

# The Surface Times

Volume 5, Issue 08  
 August 2010

## Don't Knock It Till You've Tried It !

by Paul Skinner, MSDT

It's no great secret that I love diving. I've been all over the globe diving some of the top dive sites in the world. With one exception, all my personal diving has had one thing in common. The water has always been WARM!

I'm a Texan (adopted, not native). If I liked cold things, I'd live somewhere else. But I don't like being cold. At least not for very long. My only experience diving in cold waters by choice to date has been the Galapagos Islands. The water there ranged from the mid 50s to the low 70s. The multitudes of whale sharks, hammerheads and manta rays made it worthy.

As an instructor, I've had to dive in even colder water at Clear Springs Scuba Park between the late fall and early spring to teach. Not my idea of a good time, but a necessary evil of the trade. However, my personal line of demarcation is 70 degrees. If the water temperature is less than 70 degrees, then it's time for a good DVD or book.

OK – so where is all this leading? Well, first off, as an instructor, I'm expected to continue my diving education to be able to teach a multitude of dive specialties. One of these specialties is Dry Suit Diver. I was adamant about not teaching this course. Why? The last thing in the world I want to do is dive in cold water and the primary purpose of the dry suit is to allow you to dive in cold water. So why would I want to learn this specialty and then teach this specialty. It did not make any sense to me at all. I'm a WARM WATER DIVER!!!

Well, I postponed learning this specialty for as long as Judy would tolerate it, then came the moment of truth. To Lake Travis we go, in the middle of July. At least the surface temperature wasn't cold. In fact, the first day we were there it was over 100 degrees. I pictured myself being broiled alive in the dry suit. There is a difference between warm and hot. Being really hot is just as bad as being really cold. I was able to



Inside this Issue	
Training Specials	2
Maximum Strength Repairs	2
Creature Feature	2
Buzz about CPR	3
Congratulations Are In Order	3
Travel	4
Don't Knock It, <span style="float: right;">Cont'd from pg 1</span>	4
A Word from Our Sponsors	5
DAN	6





## Training Specials

### WBD Season Pass

Take any or all of the 38 PADI/DAN specialties offered at We B Divin' in a 12 month period. Crewpacks not included.

Get your **PADI Master Scuba Diver** and your **DAN Diving Emergency Specialist**.

\$699 — **Unbelievable!**

### Learn to Dive Package

**A whale of a deal, tell your friends.**

Group Class Tuition, Student Materials, Personal Gear (Mask, Snorkel, Fins, Boots, Bag) chosen from a wide variety of options, and a shorty wet suit. Upgrades are available should you desire.

\$695

### eLearning

Don't have time to spend in classroom but want to get certified?

Sign up for on-line learning. Do all of the classroom on your time at your location on your PC. Then spend 8-12 hours with us in the pool and 4 dives in open water.

Package price \$720



#### Maximum Strength Repairs

Urethane-based adhesives are the best for achieving maximum strength and durability. When your goal is a permanent bond, choose Aquaseal® Repair Adhesive & Sealant – it's the industry standard for high strength, absolutely permanent repairs to all kinds of dive gear including wet suits, dry suits, gloves, boots, gear bags and more. Aquaseal cures to full strength overnight or in 2 hours with CotoL-240™ Cure Accelerator & Pre-Cleaner.

#### Holes & Tears

Aquaseal is also ideal for repairing holes and tears. For holes larger than a pinhole, create a backing with removable tape. Fill hole and 1/4" beyond. Remove tape after Aquaseal has fully cured.

## Creature Feature

**Palometa** are most recognized by their elongated dorsal and anal fins with dark anterior lobes. The dorsal fin usually has 7-8 spines and 19-20 soft rays, while the anal fin has 2-3 spines and 16-18 soft rays. They can have colors from gray to blue-green on the tops of their heads, and have silver-colored sides with four narrow, vertical bars. A Palometa's



breast usually has an orange tinge, and the tips of their fins are darkened. The tail has no scutes, unlike many members of its family, and has a faint fifth vertical bar near the base. They are rarely over one pound but have been reported to be over three pounds.

They prefer clear, tropical water of sandy shores and bays. They are also known to swim in small shoals above coral reefs. Palometa are found in the western Atlantic ocean from Massachusetts east to Bermuda and south to Argentina as well as the Gulf of Mexico and the Caribbean sea. They are thought to spawn offshore in spring, summer, and fall.

Their diet consists of worms, insect pupae and smaller fish.



## What's All the Buzz about New CPR Guidelines?

By Mike Manila, Master Instructor



Recently there has been a lot of press about the value of hands-only CPR for cardiac arrest saving lives. The agencies that recommend CPR methods want to encourage bystanders, who might not otherwise get involved, to help people when they suddenly fall victim to cardiac arrest. "We want to take away all the reasons bystanders do nothing when they witness another person collapse." "Anyone who can put one hand on top of the other, lock their elbows and push hard and fast can do this. No risk, no fear of causing harm," said Dr. Ben Bobrow of the Arizona Department of Health Services in Phoenix. In 2008, the **American Heart Association** said hands-only CPR works just as well as standard CPR for **sudden cardiac arrest in adults**. Later this month, the association plans to announce new CPR guidelines and is keeping them under wraps until then.

While these new CPR guidelines may make a lot of sense for people to get involved with *non diving related cardiac arrest*, it is still recommended for **diving related incidents** that both chest compressions and rescue breaths continued to be utilized by divers or others responding to diving related incidents.

Standard CPR with mouth-to-mouth and chest compressions is still best for very small children and victims of near-drowning and drug overdose, experts say, instances where breathing problems probably led to the cardiac arrest.

The challenge for bystanders is the rescue breath component of standard CPR. Many people do not want to do "mouth to mouth" breathing for strangers. The "yuk" issue can be mitigated by the use of a pocket mask. Sometimes the bystander begins the rescue breaths late which delays oxygenated blood getting to the brain and other vital organs.

Therefore, divers need stay up to date with standard CPR skills that encompass both chest compressions and rescue breaths. You can accomplish this by taking either a PADI or DAN CPR class every two years. Besides updating your skills, it is also provides a great foundation for the skills that you would utilize in the PADI Rescue Diver course, not to mention it might just save a life.

## Congratulations Are In Order !

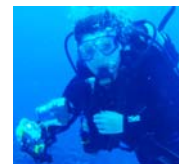
Several members of our staff are due congratulations for recent accomplishments.



Mike Manila has achieved the prestigious Master Instructor. Attaining this rating requires many hours of training and teaching a lot of classes. Oh, and gosh darn it, a lot of diving!



Karen Bostic and Rebecca Shannon have been awarded the Master Scuba Diver Trainer Rating. They have both taught quite a few classes this summer to earn this promotion in rating. They are currently working on their specialty training and will soon be appearing here again.



Evelyn Cannon and Scott Perrin recently achieved their Divemaster rating. Interestingly they both took the long road to Tucumcari but we are very proud of them. The divemaster rating is the first level of professional rating and is not an easy road, but it is very rewarding.



When you see these folks around the dive shop extend your hand in congratulations!



## Travel 2010 – 2011

### Cozumel

**December 22 — 25**

Double occupancy accommodations at Hotel Cozumel.  
Round trip transportation to and from airport. Round-trip airfare DFW-Cozumel

Diving provided by We B Divin' Cozumel includes snacks, drinks and lunch on the boat. Towel service, fresh water shower & gear stowage provided on board.

### Truk

**November 27 — December 04, 2011**

\$3280 plus airfare, double occ  
Est airfare DFW to Tkk is \$1800  
( unless you have miles (-; )  
**1 night in a hotel in Chuk, est \$75**



## Don't Knock It Till You've Tried It !

Volume 5, Issue 08

convince Judy of the wisdom of waiting until the next morning to suit up with the dry suit. At least then it would be not so hot (only 80 degrees!).

The next morning, on a small boat, I begin to suit up for my dry suit training dive with Judy. It takes me 45 minutes! Judy is in the water training another student. About the time she finishes with that student, I'm finally suited up and ready to go. I'm hot, I'm tired and I really want to abort this dive, but I ultimately giant stride into the water, to the waiting Judy, and we descend and start my first dry suit training dive.



I'm descending, following a line down, feeling the suit compress around my entire body, and the visibility is vanishing quickly. At about 20 feet, I begin to experience claustrophobia. My anxiety level begins to spike. I signal Judy that things aren't well. She interprets my signal as sinus squeeze so we stop at 20 feet, ascend a few feet, and she starts me doing my skills. As I start focusing on the skills, the claustrophobia vanishes. I make the appropriate adjustments to the air in my dry suit, descend to 64 feet, and I discover the true value of the dry suit.

The water temperature is 68 degrees and I'm warm. I'm comfortable. My buoyancy control is remarkable. I can hover a few inches off the bottom, totally prone, breathing normally, and I'm practically stone still. And I'm in shock and amazement. What a remarkable tool the dry suit is!

Ultimately, I did 3 dry suit dives that day. And I have a totally different attitude about it. I don't think it will ever take me 45 minutes to suit up again. That had more to do with me and my negative attitude than the dry suit itself. But what I learned in my first 3 dives was very significant. I can actually imagine diving water colder, much colder, than 70 degrees. And being comfortable doing it. I'm positive that my Galapagos diving experience would have been more comfortable in a dry suit.

Am I saying I'm going to start doing cold water diving? Well, at least I'll leave the door open a crack. But I will gladly and enthusiastically teach (once I'm certified – I still have 7 dry suit dives to go) anyone who wants to experience diving in a dry suit. And I will try to keep an open mind about things I've never experienced before. They just might be a lot of fun.



## A Word from Our Sponsors

### Travel Light Promotion

From



With the Aqua Lung Travel Package, we'll have you enjoying your favorite tunes as you pass by the baggage check or gear rental lines. Pack light...travel more.

\*"Travel Package" includes: Zuma BCD, Mikron regulator with octopus, HotShot fin, Look 2 or Micromask, Impulse 3 snorkel and Departure bag. iPod nano gift available while supplies last. Offer valid at participating U.S. retailers. Apple is not a participant in or sponsor of this promotion.

why rent when you can  
travel light?



<i>travel light package</i>	
Mikron Regulator	1.96 lbs.
Micromask	0.32 lbs.
HotShot Fins	3.28 lbs.
Zuma BC	4.40 lbs.
Impulse 3 Flex Snorkel	0.41 lbs.
+ Departure Bag	7.26 lbs.
<b>Total</b>	<b>17.63 lbs.</b>



Get an iPod nano®  
when you purchase our new  
**TRAVEL PACKAGE\***



**We B Divin'**

*The Ultimate Dive Shop!*

8451 Boulevard 26  
North Richland Hills, TX 76180

817-605-8833, voice and fax  
E-mail: [editor@we-b-divin.com](mailto:editor@we-b-divin.com)

## The Surface Times

We B Divin' is your personal resource for scuba training (PADI), equipment sales, service, and travel.

We pride ourselves on individualized training, especially for people with water related anxieties. Our rental gear includes SeaQuest weight integrated BCD's (women's and men's), computers, and regulators for state of the art training and the ultimate in safety.

Remember, enjoyment and safety are enhanced by comfort and proper fit. We will personally fit you, whether your primary interest is diving or snorkeling.

We offer both group and individual travel opportunities. Both singles and couples are welcome. Singles may ask to room share or can choose the single supplement option. Everyone is welcome - divers, snorkelers, non-divers, shoppers, etc.

### Think Outside the Bowl!

There is much to learn, many places to go and much to see.



Come learn with us, go places with us and see with us.

**We're on the web!**  
[www.we-b-divin.com](http://www.we-b-divin.com)

## Divers Alert Network

### DAN Travel Insurance

This is Dan's newest product. I am sure that I have not reviewed every Trip Cancellation and Interruption policy available out there on the market, but this one is very competitive in benefits as well as cost. Also, of course, when we use this

product we are supporting DAN which is always a plus.

Travel insurance is good for those who want to plan a trip but have pending concerns like the health of a loved one. It is very valuable when planning a BIG trip like Galapagos. Many times trips like this must be planned far in the future

and we simply cannot know what life will put on our plate in the interim. So this type of insurance protects us from a total loss.

Check the details from our web site by clicking here

[DAN Dive Insurance](#)

## Divers Alert Network

### Membership

DAN is the only organization I am aware of that is actively pursuing medical dive research. They provide assistance to all divers (regardless of membership status) through 800 phone numbers and will accept collect calls from anywhere in the world. This alone is

worth our support with membership fees of \$29 per year. The included subscription to Alert Diver is just a bonus.

### Dive Insurance

This is the best option for Medical Dive Accident Coverage that I have reviewed. There are three plans from \$25 to \$70 per year covering not only

medical coverage for a dive accident but extra transportation, extra accommodation, lost diving equipment and much more.

I cannot stress enough how valuable it is to have this coverage. Check the details from our web site by clicking here

[DAN Dive Insurance](#)