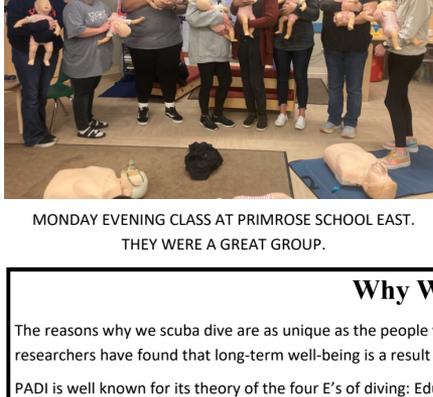




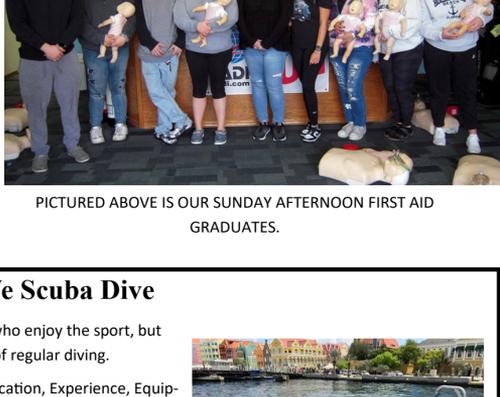
307 South Greenwich Rd.  
Wichita, KS 67207

# AMBER WAVES DIVING CO.

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MONDAY EVENING CLASS AT PRIMROSE SCHOOL EAST. THEY WERE A GREAT GROUP.



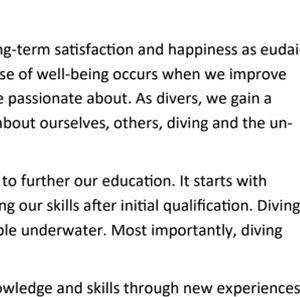
PICTURED ABOVE IS OUR SUNDAY AFTERNOON FIRST AID GRADUATES.

## Why We Scuba Dive

The reasons why we scuba dive are as unique as the people who enjoy the sport, but researchers have found that long-term well-being is a result of regular diving.

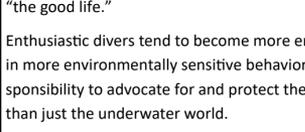
PADI is well known for its theory of the four E's of diving: Education, Experience, Equipment and Environmental conservation. While investigating why we scuba dive, researchers Balvinder Kler and John Tribe identified four more E's of scuba diving: Escape, Esteem, Expertise and Education.

They go further, though, to add "Eudaimonia" to that list. This Greek term roughly translates to "the good life," "human flourishing" or "well-being." It not only points to finding happiness and pleasure in life but doing so in a virtuous manner.



### What diving does for us

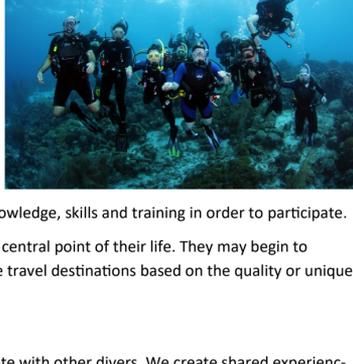
The researchers found that divers derive long-term satisfaction and happiness as eudaimonia through participating in diving. A sense of well-being occurs when we improve our skills and virtues in activities that we are passionate about. As divers, we gain a sense of well-being through learning more about ourselves, others, diving and the underwater environment around us.



Diving offers a number of different avenues to further our education. It starts with learning to dive and continues with improving our skills after initial qualification. Diving offers access to a whole new environment and teaches us how to exist and be comfortable underwater. Most importantly, diving educates us about the wondrous and unique marine life we encounter.

Diving also offers us the opportunity to travel. This in itself is a way of expanding our knowledge and skills through new experiences and cultural immersion. Traveling often leads to positive a experience which, according to the researchers, contributes to obtaining "the good life."

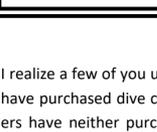
Enthusiastic divers tend to become more environmentally aware and participate in more environmentally sensitive behavior. Many divers share a sense of responsibility to advocate for and protect the environment, which extends further than just the underwater world.



### Personal growth

Divers also experience personal growth through sharing experiences with other divers, strengthening bonds and something academics call "serious leisure." This refers to leisure activities that encourage self-enrichment, self-expression, self-actualization, recreating or rediscovering yourself, creating social connections and a feeling of belonging. As in diving, these activities usually require special knowledge, skills and training in order to participate.

Individuals can even get to a stage where a serious-leisure activity can become a central point of their life. They may begin to strongly identify with that activity. And let's be honest — how many of us choose travel destinations based on the quality or uniqueness of the diving or sneak in a quick dive on a business trip?



### Creating community

Furthermore, divers grow through the friendships we create with other divers. We create shared experiences, learn from each other and become comfortable with being outside our comfort zone. We also grow as families when we enjoy the sport together.

The researchers even found that the positive experiences, like learning and socializing, are so great that they often outweigh potential negative experiences, such as bad weather conditions and poor visibility.

Ultimately, we dive because diving offers us the opportunity to engage in positive experiences. It gives us satisfaction long after we return to the surface. In short, diving makes us happy and helps us flourish. Now, let's get back into the water and dive some more.

## Beginner Tips: The Importance of Dive Computers

I realize a few of you use dive tables, but even more of you don't. Some don't because they, like myself, have purchased dive computers and really have no need to regularly use the tables. Frighteningly, others have neither purchased a dive computer nor use the tables regularly. They rely on their buddy, divemaster, guide, or some other divers on the trip to plan their dives for them. This is scary stuff. Seriously.

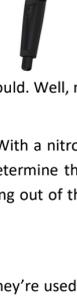


Once upon a time when I was a new diver and dive computers had just become more mainstream, I completely poo-poo'd them. Only lazy divers unable to comprehend dive tables would spend such large amounts of money to not have to think for themselves. Needless to say, over the years I have changed my tune. Dive computers have become so commonplace and affordable now that there is absolutely no reason not to have one. While I completely and totally feel that all divers need to understand dive tables and their relationship to diving, I feel equally as strong that all divers should have their own dive computer.

Why? Funny you should ask! Let me tell you why.

### Longer dives

That's right. You can dive longer. Why? Because the dive tables assume, you're going to be at the exact same depth for the entire dive. Every single diver in the world knows that's rarely ever the case. Dive computers take your initial descent into consideration along with any other rising and falling you do during your dive. It's constantly recalculating (like a GPS!) your available bottom time according to your current depth while taking into consideration all of your past depths and times. It does more than your mind ever could. Well, more than my mind ever could, anyway.



If you're going to start using Nitrox or already do, the computer's calculations become even more important. With a nitrox capable computer, you can quickly calculate and compare O2 percentages and depths to determine the optimal mix for your planned dive. Few students really remember how to do that after walking out of their nitrox class, and the computer makes it simple and lightning fast.

### Safer dives

Due to the reasons listed above, your dives are also a little safer with a computer if they're used correctly. You eliminate the human error risk inherent in manual calculations and you eliminate the necessity of trusting someone else to do it for you. Even given the possibility that a dive computer could get it wrong, if you and your buddy both have one then that issue is nearly moot. You both have computers and they both agree, then it's highly unlikely that both computers are wrong at the exact same time.

Additionally, it can keep track of your previous dives and while you're on the boat it will scroll through the depths and display to you the current NDL if you were to dive again right then. As your surface time increases, so do those NDL it displays.

### Dive log

Dive computers nowadays serve a dual purpose as a dive log. Almost all of them will now store a certain number of dives in memory, and most can be connected to a PC to download the information from your recent dive trip. Some include software that can utilize this information into a dive profile for you that could be useful in determining air consumption habits among other things (if that's of any interest to you).

Instead of you having to try to remember what your max depth and bottom time was, the computer does that for you. So even if you're using manual dive logs, the information is right there in front of you to easily copy down. Most even keep track of water temperature too.

### Affordable

The cost of dive computers has come down considerably over the years even as their functionality has increased. While there are certainly some pretty expensive models, all that's necessary is just a basic computer that gives you depth and NDL. You can get one for under \$500 easy, even closer to \$400 if you happen to catch a sale. How much is your peace of mind worth?

### Increasingly required

Yup, more and more dive operators are starting to require that you have a dive computer before diving with them, especially if you're doing more advanced dives. Sometimes you can rent one, and while that may be necessary at times, wouldn't you rather use a computer you're familiar with? It would be a shame to be caught unsuspecting on your next dive vacation by finding out that the dive operator you booked with requires you to have a computer and you don't have one. So, until you get one, make sure what the rules are at the shops you're diving with.

### Word of caution

Dive computers aren't infallible. Their purpose is to help keep you from getting bent by doing rapid and continuous calculations of your bottom time and depth. They cannot, however, take into consideration other DCS risk factors such as weight, age, hydration levels, and the fact that you stayed out all night partying. For that matter, it knows nothing about your specific body and its health. For that reason, dive computers should be seen as a tool and nothing more. As with any tool, understand how to use it before doing so and never let it take the place of safe diving knowledge. Do your training, learn the tables, understand the science behind them and then use the computer to help you facilitate the use of that knowledge in a safe manner.

For me personally, a dive computer is a necessary part of my gear and in my not so humble opinion, there's really no excuse not to have one.

## PADI DISCOVER SCUBA

SCUBA REVIEW—OR JUST COME AND PLAY  
WICHITA SWIM CLUB POOL  
SATURDAY DECEMBER 17, 2022

### Why PADI Scuba Review?

Are you a certified diver, but haven't been in the water lately? Are you looking to refresh your dive skills and knowledge? Are you a PADI Scuba Diver and want to earn your PADI Open Water Diver certification? If you answered yes to any of these questions then PADI Scuba Review is for you.

### What do I need to start?

Hold a scuba certification  
Minimum age: 10 years old

### What will I do?

First, you'll review the safety information you learned during your initial training. Then, you head to the pool to practice some of the fundamental scuba skills

### How long will it take?

A couple of hours

### What will I need?

If you don't have your own gear you will need to rent gear.

### I don't want a review, but I want to play?

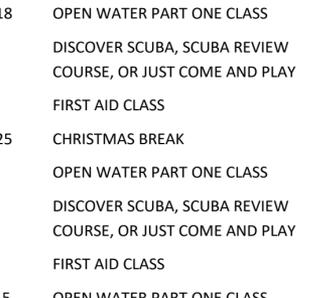
No problem, just sign up and come play in the pool for a couple of hours....we want you diving!

- \$75.00 for Refresher (includes gear rental and pool fee)
- No Refresher, don't have gear, but you want to play? Full gear rental \$50.00 plus pool fee.
- Have all your gear but just want to play? \$25.00
- IF YOU BOUGHT A SCUBA SYSTEM FROM US, IT'S FREE

**STARTS AT NOON**

**CALL TO RESERVE YOUR SPOT**

## SCUBA SCHOOL

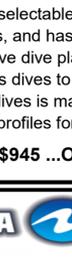
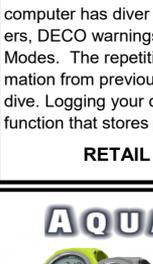


DEC 16-18	OPEN WATER PART ONE CLASS
DEC 17	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
DEC 18	FIRST AID CLASS
DEC 23-25	CHRISTMAS BREAK
JAN 6-8	OPEN WATER PART ONE CLASS
JAN 7	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
JAN 8	FIRST AID CLASS
JAN 13-15	OPEN WATER PART ONE CLASS
JAN 14	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
JAN 15	FIRST AID CLASS
JAN 20-22	OPEN WATER PART ONE CLASS
JAN 21	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
JAN 22	FIRST AID CLASS
JAN 27-29	OPEN WATER PART ONE CLASS
JAN 28	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
JAN 29	FIRST AID CLASS

**MAKE EVERY WEEKEND A DIVE WEEKEND**



## SHERWOOD SCUBA



### WISDOM 3 COMPUTER

The new Wisdom 3 is an intuitive easy to use and operate with easy to read large digital display. The computer has diver selectable, airtimes, deep stop reminders, DECO warnings, and has Air, Nitrox and Gauge Modes. The repetitive dive planning mode uses information from previous dives to see limitations of your next dive. Logging your dives is made easy with the dive log function that stores profiles for later recall and viewing.

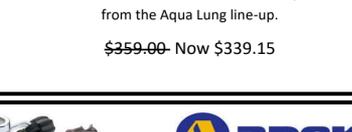
**RETAIL \$945 ...OUR PRICE \$825**



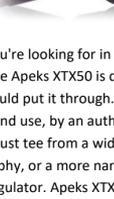
WICHITACPRTRAINING Center can provide you training in Emergency First Responder, American Heart Association, American Safety and Health Institute, and the National Safety Council. Our Instructors have real world experience in providing first aid care and will provide you a 'real life' training experience. We also sell every brand of AEDs.



Call 316-775-6688 to schedule your class



## Aqua Lung i330R Wrist Computer



The Aqua Lung i330R is the ideal choice for advanced divers who love exploring the world and need to rely on their dive computers anywhere they are. Thanks to its bright color screen, readable even in sunlight and its rechargeable battery, it won't let you down.

With its 4 modes, 3 nitrox mixes, and Bluetooth connection, this is the best value for money dive computer from the Aqua Lung line-up.

~~\$359.00~~ Now \$339.15

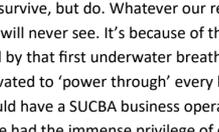
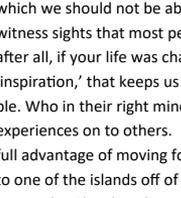


## AQUA LUNG I200C WRIST COMPUTER

The i200C is an intuitive, sporty computer with an easy versatility. The i200C has Bluetooth capabilities. It has 4 operating modes, a user-changeable standard, as well as no restriction switching between Free & Dive, it adapts to you. Air, Nitrox, Gauge (with run timer), and Free Dive (tracks calculations to allow unrestricted switching between Dive and Free).

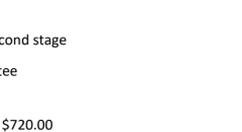
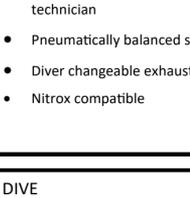
**\$470.00**

## Scubapro MK11/C370 Regulator



The Mk11 First Stage Regulator is the perfect choice for the recreational diver who wants the advantage of a diaphragm first stage for use in temperate waters. Diaphragm-based first stages are environmentally sealed so that water cannot enter the inner mechanism. This first stage comes standard with the Thermal Insulating System (TIS), which keeps your first stage from freezing up and malfunctioning in cold water conditions. Additionally, its over-balanced diaphragm first stage design gives you better breathing performance at greater depths.

**PRICED RIGHT AT \$639.00**



The Apeks TX50 Regulator is what you're looking for in a top of the line regulator, at a reasonable price. The Apeks TX50 is designed to handle every diving condition you could put it through. It can even be changed from right hand to left hand use, by an authorized technician. You can change out the exhaust tee from a wider tee for minimal bubbles, great for photography, or a more narrow exhaust tee for a smaller more compact regulator. Apeks TX50 features:

- An over balanced diaphragm design first stage that is environmentally sealed
- Four medium pressure ports, with optional fifth
- Easily converted from right hand to left hand, by factory authorized technician
- Pneumatically balanced second stage
- Diver changeable exhaust tee
- Nitrox compatible

**\$720.00**

## I MUST DIVE

Ultimately, although the specific triggers behind each individual's decision to dive may differ, we all have one important thing in common. Every one of us belongs to a tribe of explorers and adventurers, people brave enough to experience an environment in which we should not be able to survive, but do. Whatever our reasons for joining the scuba community, we are all lucky enough to witness sights that most people will never see. It's because of this that I think it's worth asking yourself what inspired you to dive; after all, if your life was changed by that first underwater breath, it's that inspiration that you have to thank. It's that very thing, that 'inspiration,' that keeps us motivated to 'power through' every business struggle to keep Amber Waves Dive Center open and available. Who in their right mind would have a SUCBA business operating in Kansas? It's because we just want to pass our inspiration and our experiences on to others. I once had the immense privilege of certifying a lady who, having just lost her husband, wanted to take full advantage of moving forward and beating grief — she was almost 80 years old. I hear from her every so often and she has moved to one of the islands off of Belize. She is always thrilled to tell me how many dives she has accumulated and all the new friends she has made. She closed an email to me once by saying she doesn't dive because she 'can,' she dives because she must. Most recently, in fact just a few days ago, I had a young lady who had recently lost her husband, learned to dive, and even went on a trip with us come in and excitedly asked when our next trip was scheduled. She said, "I miss the sand and sea and 'must' get back into the water." Yes, I think we dive because we "MUST."