



# International Scuba News

## Welcome to International Scuba's First Newsletter

Remember to visit our website!  
[www.internationalscuba.com](http://www.internationalscuba.com)

**Upcoming Lake Weekends:**  
**July 20 and 21**  
**August 3 and 4**  
**August 17 and 18**

The staff at International Scuba is pleased to bring to you the first issue of our monthly newsletter. It is our hope to provide this newsletter to all our wonderful customers and friends as a way to keep you informed and updated on the most current happenings at the shop and in the world of diving.

We have tried to include topics of interest for

all those existing and future divers. If there are topics of interest you would like to see, please let us know. This newsletter is for you!

- Patti Stewart

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

## 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 June:

### Open Water:

James Becker  
Chad Brown  
Meghan Daniels  
Elizabeth Drummond  
Kristine Falk  
Richard Ging  
Kellie Goss  
Kathryn Hayhurst  
Thane Hayhurst  
Cindy Marshall  
Brian McElroen  
Rene Oubre  
Debbie Stover  
Christopher Logan

### Advanced Open Water:

Ernest Eininokut  
Harlan Hanson

### Specialty Diver:

Karen Smith  
Karen Smith  
Keith Smith  
Keith Smith  
Ernest Eininokut  
Roger Alexander  
Pete Silva  
Charlie Barr  
Tracy Brewster

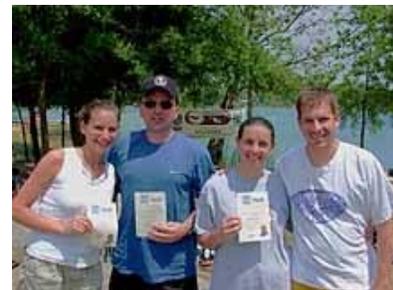
Deep Diver  
Night Diver  
Deep Diver  
Night Diver  
Drift Diver  
Enriched Air  
Enriched Air  
U/W Navigator  
U/W Navigator

### Rescue Diver:

Jamie Divine  
Karen Smith  
Keith Smith  
Colleen Neathery

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## Destination Bonaire...



The ABC Islands, Aruba, Bonaire, and Curacao are located just off the coast of Venezuela just north of the equator and well outside the hurricane belt. Bonaire a "Diver's Paradise" is the eastern most island of the three. Bonaire, Netherland Antilles, is a Dutch territory and English is widely spoken. Temperatures average in the 80s with sunny skies every day.

Bonaire offers more than 80 dive sites, 60 of which can be accessed by shore. This is a shore diving paradise, which gives you the flexibility to dive different dive sites on your own schedule.

There are some easy dive sites just a short distance from Bonaire's capital. The Kralandijk area offers some very easy to advanced dives with an exceptional night dive option at Town Pier. South of Kralandijk has some more intermediate dives with the

island's biggest and best wreck. Some of these sights have some lengthy surface swims, so be prepared with your snorkel. Expect to see large schools of fish and plentiful macro critters including seahorses.

Sand Dollar Condominium Resort is a Full Service Family Resort. Each condo features fully equipped kitchens, spacious living rooms with Cable TV and a porch or balcony with ocean view. Each unit has air-conditioning and private bathroom.

International Scuba is sponsoring a trip to Bonaire November 24-December 1. Please call for all the details and join us for some world class diving.

- Gail Troxel

## Featured Product of the Month - Seaquest Pro QD

The favorite among instructor's here at International Scuba, the Pro QD + provides the legendary quality and comfort that Seaquest is famous for worldwide. The numerous features include:

- Fully weight integrated BC with 3 dimensional internal expanding gusset (patented), which provides additional lift capacity.
- Large Contour Back Pack on sizes Medium Large, Large, Extra Large and XXL offer better tank stability on larger size BC's.
- Sculpted shoulders using the exclusive Sea Quest pivot buckle system (patented) provides unsurpassed fit.
- Two side-releasing non-ditch pockets, holding up to 5 lbs/2 kgs each.
- Fully reinforced LDH plastic harness and thicker foam provide greater comfort.
- Outer bladder constructed of Armorshield™ Cordura® (ASC) for increased wear and fade resis-



tance.

- Over-molded carrying handle makes carrying the BC a breeze. Standard for all sizes.
- Depth compensating waistband with a 1 1/2" buckle and floating lobe strap.
- Upper right-hand shoulder pull dump for even easier and quicker deflating.
- Six stainless steel D-rings for attachment points.
- Two large zippered pockets with pull cord.
- New knife grommets & retractor attachment points on left pocket.
- New XS size.
- Comes standard with Powerline Inflator (Air Source optional).

Stop by shop for a test dive.....

— Jeff McNutt

## Equipment Care Tips - Regulator Care

No piece of gear is more vital than your regulator. With proper and regulator maintenance, a quality regulator can last a lifetime. Here are some tips to keep that piece of life support equipment performing at its best:

- Always rinse your regulator after every use, including a chlorinated pool.
- Clean the dust cap of water after use with either a dry towel or blowing on it with your mouth. The common practice of using blasting with tank air is more likely to blow water into the 1st stage than clear water off the dust cap.

*"An ounce of prevention is worth a pound of cure"*

- Store your regulator in a cool dry place. (Not your attic or garage)
- Never over bend or stress your hoses.
- Get your regulator serviced every year, even if you haven't been diving. An unused regulator will wear some parts out faster than one that has been regularly in use.
- Take an Equipment Specialty course to enhance all your maintenance procedures.

— Brian Divine

## Fill the Frame, Fill the Frame, Fill the Frame!

Photo Tips –

Every image has a **subject**. The subject may be as tiny as an itsy bitsy cleaner shrimp or as large as the reef itself. The easiest way to get pleasing results is for your subject to occupy as much of the image as possible. The area of your photo that isn't occupied by your subject is referred to as **negative space**. Uninteresting, flat or poorly lit negative space detracts from the impact of the photo. The easiest way to avoid this problem is to reduce the amount of negative space as much as possible. How can we achieve this goal?

**Shoot subjects that fit the frame size of your lens.** Every lens has focal length that determines the size of the area that will be in the photo. This means that for every size lens, there is an optimum size subject that will fill the frame of your image. Most point-and-shoot cameras have a standard lens of 28-35mm. These lenses are best suited for medium to large size fish. Various lens attachments or zoom lenses can alter the size of the optimum subjects to be selected.



I use lenses that range from 20mm for very wide areas to 200mm for very



small subjects. Invariably I end up having the wrong lens for the subject with less than pleasing results.

I've included three images here that show: 1) Seahorse that can barely be found, 2) A 5 ft. Turtle with only a head shot 3) a Moray Eel that fills the frame properly.

The Seahorse photo doesn't work well at all. The subject, the seahorse, can barely be seen. Believe it or not, the dome port on my camera was almost touching the seahorse.

The second image of the turtle was taken with a 105mm, not exactly what one needs to shoot a 5 ft. turtle. It still makes for an interesting and presentable shot (not great by any means) because the **subject takes up most of the frame**, even though I'm missing 90% of the subject. The third image of the Moray Eel works well. The subject takes up a good portion of the frame, and the **negative space** is limited to showing the eel's hiding place.



**The lesson:** Determine the subject size necessary to fill most of your image frame and focus on finding subjects that are least that big. If a large enough subject doesn't seem to fill the frame, **GET CLOSER!** (on land we call this the foot zoom)

— George Vincent

## Creature Feature – Splendid Toadfish



Splendid Toadfish—*Sanopus splendidus*

Native only to Cozumel. Common, it can be found in or near dark recesses.

Rests on pectoral and ventral fins. Often peers out from hiding places. Reclusive. A slow nonthreatening approach often enables close observation. Note the beautiful yellow border around the fins. Come to Cozumel with us to see this wonderful creature.

## Divemasters' Delight – Assisting Open Water Weekends

The Divemaster certification is the first level of professional status. The course work is extensive and requires knowledge in many areas. Those who complete the DM course have truly gained tremendous skills and confidence in the water.

The role of the Divemaster includes many areas. The one responsibility that the Divemaster truly loves and looks forward to is assisting instructors with Open Water Weekends. The duties are many, including setting the float and assessing site conditions, which means the DM has been in the water well before the students arrive.

Other duties include supervising student divers while the Instructor is working with one student. Another fun part of Divemastering is

leading students on tours after Open Water Dives 2, 3 and 4.

Perhaps the greatest reward is the pleasure of interacting with students and making them feel comfortable during the entire weekend. Smiling faces on Sunday are what the Divemaster strives for.

The Divemaster is a critical element to the success of any Lake Weekend.

If you are interested in learning more about becoming a Divemaster, contact either Jeff or Patti at the shop.

— Dutch Waddell



*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.*

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## Casey's Corner – Flexibility Through Stretching

Flexibility refers to the range of motion you can achieve at any joint through any particular movement. It is necessary in everyday activities like lifting grocery bags, and specific actions such as donning SCUBA equipment. Being more flexible can enhance your performance in diving. As divers, we must be able to move our limbs through large ranges of motion and be able to use strong movements to perform our sport. We do not need extreme range of motion for diving, but the importance of having adequate, or better yet, above average flexibility to produce force throughout the necessary working range of motion.

Unfortunately, as we get older, our tendons become more rigid due to changes within the muscle-tendon units. Poor flexibility can be improved, and can even beat aging with regular physical activity and stretching. The best way for a diver to stretch is to do "static" stretching, or holding a stretch for 10-30 seconds, slowly

ease off, and repeat the movement 2 or 3 times. Our goal is two-fold: to increase the normal length of our muscles, and to reduce tension, which can help prevent injury and cramping.

Before your dive, do a light warm-up (walking or a quick jog), and then do a few stretches for the lower back and trunk, legs (especially the hamstrings and calves), and shoulders. The idea is that warm muscles are less viscous and can be stretched further. Post-diving stretching is good to help maintain your flexibility. With these hints, you should find your newfound flexibility aids in less tension in muscles reducing the occurrence of cramps, smaller chance for injury picking up and toting your heavy gear, and having stronger, more efficient kicks for better force production. Give flexibility a try, and have a more productive diving experience!

– Casey McKay-McNutt

## In Memoriam – Hugh Parkey

I am saddened to report that Hugh Parkey, owner of *Hugh Parkey's Belize Connection* passed away this week from a heart attack. Hugh was well known throughout Belize and the entire dive world. He had established and run several dive operations in Belize including two of the three resorts on Turneffe Island. Hugh was a friend to all.

He was about to begin a new adventure, having just announced his

move to the southern atoll of Placencia in order to establish a first class dive operation.

Hugh always ended every correspondence with his trademark quote, "Getting wet and having fun, that's what it's all about!" We will all miss him.

– George Vincent