

The Mouthpiece

AUGUST 2002

THE ACTIVE DIVERS ASSOCIATION NEWSLETTER



August-September Dive Schedule

AUG 4, SUN AFTERNOON ⇒ ISLAMORADA

\$29.00

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.

AUG 10, SAT AFTERNOON ⇒ TENNECO TOWERS (ADVANCED)

\$35.00

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.**

AUG 17, SAT MORNING ⇒ BISCAYNE NATL. PARK

\$45.00 (Tanks Incl.) (BBQ \$7)

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.**

AUG 18, SUN AFTERNOON ⇒ BOCA RATON (ADVANCED)

\$35.00

Giant Jew fish, stingray and eel feed. Professional guide attracts and hand feeds a variety of big animals as we watch at a safe distance. Depth 70', visibility 40-60', strong currents. **See advanced criterion this issue.**

AUG 24, SAT AFTERNOON ⇒ N. KEY LARGO (SPECIAL SPIEGEL GROVE DIVE) **\$29.00**

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.

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\$35.00

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.**

SEP 22, SUN AFTERNOON ⇒ TAVERNIER

\$29.00 (BBQ \$7)

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

SEP 28, SAT AFTERNOON ⇒ DUANNE (ADVANCED)

\$29.00

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.**

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Earn Free dives & BBQ

Throughout the year, ADA will offer BBQ's after selected dives. You can enjoy both for free! All you do is volunteer to be the chef of the day - we provide a list of foods, you buy & bring to the dive. After the dive, you & the ADA Safety Officer cook & serve to the hungry divers. It's not too hard, and a great way to go for free! Call Lon & sign up. (ADA will reimburse monies spent for food).

New! ADA T-SHIRTS & TANK TOPS

Show Your team spirit and pride to belong to one of the largest and oldest dive clubs in the USA!

On sale at most ADA activities
\$10 each.

BUSINESS CARD ADS

Space Available

5 Issues → \$50

10 Issues → \$75

To Place Your AD Please Contact:
Chris Wood (305) 754-6882



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EMail: diving@austins.com Web Site: www.austins.com

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*Attorney at Law
and Mediator*

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Mouse Calls

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

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FOR SALE: 1991 Bayliner 2002 Trophy 20" boat, new Loadmaster dual axle trailer, 120 hp Force engine, new Hummingbird fish/depth finder, VHS radio, 2 batteries, spare prop, cuddy cabin with fold down table, V berth, portapotty, 2 fishwells, 1 livebait well, blue bimini top, 6 scuba tank racks, much much more, ready to go diving or fishing. \$6000.
Carol Cox ccox163176@aol.com or fax (305) 740-4995

Post-Dive BBQ's \$7

Aug 17 BNP - Sept 22 Tavernier - Oct 26 Eagle

Last year our BBQ's were a great success. A hot delicious meal after an exciting dive is a wonderful way to punctuate the day. Cooking will begin just after we hit (not too hard I hope) the dock, and before you have stowed your gear, your choice of grilled meats will be ready for your enjoyment. Including:

- Grilled chicken, hamburgers, hotdogs
- Soda or beer
- Potato Salad, slaw, chips & condiments

When you make your dive reservation, indicate if you plan to join us (check the dive schedule first to make sure it's a BBQ dive) & include an additional \$7 with your dive schedule reservation payment.

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 buddied 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

ADVICE TO OLDER DIVERS

Through Project Dive Exploration DAN is trying to answer questions about aging and diving. Using Doppler to detect venous gas emboli over the heart of divers, they found that 30% more bubbles was found in divers at age 57 than those at age 33, and 20 % more in males than females. They concluded that "If we are cardiovascularly fit, exercise regularly, not more than 20% overweight, and have no serious potentially incapacitating disease, we shouldn't stop diving. BUT as we age beyond 60 we might consider limiting our diving to shallower depths...." For complete info on this subject see "Alert Diver" July 2001.

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.

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.

REMEMBER: That family members must have completed individual documentation to register as ADA members.

NIGHT DIVING

Each year ADA offers several night dives. These are popular with many of our members. For those who have never tried it, you may wonder why. There are several reasons:

1. Many animals are nocturnal and we never see them during the day. At night they are out and around, the "night shift" is very different.
2. Day time animals that will not allow close-up observations are now asleep. They are unaware of your presence. It is easy to get up close and personal.
3. Most corals "bloom" at night. They extend their polyps to feed. The many small creatures that are attracted to your u/w light become snacks for the coral. Fascinating!!
4. Bio-luminescence! Many small free-swimming organisms have the ability to "flash", that is, to emit a purple light for a brief moment. They can be triggered by disturbing the water column with your hand or fin. Las Vegas u/w!

Try a night dive. ADA offers a mini-night diving course before each dive. It's FREE and will provide info for those with no prior experience. U/W lights are required and may be rented at the dive site. For tips on buying your own, call Lon or other Safety Officer.



LOCAL DIVER PICS

06-01-02
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~~(Above) Kicking back a few "Cold Ones" at the ADA BBQ after a nice day's dive.~~

~~(Right) The Lady Cyana Dive boat.~~



Divers Alert Network (DAN) is a 501(c)(3) non-profit medical and research organization dedicated to the safety and health of recreational scuba divers and associated with Duke University Medical Center (DUMC). DAN is supported by the largest association of recreational divers in the world.

Founded in 1980, DAN has served as a lifeline for the scuba industry by operating diving's only 24-hour emergency hotline, a lifesaving service for injured divers. Additionally, DAN operates a diving medical information line, conducts vital diving medical research, and develops and provides a number of educational programs for everyone from beginning divers to medical professionals.

Divers Alert Network is supported by membership dues and donations. In return, members receive a number of important benefits including **\$100,000 emergency medical evacuation assistance**, DAN educational publications, a subscription to Alert Diver and Skin Diver (Alert Diver Edition) magazines, and access to diving's first and foremost accident insurance coverage.

DAN Provides Services No Diver Should Be Without

Be prepared. Membership in DAN not only means you are covered in an emergency, it means you are part of a worldwide network committed to dive safety and injury prevention.

For only \$29 per year (\$44 for a family), your DAN membership supports services and provides benefits that help make you a safer, more informed diver and traveler.

For more information on DAN or to become a member please see:

Toll free Phone: 800-446-2671

Website <http://www.diversalertnetwork.org>



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ADA KAYAK TRIPS

Saturday a.m., September 7th, Indian Key / Lignum Vitae Key Kayak Trip.

Rated: Easy to moderate.

We'll have a half-day to Indian Key in a.m., with a full day option to Lignum Vitae Key in the p.m.
Single Kayak - half day \$30 - full day \$45. • Double Kayak - half day \$40 - full day \$60.

Indian Key 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 where 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.

We can also visit the ranger station / museum at Lignum Vitae Key. This is a botanical preserve and it is the last key untouched by foreign vegetation.

For more information, or to make reservations, please contact our Kayak Trip Coordinator:
Julio Raimundez (305) 551-7545

Inside this month's issue you'll find:

- **Special Spiegel Grove Dive – August 24**
- **August-September Dive Schedule**
- **New Family Fun Activities - Including Kayaking, Picnics, Camping, BBQ's, and more!**
- **Kayak Trip – September 7**

THE Mouthpiece ACTIVE DIVERS ASSOC NEWSLETTER

August 2002 Issue

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

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Newsletter:

Chris Wood (305) 754-6882
newsletter@activedivers.org

Website: www.activedivers.org

Email: info@activedivers.org



THINKING ABOUT MOVING? ☎ DON'T KEEP IT A SECRET!

Call Jim at Membership (954-752-6234) *It could save your newsletter.*