



# The Mouthpiece



October 2004 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

## November Dive Schedule

Nov. 7 Sun. pm Boca Raton (*Advanced*)  
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.**

Nov. 14 Sun. pm Tavernier (**Barbeque \$7.00**)  
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.

Nov. 21 Sun. pm Hollywood  
Sites may include: The Caves, Josey Reef, Cuda Reef, Lorraine's Delight, Coral Canyons, Shark Reef. Average depth 30', average visibility 40'. Usually no currents, very different from the Keys. Sometimes drift/swim dive.

Nov. 28 Sat. pm Eagle Wreck (*Advanced*)  
The EAGLE, named for its donor, The Eagle Tire Company, is a huge freighter, lying on it's side in about 115' of water. Two green morays call it home, as do tarpon and barracudas. We call it a great dive! **See advanced criterion this issue.**

### 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*

### It's Your Newsletter!

Let us not forget, fellow divers. I, but lay out the newsletter and find some of the fill pieces. All articles from you concerning dive and club activities, as well as other relevant articles are greatly appreciated!!

## October Dive Schedule

Oct 3 Sun 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.

Oct 9 Sat am Biscayne National Park

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'.

Oct 17 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.**

Oct 23 Sat. pm Pompano (*Advanced*)

Drift dive with the currents, perhaps a deep reef or a wreck. Average depth 80', visibility 40-60', good chance of huge turtles. See advanced criterion this issue. **See advanced criterion this issue.**

Oct 31 Sun. 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.

### Dive Software— For all you Geeks out there!

#### An Introduction to Technical Diving

This CD introduces the realm of technical diving through the experiences of the expeditionary team El Proyecto de Buceo Espeleologico México y América Central. You can order it online.

#### Computerized Table Tutor

This is a neat software package that is free. NOTE: It is not the full Computerized Table Tutor. It will simply display dive tables on your screen. You can download the full version and install on your computer.

#### Dive Data

You can store details of your club members, such as dives undertaken and training records. It will track whose subscriptions and medicals are due and allows you to create your own reports.

Download an evaluation copy.

#### Dive Tables

DiversResource.com brings you screen-shots derived directly from the Shareware application 'Dive Tables'. Use the tables on this site for general reference only, and carefully plan your dives using your own tables.

#### DiveRecord.com

Keep your dive log online. DiveRecord.com will analyze the entered information, summarize and organize it, illustrate individual dives, check experience highlights, diving destination maps, etc.

#### Diving Log 2.1

The program manages and evaluates your dives. It's an extension to your normal handwritten log-book. Download, purchase or find out more about the software.

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# !!! ADA FREE RAFFLE !!!

## Prizes to be awarded:

<b>1st Prize</b>	<b>Unlimited Dive pac for 2005</b>	<b>Value over \$1000</b>
<b>2nd Prize</b>	<b>10 Dive Pac for 2005</b>	<b>Value of \$350</b>
<b>3rd Prize</b>	<b>5 Dive Pac for 2005</b>	<b>Value of \$150</b>

## Raffle tickets can be earned as follows:

<b>1 Ticket</b>	<b>attend any ADA activity</b>
<b>1 Ticket</b>	<b>Proudly wear ADA t-shirt at the dive briefing</b>
<b>5 Tickets</b>	<b>Win the weekly Mini-affle</b>
<b>5 Tickets</b>	<b>Win the Monthly Photo Contest</b>
<b>10 Tickets</b>	<b>Sign up a New Member</b>
<b>15 Tickets</b>	<b>Be the B-B-Q Chief for a dive</b>

## Details...

- 1. Drawings will be held Saturday October 16th. (See page 4)**
- 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.**



### 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/

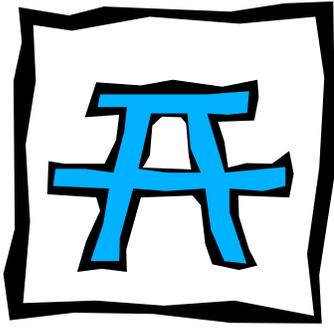
Queen or at least for hungry divers. We invite all divers on the above dates to join us for good outdoor food and telling tall fish tales. Please send \$7 along with the dive fees, you may make one check for both.

### 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 FREE RAFFLE !!!**  
**BEACH DIVE**  
**PICNIC**  
**Sat. October 16**



**Prizes to be awarded:**

- |  |                          |
|--|--------------------------|
| <b>1st Prize Unlimited Dive pac for 2005</b> | <b>Value over \$1000</b> |
| <b>2nd Prize 10 Dive Pac for 2005</b>        | <b>Value of \$350</b>    |
| <b>3rd Prize 5 Dive Pac for 2005</b>         | <b>Value of \$150</b>    |

**Who: all ADA Members, Family, and Friends**

**What: FREE Raffle for Dive Pacs for 2005 !**

**FREE Beach Dive ! (Bring your own float and equipment)**

**FREE Picnic! ADA will serve a big assortment of deli sandwiches, salads, chips drinks, etc. ALL YOU CAN EAT!**

**When: Saturday, Oct. 16th. Beach dives begins at 10 am, arrive early for setup and buddy groups. Picnic and Raffle at noon.**

**WHERE: Dania Beach, Dania Beach Blvd at A1A, south end of parking lot. Look for divers flags and ADA sign**

**Call Lon for more info**

**Updates on some of our favorite Dive Locations**

**HURRICANE JEANNE DAMAGE ASSESSMENT BY ISLAND LOCATION**

**ABACO** Operational as of 9/24. One report from Guana Cay, no damage but power is out. Will be fully operational when power is restored to island from Hurricane Jeanne. Dive Guana, Guana Cay As of 9/26/04

**ANDROS** Operational as of 9/24. No reports of damage from Hurricane Jeanne. Seascape Inn 9/26/04

**BIMINI** Operational as of 9/24. No reports yet for Hurricane Jeanne.

**CAT ISLAND** Operational as of 9/24. No reports yet for Hurricane Jeanne.

**ELEUTHERA/HARBOUR ISLAND** Operational as of 9/24. No reports yet for Hurricane Jeanne.

**EXUMA** Operational as of 9/24. No reports yet for Hurricane Jeanne.

**LONG ISLAND** Operational as of 9/24. No reports of damage from Hurricane Jeanne. Reel Divers at Grotto Bay 9/26/04

**SAN SALVADOR** Operational as of 9/24. No reports yet for Hurricane Jeanne.

**GRAND BAHAMA/FREEPORT** Mostly operational as of 9/24. No reports yet for Hurricane Jeanne.

**NEW PROVIDENCE/NASSAU** Operational as of 9/24. No reports of damage from Hurricane Jeanne. Stuart Cove's & Dive Dive Dive 9/26/04

**DIVE LIVEBOARDS** Operational as of 9/24. No reports yet for Hurricane Jeanne.

## DAN Reports on Diving

### Decompression Illness, Diving Fatalities and Project Dive Exploration

Divers Alert Network has published the 2003 Report on Decompression Illness, Diving Fatalities and Project Dive Exploration. The report represents a descriptive analysis of injury, fatality and prospective dive data collected by DAN in 2001.

The annual study summarizes reports on:

- divers who experienced decompression illness;
- divers who died; and
- divers in the DAN Project Dive Exploration (PDE) database (for whom injuries were rare) during the previous full calendar year.

#### Injuries, Fatalities and PDE in Brief

In 2001, DAN received notification that 1,170 injured divers had been recompressed. For the first time, this number includes reports from all IDAN organizations. DAN America reported 900 treated cases, DAN Europe 126, DAN SEAP 80, DAN Japan 53 and DAN South Africa 11. Each IDAN organization has retained reports from their regions.

DAN America has received 522 reports out of 900 treated cases. In 474 cases, reports pertained to recreational divers who resided in the U.S. or Canada.

The 2003 Report is based on the analysis of the 415 cases involving U.S. and Canadian recreational divers.

The fatalities section consists of 77 cases involving recreational divers. Both the injuries and fatalities sections have slightly fewer cases than in previous years.

Due to increased data collection and participation of volunteers, the number of dives collected prospectively through PDE has doubled to 15,385 dives when compared with those of the previous year. PDE is a prospective investigation of the medical history, depth-time exposure and medical outcome of a sample of the diving population. It also provides an injury-free control population that can be compared with the injury and fatality populations.

The 2003 Report follows the same general format from past years. However, there are two major changes: a retrospective review of diagnoses in the injuries section and a calculation of the true incidence of DCI in the PDE section.

"In the injuries section, we have attempted a retrospective review, classifying cases as 'decompression sickness (DCS),' 'arterial gas embolism (AGE),' 'ambiguous' and 'other' (not DCI)," noted Petar Denoble, Ph.D., D.Sc., Senior Research Director. "The review was designed to exclude those cases that most likely were not DCI."

The review also distinguished between DCS and AGE. "While the distinction between the two may be sometimes impossible to make and may be of no interest to treating physicians, we considered it important when analyzing the risks of decompression injury," said Denoble.

Compared to the previous year, the observed better correlation of symptoms, timing, treatment and outcome data in the 2001 dataset might be a direct result of cleaner data. One of the unexpected results of this analysis was that complete relief of symptoms with recompression was more likely in cases that occurred in geographic areas where the treatment facilities were closer to the dive site and where the average delay to treatment was shorter. While this finding that links the relief of symptoms to proximity to treatment facilities and shorter delays to treatment is not conclusive, it adds new fuel to the discussion about the effects of delays to recompression on the treatment outcome.

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In the PDE section, for the first time we have collected enough data from a variety of environments from divers with a variety of dive styles. Thus, we were able to compare the outcome among various groups.

There were 16 cases of confirmed decompression injury treated in recompression chambers. Most of the DCI cases occurred in cold-water wreck diving. We were able to calculate the true incidence of DCI separately for several groups, because the prospective study provided both the total number of exposures (denominator) and the number of injuries for each group. The incidence was calculated per diver and per dive.

The average incidence was about 10 per 10,000 dives and 1.3 per 100 divers, but in the cold-water wreck group, the average incidence was 37 per 10,000 dives and nearly 4 per 100 divers.

Another group with higher than average incidence appears to be recreational dive professionals: dive guides and instructors. A small subgroup within the PDE divers, it recorded 9.5 injuries per 100 divers. However, the incidence per 10,000 dives in diving professionals was about the average, indicating that they may be hit more often just because they do hundreds of dives per year. Recreational divers diving from liveboards were least affected. In fact, all of nearly 4,000 dives recorded on liveboards ended without decompression sickness.

The reader will find the Report on Decompression Illness, Diving Fatalities and Project Dive Exploration both informative and entertaining. DAN Research cautions that the report presents basic descriptive statistics, which do not have the support of thorough scientific analysis.

However, the statistics raise some questions that we will pursue in more formal, scientific research. One such project, which has begun, is an investigation of the higher incidence of DCI among a small subset of recreational dive professionals we studied. The study will determine whether the incidence of DCI is valid among those divers.

We hope the dive community will continue its support for the research that DAN conducts. Without that support, this report and our ongoing studies wouldn't be possible

Special note: DAN Members can download the report for free from the Members Only section of their website.

*(Con't from page 2)*

### **Expedition Log**

Expedition Log is a new, dynamic, feature-filled software application designed for most recreational SCUBA divers. This product provides the tools to record, graph and print your own SCUBA experiences.

### **Internet Dive Log**

IDL is a PC based dive log. This application is designed to completely replace your log book. Tracks divers, logs, sites, resources, trip reports, downloads with graphs, and provides you with the means to search through vast amounts of data. With IDL each diver can have his/her own web page.

### **MacDiveTable and DiveTableX**

Divers can use their Macs to fill out their dive logs. With these programs, you can enter your dive information and have calculations done for you as you type

### **Mareblu Diving Simulator**

Based on an Haldanian model, this Java software uses a 10 tissue model and graphically displays Nitrogen saturation and desaturation into the different tissues of the body during a simulated dive. It is a useful teaching aid.

### **ReefNet Software**

DiveMaster 2.0 Windows Dive Log and DiveMaster for Palm Organizers allows you to keep track of equipment, personal information, and log statistics as well. They also produce Reef Series: Volume 1 - a CD-ROM fish guide. Download a demo, order online, or locate a dealer.

## 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.

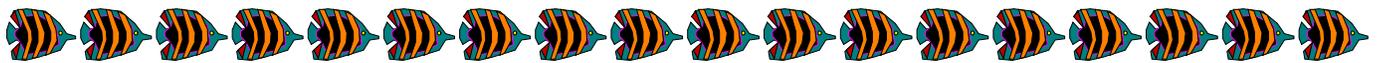
### IMPORTANT MESSAGE FROM THE SAFETY OFFICERS' COMMITTEE

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  
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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 October 2004

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