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# The Mouthpiece

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May 2008 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

## ADA KICK-OFF EVENT A HUGE SUCCESS

By Lisa Carstarphen

The ADA had its 2008 Kick-Off Meeting on March 30<sup>th</sup> at Biscayne National Park. Presentations were made by the Sanctuary Friends Foundation of the Florida Keys, the Coral Reef Foundation and Biscayne National Park and a wonderful BBQ was provided by Robert and Barbara Fox. Glen Patton of Sanctuary Friends Foundation of the Florida Keys started off the meeting. The mission of Sanctuary Friends Foundation is to provide awareness of and build support for the Florida Keys National Marine Sanctuary, and to seek to protect the endangered coral reef marine ecosystem for current and future generations through education, scientific research, outreach and preservation. The Florida Keys National Marine Sanctuary was created in 1990 as a means of recognizing the importance and fragility of this ecosystem. The Sanctuary includes 2,800 square nautical miles (9,500 square kilometers) of coastal and oceanic waters as well as submerged land surrounding the Florida Keys, extending south and west to encompass the Tortugas islands (excluding the Dry Tortugas National Park). Information on the Sanctuary Friends Foundation can be found at [www.SanctuaryFriends.org](http://www.SanctuaryFriends.org).

Next, Ken Nedimyer of the Coral Reef Foundation spoke about his coral planting program, which has been supported by the Sanctuary Friends Foundation. The Keys' coral reef tract has experienced a 37 percent coral cover loss since 1996, and an increase in coral bleaching and coral diseases from oceanic acidification, pollution, hurricanes and overuse. The Coral Reef Foundation hopes to repair this loss. The project began with staghorn coral colonies that naturally settled onto a privately owned, underwater "live rock farm" in the Upper Keys owned by Ken. With the help of his daughter Julia and others, the site was supplemented with 100 additional colonies that were collected from the surrounding area. These were added to the underwater nursery, fragmented and cemented onto platforms. Volunteer divers help transplant these corals to predetermined locations throughout the Upper Keys. The Foundation works with local schools, universities and dive shops and hopes to expand its nurseries to include Elkhorn corals. More information about the Coral Reef Foundation can be found at [www.coralrestoration.org](http://www.coralrestoration.org).

Finally, Vanessa McDougal, a fish biologist with the Biscayne National Park Service, spoke about things that divers can do to help maintain the park, including trash removal; reporting locations of derelict lobster traps and lobster casitas and fish surveys. If you would like to do a fish survey on your next dive, go to [www.reef.org](http://www.reef.org) and click on "Do a Survey".

Then it was time for the free raffle and volunteer appreciation awards. The ADA Diver of the Year award was presented to Clive Hew who had the most dives with the ADA for the 2007 season. Congratulations, Clive! Afterwards, everyone enjoyed the beautiful day and a delicious picnic including barbeque spare ribs, hamburgers and cold cured salmon, finished off by wonderful Ghirardelli chocolate brownies. A good time was had by all. Thanks again to Robert and Barbara Fox for a wonderful spread.

( see page 2 for a couple of pics)



## ADA KAYAK TRIP LOWER MATAACUMBE 22 March 2008

Our group set out from Robbie's Marina, MM79.5 at 10:15, Lower Matacumbe. Initially, we were going to Lignum Vitae Key, but because of water conditions headed towards Indian Key. There were 8 brave paddlers who survived the weather. Sharon Baron, Juan Carvajal, Leo Ruiz, Pat Hudson, Valerie Robbin, Barbara Scavullo, Chris Hind and Pat Hackett returned drenched from the rainstorms that lasted the rest of the day.

The weather was beautiful on our launch to Indian Key. We explored the paths and climbed the lookout tower over what was once a thriving town. By the way, Indian Key's history dates from the time of prehistoric Indians to the 1830's, when the key was the seat of the newly created Dade County. Jacob Housman bought the strategic key in 1831 and turned it into a busy port of wrecking. In 1838 Dr. Henry Perrine and his wife Anna Fuller Townsend May moved to Indian Key to pursue his interest in tropical botany. He was killed by the Seminoles in an Indian attack in the early morning of August 7, 1840. Indian Key is located  $\frac{3}{4}$  mile SE of the north shore of Lower Matecumbe Key. About 10 acres separated from the Overseas Highway (US 1) by open water, it hardly looks like a place of historic significance. Yet, Indian Key has a colorful past which is very much a part of early Florida history.

With an attempt to paddle to Lignum Vitae Key, the weather changed. However, it was for the best when Valerie Robbins took the helm and led us towards the mangrove channels passing by dozens of rows of bird platforms occupied with Terns and other species of sea birds. These platforms allowed close up observation of birds you usually only see in flight.

We continued to paddle through enclosing mangrove tunnels protecting us from the rain. We arrived soak and wet but agreed we'd do it all over again.

Pat Hackett/Sharon Baron

\$39

## May

\$39

May 4 pm, Broward Reef  
Possible sites include the Caves, Oakland Ridges, Barracuda, Mine car, and Paradise. Average depth 25-35 feet. vis. 30-50 feet, little current, many caves.

May 10 am BNP Reef ( Post dive BBQ \$10, chef needed, call Lon)  
Sites may include: Rocky Reef, Elkhorn Forest, Ball Buoy, Far Out Reef, Cuda Ledge. Usually no currents, massive corals, small caves. The Keys "Best Kept Secret", only one commercial boat allowed in area. Depth 20-30', vis 30-60'

May 18 pm Tavernier Reef  
Sites may include: Conch Reef, Davis Ledge, Hens & Chickens, Little Conch, Capt. Tom's Ledge, 40' Ledge, Fish Trap, Horseshoe. Average depth 30', average visibility 40-60', many morays, schooling tropical's, unusual pillar corals

May 24 pm Broward Reef  
Possible sites include the Caves, Oakland Ridges, Barracuda, Minecar, and Paradise. Average depth 25-35 feet. vis. 30-50 feet, little current, many caves.

May 25 pm Tenneco Towers (*Advanced*)  
Scheduled site - Tenneco Towers. Choice of more than 40 wrecks. Some unlike anywhere else: Jet airliner, M-60 Tanks, Tankers, Freighters, Tugs, Barges. Most are intact with penetration possible. Average depth 90', visibility 40-50'. Expect currents and dramatic profiles, many fish. **See advanced criterion this issue.**

## June

June 1 am BNP Drift Dive Wall (*Advanced*)  
Sites - The Wall, Anniversary, Rocky Reef, Elkhorn Forest, Cuda Ledge, Ball Buoy, Doc DeMilly. Expect currents, usually we drift dive the deep reefs. Depths 70-110', average visibility 40-80'. Only one commercial dive boat allowed in area. **See advanced criterion this issue.**

June 7 pm Islamorada Just  
4 miles past Tavernier, sites may include: Hammerhead, The Canyon, El Infante, Crocker, No Name, The Valley Aquarium, Alligator. Average depth 30-40', visibility 40-50'. Some current, many fish, shallow wrecks.

June 14 pm Palm Beach (*Advanced*)  
Drift Dive in swift currents, giant turtles, grouper, schooling fish and outstanding color. Depth 80-100', visibility 40-100'. Many wreck/reef sites to choose. **See advanced criterion this issue.**

June 22 pm N. Key Largo (Post dive BBQ \$10, chef needed, call Lon)  
Sites may include: The Christ of the Abyss, the Elbow, N. Dry Rocks, N. N. Dry Rocks, Grecian Rocks, Carysfort, Shark Reef. Average depth 30', usually no current. Average visibility is 30-50' with many tropical's, morays, cudas.

June 29 pm S. Key Largo Sites  
include: Molasses, Spanish Anchor, Hole-in-wall, French, Pickles. Average depth 35-40', average visibility 50-70', expect currents and high voltage action. High profile corals.

## DAN Recommends

(from May 2008 issue of Scuba Diving Magazine)

### Diving after flying

After long flights it is better to rest, rehydrate, and eat before making your first dive. Dehydration is thought to contribute to DCS risk, so it is important to start diving well hydrated. Fatigue can also be a performance and safety issue. For short flights and you arrive rested and well hydrated, It is possible to begin diving the same day.

### Flying after diving.

The following shows the minimum guidelines for flying in commercial aircraft, assuming cabin pressure of 8,000 ft.-

A single dive within recreational limits: wait 12 hours.

Multiple days/multiple recreational dives: wait 18 hours.

Decompression diving (planned or unplanned): wait 24 to 48 hours. These guidelines apply only to those divers who have not experienced any symptoms of DCS. If you have symptoms do not fly at all. Call DAN

For flying in small non-pressurized planes, the flight altitude should not exceed 1,000 ft. If the flight plan calls for altitudes above 1,000 ft wait 24 hours.

Divers sometimes drive by car into areas above 1,000 ft. after diving. For example, in the Hawaiian Islands, you could dive in the morning and spend the afternoon 10,000 ft in the mountains. This would cause health concerns just like flying. Wait 24 hours.

In whatever form it comes, altitude exposure is altitude exposure. There is no dodging the considerations they require and ignoring them could significantly increase the risk of being injured.

### WHAT IS DAN?

Divers Alert Network is a nonprofit medical and research organization dedicated to the safety and health of recreational scuba divers. Go to [diversalertnetwork.org](http://diversalertnetwork.org) for info and membership forms.

### For sale

3mm ladies Scubapro wetsuit, size M, almost new,  
Ladies hood, new.

Call Julie Dubiel, 954 941 9427

## Robert's Oriental Cucumber Salad Recipe

You can multiply the quantities for more people. Do not apply dressing until ready to serve!

Ingredients: Serves 4

1 English cucumber slit down the middle, seeds removed and thickly sliced on the diagonal

1/2 yellow or white onion shredded. (sliced thinly pole to pole)

2 Tbl shredded (thin sticks) ginger. (tip; peel ginger with a spoon)

Cilantro as desired to taste

Dressing:

1 T Fish sauce ( I use 3 crab brand available at most oriental markets)

1 T Fresh lime juice

1 tsp sugar

1 tsp fresh Thai chili, seeded & chopped relatively fine (tip; scrub fingers REALLY WELL when done!!!)

Assemble all ingredients, toss well and apply dressing just before serving

Feel free to call if there are any questions. 305-378-6733.

## PHOTOS WANTED!!!

Want to see your name in lights? Want to be the star of the show? Want to be rich and famous? Well....we can't promise that, but if you are a photographer we welcome your photos of your u/w adventures AND top-side shots of ADA and members at any and all ADA activities. We will publish your shots in our monthly newsletter THE MOUTHPIECE on a space available basis. "Please send electronic (one meg or less) or film (with self addressed envelope if you want them returned) pics of this year'

dive/activities to: Nic Boyd  
One S. Ocean Blvd # 204  
Boca Raton, Fl. 33432  
or email to: nboyd@oceanlandinc.com

Include your name and names of other people, if you know them, and location."

Send your photos, taken any time any where, to Nic. We will post, space permitting. See newsletter for instructions on how to send.

## TURN OLD CELL PHONES INTO CASH!

ADA is collecting old unused phones and shipping to Pace Butler who will send us a check. If you want to donate the cash to ADA, we will use it for special projects such as our disabled divers program. **So bring them to any and all ADA activities.** If you want the cash forwarded to you, attach your name and mailing address. Pace Butler will pay as much as **\$50 each.** (amount depends on model) Bring phone and batteries only.

## ADA FREE RAFFLE 2008

At all ADA functions we will distribute raffle tickets. Tickets will not be sold, they must be earned.

### How to earn raffle tickets:

- 1 ticket for attending a function.
- 5 tickets for wearing your ADA T-shirt
- 10 tickets for volunteering as BBQ chef

### **20 tickets for signing up a new member.**

All tickets will go into the pot for the big raffle which will take place near year's end for major prizes.

## For Sale

- 80 cf Sherwood Genesis HP tank with DIN valve—\$100.00
  - Canon EOS Elan- 7 35mm camera with grip and Ikelite underwater housing, no port- \$200.00
  - Canon EOS 10D body—\$250
  - Canon EOS 3 35mm film body with battery grip- \$290.00.
  - 55mm AIS Micro-Nikkor manual focus lens- \$50.00.
- Contact Mike Ewanus at 954-322-6629

[mikeewanus@aol.com](mailto:mikeewanus@aol.com)



## 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!



## Keys Travel Delays 15-30 minutes.

Due to a large construction project on US 1, between Homestead and Key Largo, travel times to all sites in the Keys will be longer than usual. Plan to depart home earlier to avoid arriving late. Remember, divers must attend the briefing to be eligible to dive. Arriving late stresses everyone and detracts from your dive experience and enjoyment.

## PROUDLY WEAR YOUR ADA T-SHIRT!!!

You will earn 5 raffle tickets by wearing your ADA t-shirt at all ADA dive briefings. We want to see a sea of RED ! This a great way to tell everyone you are a member of the Biggest, Baddest, Boldest, Bravest, Bestists, bunch of divers on the face of the earth!! Everyone will ask, "Who are these red wonders?" It is also a good way to recruit new members and earn 20, that's right TWENTY RAFFLE TICKETS FOR THE BIG Free Drawing in October

## 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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May 2008

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](mailto:Membership@activedivers.org)

Conservation:  
Jerry Kosakowski (954) 990-9534

Social:  
Patricia Hackett (305) 387-0015

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

Website: [www.activedivers.org](http://www.activedivers.org)  
Email: [info@activedivers.org](mailto:info@activedivers.org)