



International Scuba

Remember to visit our website!

www.internationalscuba.com

Upcoming Lake Weekends:

- June 19-20
- Jul 3-4
- Jul 17-18
- Jul 31-1
- Aug 14-15

Upcoming Trips:

- July 8-9 Flower Gardens
- July 17-24 Cayman Brac
- August 6-9 Cozumel
- September 4-11 Costa Rica
- October 2-9 Grenada
- November 20-27 Bonaire

And much much more!

Howdy everyone:

We want to welcome Jerry LaPlante to the team this month. He will be teaching with Amanda. Jerry comes to us from the private instructor world. He is well versed in rebreathers, recreational diving, and the technical realm.

Swim season is off and running but it isn't too late to get into a class. We teach from 6 months and up. There is no top limit so please don't think you are too old to learn. We once again have morning classes 8:00 am thru 12:00 pm and again 5:00 pm to 6:30 pm. Our talented instructor team of Tami Gardner and Julie Fricke are turning out new little swimmers every week.

I wanted to take a minute and wish Kathleen the best of luck as she joins Jeff and Casey at Dive BVI in July. It has been a fun year working with her and watching her grow. I hope she keeps us up to date with the happenings down there. Please send an email to say hello and stay in touch. Her email is

kathleengarrett@comcast.net for a little while longer.

Finally, since it is the season to be wet, please make sure your gear has been serviced, you have gotten wet before you leave, and that your dive insurance is paid. These are all important parts of the diver checklist.

Have a great weekend and hope to see you soon.

- Patti Stewart
Patti@internationalscuba.com



Cozumel Splendid Toadfish

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: **if you have hit a milestone please send me an email.**

Open Water/Junior Advanced

Open Water
Cameron Garmon
Jessica Gaspar
Pete Diaz

Dana Nurge
Steve Martz
Andrew Martz

Advanced
Nathaniel Zastrow
Raymond Coffey
Scott Delamore
MaryJo Kennedy
Doug Pfeffer
Colton Henderson
Lyle Biddinger
Aaron Biddinger
Karen Biddinger
Matt Biddinger
Becky Cowan
Cheryl Wages
Tim Carlock
Kevin Patterson
Steve Anger

John Wendell
TC Carroll

EFR
Dale Rogers

Advanced
John Wendell
TC Carroll

EFR
Darrell Gardner
Dale Rogers

Enriched Air Diver

Greg Howard
Nick Howard
Tim Wagner
Michael Leggett
Cindy Choate

Deep Diver
Erin Reynolds

Peak Performance

Logan Zastrow
Tony Cowles
Chris Walls
Nathaniel Zastrow
Roger Alexander
Mike Johnson
Jennifer Johnson
Brenda Eriksen
John Eriksen

Milestones

25 Dives

30 Dives

40 Dives

50 Dives

Erin Reynolds

60 Dives

85 Dives

Sherry Nolan

100 Dives

TK Laux

Simone Schreiner

500 Dives

Night Diver

Simone Schreiner

Inside this issue:

The Hot and Cold of it	2
Travel— Dive Insurance	2
Featured Product—Rash Guards	3
Creature Feature -	4

Divemaster

Paul Gilmore
Rich Thomas

The Hot and Cold of It

How many of you are going on a dive trip this year? If you are, can I go with? Just kidding (but if you do want someone to be your personal dive guide and valet....) One of the things we tend to forget when we go on a trip to a tropical location is that we can get cold. Yes, its 80-85 degrees outside, and the water temperature is around the 80 degree mark.

With warm water, we can be tempted to go in with just our bathing suit. For a dive or two this is great, but for most of us after a while we start to get chilled. As we get chilled, our dive isn't as fun, and when we are out of the water our bodies are fighting to get its core temperature back to where it should be. Of course we came to dive, so we go again. Over time our core temperature just can't keep up. We feel chilled much sooner, the energy seems drained, and can even get some symptoms that are almost cold like. Believe it or not these are all systems of mild hypothermia.

Ok now how do we keep from getting to this state? Easy ... exposure. Make sure you are wearing an adequate wetsuit. Its also a good idea to were it from the beginning, not when you start getting chilled on dives. This will help keep your core temperature higher.

Hot Head Hood



Beanie Hood with Hood



Need a little more, where a hood or beanie. I know that's why you are in the tropics in warm water, so you don't need all that. Remember that 20-40% of your body heat escapes through your head, so if you keep your head warm, the rest of you will be as well. A beanie in the tropics works wonders for that and it's not nearly as confining as a hood.

Now what is the right suit? I personally tend to error on the side of warmth. If you are very warm natured a shorty may be all you need, for others a 3/2 full may be better.

Now we have you in good thermal protection underwater, remember between dives not to get chilled or overheated. In both cases it's often a good idea to either take the wetsuit off or at least pull it down to your waist. If it's a hot still day, the black wetsuit will tend to heat up and make you too warm. If its breezy or cloud covered, the wetsuit will become and evaporative cooler and actually make you cold.

Happy diving and blow lots of bubbles,

- Brian Divine

Brian@internationalscuba.com

Dive Insurance—to have or not to have?

So you are ready to go on your next dive trip. Bags are packed, gear is ready, you have completed your check list--tickets check, gear check, passport check, travel insurance?? This is one component for your trip that we have not seen on any check list. I know we are constantly being bogged down with insurance, but doesn't it make sense to cover something you have spent money for, and have an investment in? Buying travel insurance is like anything else—it is a choice.

We hadn't really thought about travel insurance as part of our package on dive trips. As responsible divers we had our DAN insurance. It will cover, let's see, I'm not quite sure. If you are like us, we hadn't really read our DAN insurance policy to see what it covered; if you have read it and understand it, you are a superstar and should be commended. We highly suggest you take the time to read it, see what it covers and what it does not; it will be an enlightening experience. It is accessible on their website at www.diversalertnetwork.org or it comes with your paperwork when you sign up for the insurance.

To bring this to the real world, we have had two instances in less than 12 months on dive trips; one we had to postpone before departure because of a medical procedure prior to the trip and the doctor could not clear in time for our scheduled trip; and the most recent was a trip interruption because of injury during the trip. The first trip was covered through insurance we had bought through Travel for You, Inc; Tami was insistent that we purchase the insurance. We thought, "Come on, what could possibly happen that we wouldn't be able to make our trip?" Well it happened, and thank you Tami for that piece of advice that saved us the entire trip cost for two people, less the cost of the trip insurance.

The second was a trip interruption—in our case, due to injury on the way to the first dive site, on the first day of the trip—making it a "dive-related accident"; therefore DAN insurance came into play. We were surprised to find out what DAN covers and what it

doesn't cover. We had our DAN insurance, but found out the hard way when we started the process of filing a claim that unless you are evacuated for medical reasons or put in a chamber, DAN insurance does not cover unused accommodations if you decide to go home early, and DAN only covers medical expenses (after submitting to your primary insurance) after a \$250 deductible. DAN only covers up to \$100 per day for dives not made—but only for the injured diver, not for a companion diver. We also had trip interruption insurance through the wholesaler who Travel for You, Inc. booked our trip with. We are still in the process of working through the paperwork to see what we will be able to recover, but again we are glad that we had our insurance in place and will recover something to offset our trip expense and lost dive vacation.

If we could make a suggestion regarding trip insurance, we would say it is as important as any piece of gear you have. Work with your travel agent (Travel for You, Inc.), and really take the time to understand what you are purchasing and what it covers. In addition to DAN insurance, we highly suggest that you buy insurance that covers you throughout the duration of your trip. Again, Travel For You can explain all the details and will send out a link to the CSA insurance provider website with your trip paperwork, or it is also accessible through www.travelforyouinc.com website.

Unfortunately accidents do happen and after the dust has settled it is nice to know you will be able to recover some or all of your costs so you can dive another day.

Have a great time diving, and be careful out there!

"Fender" Phil and Wendy Fox

Stay tuned next month for another look at Dive and travel insurance

2005 and Beyond Travel

Can you believe we are mid-June already. Where has the year gone? We are currently building our travel list for 2005 and into 2006 and would like your input. We try to plan the normal destinations but know that many of you are looking to expand your diving horizons. We want to hear from you.

Here is what we have so far and nothing except January, February, and August in Cozumel are engraved in stone.

January 15-17 Advanced or above to Cozumel
February 18-21 Carnival in Cozumel
March 12-19 Spring Break in BVI or Bahamas
April 18-22 Guys trip to Little Cayman
May Indonesia Liveaboard?
June 10-13 Cozumel
July 11-18 week trip somewhere
Aug Family trip - Cozumel
Aug 16-16 Galapagos live a board
Sept 10-17 Utila
October
Sept
Nov 21-25 4 day trip to CZM
December
2006—Truk Lagoon

We are thinking a serious South Pacific location on a live aboard but not sure if that is too close to get it budgeted.

We have added several trips to Cozumel this year for those folks who couldn't book on a previously scheduled trip and have had great luck with 10-12 divers each time. That being said, if you have a hankering to go somewhere but one of our trips doesn't match your destination or time, please contact us and we will get you set up.



join us—let's go diving.

We have had the good fortune to meet new divers along the way who don't live near us but travel with us. Simone hails from Germany by way of New York City but has traveled with us on two different trips. So, if you have moved but still want to

- Tami Gardner
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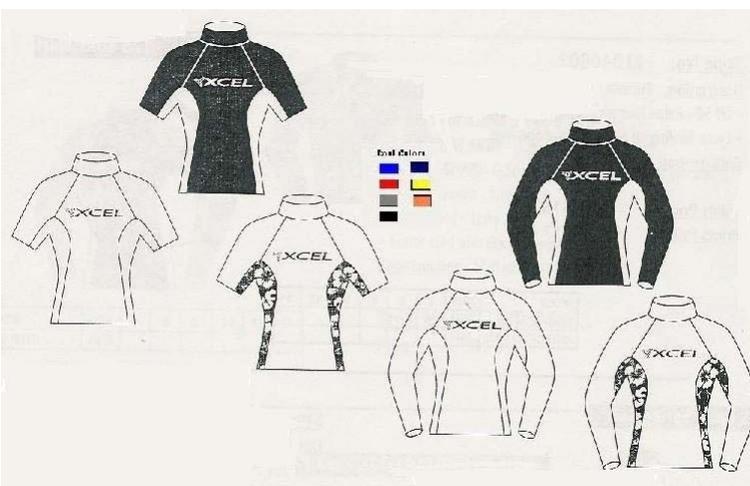
Your fearless
travel coordinator

Featured Product — Rash Guards

Have you ever finished a day of diving and noticed that your shoulders were a bit rubbed but don't remember how it happened. Probably different reasons for this to occur: perhaps it is a rental BCD and it didn't fit quite right or more than likely it was your own BCD but these things just happen after 5 dives in a day.

I have solved this dilemma easily by wearing a rash guard. It not only protects from the BCD but provides U/V and critter protection. Rash guards come in both long and short sleeved styles. We like them as divers over the typical skin because they are easy on easy off.

We currently carry the Xcel brand of rash guards that come in a variety of nice colors (Men: Black, Navy, Ash, Royal; Ladies: Red, Yellow, Royal, Aqua, some floral print). Xcel uses a new breathable, wicking VENTX material specifically designed from raw materials to the finished product.



The guards have the highest sun protection rating of 50+ UPF. There are many other rash guards on the market these days so make sure you are getting the most U/V protection for the money.

Happy Diving!

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Creature Feature – Pygmy Seahorse



The Pygmy Seahorse has a short snout, rounded knob-like coronet and irregular bulbous tubercles on the body. It has a rounded spine above each eye and on each cheek.

Two color morphs are recorded for this species, one is pale gray or purple with pink or red tubercles, the second is yellow with orange tubercles. Both are found only on gorgonians (sea fans) of the genus *Muricella*, in depths of 16-40m.

The Pygmy Seahorse grows to 2 cm in length.

It is remarkably well camouflaged. The color of the fish matches the gorgonian it inhabits, and the body tubercles look very similar to the polyps of the gorgonian.

This species is known from coral reefs of the Western Pacific including Australia.

- George Vincent
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