



The Mouthpiece



March 2009 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

ADA 2009 KICKOFF EVENT ! ! 10 AM, April 4, 2009 Biscayne National Park auditorium.

Featuring-

PARK RANGER REPORTS

A colorful presentation of dive sites, reef ecology, species ID, history of park wrecks, and conservation programs.

SAVE OUR REEFS presentation

An ambitious project to erect huge columns of stone to form letters spelling out "Save our reefs" in shallow water near Key Biscayne, visible to all air travelers.

DIVER OF THE YEAR AWARD

A prestigious award recognizing the person who made the most dives with ADA in 2008. This handsome plaque has been awarded yearly to our members since 1980 and is proudly displayed in homes of previous winners

VOLUNTEERS RECOGNITION AND AWARDS

Each and every person who gave their time, talents, and hard work in 2008 will be recognized and thanked for all they have given to ADA for the benefit of our members.

FREE RAFFLE

Many door prizes, gag gifts, prizes and humorous novelties will brighten our day.

SHORTY'S BBQ BONANZA

Arguably the best BBQ dinners in South Florida is Shorty's BBQ. They will provide us with a finger-lickin-good menu to include-

1. Shorty's famous Baby Back ribs.
2. Chicken quarters with their famous sauce.
3. BBQ baked beans in a rich tomato base.
4. Creamy Southern style potato salad.
5. Corn on the cob with butter sauce.
6. Tossed garden salad with choice of dressings.
7. Dinner rolls and choice of 5 drinks.

AND SURPRISE Home-made specialties provided by our members

RESERVATIONS REQUIRED. DEADLINE MARCH 25

Seating is limited to 35, so call today.

Call Social Committee chair Pat Hackett

305 387 0015

Cost for admission and BBQ is only \$10

Make check payable to ADA and mail to:

Lon Von Lintel

13374 SW 46 Terr.

Miami, FL 33175



ADA KAYAK TRIP
WEST LAKE PARK-ANNE KOLB NATURE CENTER
HOLLYWOOD FLORIDA
SATURDAY, MARCH 21, 2009, 9:00 a.m.

We have done this paddle a few years ago and enjoyed West Lake's mangroves and waterways. West Lake has 350 acres and three canoe trails to explore. And it's close enough to both Miami-Dade and Broward ADA members and friends.

ADMISSION: West Lake Park charges a gate entrance of \$1.00 per person with free parking.

DIRECTIONS: From I-95 head east on Sheridan St., past Federal Highway, West Lake Park's entrance on the south (right) side, 1200 Sheridan St., Hollywood, Fl. 33020
Tel: 954 926 2480.

Ann Kolb Nature Center at West Lake Park is a half mile east of West Lake's entrance on the north (left) side.

As the Mouthpiece goes to press, kayak rentals are only available at the Anne Kolb Nature Center marina. Boat rentals include life vest, paddles and a map. No reservations are needed. They have 8 single and 4 double kayaks. Rentals are \$7.00 per hour per boat. Plans are under way to have rentals at West Lake in March.

GATHERING TIME FOR ALL: 9:00 a.m. at the Anne Kolb Nature Center marina. Kayak renters will get their boats there. This is a good place for all (kayak owners too) to agree on a rendezvous at West Lake. Should the rentals be moved to West Lake Park before the date of our paddle you will be advised.

As usual, bring water, snacks/lunch, sun screen, hats, dry clothes, sun glasses, and water shoes.

Please call Pat Hackett, 305 387-0015 or Sharon Baron, 305 386 8961 to reserve your space on this outing. Come join us for a fun day of paddling.

Lionfish spotted

The Lionfish is an exotic species from the Pacific with poisonous spines. It has been seen at several locations around South Florida including the Benwood near Key Largo, Lauderdale, and Boynton Beach. Having no natural predators it seems likely to proliferate and dominate native species. This candy-striped fish has the potential to wreak havoc for our marine ecology. It eats practically everything in sight and will out compete reef fish. It was probably introduced in our waters by being dumped from aquariums or from the ballasts of ships. There are reports from



the Bahamas that they are seen by the millions. If you see one, do not touch, the spines pack a powerful poison.

Call REEF at 305 852 0030 or go to www.reef.org to report details of sighting.

There are plans for search and destroy dives in the future, will keep you posted.



ADA 2009 DIVE SCHEDULE

April			August		
18 Sat. pm	Miami	Basic reef	1 Sat. pm	Tavernier	Adv. drift/BBQ
26 Sun. pm	N. Key Largo	Basic reef	8 Sat. am	Beach dive	Basic reef
May			9 Sun. pm	N. Key Largo	Basic reef
2 Sat am	BNP	Basic reef/BBQ	15 Sat. pm	Ft. Lauderdale	Basic reef
9 Sat pm	Tavernier	Basic reef	15 Sat. Night	Ft. Lauderdale	Basic reef
17 Sun am	Northern Keys	Adv. wreck	22 Sat pm	Palm Beach	Adv. reef
23 Sat. am	Elliott Key	Basic reef	30 Sun. pm	Tavernier	Basic reef
31 Sun pm	Palm Beach	Adv. Reef	September		
June			5 Sat. pm	Miami	Basic reef
6 Sat. pm	Islamorada	Basic reef	13 Sun. pm	Spiegel Grove	Adv. wreck
7 Sun. am	Beach dive	Basic reef	20 Sun pm	Islamorada	Basic reef
14 Sun. pm	Tenneco	Adv. wreck	26 Sat. pm	Duanne	Adv. wreck/BBQ
20 Sat. pm	N. Key Largo	Basic reef/BBQ	26 Sat Night	Tavernier	Basic reef
20 Sat. Night	N. Key Largo	Basic reef	October		
28 Sun. pm	Miami	Adv. Wreck	3 Sat. am	Beach dive/BBQ	Basic reef
July			4 Sun. pm	Miami	Adv wreck
5 Sun. am	BNP	Basic reef	10 Sat. pm	Hollywood	Adv. reef
11 Sat. pm	Palm Beach	Adv. reef	18 Sun. pm	Tavernier	Basic reef
11 Sat. Night	Palm Beach	Basic reef	25 Sun am	Elliott Key	Basic reef
12 Sun. am	Beach dive	Basic reef	November		
19 Sun. pm	Hollywood	Basic reef	1 Sun. pm	Tavernier	Adv. drift
25 Sat pm	Islamorada	Basic reef	8 Sun. pm.	Miami	Adv. wreck
			14 Sat pm	Pompano	Adv. reef
			22 Sun. pm	Eagle	Adv. wreck



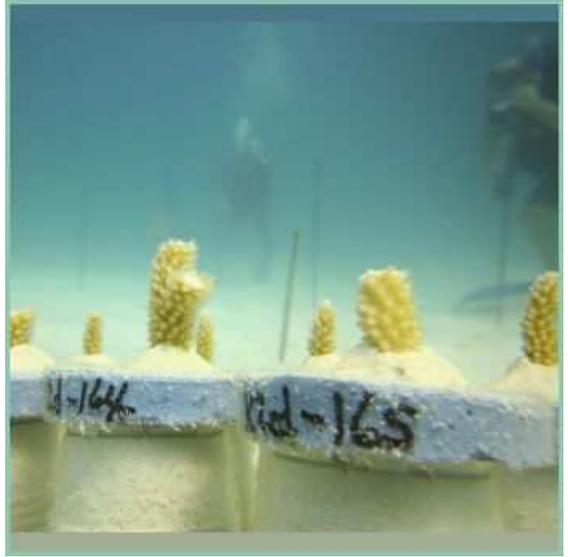
Coral Restoration Project

ADA and make a difference as we have actually planted living coral in areas that have suffered coral loss in the past few years.

The plan:

We meet at the Florida Keys Dive shop at 8 am on either March 21 or April 14.. After check in, we move to a nearby facility for orientation and demonstration of how to prepare coral "babies" for transport and planting.

Then after lunch, we board the boat for a two tank dive on a local reef. Under the tutoring of Ken Nedimyer, we carefully cement the babies to the reef. We also may visit previous transplants in other areas to witness the progress of growth.



Costs: Boat ticket is \$35, an ADA discount, and \$50 donation to the Coral Restoration Foundation for permits, fees and other expenses. Call the Florida Keys Dive Shop for reservations 1 800 433 8946 Call Lon for more info.

FREE - HENDERSON POLARTEC LADIES SIZE 8 WET SUIT IF INTERESTED, CALL PAT HACKETT, 305 387-0015 OR E-MAIL - AFWAF@BELLSOUTH.NET

ADA KEEPING DIVE COSTS DOWN

1. We do not plan to raise our local dive prices this year.
2. We are offering free beach dives this year in the metro area. No need to drive long distances to dives.
3. Our prices are still the lowest in town.
Examples:
Dive shop A- walk in divers \$99
Our price same shop \$59
Dive shop B- walk in divers \$80
Our price same shop \$49
4. Free dives and free food. See article this issue for details.
5. We are offering a frequent-diver discount. Pay for any 5 local dives and get the 6th FREE. You can't beat that with a stick.

Gear Maintenance Made Easy December 16, 2008

From the December, 2008 issue of Scuba Diving Magazine. A step-by-step, piece-by-piece guide to caring for your dive gear before and after a dive trip. By Michael Ange

If you are a serious diver, odds are you've invested significant money in your dive gear. So it goes without saying you want to take care of that gear, right? Not only will proper maintenance greatly prolong the life of your gear, but it's also one of the best insurance policies for staying safe while diving. Regular user maintenance requires that you visually inspect, clean and properly handle all the pieces of your setup using specific steps for both pre- and postdive care. So, before your next dive trip, follow the pre-dive steps in this guide to make sure your gear is safe and ready-to-dive. And at the end of your trip, or once you get home, follow the post dive steps to keep everything in top-notch condition until next time.

Masks, Fins, Snorkels Pre dive Stretch out all the straps to look for fine cracks in the rubber; these are especially common in the heavy rubber straps on open-heel fins, and they're clear signs of impending failure. If you do find any, immediately replace the straps. If you use a "strap wrapper" to cover your rubber mask strap, either slide the cover to the side or remove it so that the strap underneath can be fully inspected. Next, examine the silicone of your mask skirt, the flexible hose of your snorkel and the snorkel's mouthpiece for any tears. The most common failure area on a mask is the feather-edged seal on the skirt. This can become imperfect or irregular in shape with time and heavy use, and that irregularity can create leaks. Finally, check all the buckles, which can crack, split or become clogged with debris that can interfere with how they function, and check the frame of your mask for cracking, chips or other obvious signs of wear, especially in the areas immediately adjacent to the glass lens.

Post dive To avoid mildew growth, rinse your mask, fins and snorkel in warm, fresh water and allow them to drip dry completely before packing them away. And pack these items loosely so nothing bends the fin blades, crushes the foot pockets or distorts the mask skirt. Leaving these items squashed into a weird position for a long period of time will cause them to take on an unnatural shape.

Regulators/Gauges Pre dive It's a good idea to connect your regulator to a tank when preparing your gear for a dive trip. Take a few breaths from the regulator, a few breaths from the octopus and check the SPG for an accurate reading. Visually inspect all regulator hoses to ensure there are no cracks, make sure there are no holes or tears in the mouthpieces and check the metal fittings for corrosion. If you use hose protectors, slide them away from the first stage to check beneath them. At the same time, look for corrosion on the metal first stage. Cracks in the hoses or obvious corrosion on any of the regulator's components require professional service from a qualified technician. Next, disconnect the regulator from the tank, replace the dust cover, inhale on each regulator forcefully and hold a vacuum. Each regulator should let in either a very tiny trickle of air or no air at all. Also check each second-stage housing for cracks, and if you have analog, oil-filled gauges, make sure they aren't leaking any fluid. Most divers now use computers, and although these devices rarely fail, a dead battery can cut a dive day short. So check the battery indicator on your computer and follow the manufacturer's instructions for when and how to replace these batteries. If you have an analog compass, rotate the housing to ensure that the compass card moves freely.

Post dive When rinsing your regulator, make sure the purge valves on the second stages don't get depressed and the first stage dust cover is firmly in place. After dunking the entire octopus, rinse your second stages by running warm water through the regulator mouthpiece and out the exhaust diaphragm. Rinse the fitting that connects to your low-pressure inflator by working the slip coupling back and forth while holding it under warm running water.

BCs Pre dive Check your BC inflator by connecting it to a regulator that's hooked to a tank. Shoot a few bursts of air into the BC, then release the inflate button and listen for air leaking into the BC that would indicate a stuck inflator. A technician must repair any leaks before you get in the water. Next, inflate your BC until the pressure-relief valve pops off and let the BC stand for about 20 minutes to see if it holds air pressure. While the BC is inflated, check the cummerbund, waist strap, shoulder straps, tank band and all the buckles for excessive wear. If your BC has metal buckles, check them for corrosion, which will weaken the metal structure and eventually cause the buckle to fail. A buildup of a white chalky substance or green powder in addition to rust are all indications of corrosion. Minor corrosion can generally be cleaned with a stiff brush and a little white vinegar--be sure to rinse the item afterward so the vinegar is thoroughly removed--and a quick spray of food-grade silicone will help prevent future corrosion if routinely applied after your equipment is clean and completely dry.

Post dive Rinse your BC in fresh, warm water. Even better, add a small amount of unscented shampoo or a dive-gear wash solution to the rinse water. Take all the air out of your BC, place it in the bottom of the rinse tank, hold it down with your weights and let it soak for about 30 minutes. Then, drain the tank, rinse the equipment to remove most of the soap, refill the tank with fresh water and allow the equipment to soak a few more minutes to remove any soap residue. To rinse the inside, depress the manual-inflate button and hold the mouthpiece under running water until the BC is 60 to 70 percent full of water. Shake the BC to agitate the water and then drain it through each of the dump valves and the inflator hose. You should use each of the dumps, including the pull dump on the BC inflator hose, to remove salt crystals and sand from each of these important valves. Once you drain the water, fully inflate the BC, allow the remaining water in the BC to settle for a minute or two, and then drain it again. Finally, inflate the BC to about 50 percent of its volume and let it air-dry away from direct sunlight.

Con't on page 6



Post Dive BBQS

Cost \$10.00 includes-

Grilled hotdogs, hamburgers, chicken, Potato Salad, Coleslaw, chips and fixins. Soda & Beer.

While divers are tending their gear, our chef of the day will be preparing a feast fit for a King/Queen or at least for hungry divers. We invite all divers on the above dates to join us for good outdoor food and telling tall fish tales. Please send \$10 along with the dive fees, you may make one check for both.

DIVE AND EAT FREE

That's right, on our BBQ days you can earn a free dive and free eats. It's easy, just volunteer to be the chef of the day and you go for free.

Here's how it works -

You buy the food and bring to the dive, after which you and the Safety Officer will prepare and serve.

The supplies and menu list will be faxed to you a few days prior with an exact list of needed items. Then you submit a receipt and your expenses will be reimbursed. Call Lon for more info and sign up!

Cont. from pg. 5

Exposure Suits

Pre-dive Examine wetsuits for tears, cuts or significant fraying around the cuffs, neck and the seams of the suit. Significant areas of missing or "pulled" stitching can lead to split seams, especially in high-stretch suits in which the seams receive a lot of stress. Make sure the zippers pull smoothly and lubricate them with a thin application of paraffin-based wax where necessary. Drysuits require a more detailed inspection of the cuff and neck seals as well as the dry zipper. Any imperfections, cracks or cuts can cause the seals to leak. Inspect the dry zipper for missing or bent teeth or advanced wear in the fabric that holds the zipper in place. Unlike wetsuits, it is generally cost effective to repair drysuit seals and zippers. Only a qualified service technician should perform these repairs. You must also check the operation of the valves on the suit. Like the low-pressure inflator on a BC, check the dry-suit's inflate valve by attaching it to a tank and operating the valve a few times; it should allow air into the suit easily without sticking or inflating after releasing the button. Checking the suit's vent valves can be more difficult. Do this by putting the suit on and inflating it completely, wait to see if the suit holds air, then activate each deflate valve several times to make sure they vent properly and reseal as they're supposed to. If you notice leaks in the suit's material, patch them according to the manufacturer's recommendations or return the suit to your dealer for service. Patched leaks may need to cure for 24 hours or more, so it's best to check your drysuit at least a few days before you plan to use it.

Postdive Exposure suits can be hand washed in a tub of warm water. It is best to use a wetsuit shampoo available from any retail dive facility to help prevent the suit from fading or breaking down the integrity of the rubber. Wetsuits can also be washed in a machine with a hand wash cycle. Take it out before the spin cycle and allow it to drip dry.

Surface Interval For Gear

Always let your equipment dry thoroughly inside and out before packing it away. If you have the room, it is best to hang BCs, exposure suits and regulators in a cool, dry closet. The garage may not be the best place to store your gear, especially if you live in a hot, humid climate. However, many divers lack the space to do this. With the exception of your exposure suit, equipment can be stored in a good-quality piece of dive luggage without damage, but make sure the bag is large enough that the gear doesn't fold or crimp in unnatural ways. Store your BC about 20 percent full of air to keep the internal sides of the bladder from sticking together. To further protect against age-related damage, apply a light coat of food-grade silicone to all rubber and metal components. Don't spray the silicone directly on the components. Instead, spray a light coating on a soft cloth and rub it onto your regulator hoses, rubber fin straps and metal buckles. You can also preserve the life of the zippers on your gear bags and exposure suits by applying a dry-suit zipper wax. Simply pull the wax stick along the exterior of the zipper on each side, and then work the zipper back and forth a few times to distribute the wax. Store your mask in a rigid box to protect it from impact. You can add your computer and compass to the box as well. As a final note, before storing your equipment, look for items that need to be replaced or otherwise repaired. It is best to repair these items immediately so that your stored equipment is ready to dive when you are.

Gear Check

Certain components of your equipment require annual inspection and service by a qualified technician. It's a mistake to assume that if you haven't used your equipment it doesn't require service. In fact, most technicians agree that rarely used equipment needs regular service more than equipment that sees more frequent use. Both your regulator and your BC should be checked in accordance with the manufacturer's recommendations, usually once a year.

ADA RULES & REGULATIONS

All Members Must be familiar with the following

FOR ALL ADVANCED DIVES (DEPTHS OVER 60') ADA DIVERS MUST:

1. Be current (dive activity within the previous 3 months).
2. Have the approval of an ADA Safety Officer.
3. Have a minimum of 25 logged dives.
4. Carry an alternate air source (octopus), time keeping device and depth gauge.
5. Have previous ADA diving experience.
6. All members must dive with at least a 72 cubic foot tank.

ADA GUIDELINES FOR COMPUTER ASSISTED DIVING

1. Members using dive computers may extend their time underwater ten- (10) minutes beyond the time allowed by the tables.
2. Computer assisted dives must be well within the NO DECOMPRESSION LIMITS.
3. Members should understand and follow the manufacturer's recommendations.
4. If a computer diver is buddyed with a diver using the tables, both must follow the tables.
5. If a buddy-team is using unlike computers, both must follow the more conservative computer.
6. If, in a buddy-team, either computer fails, both divers must terminate the dive.

IMPORTANT MESSAGE FROM THE SAFETY OFFICERS' COMMITTEE

All members are reminded to read the "Rules & Guidelines for Diving Activities" you received with your membership package. Number 16 states, "All divers must be present for the pre-dive briefing". If the diver is not present for the entire briefing, diving privileges may be revoked for that dive. Please plan to arrive on time - or better yet - a bit early. We thank you and appreciate your cooperation.

Julio, Dan, Robert, Lee and Lon

CANCELLATION AND REFUND POLICY FOR LOCAL DIVE TRIPS

Because of our contractual agreements with our service agents - dive shops and boat captains, we must notify them - usually seven days in advance - of the final number of spaces we are paying for. Thus, if our members cancel less than seven days in advance, we regret that **NO REFUND OR CREDIT** can be given, unless trip cancellation insurance has been purchased at the time of the dive trip payment (see next news article!)

ADA TRIP CANCELLATION INSURANCE

The Board of Directors has approved a unique concept in local diving: **NO FAULT INSURANCE!!**

For an additional \$5.00, per person, per local dive trip, members can eliminate the worry of losing their dive fees because of an unforeseen change of plans.

If, for any reason you are unable to attend a local dive for which you are scheduled and have paid the insurance, ADA will credit your dive fee to another date. *The \$5.00 insurance is non-transferable and non-refundable!*

When you make a reservation, ask for dive trip cancellation insurance. The Board has elected to continue the insurance offer for this year.

NOTE: It may be discontinued at any time without prior written notice.

Please call Lon with your questions and comments.

IMPORTANT WEATHER INFORMATION

Before departing for the dive site, confirm weather condition with Lon or the designated Safety Officer. It is the responsibility of the member to call; we cannot call you due to the large number of divers involved. For morning dives, call between 6 and 10 p.m. the night before the dive. For afternoon dives, call between 9 and 10 a.m. the morning of the dive.

- 1.

HOW TO MAKE DIVE RESERVATIONS

1. Check this newsletter or the annual calendar for upcoming dives.
2. Call Lon (305) 251-4975 to make a reservation. Please do not leave a message on the answering machine, The trip may be full.
3. We will hold your reservation for four (4) days from the date you call. If we do not receive payment within four days, your space may be given to other members. If you wish to confirm receipt, call Lon.
4. Ask for details about the trip when you call. Otherwise, details will be given when you call for a weather report. See important weather information in this and every issue)
5. Make your check payable to ACTIVE DIVERS ASSOCIATION. Not to any individual, and mail to :
Lon Von Lintel , 13374 SW 46 Terrace Miami, Fl. 33175
7. Itemize dates of dives in the left hand corner of your check.
8. REMEMBER! That family members must have completed individual documentation to register as ADA members.

ADA CHECK-IN TIMES !!!

Ours are different than the dive operators.
When making dive reservations or during the all important
WEATHER CHECK.

Inquire about the ADA CHECK-IN TIME. Please arrive on
time, or better yet, a bit earlier and chat with new friends and
old buddies.

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12614 N. Kendall Drive
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Web Page: DiversDenmiami.com

The Mouthpiece ACTIVE DIVERS ASSOCIATION NEWSLETTER

March 2009

Dive Trips/Return Address:
Lon Von Lintel (305) 251-4975
13374 SW 46 Terrace Miami, FL 33175

Membership:
Frank Young
1115 Country Club Prado
Coral Gables, FL 33134
305-903-1113
Membership@activedivers.org

Conservation:
Jerry Kosakowski (954) 990-9534

Social:
Patricia Hackett (305) 387-0015

Newsletter:
Steve Herz (305) 606-6331
Newsletter@activedivers.org

Website: www.activedivers.org
Email: info@activedivers.org