



# The Mouthpiece



July 2004 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

## August Dive Schedule

Aug 1 Sun. am Biscayne National Park (*Advanced*) ( **Barbeque \$7.00**)

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.**

Aug 7 Sat. pm Tennaco Towers (*Advanced*)

Scheduled site - Tennaco 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.**

Aug 15 Sun. pm Tavernier **New Member Dive Special!**

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 moreys, schooling tropicals, unusual pillar corals

Aug 21 Sat. 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.

Aug 28 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.

### DIVE PACS FOR 2004

ALL NON PAC DIVES \$35  
Five Pac \$150 Save \$ 25  
Ten Pac \$290 Save \$ 60  
Fifteen Pac \$405 Save \$120  
Unlimited season pass \$550  
*Pacs must be used in 2004.*

*No refunds or credits to 2005*

### New Speigal Grove Requirements !!!

Effective for 2004, all ADA divers must have advanced certification or higher. Other divers may dive, but will be required to pay for a guide, cost to be divided among those who need the guide.

# My Seven

## Choose the Right Seafood

Carole Baldwin *Marine Biologist, Smithsonian Institution*

Unsound fishing and farming practices are straining the seas' resources. But what can you do about it? Plenty, says Carole Baldwin, co-author of *One Fish, Two Fish, Crawfish, Bluefish: The Smithsonian Sustainable Seafood Cookbook*. The right choice at a market or restaurant can make for a safer, less wasteful harvest. Try taking a seafood buyers quiz.

### 1. Chilean sea bass or sablefish?

They have a similar taste, but Baldwin says sablefish, caught in well-managed fisheries in Alaska and Canada, is the better choice. Overfished Chilean sea bass (aka Patagonian toothfish) are often the victims of poaching.

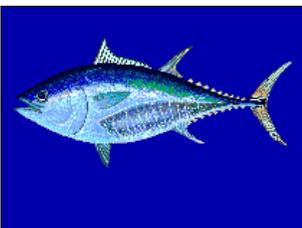


### 2. Imported or U.S. shrimp?

Choose U.S. shrimp ( or crawfish). Some over-seas coastal farms keep their overcrowded shrimp disease-free by treating them with chloramphenicol—a potent antibiotic with no known safe level of human consumption.

### 3. Mahimahi or orange roughy?

Pick Mahimahi, a short-lived species. Orange roughy, which can live more than 100 years and reach sexual maturity late, can't reproduce fast enough to keep up with market demand.



### 4. Bluefin tuna or yellowfin?

Buy yellowfin. Bluefin catches have plummeted 93% since 1963. Look for "troll-caught" on the label. Otherwise the tuna may have been caught on longlines with thousands of baited hooks, which kill seabirds, sea turtles, and other bycatch.

### 5. Wild Alaska salmon or farmed Atlantic salmon?

Go wild. Crowded salmon farms can breed disease and pollute coastal waters.

### 6. Wild or farmed oysters, mussels, and clams?

Farmed. Some wild shellfish are caught with dredges that destroy bottom habitats.

### 7. Grouper or farmed catfish?

Catfish are grown in inland farms that have little impact on coastal ecosystems. Groper are overfished in the wild.



Find recipes from marine biologist Carole Baldwin's sustainable seafood cookbook at [national-geographic.com/magazine/0406](http://national-geographic.com/magazine/0406).

## July Dive Schedule

July 3 Sat am Biscayne National Park (Barbeque \$7.00)

### **New Member Dive Special !!!**

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 11 Sun pm Speigal Grove (*Advanced Divers*)

Down about two years now and still spectacular. Never dove it? Now is your chance. Dove it before? You still have a lot of ship to explore! (See Speigal Grove Requirements this issue.)

July 17 Sat pm Tavierner **Singles Only! Meet New Friends**

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 moreys, schooling tropicals, unusual pillar corals.

July 18 Sun pm Tavierner (*Advanced Divers*)

Sites include Capt. Tom's Ledge, Conch Wall, Little Conch, Davis Deep. Average depth 60-90 feet, some current, vis. 40-80 feet. Large areas of spur and groove with ledges and caves.

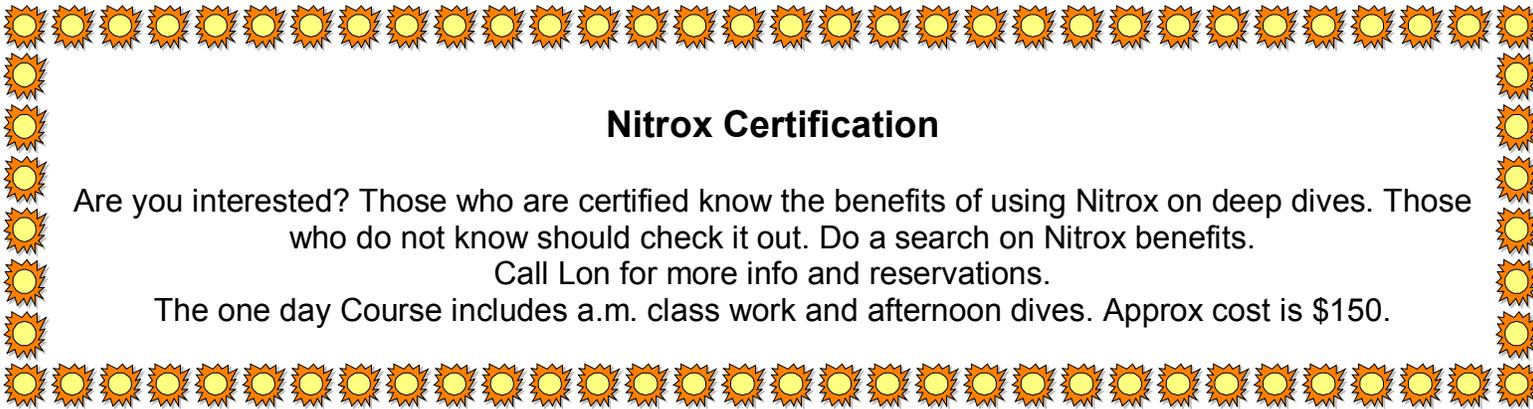
July 24 Sat. pm N.Key Largo

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.

July 24 Sat. **Night** N. Key Largo

May be at the City of Washington. Nurse Sharks, Moreys, and lots of other great critters come out at night.

Never did a night dive? We'll teach you how.

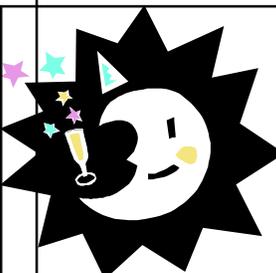


## Nitrox Certification

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.



### 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? **CALL PAT WITH YOUR INPUT!! 305- 387- 0015 TODAY**

## **Transderm Scop**

### ***'The Patch 'for Divers works wonders with Motion Sickness***

( A short article summation from Alert Diver Nov/Dec 2003)

Transderm Scop is the personal choice for many divers who are prone to seasickness and is recommended by the US Navy. However, certain people do suffer side effects that would make it inappropriate for them. A physician must prescribe it, and one should test it before diving. Wear patch for at least 24 hours on dry land in a situation where the potential side effects will not cause harm. If no side effects occur, then try it out on a dive.. To ensure it won't fall off, apply the patch to thoroughly clean and dry skin.

## **!!! ADA FREE RAFFLE !!!**

### **Prizes to be awarded:**

**1st Prize Unlimited Dive pac for 2005      Value over \$1000**

**2nd Prize 10 Dive Pac for 2005      Value of \$350**

**3rd Prize 5 Dive Pac for 2005      Value of \$150**

### **Raffle tickets can be earned as follows:**

**1 Ticket attend any ADA activity**

**1 Ticket Proudly wear ADA t-shirt at the dive briefing**

**5 Tickets Win the weekly Mini-affle**

**5 Tickets Win the Monthly Photo Contest**

**10 Tickets Sign up a New Member**

**15 Tickets Be the B-B-Q Chief for a dive**

### **Details...**

**1. Drawings will be held later this year at an event to be determined.**

**2. Tickets will be given retroactively for events already held this year. Advise Lon on what you have earned.**

**3. All ADA members are eligible.**

**4. Mini-affles will be held at all ADA activities.**

DAN has just released its first web-based educational program for the general public. Divers everywhere can view an educational program based on presentations by Dr. Frans Cronje, president of DAN Southern Africa and ear, nose and throat physician.

For divers, the ears are one of the most important body parts, but frequently the least understood. This program attempts to answer many of the questions divers have about their ears.

The cost to participate in this program is \$25 US. Participants in this program receive a certificate from DAN.

For more information, visit the DAN website at: <http://www.DiversAlertNetwork.org/training/seminars/earsanddiving/>

## **ADA Photography Contest**

Winners are announced in each MOUTHPIECE and a link provided so the images can be viewed online. Winners will win raffle tickets (see related article).

In addition, a Yearly Grand Prize Winner will be announced and recognized. Board Members can enter the contests but are not eligible to receive any contest prizes (other than the recognition). There will be 1st and 2nd place winners for each category - if a board member has won, then there will be further winners to the extent non board members have won 1st and 2nd prizes. Judging will be done ultimately by someone with professional experience yet does not participate in the contest.

**Five Categories:**

- 1) "Film Cameras External Strobe(s) Manual Settings",
- 2) "Film Point and Shoot" - Those without external strobe(s) and manual settings,
- 3) "Digital Cameras - External Strobe(s) Manual Settings",
- 4) "Digital Camera Point & Shoot" - no external strobe(s), and
- 5) "Anything Goes" can be any picture from the time the boat leaves the dock. Be as creative as you can, edit at will.

We contemplate expanding to a Master category for four time winners.

**The Rules:**

- Pictures will be from the 2004 dive season,
- Pictures will be limited to South Florida Waters or ADA sponsored dives,
- Picture submission will be limited to two per month per diver per category,
- The only editing allowed is overall color balance and sharpening. Please do not otherwise edit, such as, but not limited to - crop, clone, mend, paint, saturate, cut, paste, move, etc. Of course, this last rule does not apply to the "Anything Goes" category ,
- Photographers will provide either 1) prints, and/or slides from film cameras, or 2) jpeg files from digital cameras or the "Anything Goes" category,
- Prints or slides will only be returned if a Stamped, Self-addressed envelope is provided ,
- Prints or slides will be scanned for judging and posting to the website ,
- Be sure to Include/provide your full name, camera model, category, lighting (name of external strobes, indicate if internal strobe, natural light, etc), special lens, dive site, description of entry, etc - if you do not include this information the pictures will not be judged.

Send your prints, slides, or digital images on CD to:

J. Nicholas Boyd One South Ocean Blvd. Ste. 204 Boca Raton. FL 33432

Or e-mail the digital images to: [nboyd@oceanlandinc.com](mailto:nboyd@oceanlandinc.com) (re-size them to 800x600 and as uncompressed as your camera will allow). If you email your pics, follow up with a confirmation e-mail to ensure they got there. Large e-mails sometimes get "lost in the mail". Include/provide your full name, camera model, category, lighting (name of external strobes, indicate if internal strobe, natural light, etc), special lens, dive site, description of entry, etc - the more information the better.

## **Tunes Through The Water**

The 20th Annual Underwater Music Festival will be held in the Lower Keys on July 10th from 10:00 am until 4:00 pm. Six hours of specially selected pre-recorded music will be broadcast on WCNK 98.7 FM via underwater speakers at the Looe Key Reef National Marine Sanctuary.

If you don't have your own boat, dive shops and private charters are available throughout the Lower Keys to provide transportation to the reef. This is an event you don't want to miss!

Catch the tunes, than get a T-shirt! They will be available for sale at the Chamber of Commerce on Big Pine Key.

For more information visit the website: [www.lowerkeyschamber.com](http://www.lowerkeyschamber.com) or call (305) 872-2411.

# Loxahatchee River Canoe-Kayak Trip

*"It's a place where you will return again"*

## August 14, 2004

Join us for a paddle through a cypress canopy hundreds of years old. Watch the otters, alligators and ospreys in the wild. The last time I was there I saw no less than 5 ospreys claiming their territory.

Have a lunch break at Trapper Nelson's and shoot the "bull". Hang out at the river's edge, like the old days. Leaving your stress behind. It's a great paddle of about 8 miles in mostly shade except for the last quarter of the trip. You will be fascinated in how the flora and fauna changes from fresh water river to a salt water canal.

This trip requires you to bring your own lunch and drink. You will make your own reservations by calling **Canal Outfitters**. It is recommended that you rent rather than bring your own boat.

**FIRST COME FIRST SERVE!! Arrive early!!!**

[www.canoes-kayaks-florida.com](http://www.canoes-kayaks-florida.com) 1-888-2272-1257

9060 West Indiantown Road Jupiter, Fl

Canoe/kayak double \$40

Canoe 3 people \$50

Single kayak \$30

Deposit \$50

Directions: Leave about 2 hours for travel to Jupiter from Miami. I95 North to Exit 87B. Indiantown Road and proceed West (Left). Watch carefully on the left for a small sign about a 1/2 mile or so reading Canoe Outfitters. Enter that road and proceed down to the trailer and park in the lot.

Time: 9:00 am We will meet at the trailer for our transactions.

You may want to join us for dinner up there after the paddle.

Bring sun screen, bug spray (may not be needed), **Change of clothes**, bathing suit, water shoes, ADA red t-shirt, hat lunch, drinks, master charge/visa, \$\$\$. Snorkeling.. Viz is about 5" if your lucky.. Forget it!

Call Sharon Baron (305-386-8961) for additional information. Car pooling is a good thing! Please let Sharon know who is going, but you are responsible for your own reservations. Use the toll free number above and tell them you are with the Active Divers Association group.

### 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 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 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      7809 N.W. 57th Street  
Fax: 305-513-8422      Miami, FL 33166  
E-mail: [huicho\\_1@bellsouth.net](mailto:huicho_1@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](mailto:Sbar369886@msn.com)  
Cell: 305-606-6331

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## 2004 ADA PROGRAM HIGHLIGHTS

SINGLES ONLY DIVES  
NEW MEMBERS DIVES  
KAYAK TRIPS  
CANOE TRIPS  
COZUMEL EXPEDITION  
DOUBLE WALL DIVES  
BBQs and PICNICS  
AWARDS BRUNCH  
LOOE KEY WEEKEND  
SOMBRERO KEY DIVES  
NIGHT DIVES  
3 TANK DIVES  
TWILIGHT DIVES  
CAMPING/CAVERN DIVES



**Underwater Camera Repair**  
*dot com*

10044 SW 221 Street  
Miami, FL 33190  
305•234•0903 Phone  
305•234•0907 Fax

e-mail: [mikem@underwatercamerarepair.com](mailto:mikem@underwatercamerarepair.com)  
<http://www.underwatercamerarepair.com>

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## THE Mouthpiece ACTIVE DIVERS ASSOCIATION NEWSLETTER

July 2004

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

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

Conservation:  
Jerry Kosakowski (954) 680-1642

Social:  
Julio Raimundez (305) 551-7545  
Patricia Hackett (305) 387-0015

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

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

