



# The Mouthpiece



June 2009 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

## June Dive Schedule

- 6 Sat. PM Islamorada \$49  
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.
- 7 Sun AM Beach, Free.  
See Article This Issue ... Page 2
- 14 Sun. PM Tenneco towers, advanced, \$49  
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.**
- 20 Sat. PM N. Key Largo, \$49, BBQ \$10  
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.
- 20 Sat. Night, N. Key Largo, \$49  
Come along, the most exciting diving of all. We'll even teach you how if you never tried it! See Page 2 for more info.
- 28 Sun PM Miami wreck, *Advanced*, \$49  
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.**

## July Dive Schedule

- 5 Sun AM. BNP reef \$59  
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'
- 11 Sat. PM Palm Beach Adv. reef \$49  
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.](#)
- 11 Sat Night Palm Beach reef \$49  
See article this issue on Page 2
- 12 Sun AM **FREE** Beach Dive,  
See article this issue on Page 2
- 19 Sun PM Hollywood reef, \$49  
Sites may include: The Caves, Josey Reef, Cuda Reef, Lorraine's Delight, Coral Canyons, Shark Reef. Average depth 30', average visibility 40'. Usually no currents, very different from the Keys.
- 25 Sat. PM Islamorada reef, \$49  
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.

## ADA FREE BEACH DIVES, JUNE 6

Jerry K, an experienced beach diver, will be on hand to instruct and lead the dive.

Directions- go east on Commercial Blvd, in Ft. Lauderdale, to the ocean. Turn right on El Mar Dr. Go one block south to Datura Ave.

Turn left, look for dive flags, drop off equipment, park near by.

Meet at 8 am, in the water at 9 am, one hour+ dive, out at 10:30 am

Parking is meter or pay lot.

Bring all your own gear, and a dive float and flag, if you have it.

It is about 50 yards swim out to the reef.

Dive shops are nearby for air fills and rentals.

Many of our beach divers do two or three dives a day.

Call Jerry the night before for weather conditions and expected waves. 954 990 9534

## ADA AND NIGHT DIVING

Notice that we have several night dives on the 2009 schedule. The first is June 20, N Key Largo. For those who have never dived at night, the reef is much different at night. The animals you usually see in day light, are gone. In their place you will see things never seen in day time. That makes it a new adventure, even if you have dived the same reef in day light.

Is it more dangerous, do I need special equipment, special skills?

Not really, yes a light, yes which the Safety Officer will teach. He will conduct a free mini-night diving class prior to the dive. You will learn what equipment works the best, skills and hand signals, cautions, and how to find creatures at night. ADA, and most dive boats, require a primary light and a chemical light, AKA, Cylum stick, for each diver.

For more info call Lon.

## **Capt. Slate's "Tons of Steel" Delivers Tons of Adventure for ADA Divers**

*By Rachel Hancock*

On Sunday, May 17, 2009 four ADA divers (Clive Hew, Lon Von Lintel, Peter Taylor and Rachel Hancock) took on the challenge of Capt. Slates' monthly "Tons of Steel" dive adventure (specifically 11,898 tons or 1,105 feet of metal) delivering three of Key Largo's best wreck dives in a single day: Duane, Eagle and Spiegel Grove.

This is no simple dive trip. Billed for Advanced Certified and above divers, Lon informed us at the dive briefing that "We were in for an adventure!" How right he was. Even on a calm day, attempting three back-to-back dives below 100 feet is a recipe for adventure and excitement. However, on this blustery Sunday, mother nature dealt her own steely surprise – 4 to 6 foot seas with the occasional 8 footer thrown in just to keep things rolling. In these conditions, just walking across the boat while remaining on two feet is challenging, not to mention juggling deli sandwiches, pickles, tubs of mustard, scuba gear, tanks, various articles of clothing and the occasional person stretched out asleep on the deck. This was not a trip for the faint of heart – or faint of stomach!

The first leg of our 10-hour journey onboard Capt. Slate's Coral Princess II brought us to the Duane. Sunk in Molasses Reef in 1987, the U.S. Coast Guard Cutter Duane lies upright on a sandy bottom in 120 feet of water. Although there is normally a consistently strong current on the Duane, fortunately for us there was no current and excellent visibility. As much as things were rocking on the surface, below 30 feet was blissfully calm and smooth. We reached her deck from the mid-ship line and we were immediately impressed with the mature coral encrustation over the entire wreck. We also had a close encounter with a friendly grouper who truly earned the name Goliath. Hanging around the Duane at about 100 ft. our big friend was six feet long, and Lon estimated his weight at 250-300 lbs. We were also treated to schools of grunts and jacks, while several large barracuda held sentry duty closer to the surface.

For safety reasons, long surface intervals are important when attempting three 100 ft. + dives in one day. However, on this trip the surface intervals were built in by the time and distance it took to travel from one wreck to the next. The Eagle was the next stop on our Tons of Steel tour. The Eagle wreck, sunk in 1985, lies in 115' feet of water, near Islamorada. One of the Eagle's most striking features is that she is sunk at a 45-degree angle, which makes it interesting for viewing and exploring. Along her upper deck we were treated to rivers of fish flowing out around the wreck. The plentiful grunts living at 100 ft. are considerably less yellow than their family members closer to the surface because of the lack of sunlight at depth. On our ascent we saw several tarpon and small gape-mouth fish devouring the thick cloud of plankton surrounding us.

*Con't on page 3*

A two-hour surface interval and lunch break brought us to the USS Spiegel Grove, Key Largo's most notable wreck. This 510 ft. landing ship dock is the largest ship ever sunk as an artificial reef. Because she was sunk in 2002, the corals and marine life are not as developed as the other wrecks, although it is improving over time. We spotted lobster and a large sea turtle, along with plenty of fish and new coral growth. The Spiegel Grove is a wreck that needs several dives to fully grasp its size and diversity. By the time we ascended from the Spiegel Grove the seas had calmed somewhat, making our return to the boat the easiest ladder-grab of the day. The calmer weather also made for a smooth ride back to Capt. Slate's.

We enjoyed Tons of Steel, and Lon's promise of adventure at the dive briefing was very much fulfilled. Upon reflection, Lon suggested a shortened version of Tons of Steel consisting of the Duane, Ben Wood and Spiegel Grove. The revised version would cut down on the travel time, and adding the Ben Wood reef/wreck dive would give it some variety. After a very long and adventure-filled day of deep wreck diving, we all agree with Lon about the merits of Tons of Steel 2.0: Capt. Slate – are you listening?

## **Wetsuits Choosing the Right Fit for You**

Linda Moore

Scuba diving is a sport that is enjoyed by people the world round. Scuba diving trips take place everywhere from the Bahamas to the shores of Alaska to Australia, the gear that divers need is as unique as the sport as well as the people who enjoy it.

The use of a wetsuit is as important in scuba diving as an air tank. It is an essential piece of scuba gear. Choosing the appropriate wetsuit, however, depends upon many factors and preferences. For example, where will the dive be taking place? What will the water temperature be? What type of neckline or stitching do you prefer a wetsuit to have?

When buying a wetsuit, the thickness of the material that is needed is the most crucial decision to be made. The thickness of the wetsuit will be the determining factor to your warmth and comfort underwater. Most suits are sold with thicknesses of 3mm or 6mm, these two choices will be sufficient in most temperatures of water where the average dive will take place.

Another choice that needs to be made is the type of wetsuit that you will need. Wetsuits most commonly are found with short legs and sleeves and long legs and sleeves. The choice of which is right for you depends upon where you are diving, the temperature of the water and your personal tolerance level for temperature changes. The water temperature will help you when making the decision regarding thickness and length of the wetsuit needed. If you are diving in water that is above 85 degrees, a 2 mm short suit is what you would need. However, if the dive is in water that is 60 to 70 degrees, look for a 6-7 mm long suit. The final decision regarding the thickness and type of suit that is best for you rests upon your own body characteristics.

The type of neoprene that the wetsuit is made of is as important as the thickness of it. The neoprene that a suit is made from will have an affect on several aspects of the suit, including the durability, overall look as well as cost of the wetsuit.

There are three types of neoprene used for wetsuits that are worth mentioning here. They are Gas (chemical) blown, skin and titanium. The purchase of a gas blown suit will result in a more expensive, stronger wetsuit. A chemical blown suit will have a softer feel but will tend to wear quicker as a result, this is less expensive.

The most expensive option is to get a suit that is made with Titanium. These wetsuits have the Titanium either as a coating for the inside or as threads that are woven through the suit. The thought behind adding the Titanium to the wetsuit is that it is supposed to keep you warmer by preventing heat from leaving the body while under water, however, some divers are still skeptical about the validity of this claim.

When trying on a wetsuit for size be sure to check that there are not big gaps in the armpits, that the crotch of the suit is snug, the ankles and wrists of the suit need to be snug, not loose or water will get in. Finally, if in order to close the suit, the zipper needs to be held, it is probably too small and needs to be at least one size larger. On the other hand, if it zips easily and isn't snug, try a smaller size. If you can't find a wetsuit that fits exactly right, it can and should be altered.

Use these tips along with recommendations from seasoned divers to ensure the right wetsuit for your needs. Enjoy!

## What is a Dive Computer?

A dive computer is one of the most useful accessories available for SCUBA divers, and it is one of the pieces of equipment that can identify a serious recreational diver from a casual one. Few divers who have ever used a dive computer relish the prospect of going back to diving without one.

Dive computers usually come in the form of an over-sized wrist watch, but some are designed to be convenient replacements for the pressure gauge on a regulator. The main purpose of a dive computer is to replace decompression tables, using its on-board timer and pressure gauge to automatically calculate the same information, but with much greater accuracy than would ever be possible with mere pen, paper, and a dive table.

The most basic versions will always display the following information: current depth; maximum depth attained on the current dive; the current "no stop time," or time until a decompression stop is required; total dive time; and the actual local time. Most also have on-board thermometers and can read out temperature, a handy bit of information when diving across thermoclines. Those that are attached to regulators will also read the pressure remaining in the air cylinder, just as the old analog gauge did. Some will also provide data on required decompression stop time, as well as sounding a warning for ascents that are too rapid.

Combined, this accurate and automatically tabulated information is handy for the recreational diver, especially on long, 3 dive days. This is usually the only time where decompression and spending sufficient time on the surface will become an issue for a recreational diver following proper procedure. Dive computers are also of potentially critical importance for the technical diver, who routinely have to plan complicated, multi-staged dive with decompression stops. A mistake in the decompression math can result in a case of the bends, so it is useful to have a computer double-checking those calculations along on the trip.

These devices are so useful that most serious recreation divers don't ask whether to get one, but when. Some choose to wait until after assembling the basic minimal kit of fin, mask, wetsuit, and regulator. Others buy it before, assuming they will always be able to rent basic gear, but not a dive computer.

Prices can vary enormously, depending on quality and the number of functions. Wristwatch versions are priced between \$300 and \$1300, but a good dive computer will typically be at least \$450.

Paula wall wrote:

To support DAN participate in the 3rd Project Dive Exploration (PDE). It is a dive data collection program providing DAN with information to conduct studies on dive safety.

1. Go to [www.diversalernetwork.org](http://www.diversalernetwork.org) and click on PDE Extravaganze 2009 icon.
2. Register as a profile donor with donor ID
3. Go diving
4. Use your computer's dive log to donate your profiles to DAN.

All divers who submit 10 or more dives between May 25, 2009 and Sept 7, 2009 will receive a special T-shirt. The diver will be entered in a drawing for a DAN gift certificate worth \$250. You can earn another entry for every 5 additional dives. All dives must be submitted by Sep 30,2009.



## How To Choose The Right Scuba Fins

by: Laura Cain

When it comes to investing in your own pair of scuba fins, you have a plethora of choices from a number of manufacturers who continue to advance the engineering they use to produce the most durable, efficient fins possible. While the original, traditional full foot scuba fins are still popular among some people, there are many more styles available now. Most of the new styles of scuba fins are designed by using technical and involved mathematical angles and engineering so that the fin works to the divers advantage as far as efficiency and ease of use.

Some people find themselves being turned off by the complex and technical features of these efficiently advanced scuba fins, leaving them to be content with basic, traditional fins, which is not a bad thing. The main point to remember when purchasing your own scuba fins is comfort. If you are uncomfortable or awkward in a pair of fins, they aren't going to work for you as intended. The specialized angles or split fins used to create greater kicking efficiency are only effective if you are comfortable wearing the fin and using it in the water. Comfort is important because only when you are fully satisfied with you fins will you be able to use them properly.

To help you choose which type of scuba fins will work best for your intended use you should research each style. First are the traditional paddle fins. Paddle scuba fins can be either full foot or have an adjustable heel strap. For scuba diving purposes, people most often use the adjustable heel strap fins of any style. Full foot fins are commonly used as snorkeling fins. Traditional paddle fins work to move water up and down as you kick and they are complimented by divers as being useful when free diving or in currents.

Several major scuba equipment companies have released a new, specially engineered paddle fin that provides much more move for you kick. Dacor and Tusa both have scuba fins with the optimized pivoting blade which is a design that angles the fin so every time you are kicking upward or downward the fins are at the most efficient angle for getting a more forceful kick. The specialized angles of these scuba fins alter the angle traditional paddle fins have, which makes you loose full force during part of the kick.

The next type of scuba fins are all altered in some way with splits, cutouts or vents that the manufacturers say enhance the kicking force and efficiency. The most prevalent of these are the split fins, also known as "Bio-fins" by some companies. These scuba fins divide the paddle of the fin into two parts with a sliver taken out of the middle vertically. Many people have come to appreciate the efficiency and forceful strokes split fins have been proven to allow you. The modification to these fins is supposed to minimize the number of kicks needed to get a set distance.

Other types of split fins have horizontal splits or cutouts and vents at strategic places on the paddle. The Apollo Bio-fins are split scuba fins engineered to push water back, as opposed to up and down, like most fins. The Bio-fin acts like a propeller instead of a paddle, allowing you a much easier kicking task.

Force fins are an additional style you have to choose from. This type of scuba fins is considerably smaller than others, but if you are comfortable using them, they can provide equal kicking force. Force fins mimic a small scale whale tail, which is part of the reason they are claimed to have successful kicking efficiency.

Obviously, the basic and simple scuba fin designs will be the least expensive and as the fins advance in efficiency technology and specialized features, the price will rise.

If you are an avid diver, owning pair of durable and efficient scuba fins is a must, so it would be wise to spend a little extra money on fins with some of the advanced features. At [asudoit.com](http://asudoit.com) there equipment sold for many adventure sports, including several brands and styles of scuba fins. Look at fins such as force, split, full-foot, heel strap and traditional paddle fins. DiversDiscount.com also has a large selection of scuba fins of all types. At this site you pay less than half the original price for the Tusa Platina high performance fins, which have dual blade fins for greater propulsion force.

As for shopping by specific brands, you may want to start with the most commonly know names in scuba equipment such as Apollo, Dacor, Oceanic, Sherwood and Tusa. Off brand equipment will be cheaper price wise, but with quality and durability nearly equal to that of the more expensive, better known brands. Each of these manufacturers will have scuba fins for all types. Brand name preference is a personal choice, but each of the above brands are well known, reliable names in scuba fins.





## 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!



## 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:

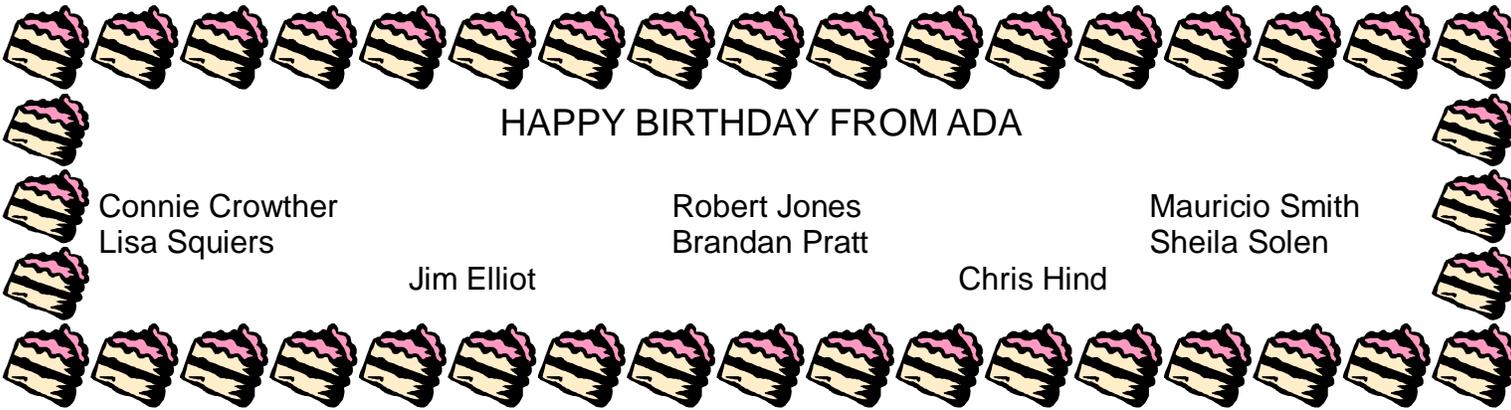
Dive shop A- walk in divers \$99

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.



## HAPPY BIRTHDAY FROM ADA

Connie Crowther

Lisa Squiers

Jim Elliot

Robert Jones

Brandan Pratt

Chris Hind

Mauricio Smith

Sheila Solen

## 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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Web Page: [DiversDenmiami.com](http://DiversDenmiami.com)

## The Mouthpiece ACTIVE DIVERS ASSOCIATION NEWSLETTER

June 2009

Dive Trips/Return Address:  
Lon Von Lintel (305) 251-4975  
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Conservation:  
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Social:  
Patricia Hackett (305) 387-0015

Newsletter:  
Steve Herz (305) 606-6331  
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