



The Mouthpiece

August 2010 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER



MY FIRST NIGHT DIVE By Helen Colby

I've been completely uninterested in doing a night dive. Frank Young, ADA safety officer and my advanced and nitrox instructor, kept egging me on. When he saw my Mexico photos of cenote diving he said, "If you can dive caves, you can dive at night." Cenotes are not exactly caves, there are openings, but an ADA night dive was coming up and I told Frank if he would tethered me to him I would think about it. I had heard about a misplaced night diver (later found, with no ill effects.)

I signed up for the afternoon dive on July 17th. And the night dive. I still wasn't too sure about it, but figured I ought to just get it over with, even if only to say I did it. But I wasn't going to decide until the boat was ready to leave the dock. Or maybe I would get on the boat and decide at the site.

The seas were rough that day, and the afternoon dives to Eagle and Victory left me woozy (what a surprise.) Are all those seasick medications I take not working anymore? Ugh. I didn't get sick, but I didn't feel well either; queasy, headachy, stressed. I was wavering through dinner, about a 2 1/2 hour break until the night dive began.

By the time we re-boarded, the seas had become calmer. We watched the sun set over the Keys as we headed to Davis Ledge. I felt better.

We dropped in, untethered, (Frank, Pat Hudson and I) at about 8:15 pm, and it was still light enough to see. We all had glo stick bracelets, chem sticks on our tanks and two flashlights.

Davis Ledge was pretty easy to navigate, just back and forth. We saw a huge eel, lying on it's side. Then it turned to bare its teeth to Frank who was busily filming, as he did most of the dive. A beautiful angel fish posed for several close ups.

Lobsters and urchins were out and about but I missed the large nurse shark and tiny blue octopus Frank saw. We did see, sadly, lion fish. A nice big turtle swam right in front of us and hung around for a while.

Toward the end of the dive, a fabulous squid danced right in front of Frank's camera. It looked just like those photos they publish of great new bizarre sea creatures just found. I fumbled for my camera but just as I got it into position, the squid darted off.

At one point we turned out our lights as Lon had demonstrated, and saw a little bio luminescence.

I survived my first night dive. Lon's briefing was reassuring and diving with ADA safe and comfortable. Thank to my ADA friends for making it all such a pleasure!

Conservation News:

1. **Lionfish in the Keys:** During a dive on Alligator Reef near Islamorada on June 6, a number of ADA divers saw the first lionfish most of us have seen in the Keys. It was fairly small and hiding out under the coral, but Lon gave the dive master the location and he went out and speared the lionfish as a dinner appetizer!

2. **Local marine conservation documentary on PBS:** WPBT-2 has been showing a series called "Changing Seas" that they have made themselves mostly with local/Florida scientists and conservation personnel from institutions such as NOAA, U of Miami, FIU, Biscayne National Park, Biscayne Bay Aquatic Preserve and others. Very good science - better than many programs, good video and interesting info about conservation efforts (e.g. June 15 was about conservation of sea grass and mangrove). Worth watching - and some of you may know the scientists involved. Find out more at http://channel2.typepad.com/changing_seas/

3. **U of Florida study on shark attacks in Volusia County:** An online diver news service has a report on this study. Key conclusion: Shark attacks are most likely to occur on Sunday, in less than 6 feet of water, during a new moon and involve surfers wearing black and white bathing suits. Find out more at this useful source: <http://www.cdn.info/>

DAN Recommends

(from May 2008 issue of Scuba Diving Magazine)

Diving after flying

After long flights it is better to rest, rehydrate, and eat before making your first dive. Dehydration is thought to contribute to DCS risk, so it is important to start diving well hydrated. Fatigue can also be a performance and safety issue. For short flights and you arrive rested and well hydrated, It is possible to begin diving the same day.

Flying after diving.

The following shows the minimum guidelines for flying in commercial aircraft, assuming cabin pressure of 8,000 ft.-

A single dive within recreational limits: wait 12 hours.

Multiple days/multiple recreational dives: wait 18 hours.

Decompression diving (planned or unplanned): wait 24 to 48 hours. These guidelines apply only to those divers who have not experienced any symptoms of DCS. If you have symptoms do not fly at all. Call DAN

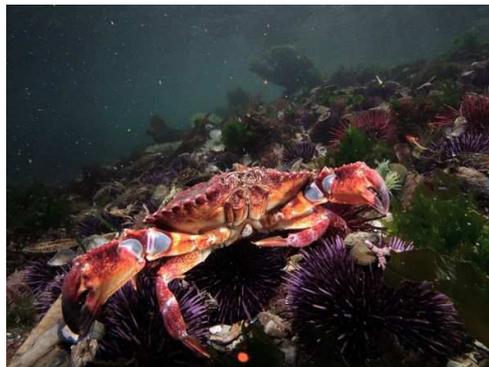
For flying in small non-pressurized planes, the flight altitude should not exceed 1,000 ft. If the flight plan calls for altitudes above 1,000 ft wait 24 hours.

Divers sometimes drive by car into areas above 1,000 ft. after diving. For example, in the Hawaiian Islands, you could dive in the morning and spend the afternoon 10,000 ft in the mountains. This would cause health concerns just like flying. Wait 24 hours.

In whatever form it comes, altitude exposure is altitude exposure. There is no dodging the considerations they require and ignoring them could significantly increase the risk of being injured.

WHAT IS DAN?

Divers Alert Network is a nonprofit medical and research organization dedicated to the safety and health of recreational scuba divers. Go to diversalertnetwork.org for info and membership forms.



Whale Shark Dive

by Helen Colby

I'd been thinking about whale sharks for a few years. The thought of being in the water with them was so alluring. I'd seen pictures of them and thought they were beautiful. On a local dive last summer, I met someone who had snorkeled with them in Utila. We talked and I knew I had to go to be with them.

Putting the trip together was harder than it sounded since I couldn't talk anyone else into going with me, timing wasn't right, who knows!

But then, Linda Kaplan put together a trip to Isla Mujeres to snorkel with whale sharks. I had to go. Whale shark week was coming, so we strategically planned to go the week before to avoid the crowds. Six women: four divers, two snorkelers. I couldn't believe we were actually going to go. For me it was really special; this would be my first dive trip outside the US, outside south Florida in fact!

We (Evelyn Roisman, Pat Hudson two snorkeler friends and me) stayed at a lovely place, Na Balam (House of the Jaguar.) The closest I saw to a jaguar were the three cats who lived at the hotel, one of whom I made immediate friends with. The hotel was on the beach, had lovely views, hammocks, good food, yoga classes and a friendly staff.

We headed straight to town to find a guide to take us to the whale sharks. The next morning we boarded a tiny speedboat. We seemed to be riding for hours; the sharks were 20 miles from shore...then the boat broke down. By then I was sick. Even with a medicated patch and pills, being sandwiched between two hurricanes resulted in bumpy seas, an upset stomach and aching head. Another boat was sent to get us and we transferred mid-sea to the new vessel; we, the food, the gear and two of the guides. Another hour or so later, we saw fins. Several of them. There they were!

The plan: two in the water at a time with a guide. They snorkeled and swam, trying to keep up with the leviathans. Ok, I exaggerate a little. The largest was about 20 feet long. No giants, but surely the largest fish I've ever seen! Then I jumped in with my camera. Gorgeous, languid, opening their mouths to feed, then the water sifting out of their gills while they glided along. So beautiful. Amazing, and right next to me. The unmistakable spots! I was in heaven, even though I was still sick. I snapped and snapped, not even knowing what I was getting with the camera, trying to swim hard to keep up. Then two out, two more in. A dream fulfilled. And then another few bumpy hours back. Never mind, it was worth it and I'd do it again.

I took the next day off. The most strenuous thing I could manage was yoga. My sit bones ached and were probably black and blue from the boat ride. I had to pass on the day's dive.

The next day we drove to Dos Ojos Cenote on the mainland. Cenotes - cave-like, but really sink holes, caverns, with openings, connected, fresh water, maybe some salt water incursion. A long time ago, some of them were used for human sacrifices.

Our wonderful guide, Juan Carlos, explained everything we would be doing, how to signal with your flashlight, stay in single file, where we would be going. If we did well, we would go to another connected cenote, Bat Cave. We walked down to the cenote and Juan thankfully brought our tanks, too heavy for us to wear or even carry down the steps. We put on our gear and, with bats flying overhead, we slid off the wooden platform. The water was cool, but not too cold. It was very dark, black in fact. Our flashlights lit up stalactites and stalagmites - it looked like an underwater "Journey to the Center of the Earth." Here and there we could see small openings to the sky and snorkelers looking down on us. We went from Dos Ojos to Bat Cave, which was even more mysterious and beautiful, the formations gorgeous and plentiful. (We did great!)

At the end we were officially certified cenote divers.

Our five day trip was quick but fabulous. We couldn't ask for more. Six girls, off on an amazing adventure together.

And Saturday, we are going diving. My first night dive. (see page 1)

Important Change From April

Send all payments (checks or money orders, payable to ADA) to:
Jerry Kosakowski 8221 NW 8 Place Plantation Fl. 33324

August

Aug. 7 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.**

Aug. 15 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. **BBQ after dive, see article this issue**

Aug. 21 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.

Aug. 29 pm W. Palm Beach (*Advanced*) \$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.**

September

Sept.4 Sat, pm Pompano reef \$49
Great place to see some spectacular reefs and ocean life as you get ready for the night dive to follow. Just a great day/night diving.

Sept. 4 Sat. nite Pompano \$49
The beauty of the seas...only at night. See the life in the ocean that only comes out when the sun goes down. We'll even teach you the basics so you won't be scared of the things that go "Bump in the Night"

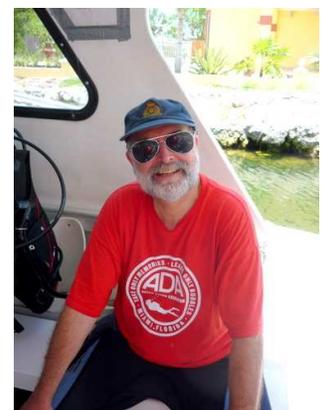
Sept. 12 Sun. PM W. Palm (*advanced*). \$49
Drift Dive in swift currents, giant turtles, grouper, schooling fish and outstanding color. Depth 80-100', visibility 40-100'. Many wreck/reef sites to choose. **See advanced criterion this issue.**

Sept. 18 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.

Sept. 25 Sat. PM Miami wreck, adv. \$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.**



6/19 Dive and BBQ



**Are you on Facebook? Join the ADA page here:
<http://www.facebook.com/ActiveDivers>
We can post your photos and share dive stories!
Send your pics and info to Helen at adahcmiami@aol.com**

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!

NO MORE SHARK FIN SOUP !!!

At last, someone is doing something about the gross practice of killing sharks for their fins.

The state of Hawaii has banned the sale, possession and distribution of shark fins. The state is attempting to help prevent the overfishing and extinction of sharks around the world.

Kudos to Gov. Lingle for signing the bill.



Photo's By
Carol Cox



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:

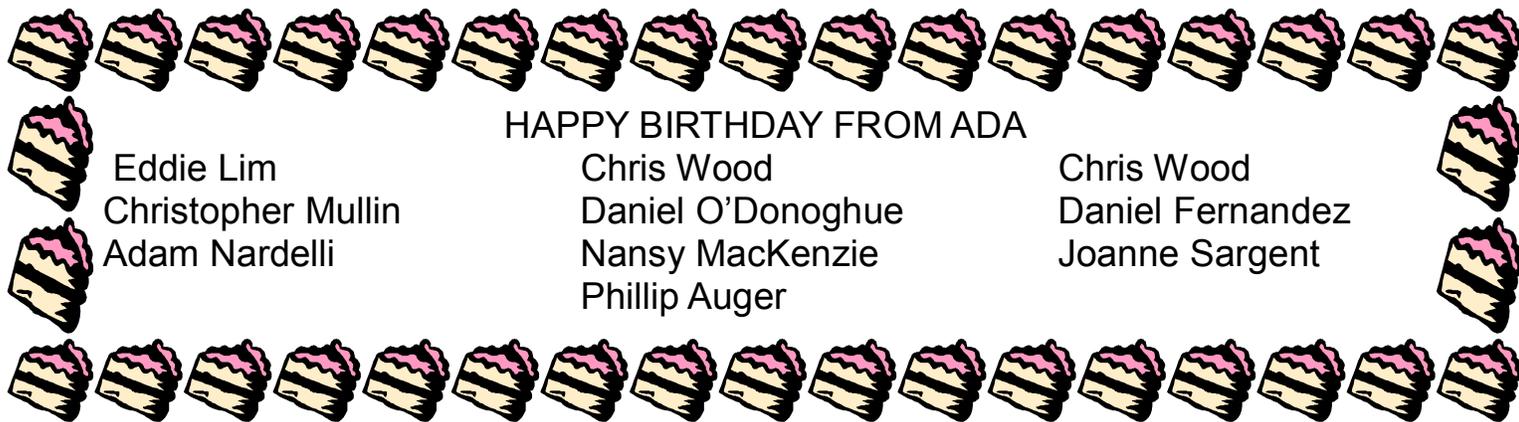
Dive shop A- walk in divers \$99

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

Chris Wood

Chris Wood

Christopher Mullin

Daniel O'Donoghue

Daniel Fernandez

Adam Nardelli

Nansy MacKenzie

Joanne Sargent

Phillip Auger

HOW TO SAVE OUR PLANET, BIT BY BIT.

THE THREE R's OF BEING GREEN

Reduce- consumption of electricity, gas, water, non-renewable resources, waste.

Reuse- plastic bags, boxes, paper, bottles, cans, containers and donate items.

Recycle- plastics of all types, paper, cardboard, glass, metals, if you can't reuse them.

You can do these each day, every day.

ADA Now Offers Free Dives

Aug. 14

This year ADA will be having some free dives. Sounds great? It is for those of us who like beach diving. Count me in because it is my favorite. It offers convenience, long dive times, multiple dives and a lot of exercise. They were usually held in the morning but this year the late afternoon/early evening will be offered. The times and places will be determined at the beginning of the dive scheduled week.

Some of the locations will be John Lloyd Park, Ero Jacks (dive boats drop you at this one), Glenn's Reef, The Boulders, The Golden Brick Road, 8th St. (we can also make the Copenhagen from here, again dive boats go here) Delray Wreck and Embassy Suites. See the adventurous. For more information or suggestions please call me at 954-990-9534.

Jerry Kosakowski

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 :
Jerry Kosakowski ,8221 NW 8 Place Plantation, Fl 33324
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.

Divers Den

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Phone: (305) 595-2010
Fax: (305) 271-4641
DiversDen@msn.com

12614 N. Kendall Drive
Miami, Florida 33186
Web Page: DiversDenmiami.com



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August 2010

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

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Coral Gables, FL 33134
305-903-1113
Membership@activedivers.org

Conservation:
Peter Taylor (305) 669-3160

Newsletter:
Steve Herz (305) 606-6331
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