

# Dive'n Times

## SJ Scuba

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

Winter 2001 Volume 18

### 2002 Class Schedule

January 31st	Free Dry Suit Pool Clinic
February 21st	YMCA FREE DISCOVER SCUBA
February 28th	YMCA Open Water Class 6-week
April 5-6-7	Weekend Class YMCA
April 11th	YMCA Open Water Class 6-week
May 4th - 11th	Branson IDC
May 18-19	Branson IE
May 25-26-27	Open Water & Advanced Weekend
June 1-8th	Bonaire Trip

\*\*\*\*\*This volume features Drysuits\*\*\*\*\*

### **Fantasy Island Beach Resort Thanksgiving 2002**

November 23rd-28th, 2002

Join SJ Scuba & Crew for Thanksgiving November 23rd-30th at Fantasy Island on the Island of Roatan. Fantasy Island offers the ultimate in guest comfort and luxury. Their professional and courteous staff presents the amenities you expect with the island flavor that guests have come to love. Tastefully decorated air conditioned rooms, are fully equipped with satellite TV, refrigerators, telephones. They offer a fresh water swimming pool and Roatan's only lighted tennis courts for your recreation and leisure. Guests can unwind in intimate indoor and outdoor lounges, and enjoy one of the best restaurants in all of the Bay Islands offering outstanding culinary selection, including sumptuous seafood steaks native specialties, and delicious desserts.

Fantasy Island Beach Resort is located on a private, 21-acre island off the south shore of Roatan island, 8-miles from Roatan Airport.

Diving: Some of the world's best diving is found only minutes from the resort. Over 50 dive sites, characterized by spectacular crevices and tunnels opening to breathtaking walls, offer excellent visibility, abundant fish and brilliant corals. Most sites are within 10-20 minutes, and good diving is accessible approximately 40 yards from the beach. They have 4 dive boats with the capacity of 5 to 20 divers. The full service dive shop offers a large selection of equipment for rental. Resort courses and certification courses are available. There is a hyperbaric chamber, and Nitrox available at the resort.

Estimated cost \$1595.00 per diver/non-diver. Non-Refundable Deposit of \$100.00 per person. Additional deposit of \$250.00 due January 1st, 2002 and June 1st 2002. Final Payment September 1st, 2002. Space is limited to 30 divers/non-divers. Package includes 18-boat dives, 1-night dive, 3-meals per day and airport transfers.

### **Warning!!**

**This trip will lead to "Extreme Fun in the Sun"**

### *A Missouri "January" Dive Adventure*

It was a clear January morning with the temperature hovering in the mid twenties as I drove south towards my final destination, Bennett Springs State Park. The plans for the days activities had been finalized, permission obtained and equipment prepared.

When most people think of Bennett Springs State Park, they think of fishing, hiking, backpacking or camping. Not Scuba Diving! Yet, each January the springs at Bennett Springs State Park is open to divers with an Advanced Open Water certification or higher. Prior permission is required, group size is limited and check-in with the park headquarters is required before any diving. While it is possible to dive the springs in a wet suit, I found a drysuit to be very comfortable and desirable, especially when exiting the springs into the cold air temperature.

As I entered the 50 foot diameter water pool and descended towards the bottom, I found my self kicking as strong as I could, yet I was gaining very little distance. As I looked over to my left, I found the other divers in the group descending towards the bottom and leaving me behind. How can this be I thought! I am a very strong swimmer. Well, it seems the other divers forgot to tell me about the permanent rope attached to the ceiling of the springs they were using to pull themselves down towards the opening of the "Pop Corn Room". It lies at a depth of 80 feet and as far as scuba divers can explore or venture into the springs.

The Pop Corn Room gets it's name from the small rocks that are constantly being tossed up from the bottom by the water flow. As you shine you light into the room, it feels like you are looking into a very large pan full of popping pop corn. Looking back the 130 feet towards the surface, the water has a light blue color with reflections from near by trees and cars. Wow!! 130 foot of visibility at a Missouri fresh water dive site. My excursion was over far to soon and it was time to slowly move back towards the surface. At 15 feet we stopped for a safety stop, where we were joined by two local snorklers, a beaver and a muskrat out for a morning swim and breakfast.

With a constant water temperature of 53 degrees and a flow of 100,000,000 gallons daily, diving the springs at Bennett Springs State Park does take additional planning with extra weights a must. However, standard exposure protection suitable for Deep Diving at Table Rock is all that is required. A return trip to Bennett Springs is planed for January 2002. For additional information, contact Ernie Miller at 816-233-8344 or [ernie@sjscuba.com](mailto:ernie@sjscuba.com)

## ***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 1st-8th. 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 2 spots left!!*

### ***Free Dry Suit Pool Clinic***

SJS will be conducting a FREE DRY SUIT CLINIC at the YMCA Pool on Thursday January 31st from 7:00 PM to 10:00 PM. Join SJ Scuba's Instructors at the YMCA pool for a "Dry Dive" and experience what it is like. SJS has arranged to have 15 Drysuits in mens sizes S-M-L-XL and women sizes XS-S-M-L for this clinic. The clinic, which is free to everyone who signs up by January 15th, will be limited to the first 30 pool divers. Please sign up by calling Ernie, Brian or Cindy or email [ernie@sjscuba.com](mailto:ernie@sjscuba.com).

### ***A New Look for an Old Friend***

Scuba Adventures has converted their old classroom into a Scuba and Nautical theme gift shop. The gift shop has many items for the holidays, such as SCUBA Christmas Cards, Christmas Ornaments, and many other gift ideas for divers. They have Replica Mk V Diving Helmets (the full size replica is very cool), Porthole Clocks, Porthole Mirrors, replica Ship's Wheel Clocks, and Ship Lanterns. The gift ideas for divers also include tropical fish and coral reef statues, candles, clocks, stuffed fish, photo albums, etc. There are also many pool toys, such as free swimming Manta Rays, Tiger Sharks, Great White Sharks, Orcas, Dolphins, and DPV powered SCUBA Divers. Stop in and check out the wide variety of gift and decorating ideas available at Scuba Adventures. Stop by and visit Chris and Ryan.

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### **WEEKEND CLASS SCHEDULE**

**April 5-6-7**

**June 25-26-27**

**NEW DIVEMASTER CLASS STARTS FEB 6TH**

***Next Certification Weekend?***

***May 25-26-27***

***Open Water & Advanced Open Water  
Table Rock Lake, Branson Missouri***

## **Dry vs Wet? The cold facts!**

Your exposure suit (drysuit or wetsuit) should keep you in thermal balance with the environment. Anytime you have a heat loss to the environment, hypothermia can set in. Shivering is the body's natural response to re-warming. When the body core temperature drops to 96.1°F/35.7°C hypothermia is already setting in (beginning at 96.8°F/21°C). At a core temperature below 96.8°F/36°C, diving operation should be discontinued. At 93.2°F/34°C, temporary amnesia may occur and between 86-89°F/30-32°C, cardiac irregularities can occur and even lead to unconsciousness and death.

### **Your body responds to diving in cold water (less than 70°F/21°C) in several ways:**

Air consumption increases in colder water and air consumption is directly related to heat loss from your body. When a diver is chilled in colder water, the heart rate and blood pressure increase due to thermoregulation.

In cold water, divers suffer impairment in the ability to judge time. Mental performance is impaired for tasks that demanded concentration and short term memory. When the core body temperature falls to 95°F/35°C or below, confusion, increased difficulties in concentration, and physical stress ensue.

Wetsuits lose 42% of their insulation capacity at 2 atmospheres of pressure (33 feet in seawater) and continue to lose insulation value with depth. Furthermore, exercise in a wetsuit doubles the heat loss through conductance which is attributable to the flow of water under the wetsuit. Comparisons of 6.5mm wetsuits with conventional drysuits have shown that drysuits lose much less of their insulating capacity (clo) with depth as compared to wetsuits. Diving in a wetsuit below 70°F/21°C presents severe thermal challenges due to the heat loss that occurs with depth and the thermal inefficiency of a wetsuit.

In order to dive in thermal equilibrium, "the optimum thermal protective garment for divers should have an adequate insulative layer that is unaffected by depth, should not be significantly compromised by water flow, and should be provided with a gas layer which has an insulative value equivalent to air at 1 atmosphere. Drysuits that excel in fulfilling all of these criteria are the best option when choosing exposure protection for extended periods in cold water.

Three different Drysuit Manufactures are featured in this issue of our newsletter. DUI from Scuba Adventures & St. Joseph Scuba, Harvey's from Scuba Sports and Diving Concepts from SJ Scuba. Purchasing a Drysuit is only the first step in "Diving Dry". An orientation pool session is a requirement, proper measuring to obtain a correct fit and a Drysuit Speciality diver training course is recommended. This training is available for any PADI Drysuit Speciality Instructor or PADI 5-Star IDC Center.

### ***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.

## DUI Dry suits from Scuba Adventures

Diving Unlimited International is widely known as the premier manufacturer of drysuits today. DUI suits are available in a wide range of materials, sizes, colors, and options to insure that your suit is tailored to fit your specific sizing and diving needs.

The CF200X Crushed Neoprene self-donning drysuit has become the standard by which all other suits are measured. For over 10 years, CF200 material has been the industry leader in providing divers with the ultimate in toughness, durability, flexibility, and comfort. Crushed neoprene adds warmth without the buoyancy of uncompressed neoprene, allowing divers to wear lighter undergarments, making them more streamlined with less air in their suit.

The CLX 450 drysuit has become known as the drysuit of the 21<sup>st</sup> Century. Heralded by wreck divers, cave divers, and others diving in areas where abrasion resistance is a priority, DUI has taken the durability of Cordura and blended it with the suppleness of polyester for a new high performance drysuit. Durability combined with the lightweight fast-drying capabilities of this fabric make it ideal for divers who want a more rugged suit that's excellent for traveling.

DUI makes many other suits to fit your individual preferences. The TLS 350 drysuit is a traditional trilaminate suit. This is a very popular, lightweight fabric that is used by the United States Coast Guard Rescue Swimmers. The FLX50/50 suit combines the advantages of the TLS350 and CFX200 drysuits. The top half has the lightweight and fast drying comfort of TLS while the bottom half has the stretch and incredible durability of CF200.

All DUI Dry suits are available in stock sizes, Special Production (made to order using your measurements, special boot sizing, seal choices, and expanded color options with a variety of accessories), and Signature Series (The Ultimate Drysuit! A fully customized dry suit that includes many of the most popular accessories, such as Kevlar knee pads, two zipper pockets with knife sheath, and the DUI Warm Neck Hood.). One very attractive feature of DUI dry suits is the Rock Boot System. Rock Boots are standard of the CF200, CLX450, TLS350, and FLX50/50 systems. Rock Boots are the most advanced and ergonomically designed diver footwear available. Rock Boots fit much like a hiking boot, over a sock that is built in to the suit, allowing for superior support and traction on surface walks, hikes, and boat ladders, as well as better stability and support while swimming with fins.

DUI suits range in price from \$998 to \$2,778. Scuba Adventures has access to close out specials offered by DUI that can save our customers a substantial amount of money on the purchase of a DUI dry suit. They are also offering a special winter promotion on all DUI drysuits of 10% to 50% off of suggested retail. Call or come in for more details on any one of these great products or specials from DUI and Scuba Adventures.

### Branson Spring IDC May 4th - 11th

SJ Scuba and Scuba Sports in Branson will be conducting a spring Instructor Development Class (IDC) starting Saturday May 4th. Open to Divemasters and above, the IDC prepares candidates to take the PADI Instructor Examination. Upon successful completion, the PADI OWSI is awarded. Contact PADI Course Director Ernie Miller @ 816-233-8862 or email [ernie@sjscuba.com](mailto:ernie@sjscuba.com)

## DIVING CONCEPTS

### CUTTING EDGE SCUBA TECHNOLOGY™

Available for SJ Scuba Divers, Diving Concepts uses only the highest quality materials which have been carefully researched and selected. Throughout the entire production process, quality is at the center of each step. The drysuit sealing process involves triple-glued seams and polymer sealant technology on the Pinnacle Series & the Pro 650HD drysuits and heat-tape technology on the UltraFlex Pro drysuit. Their well trained production staff ensures top quality workmanship and each drysuit is carefully pressure tested before shipping. The fit of your drysuit is ensured by their state-of-the-art CAD/CAM system and highly trained and talented staff.

All of their drysuits are available as custom-made or in stock sizes to guarantee your satisfaction with the quality and fit.

Every drysuit has its own serial number and the measurements are stored on their computer system, which means that if a panel is damaged, it can be easily recut and inserted.

Each set of measurements is carefully scanned for accuracy before the pattern is designed to guarantee that:

- A Great fit means great comfort!
- The temperature range at which you can dive comfortably in your Diving Concepts drysuit is much greater than in a wetsuit.
- Energy conservation and comfort in your drysuit are dramatically increased as compared to a wetsuit.

Additional information is available on the SJ Scuba web site under Dive Stores and Equipment, by visiting the link to Diving Concepts web site or by contacting Ernie Miller at 816-233-8862 or email [ernie@sjscuba.com](mailto:ernie@sjscuba.com)

### New Instructor Candidates

Congratulations to Instructor Candidates Clyde Buckles, Ryan Canon and Gary Wells, who are headed to Key Largo in January to complete their Instructor development course with PADI Course Director Ernie Miller. When they return they will be PADI Assistance Instructor.

### DUI Drysuits from St. Joseph Scuba

Another DUI Dealer is St. Joseph Scuba, located in St. Joseph Missouri. They are an authorized dealer to sell and service the DUI products and services. Stop by and visit Mike on Tuesday or Thursday evenings from 6:00 PM to 9:00 PM

### Harvey's Dry suits from Scuba Sports

Scuba Sports, the PADI 5-Star Diver in Branson Missouri, sell the Harvey's line of Dry Suits. Scuba Sports is currently running a special on the Sport Aqua Capsule which is a 6.5mm neoprene dry suit with vulcanized boots and sun tech valves. Harvey's has a complete line of Drysuits and accessories, which Scuba Sports is currently offering at %20 off.

Just call 471-337-7727 and ask for Louis.