

December 2005 Newsletter

Greetings Friends,

It's hard to believe that Christmas is just one week away. For many of us that have still not started our Christmas shopping, we need to schedule time on the 24th to get this done! Unlike our Christmas shopping, preparing for the upcoming dive season takes a little more planning and in this newsletter, our tip of the month will look at this important area.

There have been several exciting developments in the past month so let's get at it.

Intro to Tech Seminar

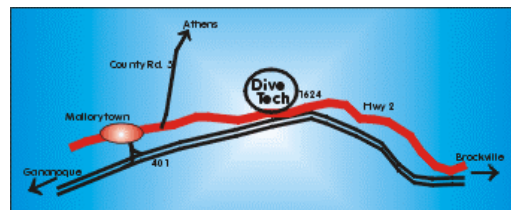
What is technical diving and how can I benefit from it? How are the courses structured and do I have enough experience to be considering it? What about equipment? Can I use what I have or do I need to start over? These are just some of the normal questions that most divers have when looking to advance their training.

We will be running an "Introduction to Technical Diving" seminar on Sunday February 19th, 2006 (in the event of bad weather, the alternate date is Sunday February 26th, 2006). At this seminar you'll learn not only what equipment you need to safely enjoy technical diving, but more importantly "why" you need that equipment. This seminar will provide you with the knowledge required to make well-informed equipment decisions and avoid costly mistakes, regardless of how far you plan on taking your diving pursuits.

The seminar will be held at Dive Tech Training Centre beginning at 11:00 AM. The cost of the seminar is \$49 and this includes lunch. So shake those February blues, and plan on joining us for this informative seminar.

To reserve your place contact me at tyler@advancedexpeditions.com.

Directions to



Exit Hwy. 401 at Mallorytown Exit 675.

At the first stop sign (Mallorytown Rd. 5) head north and proceed to second stop sign. At the second stop sign turn right (east) onto **Regional Rd. 2**. Continue on this road for approximately 2.5 km.

1624 is on the left hand side of the road (north side). **Phone: (613) 923-1992**

Visa and MasterCard

You've asked for it and now we've delivered it. To serve you better and to provide additional convenience, we will start accepting Visa and MasterCard beginning in January 2006.

Technical Dive Training



When it comes to Technical Dive Training, our goal is to provide you with the best possible training available anywhere. Ask those who have gone through any of our technical programs and you'll quickly find a common denominator... they're challenging, very rewarding and a lot of fun.

Why not begin your technical training over the winter months so that you can enjoy the benefits for the entire 2006-dive season? A small deposit will get you enrolled and the materials will be shipped to you. You can even do this with your Visa or MasterCard! We are planning to begin the theory for several courses by the end of February and there are still some spaces available.

Don't be disappointed like those in the past who waited until the last minute to book their courses only to find they were already full. Visit our website at, www.advancedexpeditions.com/training and start your journey into the world of technical diving today!

Instructor Training

With the majority of our time spent running technical dive courses and several months a year dedicated to expedition diving, instructor training has been an area that we have not pursued in the past. Having said that, several of you have expressed interest in advancing your training to various instructor levels. I am pleased to announce that beginning in 2006 we will be offering instructor training for both recreational and technical instructor ratings. Gas blender and advanced gas blender instructor training will also be available. If

you've been thinking about taking your diving to a professional level contact us at tyler@advancedexpeditions.com and see how you can turn this dream into a career.

Empress of Ireland Expeditions



The Empress of Ireland has long been considered a apex dive by most. You may not always have calm seas with whales passing nearby your boat, but if planned correctly, this can be a fascinating dive. With seven trips confirmed to the Empress for the 2006 season you can be sure we will encounter all kinds of weather and sea conditions. You can also be sure that we will take every precaution necessary to get you to the dive site in the best conditions so you can enjoy this amazing dive.

There are still spots available on many of the trips so visit us at www.advancedexpeditions.com/expeditions and book your trip. Your only worry will be how to describe the dives in your logbook!

Beneath the Sea

Beneath the Sea is the largest consumer based dive show in North America. It's held each March in New Jersey and if there's one dive show you don't want to miss, this is it. There are countless seminars, workshops and exhibitors representing all segments of the dive industry. Take a look at their website www.beneaththesea.org to get a feel for how extensive this show is. This year we will be participating in the show as an exhibitor at booth 419, and we'll also be providing a seminar entitled "Logistics for Planning Successful Expeditions. If you attend the show, be sure to drop by and say hello!

How to Prepare for the Dive Season

As we are quickly approaching Christmas and my unrealized hopes of a late Indian summer are finally being laid to rest, it's time to start looking towards the upcoming dive season. What else are you going to do? The sunsets are happening at 3:30 in the afternoon! This is actually at very important part of a safe, successful personal dive season. So what should we really be taking care of?

In general terms, I like to break it down into the two following areas:

1. **Equipment Maintenance** – This goes far beyond the idea of drying your drysuit before putting it away for the winter. The other point to consider is timing. Don't wait until the May 24 long weekend and think you'll get everything serviced on the Friday night before you dive. This needs to be addressed now. Here are a few areas that you should be taking care of.
 - a. Regulators – Since this is what keeps you alive under water, you should have your regulators serviced annually by a qualified facility. If you're taking it to someone who can do it on the side and give you a deal, ask yourself this question, "What's my life worth?" Have a professional do this job.
 - b. Tanks and Stage Bottles – These need to be visually inspected every year and hydrostatically tested every five years. If the hydro date on your tank is going to expire sometime during the upcoming dive season, get it done now. Also consider which tanks you need to have oxygen cleaned and get that taken care of. Tank valves and manifolds should also be inspected and cleaned where required.
 - c. Thermal Protection – Drysuits in particular should be carefully checked. If they have leaks, now is the time to have them repaired. If they require a new zipper, now is definitely the time to have that taken care of unless you're planning on diving wet for the first half of the season! Also check your dry gloves and O-rings.
 - d. Computers – Many computer batteries are somewhat difficult to track down, especially when you need them. Make sure you have a spare and also clean the contacts and replace the protective cover if it's damaged.
 - e. Cutting Tools- If you've been diving in salt water you may be looking at your "stainless steel" knife and wondering where all the rust came from. Take a few minutes and clean all your cutting tools. Make sure sheers open and close smoothly and then give them a light silicone spray.
 - f. Lights – If your lights operate on disposable batteries it's best to remove the batteries if you are not going to be using them for extended periods of time. In the case of rechargeable lights, some can't be left on charge for long periods of time while others can. You will need to follow the recommendations of the manufacturer.
 - g. Miscellaneous Gear – Check the line on your reels, if it's worn it should be replaced. Check all clips and make sure they are in good working order. Inspect surgical tube and cave line that has been used for tie downs and if

it's worn it should be replaced. Also take a look at your fin straps or springs to make sure they're in good working order.

2. ***Personal Maintenance*** – Now that your equipment is in prime diving condition, it time for a hard question, “Are you in prime diving condition?” You need to be honest with yourself when you're evaluating this area. If you try to “white wash” the truth, you're the one who stands to loose. We can all site numerous examples people who are in far less then prime diving condition and continue to dive year in and year out without incident, so why bother with personal fitness anyway? One quick look at the DAN fatality reports will provide you with a compelling reason if you need one. Cardiovascular disease and morbid obesity are all too common in these reports.

Take these winter months to develop a lifestyle that will enhance your level of fitness and when the dive season arrives, you'll be ready for it. Here are a few ideas to consider.

- a. Don't expect instant changes. Building physical fitness and loosing those extra few pounds can be accomplished with a disciplined approach. Develop a fitness plan that will build both your cardiovascular and overall strength. You won't believe how much more enjoyable your diving and day to day life can be once you've made modest gains in this area!
- b. We've all heard it a hundred times before, but it's worth repeating. There's no magic pill or replacement for proper rest, diet and a regular fitness program.
- c. The other aspect of “personal maintenance” that shouldn't be overlooked is psychological training. By this I mean you need to think about all the “what if” scenarios that can happen during a dive and plan your response. Once the responses come automatically, it's time to practice, practice. Once you get back into the water, dedicate a couple dives to honing your skills before moving on to more challenging dives.

Well that about wraps up things up for now. As always I welcome your comments and suggestions. Let me know if there is a topic you'd like to see addressed in future newsletters and feel free to share this with your friends.

In closing I want to wish each of you and your families a safe and happy holiday season and rewarding 2006!

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www.advancedexpeditions.com