

# Dive'n Times

## SJ Scuba

1601 S. 40th  
St. Joseph, Missouri 64507  
816-233-8344

e-mail [ernie@sjscuba.com](mailto:ernie@sjscuba.com)  
[cindy@sjscuba.com](mailto:cindy@sjscuba.com)  
[brian@sjscuba.com](mailto:brian@sjscuba.com)



**PADI Dive  
Training Team &  
Dive Travel Club**

*Fall 2001 Volume 17*

### 2001 Class Schedule

August 25-26	Fun Dive Weekend
Sept 4th	YMCA FREE DISCOVER SCUBA
Sept 6th	YMCA Open Water Class 6-week
Sept 28-29-30	Weekend Class YMCA
October 13-14	Certification Weekend Branson
October 25th	PPB YMCA
October 27th	MFA Class
November 17-24	Dominica Trip
December 7-8-9	Weekend Class YMCA

### *MFA October 27th*

SJS will be conducting a PADI MFA course on Saturday, October 27th from 8:00 AM to 4:00 PM. PADI MFA meets the Rescue Diver and Divemaster CPR and First Aid requirement, is an excellent course taught in a relaxed environment conducive to learning and fun. Minimum age is 12 years. Cost \$65.00 or \$30.00 for recertification. Class size will be limited to 12 persons and is open to non-divers as well.

### *So I'm a Certified Open Water Diver...Now What?*

### Want to take your diving to the next level?

Whether you just received your PADI Open Water certification or have many logged dives, PADI's Adventures in Diving Program will help you fine-tune your dive skills, gain confidence, meet new dive buddies and take your diving to new levels of excitement. It's quick and easy for you to make the next move. To get your PADI Adventure Diver certification, begin by going over course materials in the comfort of your home. Then meet with one of our instructors at the lake for a brief review and complete, in as little as one day, any three adventure dives from the list below. But don't stop there...your completed dives can be credited towards the PADI Advanced Open Water Diver certification. Make 2 more adventure dives, for a total of 5 (two of which must be deep and navigation) to become an Advanced Open Water Diver! In addition, your completed adventure dives may be credited towards the first dive of a related PADI Specialty program Earn 5 PADI Specialty ratings and complete the PADI Rescue Diver program, and you'll be worthy of the most illustrious recreational diver rating—*PADI Master Scuba Diver*.

**Specialties include:** Photography \* Videography \* Wreck Boat \* Deep \* AWARE Fish ID \* Diver Propulsion Vehicle Altitude \* Drift \* Dry Suit \* Multilevel-Computer \* Night PPB \* Search & Recovery \* U/W Naturalist \* U/W Navigation

*Let your adventure begin with your first dive from our Adventures In Diving Program.*

### **Prescription Masks**

*by SJ Scuba Diver Jim Montgomery*

My name is Jim Montgomery, I am the owner of the Spec Shoppe of St. Joseph. The Spec Shoppe is located at 2925 north Belt Hwy. Our hours at 10AM-6PM Monday thru Friday, and Saturday 10AM-3PM. We can be reached at (816) 364-0450, toll free 888-916-9898, and/or Fax (816) 364-0487.

The Spec Shoppe is one of the largest vision centers in the entire Mid-West. We have a large staff of professionals including four doctors on staff for your eye care needs. The Spec Shoppe has been voted "Best Optical Center" four years running. We have more than 2,000 frames on display, including economy, designer, safety, sports, and the areas largest selection of sunglasses. We sell all major contact lens brands. Lets not forget that we carry swimming goggles and make lenses for dive masks.

If you need a prescription lens inserted into your dive mask bring that mask to us. The mask can be either a single or dual lens construction. However, the lens must be glass and flat to enable us to properly fit your new lens. You must also have a recent prescription (Less the two years old) from an optometrist.

Because objects are magnified 25% under water you need to decide if you want your prescription adjusted to a correct for this magnification or see everything 25% larger as do divers without correction. You must also decide if you want your lenses tinted. If you don't have a medical need for a tint it is recommended to keep the lenses clear. However, if you want greater contrast you can choose a yellow tint, but keep in mind any tint will reduce the light to reaches your eye.

Though correction can be installed into your lenses for near vision, it is considered an inexact science, and optimal results are often not achieved.

Anyone who presents an official PADI Dive Card will receive 10% off any pair of lenses and frame, and 20% sunglasses. This discount cannot be combined with any other discount or where restrictions apply. When you come visit please ask for me. Happy Diving!!! *SJ Scuba Diver Jim Montgomery*

### **Peak Performance Buoyancy Workshop**

*Thursday October 25th 8:30 PM to 10:00 PM*

Join the SJS Instructor staff for a PPB workshop at the St. Joseph YMCA. We guarantee you will drop weight, same air and become more comfortable in the water. Cost is \$25.00 per diver. Sign up by October 15th to guarantee a spot. *SJS Training Team*

## ***M/V Sun Dancer II Live-A-Board-Palau Thanksgiving 2002***

Join SJS aboard the M/V Sun Dancer for a seven night voyage November 22nd to December 1st, 2002 in Palau. We depart Palau on Sunday from the government dock at Malakal Harbor, Koror. Passengers may board the Sun Dancer II any time after 4:00 PM on the day of departure. The boat usually leaves dock between 5:00 and 6:00 PM, though times may vary due to flight schedules. Palau has been described as one of the Seven Underwater Wonders of the World, with 700 species of coral and 1,500 species of fish identified. Palau provides some of the best virgin diving to be found in Micronesia and is ideally suited for the more adventurous diver. Aboard M/V Sun Dancer II, we will be diving the spectacular walls along the barrier reef, including such favorites as Blue Corner, Ngemelis Drop-Off and many other sensational dive sites yet to be charted. You can expect mostly wall and drift diving with visibility ranging from 60 feet to in excess of 150 feet, depending on existing conditions.

SJ Scuba has booked the entire boat for our annual Thanksgiving trip. Departing on Friday morning from KCI for Palau, we arrive late Saturday evening in Palau. Remember, we lose a day when crossing the international date line. We will stay overnight as guests of the M/V Sun Dancer at the Palau Pacific Resort before departing for the M/V Sun Dancer II Sunday afternoon. After a full week of diving and fun, we will return late Sunday night or early Monday Morning to KCI.

Space is limited to 20 persons. A non-refundable deposit (Deposits may be transferred to another person) of \$250.00 per person is due upon sign up, with additional deposits of \$500.00 required January 1st, 2002 and May 1st, 2002. Final payment due August 15th, 2002. Estimated cost \$3,250.00 per person.

### ***Bonaire June 1st-8th, 2002***

SJ Scuba is headed back to Bonaire for 7 days of fun and diving at Captain Don's Habitat the week of June 8th-15th. This will be our fourth visit to the Habitat, known for their 24-hour diving freedom.

Bonaire provides some of the world's easiest diving, with one of the best reefs located at the Habitat. Simply walk out to the end of "Baby Dock" as it is sometimes called, make a Giant Stride entry, swim 30 ft and you are on one of the best reefs in Bonaire. No boat ride, no problem with sea sickness, no currents, just 150 ft plus visibility with lots of life and critters to visit and see.

The package includes RT air from KCI, 12 boat dives, breakfast daily, 24-hour unlimited shore diving and deluxe accommodations. Estimated cost \$1650.00 & Non-Diver \$1250.00. Non-Refundable Deposit of \$100.00. Additional Deposits November 1st & January 1st. *Only 6 spots left!!*

## **WEEKEND CLASS SCHEDULE**

**September 28-29-30**

**December 7-8-9**

### **PRIVATE SCUBA CLASSES AVAILABLE**

SJS does offer private and semiprivate classes. Your pool or ours. Contact SJS at 816-233-8344 or email [ernie@sjscuba.com](mailto:ernie@sjscuba.com)

## **Travel Tips for the Scuba Diver Ten things to think about.**

1. Do not expect to find things to be like at home. Remember, you left home to find things different.
2. Do not take anything too seriously. A carefree mind is vital to a good vacation.
3. Do not let other travelers get on our nerves. You paid good money to enjoy yourself.
4. Do not forget: you are a representative of your country at all times.
5. Try not to worry, because he or she who worries will have no fun. Remember that few things in life are fatal.
6. Know where your passport is at all times because a traveler without a passport is a traveler without a country.
7. As a stranger in a strange land, be prepared to do as its people do.
8. Do not judge all people of a country by the actions of one person who has given you trouble.
9. Learn how to say thank you in the language of the county you're visiting. A sincere thank you, along with a sincere smile, doubles the value of any tip you may give.
10. Remember that you are a guest and those travelers who treat their hosts with respect will be treated with respect.

### **Before your flight.**

Low humidity in airplane cabins can cause people to lose as much as 3 oz. of water during an eight-hour flight. That can be compounded by loss from alcohol and caffeine ingestion and lead to dehydration and related complications. When diving the next day (sometimes within 10-hours of arrival), your risk of DCS can increase. To maintain hydration in flight, take along your own water bottle.

### **Dive gear and the Airlines**

Some airlines are starting to charge extra for dive gear. Most will look the other way if you do not call it to their attention and do not overweight the bags. If the limit is 60 lbs, keep your bags under 55 lbs. Pack clothes in with your dive gear. If they ask what's in your dive bag, simply say, clothes and other items. Try and keep markings that call attention to diving off the outside of the bag. Carry on your cameras, dive computers and regulators in a carry-on bag. Remember, many overseas flights now limit you to one (1) carry-on bag. However a purse does not count. Guys, just tell them your second carry-on is your purse.

### ***SJS Diver Business Cards***

Now you can have your own SJS Diver Business cards. PADI Divers are by far the best trained divers in the world and as a SJS diver you can be proud to be part of the PADI family. The SJS Diver business cards feature our SJS logo, your certification level, address and contact information. To order contact SJS Instructor Cindy Burri at [cindy@sjscuba.com](mailto:cindy@sjscuba.com) or telephone 816-279-1617. They are priced at \$19.00 for 100 or \$29.00 for 250.

***Next Certification Weekend?  
October 13-14, Table Rock Dam  
Table Rock Lake, Branson Missouri***

## Dive Doc

By Karen Vaniver, MD



### Hyperbaric Oxygen Therapy

Hyperbaric Oxygen therapy (HBO) is defined as the inhalation of 100% oxygen in a suitable vessel at pressures greater than sea level (1 ATA). Because the oxygen is breathed through the lungs, and then circulated through the body, the FDA considers it a drug. Physical properties of HBO allow it to decrease the volume of gas bubbles in the body, increase the solubility of dissolved gases, and increase the partial pressure of a gas in solution. Indications for HBO include carbon monoxide poisoning, decompression sickness (DCS), cerebral artery gas embolism (CAGE), acute exceptional blood loss anemia, refractory osteomyelitis, synergistic gangrene, clostridial infections, radiation injury, crush injury/compartment syndrome, compromised flaps and grafts, selected complex wounds, intracranial abscess, and acute thermal burns. DCS and CAGE are most relevant to divers. There are two types of chambers. A multiplace chamber is generally a small room that can contain multiple patients and staff members. The chamber is pressurized with air, and the patients breathe 100% oxygen via a separate facemask. Air breaks are taken by removing the mask. As staff members may make "multiple dives" to care for patients, they are at risk for DCS! Heartland Regional Medical Center has a monoplace chamber. This type of chamber (pictured here) holds a single person, or a parent and child. The chamber is pressurized with 100% oxygen, and a separate mask administers air. There is no risk for DCS developing in this type of chamber, as the patient is breathing pure oxygen (no nitrogen). Oxygen toxicity is of concern, and is controlled by providing air breaks and limiting the time of exposure. When a patient qualifies for HBO, they are evaluated for the presence of contraindications, such as untreated pneumothorax (collapsed lung), ear problems, sinus problems, low blood sugar, certain drugs and chemotherapies, and claustrophobia. Side effects of HBO include oxygen induced seizures, ear or sinus barotrauma, worsening cataracts or nearsightedness, lung barotrauma, worsening of heart failure, hypoglycemia or fire. Patients are readied by removing all metal, wearing cotton gowns, and removing hydrocarbon wound gels. Prophylactic medications may include valium, sinus medicine, nasal spray, inhalers, and Vitamin E. Patients are taught to equilibrate their ears and given juice to drink. Once they are in the chamber, two-way communication is maintained by phone and visualization. The average session lasts approximately 2 hours, although the protocol for severe DCS lasts almost 5 hours. The patients undergo slow descent (pressurization), treatment in 30 minute sessions followed by 10 minute airbreaks, and slow ascent. The number of treatments varies on the condition and response to treatment. DCS may require up to 7 treatments.

We have treated approximately 100 patients at HRMC. You are welcome to visit us and see the chamber in person.

By Dive Doc Karen Vaniver, MD

### Top 10 Signs You Have NOT Tipped Your Divemaster Enough

- 10) After the dive he tries to convince you that the 500 psi left in your tank is just fine for the 500-foot dive he wants to take you on now at no extra charge.
- 9) He invites you to the annual "Great White - No Cage, No Problem Dive Experience."
- 8) He hands the tip back saying, "You obviously need this more than I do."
- 7) Your dive log is signed "M. T. Pawkets."
- 6) He assists you and your gear off the boat 20 feet from the dock.
- 5) He waits until you're doing your safety stop under the boat to pump out the marine head.
- 4) His dive briefing, in its entirety, is "There's a reef somewhere, kind of that way, good luck."
- 3) When you give him the out-of-air signal under water, he asks you, "Visa or Mastercard?"
- 2) Your dive at Stingray City is replaced with trip to Sea Wasp City.
- 1) When you hold out his tip, he looks at it and says, "Drink machine is over there, buddy."

### Fun Dive Weekend

This year's annual Fun Dive Weekend was the biggest and best yet! PADI Dive Centers Skin N Scuba, Scuba Sports and Scuba Adventures all came together to help sponsor the event along with Midwest Underwater Rescue & Recovery and the SJ Scuba gang. On Saturday the U/W Scavenger Hunt and Poker Run were conducted along with a new event, DPV Relay Races. Conducted on the surface with only Mask and Fins and their DPV, divers raced back and forth between floats set 100 feet apart. The challenge from Midwest Underwater Recovery was met by SJ Scuba Divers Justin Kerns, Maggie Montgomery, Adam Wright and Aaron Wright. In the end the kids out-paced Midwest's team with a photo finish by less than two feet and became the proud winners of the \$80.00 pot! On Sunday our U/W Treasure Hunt bagged several bags of trash to help clean up the lake both above and below the surface. The next time you visit PADI Dive Centers Skin N Scuba, Scuba Sports or Scuba Adventures please express everyone's thanks for their support and donations to this year's FUN DIVE WEEKEND 2001. **Fun Dive Weekend 2002 will be August 24-25.**

### Grand Cayman was a hit!!

SJS's Grand Cayman dive trip August 4th to 11th was a big big hit. The Cayman Dive Lodge was our host for this week long trip. Located on the east end and isolated away from busy 7-mile beach, the Cayman Dive Lodge provides access to some of the best diving on Grand Cayman. They specialize in all-inclusive dive packages that include three meals a day, two or three boat dives and excellent snorkeling in the protected lagoon in front of their lodge.

For several of the SJS divers, this was their first ocean dive experience and they were certainly not disappointed. Skin Diver Magazine recently featured the new Grand Cayman Shark Dive where Caribbean Reef sharks are fed, tagged and counted on Tuesday and Thursday. SJS divers were able to experience the sharks up close and personal on Monday and Wednesday afternoon. Another favorite was the Zero-Visibility Silver Side dive at Grouper Grotto. Imagine millions and millions of 2-3 inch silver fish, large 3-5 foot Tarpons, a 20 foot canyon and you have a one in a million dive experience.

<p><b>Skin N Scuba</b>  9300 E. 35th Street  Independence, MO 64052  816-358-0855  PADI 5-Star IDC Ctr  S-M-T-W-T-F-S</p>	<p><b>Midwest Underwater  Rescue &amp; Recovery</b>  Randy Clark  816-990-0235  24 hour Emergency  Service &amp; Recovery</p>	<p><b>Scuba Adventures</b>  5100 N.E. Chouteau Trafficway  Kansas City, MO 64119  816-455-1492  PADI 5-Star IDC Ctr  M-T-W-T-F-S</p>	<p><b>Scuba Sports</b>  1196 Hwy 248  Branson, MO 65616  417-337-7727  PADI 5-Star IDC Ctr  <i>Louis Chapman Owner</i></p>
<p><b>Western Robidoux Inc.</b>  1-6 Color Printing • Graphic Design  Brochures • Posters • Postcards  Flyers • Forms • Newsletters  Business Cards • Stationery  4006 Hwy A • St. Joseph, MO 64503  Call Cindy Burri @ 816-279-1617</p>	<p><b>Royal Ambassador Travel Agency</b>  501 S. 36<sup>th</sup> Street, Suite 102  St. Joseph, MO 64506  816-232-9040 or 800-235-7646  www.travelsj.com  * Free Trip Planning *  <i>Emilie * Shelly * Lester * Ernie</i></p>		<p><b>SJ Scuba</b>  1601 S. 40th  St. Joseph, MO 64507  816-233-8344  www.sjscuba.com  <i>Ernie Miller</i></p>

