



The Mouthpiece

Our Web
www.activedivers.org/

August 2009 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

August

1 Sat PM Tavernier (Advanced) , \$49 BBQ \$10

BBQ CHEF NEEDED. Money tight? Dive and eat for FREE.

Drift Dive- 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 morays, schooling tropical's, unusual pillar corals **See advanced criterion this issue.**

8 Sat am **Free Beach Dive**

See article this issue on Page 2

9 Sun pm N. Key Largo, \$49

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.

15 Sat pm Ft. Lauderdale, \$49

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.

15 Sat Nite Dive **Ft. Lauderdale, \$49**

22 Sat. pm Palm Beach (Advanced) \$49

Drift diving at it's best. Usual to see turtles, sharks, eels, jewfish and other big animals. Depths 80-100', visibility usually 60-80'. Sometimes cold thermal clines, bring your wetsuit. **See advanced criterion this issue.**

30 Sun pm Tavernier, \$49

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 morays, schooling tropical's, unusual pillar corals

See September Dive Schedule on Page 5

IT'S A DIRTY JOB, WHO WILL DO IT ??

Each month your ADA newsletter is mailed to you via US mail. Your editor, Steve Herz, puts together an informative and entertaining edition for your pleasure. He searches the internet and asks you for info and does a great job. But his efforts are just the first step in getting your newsletter to you.

WHO WILL STEP UP AND DO THE NEXT STEP ??

Your newsletter is printed by Copy Me, located near the Palmetto and NW 122 st. It has to be picked up, folded, labeled, stamped, and mailed.

Can you help ??

Please call Lon 305 251 4975

Manatees



Manatees (Genus *Trichechus*) are aquatic mammals that have a large, streamlined body, flipper-like front limbs, and a rounded, horizontal flipper-tail. Although they may resemble whales and dolphins in some ways, they are in fact more closely related to elephants.

There are three species of manatees:

- West Indian Manatee (*Trichechus manatus*)
- Amazon Manatee (*Trichechus inunguis*)

West African Manatee (*Trichechus senegalensis*)

There are two subspecies of the West Indian Manatee: the Florida Manatee (*Trichechus manatus latirostris*) and the Antillean Manatee or Caribbean Manatee (*Trichechus manatus manatus*).

Manatees and dugongs are the only marine mammals that feed exclusively on plants and this characteristic impacts many aspects of their biology.

Since manatees and dugongs live their entire lives in the water and feed only on aquatic plants, they are restricted to coastlines, seas, and rivers where the water is clear and shallow enough for sunlight to penetrate and support plant growth. A diet of aquatic plants places unique demands on manatees and their behavior and physiology reflects this. Since aquatic plants are low in nutrients, manatees must spend between 6 and 8 hours a day feeding. They consume up somewhere between 5 and 10 percent of their body weight each day and a large adult animal can weigh as much as 220lb. Manatees have a large upper lip that is lined with bristles and has two lobes that can be moved together to grasp onto food from the seabed.

As they chew, their teeth slowly migrate forward and new teeth at the back of the jaw replace old teeth that fall off at the front of the jaw. Like many animals that have a low nutrient diet, manatees have an extremely slow metabolism

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.

ADA FREE BEACH DIVES, Aug.8

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

Dive Watches

Dive watches help to ensure the safety of scuba divers. They also look cool and are popular with men and ladies. Here are the features to look out for.

Dive watches are used to

- Track dive time, to avoid running out of air.
- Time decompression stages when ascending.

Even with today's dive computers, a good diving watch (and a waterproof card printed with decompression tables) serves as a safety backup. Popular brands include Casio, Citizen, Swiss Army, Timex, Luminox and Invicta.

Dive Watch Water Resistance, Dive Depth and Screw-down Crowns - Scuba divers don't dive to 200 meters but 200 meters water resistance is generally considered to be the minimum for a diving watch. For analog dive watches, screw-down crowns are said to be more waterproof but some 200 meter watches have push-pull crowns and work fine.

- **How to Use a Rotating Bezel Watch** -The rotating bezel is the defining feature of an analog diving watch. It is used to track elapsed time. Time is marked by zeroing the bezel to the dive start time in minutes.the minute hand, to time up to 60 minutes
- the hour hand, to time up to 12 hours

Ideally, the bezel should

- Be removable for cleaning.
- Have engraved, not printed, markings to resist wear.
- Be unidirectional, turning only in the anti-clockwise direction. If accidentally knocked, the elapsed time will appear longer, causing the diver to cut his dive short. This is safer than the opposite: staying underwater too long. Some watches have lockable bezels.

Digital watches have a built-in stop watch and/or countdown timer instead.

Underwater Watch Illumination Options

Illumination helps the diver read the time in the dim underwater light.

- Digital watches will have LED or other lighting. This can run down the battery, so solar powered watches are best if the light is used often.
- Luminous paint on analog watches is popular. They need to be "charged" with light to glow in the dark. Better paints glow for hours, others only an hour or two.

Some analog watches use vials of Tritium that glow without needing to be charged with light. They can be brighter than luminous paint but will slowly fade over the years.

We have been running articles about dive gear in the last few issues. Equipment can be costly and sometimes confusing when you try to pick out what's right for you. Make sure you make an informed purchase. Shop at our local dive shops. They support ADA by purchasing ad space and donating prizes. You get great service and sound advice. You trust them for your air, trust them for your diving needs.

THE USE OF SHORTY WETSUITS

The debate between the suitability of long and shorty wetsuits will continue and it merely comes down to personal preference, as well as the regions that you predominantly dive, surf or practice water sports in. The reasons for wearing the long or shorty wetsuits in the first place are practically the same anyway, with the main factor being that of insulation provided by the wetsuit. With the main differences being that the full suit will provide insulation for the arms and the legs, whilst the shorty wetsuits are said to be less restrictive and more comfortable in general.

In general the use of the wetsuit also provides protection from a number of potential hazards, especially when in the sea. These hazards include bumps and scrapes from rocks and coral when scuba diving, or even snorkeling, as well as the possible protection afforded when you encounter jelly fish and the blue bottles, which are predominantly found in the warmer water regions. These stings can provide a really nasty experience and by wearing the suit you may well be afforded some sort of reprieve from the pain and discomfort of these stings.

Although many do not realize that the water temperatures are colder than that of the outside temperature, which is why we will often get cold in the water even on a hot day, makes the use of the wetsuit ideal if you are looking to stay in the water longer. This is necessary when you are going on a diving adventure or if you are going out surfing or body boarding, as you really do not want to go into the water for a couple of minutes and then have to exit because of feeling cold. Therefore the protection from hypothermia is also offered by both the shorty wetsuits and their full suit counterparts.

In terms of flexibility, shorty wetsuits are often preferred over the long ones, as the freedom of movement is more prevalent in these types of suits; although with the advancement of technology the materials are getting lighter and more flexible which is great for the long or full versions of the suits.

The issues of buoyancy, and less water drag, must also be taken into account when considering the wetsuit. In some triathlons the use of such attire is not permitted, if competing professionally, as it is perceived to give the wearer an unfair advantage, although this is another issue of debate altogether. However, many swimming instructors specifically with kids recommend shorty wetsuits to help with the confidence levels of the kids as well as contribute to the buoyancy issue.

Long or shorty wetsuits each have their own positives and negative traits and one should select the best for their specific needs and requirements accordingly, and is really mostly affected by the predominant water temperatures that you will be using the wetsuit in.

Tales for a new diver – Dive #12 – My first night dive

By Severine Gimenez

June 20th 2009 turned out to be a great day with lots of “firsts”. My first diving in the Keys, my first dive with my own gear and my first night dive! I have to admit, I was very nervous about going on a night dive. I kept on hearing how it can be creepy and how you cannot see anything that you don’t point with your light, and all sort of creatures that you’ve never seen before come out I seriously considered bowing out a few times; especially when I found out that we were not a big group going out on the night dive. Well, I am really glad that I went; because IT WAS AWESOME.

I loved the fact that we were a small group. The whole trip was more relaxed with lots of room for me to bounce around getting my gear (I’m still working that!). We got to the reef right at sunset and it was a beautiful. We sat around listening to the captain telling us about his dives and work with shark studies. Then there were the ghost stories ... who knew Key Largo had so many ghost hanging out around the dive sites 😊.

Once the sunlight was gone, it was finally time to get in. I was still pretty petrified to “jump into totally black water”. But once you are in ... paradise. Everything seems more calm, more soothing, like you’re just seconds from falling into a nice dream. The colors contrasts are amazing, from the muted natural greens and browns that blend together to the bright red of the rocks. I had only seen a corals feed on the discovery channel. Trust me it’s much better live! My favorite was the luminescent, turning off your light, waving your hand and all those shiny little twinkles. They looked like stars. I kept on looking away from my light and waving my hand through the rest of the dive.

So, if you’ve never done a night dive because you’re nervous, or you keep on hearing those funky stories. Take it from me, ignore them, and jump in!

September

5 Sat, pm

Miami Reef, \$49

What a nice way to dive. Local Boat, local reefs, local fish. Grweat way to spend a Saturday afternoon.

13 Sun. pm

Speigal Grove (Advanced).\$49

Come explore our local big one. Lots to see and plenty of challenges. [See advanced criterion this issue.](#)

20 Sun 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.

26 Sat pm.

Duane, adv. \$49.

BBQ \$10

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.](#)

26 Sat.

nite \$49

After you've enjoyed a day on the Duane, enjoy the reefs at night. Some say the best way to see them. Didn't do the Duane?

Fish

Fishes are a highly diverse group of vertebrates. They include the cartilaginous fishes (sharks, skates, rays, chimera), the ray-finned fishes (paddlefishes, spoonfishes, pipefishes, seahorses, sturgeons, to name just a few), and the lobe-finned fishes (coelacanths and lungfishes). Despite their diversity, fishes remain relatively unfamiliar to many people. These facts are only a tiny fraction of the available information about fishes but will help get you started down the path of learning more about this amazing group of animals.

- 1. Fishes were the first animals to posses backbones.**
- 2. The term 'fishes' is an informal label and does not represent a taxonomic group.**
There are several classes and superclasses that together make up what is commonly understood as 'fishes'.
- 3. The ray-finned fishes (Class Actinopterygii) are the largest group of fishes.** There are nearly 24,000 species in 431 families of ray-finned fishes. They are very diverse and inhabit a wide range of habitats, some of which are quite harsh.
- 4. Some species of fish migrate between freshwater and marine environments to spawn.** Such species are referred to as diadromous. They are further described by the direction of their migration. Fish that migrate from the sea into freshwater rivers to spawn (for example, salmon) are described as anadromous. Fish that migrate from a freshwater environment to the sea to spawn (for example, freshwater eels) are described as catadromous.
- 5. Fish move by creating a wave motion that moves the length of its body.** This wave motion begins at the head and moves to the tale where the resulting side to side motion produces thrust to move the fish through the water.
- 6. Fish are cold-blooded (ectothermic) animals.** Their internal body temperature is therefore the same as the surrounding water.
- 7. Many species of cichlids brood their eggs in their mouth.** After the eggs hatch the parent continues to use their mouth to provide shelter for their young.
- 8. There are two groups of jawless fishes alive today.** Once a diverse group of fish that appeared over 500 million years ago, jawless fishes are today represented only by lampreys and hagfish.
- 9. Cartilaginous fishes include the sea's largest and most skilled marine predators.** These include sharks, skates, rays, and chimeras. These fish have skeletons made from cartilage, not bone. The cartilaginous skeletons are more flexible than bone.
- 10. The lateral line system on some fish detects variations in water pressure.** This helps fish detect prey and avoid predators.



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:

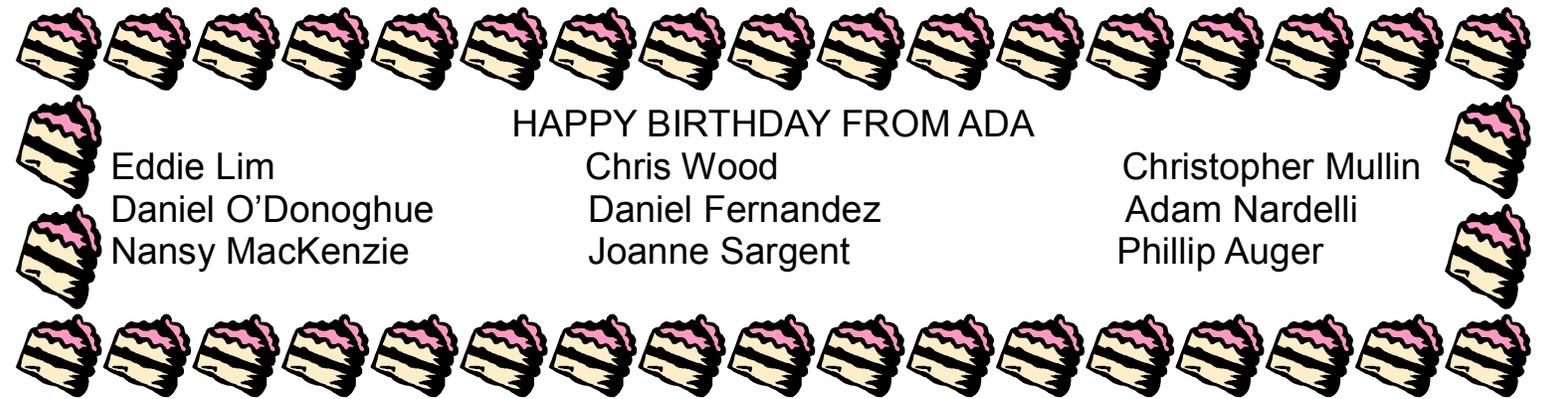
Dive shop A- walk in divers \$99

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

Eddie Lim

Daniel O'Donoghue

Nansy MacKenzie

Chris Wood

Daniel Fernandez

Joanne Sargent

Christopher Mullin

Adam Nardelli

Phillip Auger

Are you on Facebook? Join the ADA page here:

<http://www.facebook.com/ActiveDivers>

We can post your photos and share dive stories!

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 *August 2009*

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