

The Surface Times

Volume 3, Issue 8
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St Lucia

Anse Chastanet



The Anse Chastanet Resort is built on the side of a mountain about one hour from the airport. Actually the ride was quite pleasant with very striking views. The island is almost total jungle, or at least so it appears from the road and from the ocean. Unlike other islands I

have visited I saw quite a bit of farming and lots of cows, horses, pigs and chickens.

The group was privileged to be assigned to the only air conditioned units on site, installed just a month ago. The rooms are huge, roughly 20' x 30', high

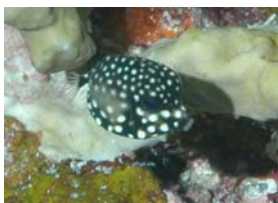


ceilings and tile floors. The bathroom was roughly 12' x15' with a large shower.



Only twelve years ago St Lucia put in place marine managed areas, not quite a marine park. Many of the local residents depend on fishing for their lively hood and they are working to find a compromise that will sustain their reefs and aquatic life while respecting the local fishermen.

Because the island is of volcanic origin, the sand is a mixture of the white Caribbean sand seen in many places and black volcanic ash. We saw tons of juveniles of all kinds so



I can only assume their management plan is working. There were brown chromis in abundance with a sprinkling of blue chromis; a few adult stop light parrot fish along with many juveniles; trunk fish, cow fish,



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We B Divin' The Ultimate Dive Shop!

Dive Around Texas



We B Divin' had twenty divers register for the Dive Around Texas 2009 event. Three of those divers attended the awards banquet in San Marcus the last weekend in September. Over all there were 134 divers in Texas who completed the Dive Around Texas program making over 4000 dives. Remember attendees got one entrance into the awards drawing for every dive they completed in Texas this summer. Up for grabs were about 100 prizes, and the tree We B Divin' divers who attended brought home seven of the prizes!

Pictured at left is George Rosebury, the Aqualung sales manager in Texas, with Dave Seeley. Dave spearheaded the Dive Around Texas initiative for We B Divin'.



Here is Gordon Apon, the PADI sales manager in Texas, congratulating Dave Seeley and his daughter on their winnings.

Our divers brought home the following prizes:
Nick Dyer Freestyle Dive watch
Sydney Seeley dive light
Kim Seeley T-Rex knife
Dave Seeley Aeris XR1 wrist computer,
Sherwood Gemini breathable inflator
\$100 PADIgear.com gift certificate
binder/logbook



At left is Eric Peterson, Dive Around Texas organizer, pictured with Dave Seeley and his daughter Sydney.

Eric says Dive Around Texas will be back bigger and better in 2010! Don't miss out on your prize next year.



Creature Feature

Juvenile Jackknife:

The jackknife fish belongs to the drum family. It has a very elongate dorsal fin with a black band that runs from the tip to



the end of the tail. There are also two other black bands, one on the head and one that extends onto the pelvic fin.

Range extends from North Carolina all the way south to Brazil including Bermuda, Bahamas, parts of the Gulf of Mexico and the Caribbean. They live in bays, sounds and deeper coral reefs and feed mainly on small

shrimps and crabs.

Pictured below is an adult. Both of these photos were captured in St Lucia by Bill Thoele.



We B Divin'
The Ultimate Dive Shop!

St Lucia

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peacock flounder and trumpet fish were in abundance;



I only saw one intermediate French angel, one juvenile French angel, and one juvenile cherub; a few turtles were sighted but no sharks of any kind; every dive I saw golden eels and spotted eels, but not one

green moray; jacks of all kinds were in abundance from yellow tail to horse eyed; conveys of all three phases were seen everywhere; lastly, I saw a scattering of lobsters with a rare conch.



The reef was in good health in most areas, but they have a large population of urchins which

seems to be killing some rather large sections. The barrel sponges were huge and the many vase sponges were gorgeous. Most of the diving is in the 40' to 70' range, but there are areas much deeper for those who are interested.



On the last day, we dove the only wreck in the area. I saw a juvenile high hat not too far from an adult and the group saw a frog fish, but I was

behind the barn door and did not get to see it! The wreck was cleaned up for sinking some 23 years ago by the local authorities and is now a gorgeous



reef, completely encrusted in corals and home to a wide variety of aquatic life. It was probably the best dive of the whole trip.

On this trip I introduced Caylin Ford to scuba diving



on a nice beach dive right in front of the dive shop and we saw two flying gurnards. I could not believe she was so lucky! I started her out standing in shallow water leaning over breathing on her regulator.

She did just fine with that and agreed that she was ready to kneel down. After a few seconds, she gave me the ok signal and swam off! Well, I guess she is comfortable.... We had a wonderful 30 minute 30 foot dive in which she also saw two eels, a peacock flounder, and a juvenile damsel. I believe we have another convert.



At the resort there are three dining areas, two at the top of the hill and one on the beach. They offered several menus so there was no problem with food variety. The only one the group did not much like was the Indian menu, but that is just a personal taste thing. Personally I found the pork and lamb dishes most to my liking and the deserts were just 'to die for'.

During our stay most of the day was bright and sunny with a delightful cool ocean breeze. Usually there would be a good rain shower at least once a day, but it never lasted long.



Thursday night the group went on a 'Jazz Cruise'. We were specifically cautioned not to call

it a booze cruise even though it was advertised as for several hours or until we ran them out of liquor, whichever came first....Whatever!



Photos provided by Bill Thoele, Scotty Ford and Rebecca Shannon.



Trips for 2009

Cozumel

Christmas

Diver \$TBD

Non Diver \$TBD

Staying at Park Royal with an all-inclusive package this time. The trip price also includes round trip airfare, transportation to and from the airport, 2 dives on Saturday and 2 on Sunday. Most trips the group opts to add dives so many times we do 3 dives on Friday, 3 or 4 dives on Saturday and the 2 dives on Sunday.

What to do?

Where to go?

What is on YOUR bucket list?

Suggestions welcomed.

St Croix

December 5-12 \$1410+ air

Nekton Live aboard

Nitrox available with up to five dives per day. If you have never taken a dive vacation on a live aboard you have not lived! Make this your first.



Training Specials

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

WBD Season Pass

Take any or all of the 38 PADI/DAN specialties offered at We B Divin' in a 12 month period. Up to 3 crew packs included.

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

\$699 — **Unbelievable!**

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

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



A Word from Our Sponsors



Free Airsource

Purchase an Aqua Lung or Sea Quest BC, regulator, Suunto computer and take any scuba training course and receive a free airsource.

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less than 2kg (4.4 lbs)...

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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](#)



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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.



Henry's Law and Dalton's Law

To a scuba diver Henry's Law tells us that at higher pressure our bodies will absorb more gasses. At great depths, the amount of nitrogen (and other gases) absorbed into our blood and tissue is greater than the amount absorbed at shallow depths. That is why a diver going to 100' has a greater risk of decompression illness than a diver who dives only 30 feet. Since the shallow diver has absorbed less gas, it is less likely to come out of solution in the body.

Stated mathematically:

$P=KC$, Where

P = the partial pressure of the gas solute,

C is the concentration of the gas

and K = the Henry's Law constant

Is this also true of oxygen? No, the oxygen content

of body tissues is regulated by hemoglobin and therefore does not conform to Henry's Law. Oxygen toxicity occurs when this system is overwhelmed.

The effects of oxygen are increased at depth so that the maximum PO₂ in diving is 1.6 ATA, PADI recommends 1.4 for safety, and this is achieved at 218 fsw breathing air, 132 fsw breathing 32% O₂, and 20 fsw breathing 100% O₂.

This is due to the effects of Dalton's Law which states that on descent, the partial pressure of all component gases increase in the same ratio as the total pressure. This results in the creation of the elevated pO₂ that causes the convulsions of O₂ toxicity and is the direct cause of nitrogen narcosis.