

The Surface Times

Volume 4, Issue 06
 June 2010

Close Encounters of the Stinging Kind

By Rebecca Shannon, OWSI

After Steve Erwin's accident last year, there has been much hype about the stingray. Although stingrays aren't really aggressive at all, there are occasional accidents which occur involving them. I had one of those rare accidents several years ago when I lived in Florida. Just for the record, it did not involve diving.

There is a beautiful island in the Gulf of Mexico about an hour away from Tallahassee (where I lived at the time) called St. George Island. This small little island has some of the most beautiful white pristine beaches you could ever see with emerald blue water. Half of the island is residential and the other half is a state park. We usually went to the state park side of the island.

Unfortunately, when I was living there, I was not a diver. I am still kicking myself thinking about all of the things I missed out on. I WAS very into deep sea fishing. Even when we were just spending a day on the beach, you could always see me with a surf fishing rod in my hand.

On this particular day, the weather was extraordinary, which was the norm for where I lived most of the year. I picked up my surf fishing rod and started down the beach to see what the people not far from me were catching. After briefly conversing with them, I started back down the beach to the place where my family was. I stepped down and felt a sharp pain in the heel of my foot. At first, I thought I had just cut my foot on a shell. Then, I felt a long slender bone that was still protruding from my heel.

I sat down on the sand and tried to pull it out. Whenever I pulled on it, there was excruciating pain (which makes me wonder how Steve Erwin ever pulled one out of his chest!). It was a baby stingray tailbone. I must have stepped on the poor little creature as I was walking down in the surf.

The people I had been talking to minutes before saw me sitting in the sand and came over to help. One of them was a local sheriff in one of the neighboring towns. As two of the people held me down, the sheriff pulled with all of his might with a pair of pliers. Did I mention that every time someone pulled on it, the pain was excruciating? After his second attempt to dislodge

Continued page 4



Inside this Issue	
Training Specials	2
A Few of My Favorite Things	2
Creature Feature	2
DAN DES Quest is Back	3
A Few of My Favorite Things Contd	3
Travel	4
Close Encounters, Cont'd from pg 1	4
Master Scuba Diver, A Worthy Goal	5
Close Encounters, Cont'd from pg 4	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

A Few of My Favorite Things

by Caryn Landers, Dive Master

Scuba diving involves a lot of "stuff." Gear including regulators, tanks, wetsuits, BCs, and gauges are really necessary to the sport. But what about all the other stuff hanging around the store or hanging off your instructor? I have a few favorite little things that, while they aren't as necessary to diving as my tank, they sure do make diving easier and more fun. That's what it's all about, right?

Now this first one, a prescription mask, may not apply to everyone, but if you need vision correction, pay attention. I have had mine for several years and it is wonderful. After all, diving is very visual. One of the biggest reasons we go diving is to see what's there. Yes, the water itself will provide some correction if you're not too bad off. However when I'm paying for a trip somewhere with fantastic underwater life to see I don't want to miss a thing! The prescription mask can also aid in reading your gauges.

Continued Page 3

Creature Feature

The Big Eye Black Bar Soldier fish, also known as the Blackbar Soldier fish, is bright red with thin white outlines on the fins. The eyes are very large and the center pupil is black, giving this fish a unique look.



They are found in tropical parts of the Indian, Pacific and Atlantic Oceans, with the greatest species diversity near reefs in the Indo-Pacific. Most are found at depths from the shoreline to 100 m (330 ft). Being largely or entirely nocturnal, they have relatively large eyes. During the day they typically remain hidden in crevices, caves, or under ledges. Red and silvery colors dominate. The preopercle spines (near the gill-opening) are venomous, and can give painful wounds. Most have a maximum length of 15-35 cm (6-14 in). The squirrelfish mainly feed on small fishes and benthic invertebrates, while the soldier fishes typically feed on zooplankton. The larvae are pelagic, unlike the adults, and can be found far out to sea.



DAN DES Quest is Back!

Popular Incentive is Back to Promote Continuing Education

Get ready — the DES Quest is coming back! DAN Education is starting the summer with a special incentive to complete its most popular recognition program, Diving Emergency Specialist (DES). Any diver who completes the requirements between June 1 and Dec. 31, 2010, will receive a specially designed T-shirt in addition to the usual patch, waterproof card and wall certificate. The first 100 divers to complete the challenge will also receive a bonus gift.

DAN believes safe divers are those who continue to seek out training and improve their skills. By continuing to learn about dive safety and the care of injured divers, you have obtained a truly unique status.

To receive your Diving Emergency Specialist certification from DAN, please submit to DAN Training an application along with photocopies of **current certifications** for the following:

◆ □ Oxygen First Aid for Scuba Diving Injuries (or equivalent) ◆ □ Current CPR & First Aid Cert ◆ □ Rescue Diver certification ◆ □ Application fee of \$20

and **Three of the following**

- ◆ □ Advanced Oxygen First Aid ◆ □ First Aid for Hazardous Marine Life Injuries
- ◆ □ Automated External Defibrillators ◆ □ On-Site Neurological Assessment for Divers
- ◆ □ **OR** a current DAN Diving Emergency Management Provider certification, including Adv O2

fax it to: +1-919-490-6630 or **email:** oxygen@DiversAlertNetwork.org

Continued from Page 2

A Few of My Favorite Things

I love my retracting gauge clip. It is a small, inexpensive little gadget that is really important. The best thing to look at while diving (besides the fish, of course) is your computer or gauge. The clip keeps it up close to my BC so it's not dragging or getting scratched and dirty. The retractor lets me pull it up for easy reading, then snaps right back to its place.

I love my little dive light. Mostly we think of bringing lights on night dives or deep dives. A little pocket size light is great on any dive! It will bring out the colors at depth and help you investigate little hiding places to find many more interesting critters that you would find without it.

I really love my great big mesh backpack. I can cram all my necessary (and unnecessary) gear into it for easy hauling to the car and/or boat. It has an outside pocket for easy access to little items I'll need out on the boat (like sunscreen or a hat) and also an inside pocket to stash supplies out of the way that I hope I won't need but don't want to be without, like extra fin straps and o-rings.

I love my rash guard. It's totally cool with Hawaiian looking flowers on and says "We B Divin" on the front. It helps my wetsuit slide on much more easily than it would over bare skin. It keeps me covered when my wetsuit is off and takes the chill out of the wind when I'm wet. It keeps me from getting sunburned at the pool. Did I mention that it looks cool?

So next time you want to treat yourself, come in and find something that you don't need but can't dive without! Your list probably won't be the same as mine but you will certainly end up with some favorite things of your own.



Travel 2010

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.

Only One Spot Left

Cocos Island
October 25—November 6

Aggressor Live Aboard, see all kinds of pelagics everywhere you look. They will be whale sharks, hammerheads, well all kinds of sharks, and you name it.

Fly DFW to San Juan Costa Rica (SJO) non-stop, board the boat for seven incredible days of diving.

\$4235 plus airfare, double occ

Close Encounters of the Stinging Kind

Continued from page 1

the tailbone from my foot, I let out a scream you could have heard in Texas. At that point, I grabbed his hand and said "Don't touch it again!" I then hopped on one foot back to my family and told them to gather up their things because we were going to the hospital.

My kids were disappointed because we had not been there long. As we exited the park, my husband asked the rangers where the nearest hospital was and also asked for a refund on out park fees since we didn't get to stay long (he was such a cheapskate!).

So, now we were on our way to the ER in Apalachicola. When we arrived at our destination, I could not believe it was a hospital because it looked like a warehouse on the outside. Fortunately, the inside did resemble a real hospital! The waiting room in the ER was packed. It was Memorial Day weekend.

They put me in a wheelchair. There was a hyper kid buzzing around the room, knocking things over and being obnoxious. Every time he got near me I panicked for fear that he would hit my foot. He finally did. This time I just cried.

After about four hours of waiting, they finally came and got me. The x-ray technician laughed saying that this was the "second" most interesting thing he had ever seen come through there. Of course, I had to ask what the "most" interesting thing he had ever seen was. He said it was a man that came in with a whole catfish stuck in his stomach (and it was still alive!). I didn't feel quite as bad after that.

After he x-rayed my foot (which was quite a fete with this stingray tailbone sticking out of my foot about 3 inches), they wheeled me into the operating room. They laid me on the operating table face-down with my foot propped-up. I still had on my bathing suit and I was still covered in sand. I didn't really think of how I looked until the doctor walked in. The first words out of his mouth were "Where is that camera when you need one??!!" I could only turn around and scowl at him.

Next, came the fun part. The doctor bent down to my face level and told me "I am not going" Continued Page 5



Master Scuba Diver A Goal Worth Pursuing

The PADI Peak Performance Buoyancy Course – June Specialty of the Month

What is neutral buoyancy? Scuba divers like to be neutrally buoyant so they neither sink nor float. It can be a tricky thing. Divers who've mastered the highest performance levels in buoyancy stand apart. You've seen them underwater. They glide effortlessly, use less air and ascend, descend or hover, almost as if by thought. They interact gently with aquatic life and affect their surroundings minimally. The PADI Peak Performance Buoyancy course refines the basic skills you learned as a [PADI Open Water Diver](#) and elevates them to the next level.

The Fun Part

The fun part of this course is giving your dive skills a polish you may not have thought possible.

When

The course includes a class night that includes discussing knowledge reviews and pool time to get you properly weighted. You can sign up for class and pool on one of the following evenings June 3, June 8, June 17, or 22. Then you will join us for a checkout weekend for two open water dives.

The PADI Deep Diver course – July Specialty of the Month

After your first few scuba dives, you soon want to explore a bit deeper. There's something exciting and mysterious about the depth that attracts divers. You will learn techniques for diving in the deeper range of 60-130 feet and deep scuba diving equipment considerations.

The Fun Part

The fun part about this course is the opportunity to explore the deep. It's exhilarating. You can sign up for the course which includes one evening of class and then four open water dives. The course is offered on July 6, July 20, or July 29 starting at 6:30 pm. There is a Cozumel Trip scheduled for July 23 to 26 which is a great time to do the open water dives if you have finished

Close Encounters of the Stinging Kind

Continued from page 4

to kid you. These shots are going to hurt like hell!" When a doctor tells you that, you KNOW it is going to hurt! They usually sugar coat it..."this is going to sting a little"...or something to that effect. Not this time! I braced myself. He put the needle in a total of four times and twisted it around. I held my breath it hurt so bad...but I was determined not to cry. Once my heel was deadened, it took just two quick cuts to either side of the tailbone and it was out.

Then, the whole staff hung around me laughing and joking around with me while I soaked my foot in Betadine. I asked for the tailbone as a souvenir. The doctor was very hesitant to give it to me as he was afraid someone looking at it might be the next patient. I finally said, "I want it. It is mine. I EARNED IT!" So, he gave it to me.

I guess the moral of this story is, always watch where you are stepping, especially if you are bare-footed. Wear foot protection whenever possible. This could happen whether you are diving, fishing, or just sunbathing on the beach. Wear exposure protection on your body as well when you are diving. Creatures are "not out to get you" but you could always brush up against them accidentally or step on them like I did!

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

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

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](#)