



International Scuba News

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www.internationalscuba.com

Upcoming Lake Weekends:

October 26, 27

November 9, 10

November 23, 24

The Land of Oz

I know my section isn't for travel, but I have to share my adventure to Australia on board Mike Ball's Spoilsport with my dive buddy Keith Smith. First of all, I know what you are thinking - what a gosh-awful flight! Well not really. We left DFW on Saturday afternoon and arrived in Townsville Monday morning. You sleep Saturday night on the plane, watch movies, read, sleep a bit more and the next thing you know you are there.

On to the good part, we boarded the boat Tuesday evening at 8:00pm to a champagne and cheese and crackers welcome party. We got checked into our rooms and set up our dive kit (oops gear for us yanks). That was last time we took it apart except for leaving. We could do 5 dives a day if desired. We did a dive before and after breakfast, 2 after lunch, snacks, a night dive, and dinner at 8:00pm.

Now for the "Spoiled" goodies, during our first morning dive, our beds were made, turned down and a mint placed on the pillow. The chef created 3 meals daily that included: mushroom stuffed chicken in white wine sauce, lasagnas, Indian night, homemade pizza for lunch, soups, desserts and wine with dinners. This isn't exactly the place to lose weight even if you are diving lots. As you exit the water, there is a fresh water rinse, glass of water, and warm dry towel awaiting you. WOW!!!!

We had a blast and look forward to going back next August with some of you. The spots are filling fast so do wait too long.

**Cheers mate,
Patti**

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Featured Product of the Month - *SeaQuest Diva LX*

The SeaQuest Diva LX is by far the best selling BC designed specifically for a woman. It remains the favorite among our female instructors. Its features include:

- Industry's only wraparound/back inflation BC providing unsurpassed lift & comfort.
- Patented integral Weight Holster™ release system, utilizing up to 20 pounds (9 kilograms) of releasable weight.
- "Slick-Skin" abrasion resistant urethane panels
- Patented sports bra design harness avoiding pressure points in the chest area.
- Two extra large pockets with zipper pull cord on each side are easy to access
- New buckle on shoulder strap, double adjusting strap and thumb levers
- Two non-releasable rear mounted static weight pouches at tank band, holding 5 pounds (2 kilograms) each.



Alexandra Cousteau



"specially designed for the demanding lady diver"

- Multi-set™ waistband with contoured adjustable clips; circumference of waistband can be increased or decreased by up to 6 inches
- Mesh drainage at bottom of pockets
- One zippered pocket on the waistband.
- New patented Self-Adjusting Lumbar Support system (SLS) conforms to female diver's lumbar area, providing excellent comfort
- 5 Stainless Steel D-rings
- Standard rear pull dump, integrated pull dump in the inflator
- Depth compensating waistband
- Right side pull dump
- Colors Available: Black/Black, Black/Black Cherry

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

— Jeff McNutt

Inside this issue:	
Product of the Month— SeaQuest Diva LX	1
Travel Destinations—Australia	2
Our Family's Latest Additions	2-3
Photo Tips- Going Digital	3
Casey's Corner— Nutrition	4
Creature Feature	4

Destination—Down Under

Australia is a destination complete with city life, wildlife, mountains, rainforests, and deserts. Queensland is known for the Great Barrier Reef which stretches almost the length of the coastline. Adventure opportunities include scuba diving, white water rafting, biking, hiking, hot air ballooning, bungee and skydiving. Day trips are offered from Cairns or Port Douglas but to really experience the diving you will want to take a live-aboard to the Coral Sea. Mike Ball Dive Expeditions operates the Spoilspport departing from Townsville. The Spoilspport, the winner of 9 Rodale's Readers Choice Awards, is designed with your comfort in mind. This twin-hulled vessel provides smooth sailing. The back diving deck has lots of room with plenty of space for camera equipment. E-6 processing is offered on board the Spoilspport and you may wish to participate in the weekly photography contest. Meals are excellent and may even include shrimp on the Barbie.

Here you will find the world's largest collection of living corals and a kaleidoscope of over 1400 species of fish. On the Wreck of the Yongala you may be lucky enough to catch rays and turtles, an abundance of colorful fish, as well as a few sea snakes. Out on the sand is the wreck's resident Tiger Shark. At Flinder's Reef look for everyone's favorite, the Clown Fish. You may frequently see reef sharks and gray whalers, and don't miss Scuba Zoo.

Australia located in the southern hemisphere has seasons opposite of those in North America. Some of the best diving and weather is August to December with the least amount of



rain and calmer seas producing the best visibility. The Coral Sea generally offers 100 foot plus visibility.

Australia offers so much in addition to diving. The people are as friendly as Texans and traveling is safe. If you can spare the time, be sure to include as much as you can. Whitewater rafting is a fun day trip from Townsville. From Cairns you can visit Kuranda, experiencing the feel of the rainforest, or maybe a trip to the outback touring Undara's Lava tubes and spending the night in a restored railcar. The possibilities are limitless. Join International Scuba on a trip of a lifetime to the Land Down Under in August 2003.

Photo courtesy of Chris Menjou www.underwaterplanet.com

- Gail Troxel

The World of Divers Continues to Grow

Open Water/Junior Open Water:

Brenda Barbee	Ken Bowdon
Ken Brown	Michelle Buffham
Mike Ciszewski	Kimberly Cotter
Lisa Cowen	Gwen Dutton
Stephanie Karstens	Ken Kippels
Melissa Kippels	Andrea Knudson
Melissa Kurtz	TK Laux
Terry Martin	Cynthia Meadows
Debbie Meadows	Rodney Moseley
Clint Smith	Shayna Stevens
Becky Thompson	Brad Walters
David Wertenberger	Rachel Wertenberger
Leslie Wren	Kevin Edwards
Megan Bowdon	Amanda Troxel

Advanced Open Water/Junior AOW:

Dee Allison	Alan Blakeley
Phil Dupuis	Kim Gilmore
Tim Hord	Greg Howard
Nick Howard	TK Laux
Chad Oubre	Rene Oubre
Butch Pugh	Stacy Rogers
Stephanie Ruyle	Blake Cooper



Specialty Diver:

Jordan Conti	Boat Diver
Kim Gilmore	Boat Diver
Paul Gilmore	Boat Diver
Carol Howard	Boat Diver
Gene Howard	Boat Diver
Chad Oubre	Boat Diver
Rene Oubre	Boat Diver
Karen Owens	Boat Diver

The World of Divers Continues to Grow (cont'd)

Specialty Diver		Gene Howard	Drift	Carol Howard	Night	Medic First Aid:	
Charlie Barr	Deep	Chad Oubre	Drift	Gene Howard	Night	Kim Gilmore	Darrel Houck
Gilmore Paul	Deep	Rene Oubre	Drift	Ralph Mahon	Night	Rescue Diver:	
Howard Carol	Deep	Karen Owens	Drift	Chad Oubre	Night	Kim Gilmore	Darrel Houck
Howard Gene	Deep	Michael Joe	Enriched Air	Eric Wynn	Night	Master Scuba Diver:	
Mahon Ralph	Deep	Scott Wilson	Enriched Air	Alan Blakeley	PPB	Tami Gardner	Bridgette Johns
Powell Keith	Deep	Charlie Barr	Enriched Air	Ken Bowdon	PPB	Ralph Mahon	Keith Powell
Jeff Davis	DPV	Alan Blakeley	Enriched Air	Megan Bowdon	PPB	Divemaster:	
Bridgette Johns	DPV	Carol Howard	Enriched Air	Andrea Knudson	PPB	Ralph Mahon	
Ralph Mahon	DPV	Gene Howard	Enriched Air	TK Laux	PPB		
Leroy Murphy	DPV	Jeff McNutt	Enriched Air	Gene Howard	PPB		
Keith Powell	DPV	Keith Smith	Enriched Air	Debbie Meadows	PPB		
Gail Troxel	DPV	Blake Cooper	Fish ID	Keith Meadows	PPB		
Eric Wynn	DPV	Carol Howard	Fish ID	Paul Brewster	S&R		
Alan Blakeley	DPV	Gene Howard	Fish ID	Tracy Brewster	S&R		
Alan Blakeley	Drift	Keith Smith	Fish ID	Adventure Diver:			
Jordan Conti	Drift	Ralph Mahon	Navigation	Trey Van Pelt			
Blake Cooper	Drift	Charlie Barr	Night				
Kim Gilmore	Drift	Blake Cooper	Night				
Paul Gilmore	Drift	Kim Gilmore	Night				
Carol Howard	Drift	Paul Gilmore	Night				

Photo Tips – Start with the easy stuff

I remember the first time I used a framer to take macro shots. I swam around endlessly trying to get the little fishies inside the little framer on the end of my lens. Suffice it to say, they didn't cooperate and I got no macro photos. While diving in Saba at night, these huge Margates were zooming in wherever we pointed our dive lights. I was trying my best to wave my camera around and pan for some shots. Of course, it never worked. All I did was waste energy, air and film.

If you are new to underwater photography or using a new camera system for the first time, the best opportunities for quality shots are with stationary or slow moving subjects. We all want that great wild dolphin or shark shot, but fast moving fish are very difficult to capture on film.

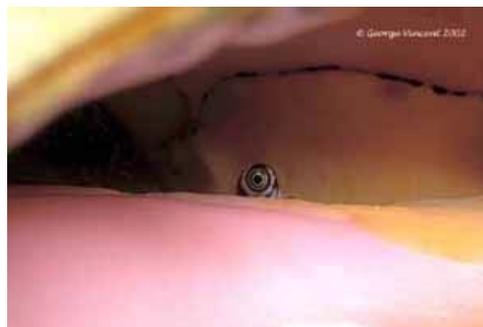


Choose interesting invertebrates or coral life when you begin your photographic quests. It will serve as good training for distance estimation and composition, and more importantly, will let you go home with some possible awesome shots. Stationary or slow moving life allow you to approach to the optimum distance for that perfect frame. They will also allow you to take multiple shots from different angles. This can allow for some very pleasing results. A roll full of blurry, fast moving fish (or more commonly fish tails) will be disappointing compared to a sharp shot of a hermit crab or shrimp.

As you progress in your underwater photography career, you will learn how to capture those difficult subjects through familiarity with your camera, the subjects natural behavior and some stalking skills.

So, remember to look for those shrimp, sea cucumbers, conch and hermit crabs. Check inside those sponges and look carefully at those sea fans. Critters abound everywhere. Go for the easy shots.

- George Vincent
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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 part of why we dive.

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Casey's Corner — Nutrition

It's about that time of year again. The holidays are coming up, and all the candy at Halloween, pumpkin pie at Thanksgiving, and fruit-cakes at Christmas. It seems that each month gives us a reason to forget all about our nutrition. This time of year is also when many of us head off to the tropics to get warm. Here are a few nutritional ways to stay energized for diving while being sensible with our diet.

Fruit. Fruit is a nutritious snack, especially for a diver.

Bananas, pineapple, apples, and melons are full of vitamins our bodies need to regulate its functions for a dive. Also, fruits are low-calorie alternatives to cookies or candy bars to help us maintain a healthy body weight.

Water. Drink plenty of water everyday. During a dive vacation, drink even more water to regulate body temperature and keep the risk of cramps down. Avoid those soft drinks with lots of

sugar and caffeine. They only dehydrate your body more, not to mention they are full of sugar.

Breakfast. Breakfast is the most important meal of the day when you are on a diving vacation. Although you may not be a "breakfast eater", be sure to eat something before the dives begin to have plenty of energy for your day in the water. Even when you are not diving, having a sensible breakfast can jump-start your metabolism and even help you lose weight!

Dinner. Eating after a day of diving is also a good way to keep your energy levels up for the next day of diving. Be sure to order or cook up a balanced meal with plenty of calories – avoiding overly fatty or sugary foods. In diving, and you will help your body function at its best! Bottoms up!

— Casey McNutt

Creature Feature — Polka-Dot Batfish



Polka-Dot Batfish — *Ogcocephalus radiatus*

Rare Florida and Bahamas. Not reported in the Caribbean. (This shot taken in the Caribbean) Inhabit sand, mud and rocky bottoms; occasionally found near reefs. Relies on camouflage.