a PADI Mosaic Logo T-Shirt.

Happy Diving,

Brian

## New Toys—Aqualung and Bare

Aqualung has recently added some new toys to their lineup.

First off is the new Suunto Cobra 2 air integrated computer which now features a digital compass, along with a very nice bold graphic display. Even though we're getting better not older it's still nice to have a display that clearly communicates information even in low light and low visibility conditions. The digital compass has only been available with the high dollar D9 and somewhat more affordable D6. Now everyone can get in on the fun of a digital compass which helps to streamline your console even more. Another nice feature is the ability to use 2 gas mixtures on the same dive with its two gas switch capabilities. If you're in the market for a new computer check out the latest offering from Suunto.

Apeks has introduced a new first stage regulator that will have tech divers changing up their gear. It's the new Tek 3 system. What on earth could Apeks do to improve on their flaw-

less regulators you might ask? The engineers have finally addressed to tech divers concerns of routing hoses in the most streamlined fashion. With all the hose we have going to various pieces regulators

and valves it's often difficult to keep the hoses in a neat and streamlined manner. Apeks has taken the leading edge technology from their XTX line of regulators and created a first stage regulator with all the ports on the downward side. This allows hoses to be run down and in as is the preferred configuration but often impossible to accomplish. There is even a dedicated left and right side regulator that ensures that the regulators are lined up to the middle with hoses going to the inside. There are two ways to get into this technology. You can purchase the entire set both 1<sup>st</sup> and 2<sup>nd</sup> stages or you can get just the 1<sup>st</sup> stages and swap out with your current 2<sup>nd</sup> stage regulators.

If you have ever had the feeling that your hose is being pulled from your mouth you might have wished for a way to relieve the pull of a stiff hose. That can now be accomplished

by switching to the new swivel hose that Apeks has come out with. It's a pretty simple plan of attack and a very effective one to boot. In the past we have added swivels to our second stages as an after market item. Now you can get the hose and swivel at once. It's amazing the difference you'll feel by switching to the swivel. This will be in stores very soon and a hot

ticket item.

Bare Wetsuits is about to become a bigger part of our wetsuit line. They have three wetsuits styles in various price ranges from very affordable up to pretty darn reasonable. We have found that Bare is a dependable and just all a round great looking suit that has a size for everyone. Stop by and check out the Bare line or you can order the color and style you want to stand apart from the crowd.

Rich



## Possum Kingdom Lake Clean-up

On Sunday, April 28th the Zero Gravity Dive Club hit the road to help clean up Possum Kingdom Lake. The club gathered at the Scuba Point Dive Shop owned by Todd and Ann. Ann is the daughter of Tom who was responsible for bring diving to the masses way back in the early 60's at Possum Kingdom. Scuba Point is home to the world's largest air compressor called "Gold Finger". There is a nice dive site right in front of the shop with easy access to deep diving.

Our mission was to clean up Hells Gate an area of the lake with a beautiful area where boaters tie up to party the weekend away. On any given weekend at least 50 boats are tied together with music blaring and people partying hardy. The problem arises when the boaters decide to throw their beer bottles and cans over the side to hide the evidence from patrols looking for intoxicated boaters. These drunken partiers actually believe they will avoid arrest or a ticket by dumping the empty's right where they drank them. Imagine how many can and bottles can collect during a summer of fun in the sun.

The Brazos River Authorities were excited to see so many divers showing up to help clean up the area. They created a no boating area for our group to safely dive without being run down by careless partiers. We planned our clean up area to be about half the size of a football field. We had approximately 30 divers all together with 11 being representative of International Scuba and Zero Gravity. When we hit the bottom it didn't take long to start finding things to put in our bags. It's no exaggeration to say that the bottom of the lake was almost completely covered in bottles and cans along with other sundry items. After maybe 5 minutes my buddy and I had filled our first bag and surfaced to the support team in canoes that quickly whisked the bags away and sent us down with empty bags to

fill. It took a bit of team work to stay together in the low visibility created by pulling garbage out of the mucky bottom. There were some really strange items recovered also. Brian told us about his thong he found! Turned out it was a flip flop thong. There were anchors, shoes, lighters and a bunch of sunglasses along with a fork and t-shirts. The bottles and cans were a hoot because some had pull tops. Some of our divers don't even know what a pull top is. We found old bottles that some people would like for their bottle collections. After about 90 minutes I surfaced with my 6th or 7th bag of trash to find the boat about to sink from all the trash hauled up by the divers. We had to stop the clean up, we had completely filled the boat to the point it was almost at the water line. There were still plenty of bottles waiting to be brought up but they would have to wait till next time. Everyone climbed aboard Todd's dive boat and we hit the sundeck for the ride back to Scuba Point. Everyone agreed that even though the vis was about 6 inches it was about as fun as could be. Not only had we helped to give back to the community thru diving but it was just good old fashion fun picking up all the sunken, treasures and bagging them up. We were told about the lady that was offering a big reward to find her lost diamond ring while visiting last summer. No one found it this time but I guess it's still out there waiting for the lucky diver to find. We made some new friends with several divers from exotic areas of Texas west of Carrollton. After the dive we were treated to a hero's welcome and a feast fit for hungry divers. Todd and Ann really went all out for the divers with the great food and soft drinks. There was no charge for all this fun and food just a bunch of folks getting together to lend a hand.

The Brazos River Authority Officer was itch-

ing to jump in and join us as he is an avid diver but he had to man the over flowing boat and try to limp back to shore with the messy cargo. When the boat was finally pulled out of the water with all the trash and weighed it tipped the scale at over 2000 lbs of trash! No one could believe we had pulled that much out that quickly. Everyone gathered round to take a picture in front of the loaded boat. The local press even showed up to do a story on the clean up. It looks like he found the Zero Gravity divers to be pretty quote worthy. The reporter was trying to scribble down notes furiously as the stories were being swapped about our adventures that morning. Several divers were asked for their names as sources for the story. After lunch we all filled out forms for PADI Project Aware events. There was a pretty thorough questionnaire we filled out that allows PADI to track what is being dumped in the water and what we did to pull it out. Everyone was presented with a certificate thanking us for our participation. It was a nice touch and appreciated by all the divers. Everyone pledged to return for the next clean up and to bring more friends to help out next time.

A big round of applause should be given to all the participants; Kevin Gibbs, Trish Atkins, Bill Wood, Josh Racca, Jim Pasant, Ho Lee, Matt Lopez, Tonni Shook, Brian Divine and Simon.

I hope you can join us for our next event!

Rich



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.



Getting You There... Starts Here!

2540 Marsh Lane  
Suite 128  
Carrollton, Texas 75006

Phone: 972-416-8400  
Fax: 972-416-8507  
E-mail: [patti@internationalscuba.com](mailto:patti@internationalscuba.com)

GETTING YOU THERE... STARTS HERE!

## CD Corner — Working as a Team

Howdy Divers,

I am currently working with my brother and sister to move my mom from her home of 14 years into an assisted living space. I am here to tell you that it is a royal pain. That being said it could be a lot worse if we three kids weren't working together. Brian and I went down there last weekend and with the physical help of my brother completely cleaned out the house, painted 2 bathrooms and got it ready for a for sale sign. Each of us had assigned tasks that rolled like clock work. Even when it started raining and my brother came in from chimney painting he picked right up on my list.

As Instructors, we too need to work as a team with assistants. Dive Masters and Assistant Instructors are our right hand folks and sanity check through most of the teaching we do. If you have ever seen the instructor manual then you know there are lots of pages of information and guidelines/standards we have to follow. Nice to know there are folks looking out for us if we get off target.

As Rescue Divers, we have already shown a

commitment to not only taking care of ourselves as divers but looking out for others. The next logical step is professional.

If you have the desire to assist instructors and work with students but aren't really interested in teaching then the Dive Master program is right up your alley. This program is self-paced but scheduled and can be completed in 2 plus months or longer. Depends on your time and willingness to jump in. We provide to you a binder with a schedule for the entire year of Tuesday nights of curriculum. Also on that schedule are all of our classes that you can participate in along the way. The schedule is only a small part of the binder. The other 11 sections contain valuable information taken directly out of the Instructor manual so that at all times are on the same pages. It should not be a secret as to how you are evaluated or what the expectations are for the program. We also include some help sheets for some of the material that typically make folks nervous such as physics and physiology.

The best part is 6 IDC Staff Instructors or higher teach the program. We believe that you should be given the opportunity to be

taught by folks with a passion for the subject. It certainly helped me a lot of years ago.

Now, if being a DM isn't enough but Instructor is too far then Assistant Instructor is a cool credential. This is typically a 4-5 day program. You are able to teach non-diving specialties like Project AWARE and Coral Reef but even cooler is the fact you can teach Peak Performance Buoyancy. Another cool feature is you can evaluate surface skills with the instructor. We all know surface swim with compass or surface navigation is like herding cats so.... An Assistant gets the best of both worlds because they assist and get to teach some still leaving the big items to the instructor in charge.

If either of these courses interest you please email, call, or stop by to let us answer your questions.

~ Patti

## Creature Feature — Pederson Cleaner Shrimp



I am sure you have seen these little purplish creatures around anemone or along where the coral meets the sand. The real question is have you had a manicure by them.

On our trip to Palau, Fender Phil had his first encounter. Brian and I found a little patch on one of the masts of the wreck we were diving. I had them in my hand and passed them along. If you will remain as motionless as you can, these little guys will clean your cuticles. (Ask Brian his nickname in the BVI).

They are the parasite cleaners and can also be seen in a cleaning station in a fishes mouth. No dinner for the fish just dental hygiene .

They range in size from 3/4 to 1 inch so you have to look closely and be patient. Typically seen between 10 and 60 feet.