



# The Mouthpiece

July 2008 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER



## ADA PARTICIPATES IN CORAL RESTORATION FOUNDATION'S REPOPULATION OF REEF CORALS

By Roy D. Wasson

When: July 18 & 19, 2008 9:00 a.m. until 6:00 p.m.

Where: Amoray Dive Resort, 10425 Overseas Highway, Key Largo

Note: Reservations Required—See Contact Information Below

This is the opportunity for ADA members to become personally involved in repopulating the reefs of the Florida Keys with the beautiful corals that some of us older members recall from the 1970's and 1980's. As reported in our May issue of The Mouthpiece, the Coral Restoration Foundation, with the support of the Sanctuary Friends Foundation and other partners, is involved in a program of transplanting coral from its underwater nursery to nearby reefs in an effort to restore the reefs of the Upper Keys to their former lush beauty. Ken Nedimyer, president of the Foundation, with the help of high school and college students, along with volunteer divers and generous contributors, has made amazing progress in replanting staghorn coral on Molasses Reef. The Coral Restoration Foundation, a 501(c) 3 non-profit organization, has plans to develop and launch a similar restoration program to replace the once-abundant elkhorn coral on the reef system as well.

The project began in 1996 when staghorn coral colonies naturally settled onto Ken's privately owned, underwater "live rock farm" in the Upper Keys. As the corals grew, Ken and his daughter Kelly began experimenting with different ways to propagate the corals, and eventually developed a highly successful nursery program based on the lessons learned. Each of the original corals has been genetically tested, and the nursery is now organized by genotype, with each coral being mounted on a disk that identifies its genetic fingerprint (genotype).

In 2005, Ken began a project with the Nature Conservancy as part of their "Reef Resiliency Program". The project aims to find genotypes of staghorn that are possibly more resistant to diseases, bleaching, and other environmental stresses, and also to find out if there are areas on the reef where overall survival and growth is better or worse. The results of the project were encouraging and it has since been expanded to cover sites in Broward County, Dade County, and the Lower Keys.

This spring Ken and the Coral Restoration Foundation were able to obtain permits to acquire up to 40 new genotypes of staghorn corals from the Upper, Middle, and Lower Keys that will be used to expand the genetic diversity of the nursery program and hence the genetic diversity of the restoration projects that are planned for the next several years. The work at the coral nursery requires Ken and volunteers to scuba dive the underwater coral nursery, where they cut and mount new staghorn corals, using underwater epoxy to mount the corals to pre-numbered disks. As recently as April of 2008, Ken, his wife, and daughter Julia supervised teams of divers in this process. After completing the coral-mounting dive at the nursery, the group continued to Molasses Reef where the divers visited the restoration sites established in October of 2003 and July of 2007. Visit the Foundation's website and you will undoubtedly be very impressed with how the corals have grown since transplanting and how healthy they look. The link to that site is: <http://coralrestoration.org>

The Active Divers Association has to set up a volunteer program to enable ADA members to assist the Coral Restoration Foundation with this worthwhile project. Please join us on Friday, July 18, Saturday, July 19, or both of those days to receive training about the repopulation process and actually participate in transplanting some of the corals to the reefs of the Upper Keys. Although it would be preferable for participants to join us on both of those days, the project will accommodate volunteers who are available for just one day as well.

However, advance registration is required due to space limitations on the boat. Participation in this initial repopulation project will be limited to the first dozen or so ADA members who reply. All divers must provide their own tanks and equipment. Rental equipment should be available at Amoray Dive Resort.

**Reservations Required: Please provide Roy Wasson with your name, telephone number, and email contact information to me at (305) 666-5053 or by email to [roywasson@bellsouth.net](mailto:roywasson@bellsouth.net). Imagine how proud you will feel when you go diving one of the reefs of the Upper Keys over the next few years and can point to a particular coral system that you personally planted.**

## MUSEUMS IN THE SEA

The Florida Department of State has launched a new website, offering virtual tours of Florida's underwater archaeological preserves at [www.museuminthesea.com](http://www.museuminthesea.com). Two popular S. Florida dive spots are included in the tour. The Half Moon and the Copenhagen near Pompano Beach are listed..

## 2008 IS INTERNATIONAL YEAR OF THE REEF.

Divers worldwide are celebrating by doing reef cleanups. Maui divers have retrieved more than 3 miles of fishing line and 600 lbs of lead weights, hooks and steel leaders in just one day. But locally, the infamous artificial reef of 2 million scrap tires that broke free in Broward County will cost the State 3.4 million to cleanup.

Army and Navy divers are retrieving 2,600 tires a day, but at the rate cleaning the main tire field will still take 17 years. Call Jerry Kosakowski with your suggestions of how ADA can celebrate this year.

## STRANGE BUT TRUE

Why divers need to pee. The physiological phenomenon is known as immersion diuresis, your body's response to feeling under pressure. Blood is shifted to your body's core, and the hypothalamus gland thinks that means your total fluid volume is too high and instructs your kidneys to make urine.

Suggestions:

1. Avoid diuretics like caffeine.
2. Try to stay warm. A side effect of your body's response to cold is to produce urine.
3. Avoid antihistamines which prevent the constriction of the blood vessels near the skin, thus causing more loss of heat.

Why divers get dry mouth. Compressed air in your scuba tank is very dry. This dry air picks up moisture in the throat and lungs and carries it out with every exhalation. Also caffeine plays a part here, sucking water out of your tissue and sending it to your bladder. 12 oz. of coffee will result in 14-20 oz. of urine. Soft drinks have 36- 48 mg. of caffeine, Jolt Cola has 72, tea has 50 mg. and coffee the champ with 180 mg. And remember chocolate is a diuretic.

This fun thanks to Scubadoc.com



See more pics  
from Frank  
Young on page 4



## July

July 6 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.**

July 12 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.

July 19 am, BNP **Post Dive bbq, (\$10 chef wanted, call Lon)**  
Reefs, Reefs, and more reefs. Fish, Fish and ore fish. Great diving, Good visibility. Comfortable depths. And TERRIFIC PEOPLE to dive with. Did I mention Reefs and Fish?

July 26 pm West Palm (*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 from. **See advanced criterion this issue.**

July 27 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 tropical's, morays, cudas.

## August

Aug 3 pm Ft Lauderdale (*Advanced*).  
Double your pleasure with the best of both worlds! A reef followed by a wreck. A plethora of flora and fauna, just waiting to be explored. **See advanced criterion this issue.**

Aug 9 pm Tavernier  
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 9 Night Tavernier  
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.

Aug 16 pm Miami Wreck adv.  
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 23 pm S. Key Largo, **Post Dive bbq, (\$10 chef wanted, call Lon)**  
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.

Aug 30 am BNP  
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'.



Thanks  
Frank  
Young



Palm Beach  
June 14



## 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

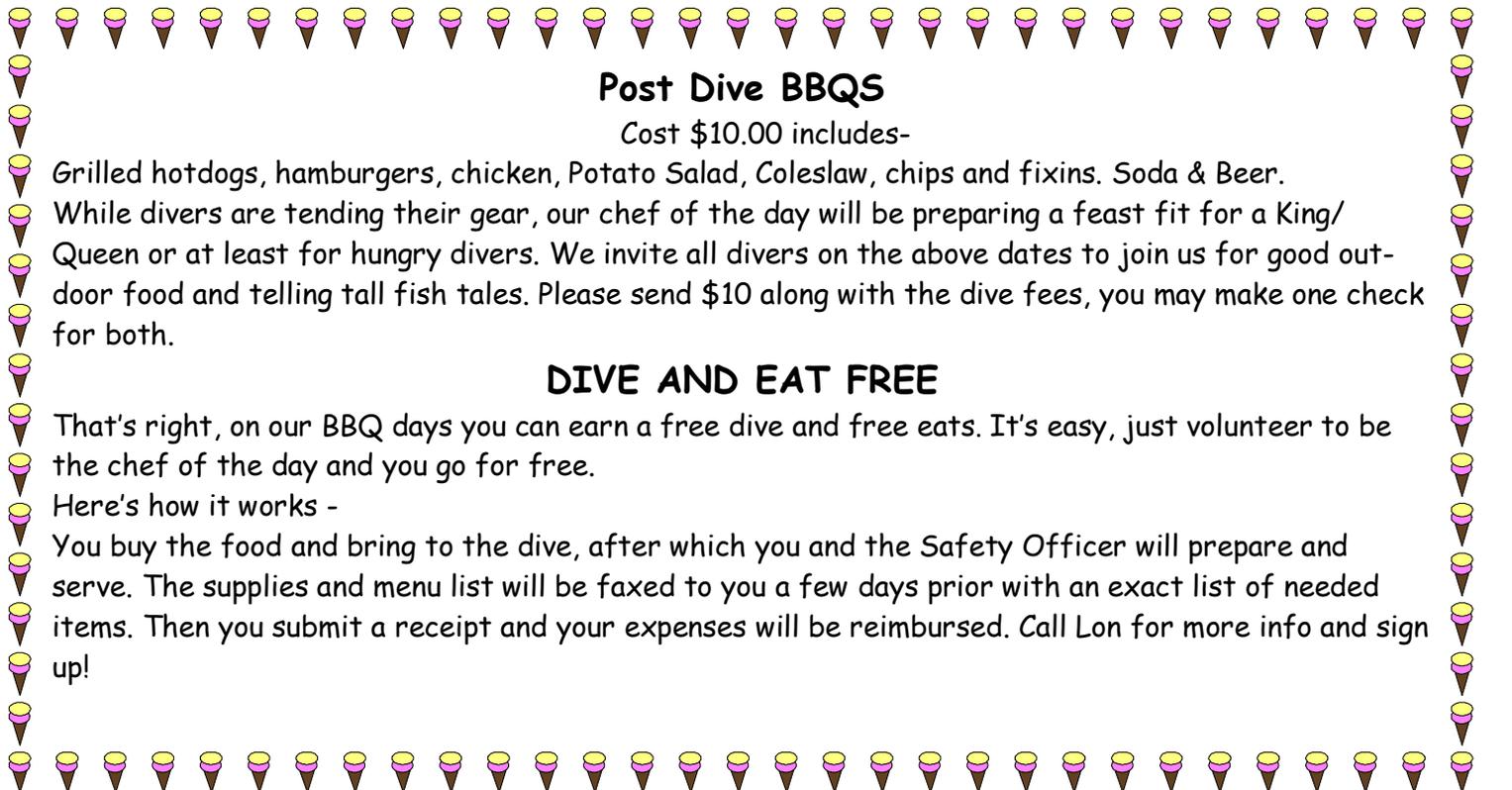
**20 tickets for signing up a new member.**

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

OOPS, WE GOOFED. We apologize for publishing too much info in our happy birthday notice.—Lon

## Happy July Birthday from ADA

Juan Carvajal	7/1
Geoffery Cheny	7/8
Rodney Bedgio	7/11
Patrica Hackett	7/20
Dorothy Olive	7/22
Helen Masin	7/23
Lisa Carstarphen	7/27



## 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/

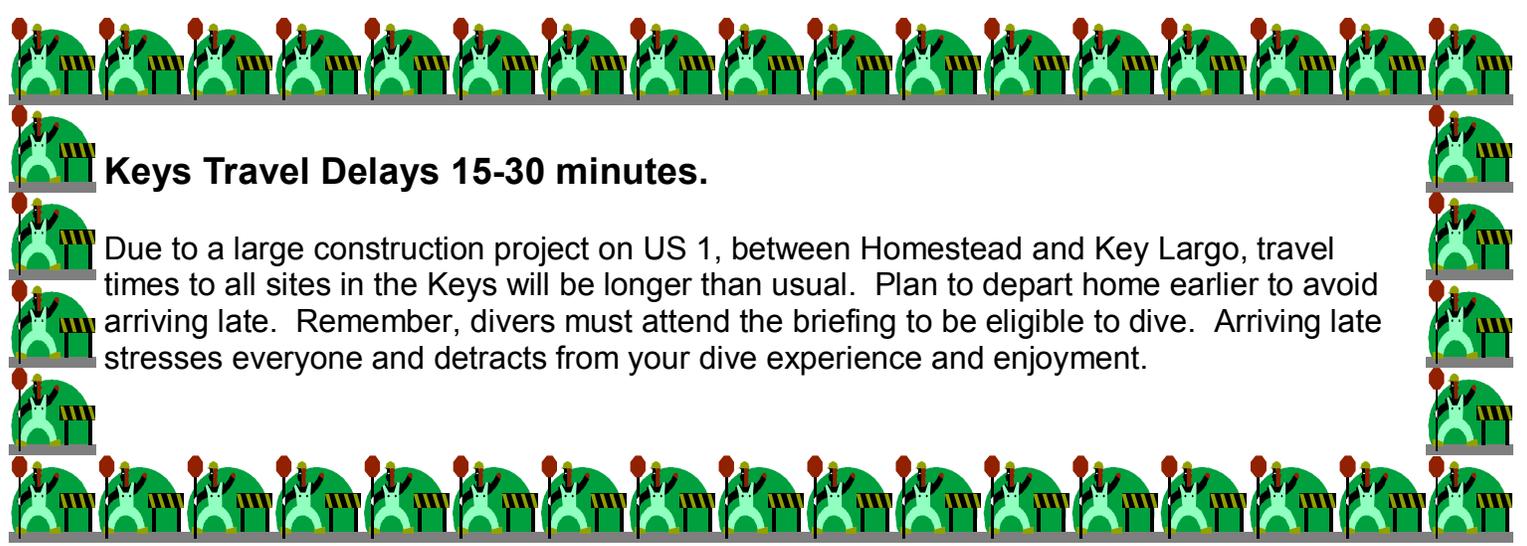
Queen or at least for hungry divers. We invite all divers on the above dates to join us for good outdoor food and telling tall fish tales. Please send \$10 along with the dive fees, you may make one check for both.

## 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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## The Mouthpiece ACTIVE DIVERS ASSOCIATION NEWSLETTER

July 2008

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

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1115 Country Club Prado  
Coral Gables, FL 33134  
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[Membership@activedivers.org](mailto:Membership@activedivers.org)

Conservation:  
Jerry Kosakowski (954) 990-9534

Social:  
Patricia Hackett (305) 387-0015

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