



# International Scuba

## Summer has arrived

Howdy everyone:

I hope you are enjoying the summer so far. Looks like we are going to get a hot one if we are pushing 100 already. We have had it good lately so we shouldn't terribly complain—right? It is Texas after all, just wait a few minutes and the weather will change anyhow.

We have lots of folks heading to the lake each weekend to get certified or continue their education. Tami has had folks in Cozumel every weekend in June and half of July. Wow—and it is early.

We are looking at the 2006 and 2007 calendars and trying to plan out trips. We want to hear from you guys for a change. We are looking at the Palau Aggressor in 2007. Brian turns 40 and Phil turns 50. Should be fun. Don't forget we have TEXAS Cozumel in October 2006. We are looking at Turks and Caicos for January/February 2006. Please send either myself or Tami an email with your ideas for next year. We can't wait.

Some of the trips remaining this year that have spots remaining include:

- ⇒ August 5-8 - Cozumel
- ⇒ Sept 16-19 - Cozumel
- ⇒ Sept 22—Oct 2 Fiji
- ⇒ October 28-31 - Akumal
- ⇒ November 20-27 Cozumel
- ⇒ December 30—Jan 2 Cozumel

Call quickly to secure your spot. 972-306-3260.

Have a great weekend and Happy Diving,

-Patti  
[patti@internationalscuba.com](mailto:patti@internationalscuba.com)

Remember to visit our website!

[www.internationalscuba.com](http://www.internationalscuba.com)

### Upcoming Lake Weekends:

Jun 18-19	Aug 27-28
Jul 2-3	Sep 10-11
Jul 16-17	Sep 24-25
Jul 30-31	Oct 8-9
Aug 13-14	Oct 22-23

### Upcoming Trips:

Jun 18-25 Roatan
Jul 18-22 Cozumel *****
Aug 5-8 Cozumel Family
Sept 16-19 Cozumel
Sept Fiji
Oct 28-31 Akumal

### Upcoming Classes:

Adv. OW	6/18, 7/2, 7/16
EFR	7/5, 8/2, 9/6, 10/4
Rescue	6/9, 6/23, 7/7
Nitrox	6/21, 7/19, 8/16
DAN 02	6/14, 7/12, 8/9

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## 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 certifications: **If you have hit a milestone please send me an email.**

### Open Water/Junior

#### Open Water

Jo Tong  
Le Tong  
Alex Brown  
Tracy Dome  
David High  
Brandie Taylor  
Durf Panichpan  
Amy Holzapfel  
Jon Holzapfel

#### Advanced Open Water

Micah Bounds  
Matthew Bounds  
David Cerqua  
Alex McNally

#### Enriched Air

Mark Seymore  
Denise McNally

#### Equipment Specialist

Brad Sample

#### EFR

Edward Barnds  
Chris Holsonback  
Dan Holsonback  
William Page  
Alicia Pol  
Jeremi Armstrong  
Scott Moore  
Jeff Davis  
Garry Gay  
Steve Moore

#### Rescue

Thomas Payne

#### Master Scuba Diver

Bill Gutknecht  
Dave Allen

#### Divemaster

Chris Walls

#### Assistant Instructor

Jeff Davis  
Diana Grubbs  
David Grubbs  
Steve Moore

#### EFR Instructor

Diana Grubbs  
Scott Marshall

### Milestones

#### **25 Dives**

Marty Cummins

#### **30 Dives**

#### **40 Dives**

#### **50 Dives**

Denise McNally

#### **60 Dives**

Bill Gutknecht

#### **80 Dives**

#### **100 Dives**

#### **500 Dives**

## Jazz and Seahorses—A Visit to St. Lucia

Phil and I took a trip to St. Lucia in May that originally was to be a diving vacation, then after some family issues in April, we decided it would just be a trip to “get our heads screwed back on”. Happily, the trip encompassed both goals; we dove a couple of days, and sat on the beach with lots of umbrella drinks on the other days.

St. Lucia, part of the Windward Islands, is a lovely island with much to offer nature enthusiasts on land, on sea, and under the sea. The island is the tip of a volcano, topped by two distinctive cones named the Pitons, and is 238 square miles in size. St. Lucia is just 21 miles from its nearest neighbor, the French island of Martinique. Because of St. Lucia’s volcanic origin, some of its beaches have black sand, although golden sand is found in the north. The island is covered by lush rainforest, much of which is a natural preserve, botanical gardens and coastal mangroves. There are French and British influences due to their occupation of the island in the past, which accounts for driving on the left side of the road. There are many banana and cocoa plantations, and from March to August, turtles lay their eggs on the beaches. Besides diving, sailing, and other water sports, the island offers golf, challenging hikes, fishing, horseback riding, and just about anything else you might want to try. St. Lucia hosts a jazz festival each spring, and if you love jazz, you should stay at the Sandals Grand St. Lucian and walk along the beach (about 100 yards) to the Pigeon Island National Park where the festival is held each year—there is no closer resort to the festival and you stay out of the traffic. The festival attracts world-renowned jazz artists and is sure to please.

The weather is tropical with breezes from the trade winds to keep you cool. Be prepared for sporadic showers that are short-lived and average temperatures of 79-85 F. There are two airports on the island, Hewanorra International Airport—the larger airport—is located in Vieux Fort on the southern portion of the island; and George F.L. Charles Inter Island Airport also known as “Vigie”—very small airport—is located outside Castries which lies in the far north of the island. If you decide to visit St. Lucia, consider where the resort is located that you want to stay, before booking your air—you could potentially face a 2 hour ride to your resort!



We stayed at Sandals Grand St. Lucian—at the recommendation of Tami from Travel For You, Inc. Sandals has three resorts (soon to add their fourth) in St. Lucia. The Grand St. Lucian definitely lives up to its name. We visited Sandals Halcyon, and were very glad that Tami had steered us right! I don’t think there is a bad room at the Grand St. Lucia—the resort sits on a piece of land that juts out into the sea, so there is actually water views on both sides of the resort. Since Sandals is an all-adult resort, there were many weddings on the beach, honeymooners, and anniversary-celebrating couples! Word of caution on the dress code for dining, they really do enforce it! The quality and variety of food was very good—and we tried as many of the tropical drinks as we could from the swim-up bar menu.

The Grand St. Lucian’s water sports desk was staffed by many friendly, competent, and knowledgeable employees who wanted everyone to enjoy their vacation to St. Lucia. We checked in with the water sports desk the morning after we arrived. Upon verifying C-cards and performing a check-out dive, we were listed on the 2-tank dive for the next morning.

All the divers gathered at the resort’s dock and waited for permission to board. Once aboard, we had to do something I have never been asked to do before on a dive boat—we would not leave the dock until every passenger—even the dive leaders—had donned a

life preserver—a stylin’ one—safety first! Water temperatures range 79-85 F and most divers wore a shorty or just swimsuits. We had two terrific guides on the trip, Pamela and St. Rose. The dives were well briefed—details on the site, signals, first aid/oxygen, and emergency recall procedures were all addressed. It was terrific to dive with such a professional group.

Our dives were mostly mooring dives, and unfortunately they were timed dives (for a general dive profile). While Phil and I were disappointed at first that we could not dive our computers, I was actually relieved after swimming into the current for 20 minutes before we turned around—this spoiled drift diver was tired and ready for a surface interval! St. Rose tried to bet the divers whether he could show us 4 seahorses on our next dive—he did good, but came up short with just three. If you go to Sandals Grand St. Lucian, be sure to ask St. Rose to take you to the seahorse zoo—he will know where you mean! We also saw frogfish, squirrelfish, juvenile angels, lots of eels, cleaner shrimp, arrow crabs, lobster, crab, soldier fish, a wide variety of coral and sponges, including gorgonians, black tree coral, barrel sponges, vase sponges and giant brain coral with too many Christmas tree worms to count. On one of our dives we dove the Lesleen M which was a 180-foot freighter that was sunk purposefully in 1985. The ship lies at 62 feet on a sandy bottom and can have some strong currents. The wreck lies upright, with the pilothouse and the cargo area very accessible. The ship is teeming with fish, eels, and other creatures and totally encrusted with corals and sponges.

Sandals, being an all-inclusive resort, includes 2 dives per day in their pricing. You can sign up for additional dives (including night dives) for an extra charge. The Grande St. Lucian operates a Newton 42; it was comfortable and capably served all the divers. As you would expect, there were divers of all levels of experience on the boat. Sandals does an afternoon boat trip to a shallow dive site they also take resort divers and snorkelers too. The dive operators all liaise by radio so that only one boat is moored at a time at a dive site—very nice to not be crowded! Word of caution regarding the other two Sandals resorts, they share a dive boat,



so one resort takes those divers to the other resort, then they embark to dive sites.

Suffice it to say that the dives we made in St. Lucia were terrific and we hope to return some day to further explore both the island and the sea.

- Wendy and Phil Fox  
wendy@internationalscuba.com

## Review of a basic entry, with a twist

Many of us are used to diving off boats with low platforms. These make entry very easy. We generally do a giant stride, sometimes not too pretty, but it works pretty well. As you venture to new areas and possibly larger boats (live aboards, double hulls, etc), you may find yourself doing a giant stride from a bit higher than you are used to. Some of these are 5-8 feet up. This makes technique a little more important. If you use improper technique, you are more apt to lose a weight belt or mask on your entry. I wanted to go through the proper technique for a giant stride. This is a basic skill that we sometimes forget about and may be too embarrassed to ask.

First thing to remember before you get in is to do your pre-dive safety check. This makes sure everything is in place and ready to go. Don't forget to check your buddy as well (and they should be checking you). An easy way to remember this is with the acronym BWRAF.

**B – BCD:** Make sure your BCD is on and secure. The inflator is working properly, and everything is snugged up.

**W – Weights:** Do you have them on? If you are wearing a weigh belt, is it a right hand release? Is the belt snug? If you have an integrated weight system, are the pockets in? Are they secure? If they are attached with Velcro, make sure the Velcro is secure.

**R – Releases:** Make sure all the releases are secure. Is the tank release/buckle tight so the tank won't slip? Check your buddies releases on their BCD. If you aren't familiar with how they work, this is a good time to ask.

**A – Air:** Is it turned on? You would be surprised how easy it is to jump in the water with your tank turned off. It's a quick check. Your buddy can check the valve, but you can also check by taking a breath of your regulator and watching your gauge. If you see the needle move when you take a breath, your air either is off (or barely on) or you are having an equipment issue with your regulator. This also ensures your second stage is working properly.

**F – Final OK.** This is a last up and down check. Does anything look out of place? Are my fins on (or in your hands if you need to walk to the entry point)? Is your mask on? If you are diving with a camera, do you have it or is it easily retrieved on the way to the entry point? Does anything else look or feel out of place? Get it taken care of now while its an easy remedy.

Ok, now that we have checked out ourselves and our buddy we are ready to get in the water. You are at the entry point and are looking down about 5 feet to the water. If this is your first time doing a giant stride from this height, it can be a little intimidating. Its quite easy, but lets walk through it real quick.

- First, walk to the entry point and put on your fins if they are not already on. To put on fins standing up, use the figure 4 method. Hold your fins back to back in one hand. Hold on to your buddy or something stable with the other hand. Cross the leg opposite the hands with the fins over the other knee and put on one fin. Switch hands and repeat for the other leg.
- Next scoot up to the edge. Make sure your toes are right up to the edge of the entry point.
- Add air to your BCD.
- Grab anything loose or that might come loose (your console, octopus, dangling light, etc) and hold it with your left hand over your weight belt buckle. This is important since the force of hitting the water can make the buckle come loose if you are not holding it. If you are wearing a weight integrated BCD hold everything over your belly.
- Put your mask on and regulator in your mouth
- Hold the regulator with the heel of your right hand and your mask with the tips of you fingers. This will prevent the regulator and mask from coming loose on entry.
- Look to make sure the water below you is clear of people or other obstructions.
- Now look straight ahead at the horizon.
- Take a giant step out. Do not jump or hop, just take a giant step.
- As you hit the water, make a nice scissor kick so you don't sink too far. Remember you put air in your BCD so you will come right back to the surface.
- Once you are in the water, check to make sure your weight belt or pockets are secure, mask and mask strap is in place and a quick double check of everything else.
- Give the big ok sign to the boat crew and swim out of the way for the next person.

- Brian



## You Light Up My Life

No, not the song, but lights that really light up your night dives. Underwater Kinetics produces an eLED module that allows you to “upgrade” your existing UK Sunlight C4 or C8 light. You’ve seen the new cars with the high intensity headlights... now you can take that same “white light” technology with you on your night dives.

The 6-watt white LED lamp contained in the sunlight C8 and C4 eLED dive lights is the most indestructible source of illumination for diving available today. Unlike the standard glass envelope lamps used since Edison, the LED will not break when dropped. The life expectancy is well over 5000 hours. The light emitted by the LED (light emitting diode) is similar to sunlight and travels farther underwater than the more yellow light from an Edison lamp. In addition a power control circuit is built into the light which maintains the same brightness throughout the charge on a set of disposable alkaline, Nicad, or NiMH batteries. A tough O-ring sealed ABS and polycarbonate case protects the components all the way down to 500 feet.

You can have it all with the Rechargeable Upgrade Kit. It includes our 2.8 AHr rechargeable nicad pack with 120 VAC 10-hr charger as well as a super bright 20-watt incandescent lamp and twin lamp reflector.

- Single high power 6-watt white LED replaces clusters of smaller LEDs to produce a narrow focused beam
- Batteries last longer by using high efficiency LED.
- Full and half power switch can extend battery life even more
- Power circuit control maintains almost constant brightness when used with rechargeable batteries
- Light from the eLED is close to sunlight in color and travels farther through water for maximum visibility
- Powered by 4 or 8 disposable Alkaline, Nicad or NiMH C-cells.
- Non-breakable locking switch prevents accidental actuation.
- Integral pistol style grip
- Front lens protected by heavy rubber boot for drop protection
- Tough, non-corroding ABS and polycarbonate plastic construction Rubber sleeve lanyard included



### Now let's get small....

This mini-pocket light also features the high intensity long lasting white LED lamp. The most unique feature of this light compared to competitors is the type of beam it projects. Rather than producing a bright center spot which fades quickly to dark, the UK2AAA eLED projects a soft edged disk of even illumination. This is made possible by a compound lens optical system designed specially for the 2AAA eLED. From a distance of 24 inches the beam is about 6-7 inch in diameter or about 16 degrees. This type of illumination is very useful when trying to read a map or view a work area up close. A Nylon clip is included for attaching the light to safety glasses or the brim of a cap for task illumination.

Features:

- High brightness white LED
- 20 Hours of high brightness illumination before fading to a low level glow
- Powered by 2 alkaline AAA cells
- Built-in current regulation circuit for constant light output and long lamp life
- Twist ON and OFF switch
- Waterproof O-ring seal
- Nylon clip included for attaching to safety glasses or the brim of a cap
- Key ring for use as a pocket light
- ABS and Polycarbonate plastic construction
- Available in Yellow, Black and Transparent Blue



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*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*

## CD Corner — As Fate Would Have it

*Howdy Divers,*

*I am going to write about how life changes can be for the best. We had an IDC scheduled for May-June that looked like it wouldn't make. Then one of the candidates quit his job during the Assistant Instructor program and thought about continuing. Low and behold, the college contract they were looking at came through and now he was destined to continue. Another candidate, who has been an AI for 10 years, works for a shop that desperately needed him to make the jump. The last candidate who has also been an AI for a bit—2 years needed to make the jump in order to train her boyfriend's son. I went from no candidates to 3 and all needed to be completed before the July 18th Instructor Exam in Texas, so off we went to Ft. Lauderdale this past weekend.*

*I am very excited to report that we have three new instructors amongst us. Scott Marshall of Scuba Connections, Jeff Davis and Andrea Sorlie. Some of you may remember Andrea—our old store manager. If you have seen her grow from Open Water—it has been a fun transformation. Jeff Davis has grown up teaching with Chris Armstrong who joined our team a few months back.*

*Each of these individuals were busy in their lives until about May 15th when life changed for them and new adventures were about to be taken. Changing jobs and possibly careers can make your head spin. Deciding that your boyfriend's son is important enough to spend \$1800 in two weeks time is a lot as well. Finally, imagine you have been trucking along happily as an AI for 10 years and the shop owner who is one of your best friends comes begging. What's a good AI do?*

*You never know what may happen in life so embrace it daily and enjoy it. If you get the chance to do something exciting—just do it!*

*- Patti Stewart  
[Patti@internationalscuba.com](mailto:Patti@internationalscuba.com)*

## Creature Feature — Red Lipped Bat Fish

Scientific Name: *Ogcocephalus porrectus*

### Description:

Triangular shape, head and body flattened. Body armored by scales and spines, tan with dark brown blotches, on back, two spots (2cm in diameter). Lips are bright red. Tail banded.

### Size:

3.5–5 inches

### Habitat, Behavior, and Biology:

Rests and walks on fins on sand and rubble bottom. From 120ft, usually deeper. Solitary and in dispersed groups on the bottom. Equipped with a small lure for attracting small fish. Feeds on mollusks, crustaceans, and small fishes. Swims away when closely approached.

### Abundance:

Locally common, uncommonly seen because of depth, Baja Manuelita, Dirty rocks, and Uiloa.

