



# The Mouthpiece



June 2005 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

## June Dive Schedule

4 Sat. 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.

12 Sun. pm

Speigal Grove (*ADVANCED*)

If you dove it before, it's time to see it again. If you haven't seen it, prepare to be amazed. A real treat for the senses.

18 Sat. 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.

25 Sat. am

Biscayne National Park

**BBQ \$7.00**

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'. **BBQ after dive, see article this issue.**

## July Dive Schedule

2 Sat. pm

Miami Wrecks (*Advanced*)

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.**

10 Sun. pm

Duanne (*Advanced*)

Our favorite Coast Guard Cutter, upright in over 100 feet of blue water. It DOES count even when you don't touch bottom! OUR LIMIT 100 feet! **See advanced criterion this issue.**

17 Sun. pm

N. Key Largo

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 tropicals, moreys, cudas.

23 Sat am

Biscayne National Park

**BBQ \$7.00**

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'. **BBQ after dive, see article this issue.**

30 Sat. Am

Looe Key

See Article this issue.

**All non-pac dives \$35.00 Barbecue \$7.00**

# IS SLOWER BETTER?

Virtually every diver has been told over and over to ascend slowly, and the slower the better. The thinking here is slow ascents prevent bubble formation and DCS or the "bends". But in deep dives, this may not be the safest approach.

In a recent article in Scuba Diving Magazine, June 2005, John Francis reviews the experiments and conclusions of many of the pioneers of dive medicine. J.S. Haldane, considered to be the "Father of dive medicine", realized in the early 20th century, that a diver's ascent could be too slow. By "dawdling" at the deeper parts of his dive, the diver was making his decompression problems worse. He recommended 30 feet per minute, but the US Navy settled for 60 feet per minute, the standard for nearly a century.

Now the thinking is a combination of faster at deeper depths, and slower in shallower water, with a safety stop of several minutes at 15 feet. Based on this information, my suggestion is something like this-

1. For depths greater than 60', ascend at 60' per minute until you reach 60'.
2. From 60' to 30', ascend at 30' per minute.
3. From 30' to your safety stop at 15', ascend at 15' per minute.

My memory aid is 60 to 60, 30 to 30, 15 to 15.

Note: I have noticed many divers, after their safety stop, bolt to the surface. This is ill advised. The last 15' of ascent causes the greatest pressure change, and can stimulate bubble formation. Slower is better here. Stay with your buddy, race to be the slowest.

How does one judge ascent rates?

1. Ascending up the anchor line- assuming the line is on about a 45 degree angle, come up hand-over-hand, placing hands about 2' apart so that each hand exchange will move the diver about 4' up the line. At 60' per minute, exchange hands every 3 seconds, at 30' per minute every 6 seconds, 15' per minute every 12 seconds.
2. Drift diving or ascending a vertical line, such as a buoy line, using a digital depth gauge or computer- At 60' per minute, one foot each second. At 30' per minute, one foot every 2 seconds. At 15' per minute, one foot every 4 seconds.

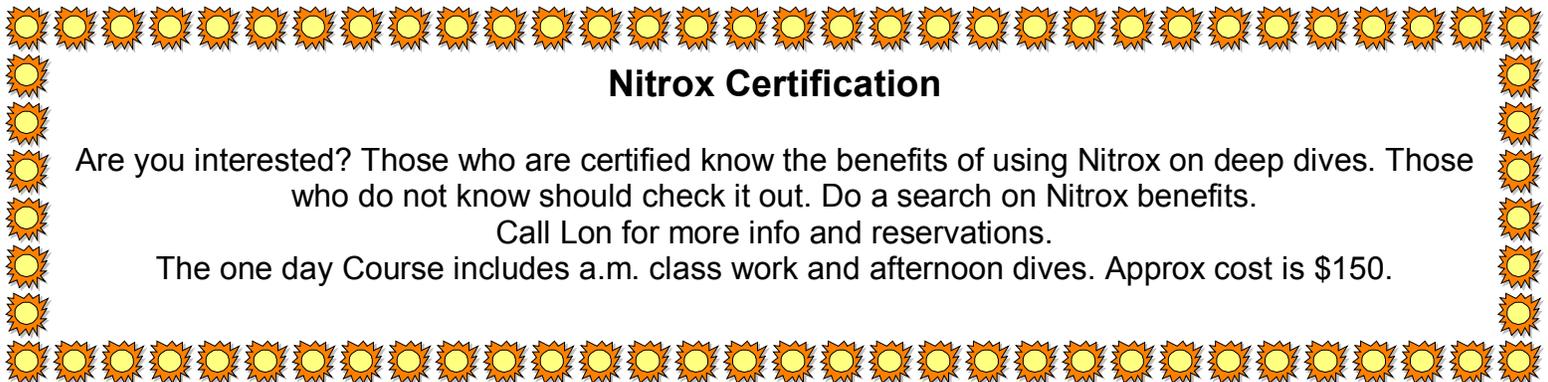
You may find it difficult to monitor time and depth on your gauges simultaneously. Counting "one-thousand-one" works well enough to simulate one second so you can concentrate on depth. A little practice and all these procedures become second nature.

Note: Some computers warn divers of too fast ascents, but few, if any, warn of too slow ascents.

For more info go to [diversalertnetwork.org/research/projects/pde](http://diversalertnetwork.org/research/projects/pde).

Happy diving.

Lon



**Nitrox Certification**

Are you interested? Those who are certified know the benefits of using Nitrox on deep dives. Those who do not know should check it out. Do a search on Nitrox benefits.

Call Lon for more info and reservations.

The one day Course includes a.m. class work and afternoon dives. Approx cost is \$150.



★ ADA DIVE PACS 2005

★ Many of our members took advantage of the convenience and big savings of purchasing dive pacs last year. ADA is again offering dive pacs for this year.

★ Prices-

★ 5 local dives for \$145 (that's \$29 per dive, a savings of \$30)

★ 15 local dives for \$375 (that's \$25 per dive, a savings of \$150)

★ Advantages-

★ 1. You write only one check

★ 2. You mail only one check

★ 3. You save \$\$\$

★ All dive pacs are non-refundable, non-transferable and must be used in 2005. Insurance may be purchased, see article this issue.

★ All single-purchase local dives are \$35, unless otherwise noted. All prices are for boat tickets only.



## ADA FREE RAFFLE 2005

Prizes to be awarded:

First prize- one dive 5 pac for 2006

Second prizes- ten single dives

Third prizes- your choice in the grab box until all items gone.

How to earn raffle tickets:

1 ticket for attending any ADA function.

1 ticket for proudly wearing ADA T-shirt.

5 tickets for winning the mini-raffles.

10 tickets for being the BBQ chef.

**20 TICKETS, THAT IS RIGHT, TWENTY FOR SIGNING UP A NEW MEMBER!!!**

## 2005 ADA MEMBERSHIP DRIVE

Spread the word- we are the most active organization for fun and adventure!! We offer more dives, more types of dives, more variety, and more locations. Got a friend who wants to meet new dive buddies, know of a new diver hesitant to dive, got a co-worker getting certified?

Sign them up! **AND YOU WILL EARN 20 FREE RAFFLE TICKETS!!** That's right **TWENTY FREE RAFFLE TICKETS!!** (see raffle article this issue for details)

Make sure they put your name on the line of the application that asks "How did you discover ADA?" Then collect your **TWENTY FREE RAFFLE TICKETS** at any ADA function.

## Kayak Trip May 7th

It's History! If you missed it – your loss! Those that didn't miss it were Pat Hackett in her killer yellow, light weight, carbon fiber, super fast 17 ft. "Necky Looksha IV"; Barbara Howie in a slightly used, Red and somewhat tipsy rental with a frozen paddle and a rudder with a mind of it's own; last came Lee and Rosie Wood pushing their blue tandem 16 ft. "Old Town Loon".

Off we went from "South Beach Kayak" at 10 AM into some bouncy seas, adventuresome winds, but otherwise beautiful sunshiny spring Florida day. Our plan: to navigate west (without any formal chart) along three islands of the Venetian Causeway, then cut south under the lower than low bridge to the man-made and ritzy islands of Palm, Hybiscus and Star, infamous for their opulent homes and famous residents, Al Capone and Gloria Estefan, to name a couple. Those of you having trouble placing the area, it's a stone's throw north of the Coast Guard station where ADA once held it's Annual Awards Banquet.

All went well until Barbara wiggled just the wrong way and out came her binoculars (Editor's Note: Next time you purchase floating binoculars, read the small print to see just how long they float before heading to "Davy Jones' Locker"! ) Having worked up an appetite we beached on "Monument Island" (a tribute to Henry Flagler) for a picnic lunch and a welcome break. Finishing with a lap around Star, we aimed our primary colored Red, Yellow and Blue crafts toward home, arriving just after 2 PM, safe, sound and looking forward to ADA's next Kayaking adventure.

Lee Wood



## Post Dive BBQS

Cost \$7.00 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 \$7 along with the dive fees, you may make one check for both.

## DIVE FREE 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!

## KAYAKING IN KEY LARGO

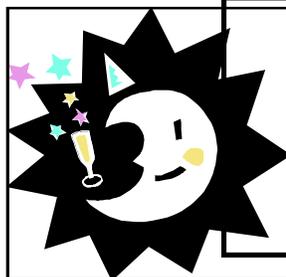
by Pat Hackett

On Sunday morning, April 24, ADA members, family, and friends met at Florida Bay Outfitters for our first paddle of the season. Present were: Marta, Julio, and Robert Raimundez, Rosey and Lee Wood, Sharon Baron, Barbara Howie, Juan Carvajal, Leo, and Pat. Because of strong winds on Blackwater Sound, the launch was from Garden Cove where the water was more placid. Sharon was our navigator, using a map provided by FBO. It was a beautiful Morning with the sun shining when our group put in at 10:30 and set out on our paddle. We passed mangroves where some of us managed to rescue items e.g. boat bumper, plastic basket, while also cleaning up the environment. Lunch time came and went and we continued paddling. Our skills of paddling and eating simultaneously came into play. We were enjoying ourselves so much we ate our lunch without stopping. We made our way back to FBO's beach tired but satisfied that we made a successful paddle once again. some of us stopped off at the Caribbean Cafe next door to FBO for some refreshments before heading north to Miami. A perfect ending for a delightful day.

## BROWARD 17th ANNUAL REEF SWEEP

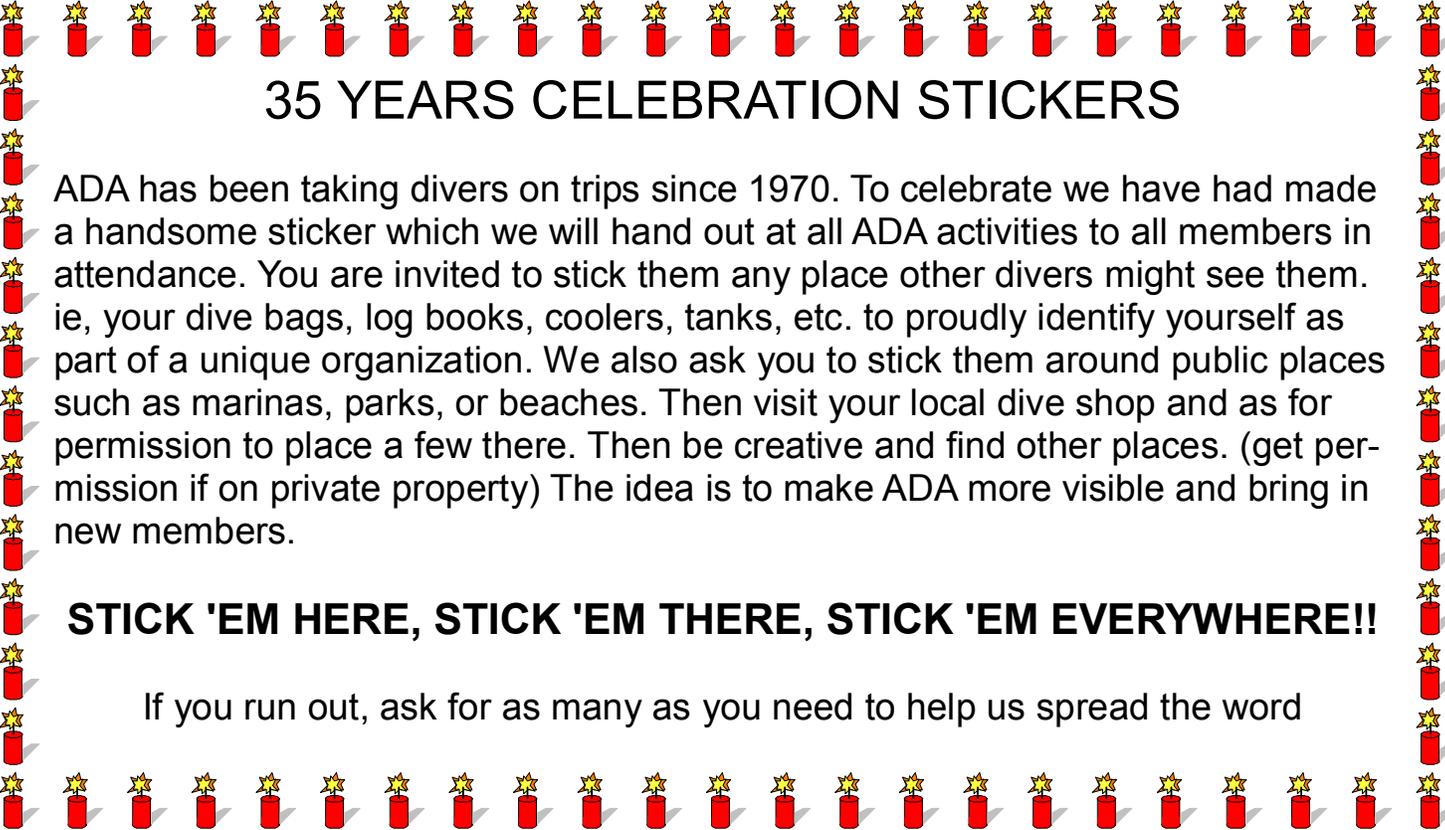
Saturday June 11

To sign up for this event e mail [reefsweep@oceanwatch.org](mailto:reefsweep@oceanwatch.org). Several dive shops will offer dives for \$25. More info at [oceanwatch.org](http://oceanwatch.org). This is sponsored by Ocean Watch, a non profit group dedicated to protecting our oceans.



## ARE YOU SOCIAL?

ADA is considering several plans for more socials this year. We would like your ideas of what and where. Do you know of a nice place that would be a good venue for a happy hour, snacks, and fun? Do you like the idea of a get-together for members and future members? Are you a party animal? Would you like to help organize and serve as greeter and host?



## 35 YEARS CELEBRATION STICKERS

ADA has been taking divers on trips since 1970. To celebrate we have had made a handsome sticker which we will hand out at all ADA activities to all members in attendance. You are invited to stick them any place other divers might see them. ie, your dive bags, log books, coolers, tanks, etc. to proudly identify yourself as part of a unique organization. We also ask you to stick them around public places such as marinas, parks, or beaches. Then visit your local dive shop and as for permission to place a few there. Then be creative and find other places. (get permission if on private property) The idea is to make ADA more visible and bring in new members.

**STICK 'EM HERE, STICK 'EM THERE, STICK 'EM EVERYWHERE!!**

If you run out, ask for as many as you need to help us spread the word

### 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's dive/activities to: Nic Boyd

One S. Ocean Blvd # 204

Boca Raton, Fl. 33432

or email to: [nboyd@oceanlandinc.com](mailto:nboyd@oceanlandinc.com)

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

### ADA LOOE KEY SPECIAL

**JULY 30**

Rated the #1 dive in the USA, Looe Key is a favorite with our members. This a a three tanker. The first is scheduled to be the famous Busch wreck and it's 600 lb. grouper, which sits upright at 100 feet. The next two will be on the shallow reefs.

Check in time is 8:45 am, return 3 pm, bring your lunch. We are diving with Looe Key Resort Dive Center, located at MM 27.5 in the Florida Keys.

Our special price to our members is only \$60, which INCLUDES three tank rentals and weights, a value of \$34. You may bring your own, but no discount. This dive is not available as part of a dive pac.

Requirements-

In addition to ADA requirements, see newsletter "For All Advanced Dives...." Advanced certification, and computer.

For reservations, car pooling, and overnight room sharing, call Lon. 305 251 4975

## 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.

## 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 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*

### 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.



### HOW TO MAKE DIVE RESERVATIONS

1. Check this newsletter or the annual calendar for upcoming dives.
2. ( Call Lon at (305) 251-4975 to make a reservation. Please do not leave requests on his 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 check. (See "Important Weather Information" this and every issue)
5. \* Make your check payable to ACTIVE DIVERS ASSOCIATION, not to any individual, and mail to:  
**Lon Von Lintel, 15305 SW 104 Ave., Miami, FL 33157**
6. Itemize dates of dives on bottom-left corner of check.
7. Do not pay for persons other than spouses or other family members. Include their names on check.
8. REMEMBER: That family members must have completed individual documentation to register as ADA members.



# COPY Experts

**Carlos Paz**

Tel: 305-513-8421      8683 N.W 66th Street  
Fax: 305-513-8422      Miami, FL 33166  
E-Mail: CopyExperts@bellsouth.net

## Mouse Calls

Steve Herz  
13441 S.W. 108th St. Cir. N.  
Miami, Fl. 33186

Phone: 305-752-3755  
Fax: 305-752-3533  
Email: Sbar369886@msn.com  
Cell: 305-606-6331

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## ADA THREE TANKER DIVE Saturday August 6

Check in time 3pm, return about 9:30 pm, Florida Keys Dive center, MM 90.5.

The first dive will be a standard pm dive, the second a twilight dive, and the third a night dive. Bring food and drink.

Cost- \$50, boat ticket only. This dive is not available as part of a dive pac.

Call Lon for reservations.

## PLACE AN AD IN THE MOUTHPIECE

ADA accepts business ads for publication in our newsletter. The cost is \$50 for ads in five issues, and \$60 for ads in all 9 issues. The ads are business-card size and must be camera ready. Send them to Steve, editor, with check payable to ADA.

## FOR SALE/WANTED ADS

The Mouthpiece is a great way to let other divers know you have dive related equipment for sale or you are seeking to purchase. Just send a brief description, asking/offering price, and contact info. to our hard working editor. This a free service but only when space is available.



## THE Mouthpiece ACTIVE DIVERS ASSOCIATION NEWSLETTER June 2005

Dive Trips/Return Address:  
Lon Von Lintel (305) 251-4975  
15305 SW 104th Ave., Miami, FI 33157

Membership:  
Jim Kiernan (954) 227-8885  
3200 Coral Springs Dr., Apt 104  
Coral Springs FI 33065  
Membership@activedivers.org

Conservation:  
Jerry Kosakowski (954) 680-1642

Social:  
Patricia Hackett (305) 387-0015

Newsletter:  
Steve Herz (305) 752-3755  
Newsletter@activedivers.org