



# The Mouthpiece



October 2010 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER



## FREE RAFFLE, FREE BBQ, FREE DIVE !! SUNDAY OCT 17

- Who- ADA members and family
- Where- John Lloyd State Park  
1.5 miles north of Sheridan St. on A1A, Dania, Fl. The Jetty pavilion.
- When- Beach dive at 8 am, raffle and bbq at noon.

- MUST BE PRESENT TO WIN RAFFLE PRIZES.
- MUST RSVP TO WIN PRIZES
- Call Lon, 305 251 4975 deadline Oct 10.

- More info-
- For beach diving, bring all your own gear and a dive flag if you have one. The reef is about 100 yds. off shore. The pavilion has covered shelter, very nice bathroom, showers, and changing room. We will have the bbq and raffle rain or shine, unless a hurricane threatens.
- BBQ will include burgers, dogs, chicken, extras and all drinks.



### Interesting in Diving the Dry Tortugas in October 21–24 ?

I'm thinking of signing up for a liveaboard (non-ADA) dive trip to the Dry Tortugas in October and am wondering if other ADA members might be interested in going too.

The Dry Tortugas are about 70 miles from Key West, and some wonderful natural resources are found here, including sea turtles, more pristine coral reefs than are normally seen near the mainland/Florida Keys, and hundreds of species of fish. The area also has important nesting colonies of birds, and features Fort Jefferson (part of Dry Tortugas National Park). This area is closer to Cuba than to Key West!

Here is a link to the trip description:  
[http://www.spreeexpeditions.com/dry\\_tortugas.asp](http://www.spreeexpeditions.com/dry_tortugas.asp)

The trip departs the night of Thursday, 10/21/10 from Stock Island (next to Key West) and returns the afternoon of Sunday, 10/24/10.

Lily Ferguson

## October

- Oct. 3 Sun. PM Duanne wreck (*advanced*). \$49  
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.**
- Oct. 10 Sun. PM N. Key Largo reef \$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.
- Oct. 16 Sat. AM, BNP reef, (includes two tanks) BBQ \$10 \$59  
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. 24 Sun PM Ft Lauderdale (*advanced*). \$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. **See advanced criterion this issue.**
- Oct. 31 Sun PM Spiegel Grove (*advanced*). \$49  
Come explore our local big one. Lots to see and plenty of challenges. **See advanced criterion this issue.**

## November

- Nov.7 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.
- Nov.13 Sat Am BNP \$59 includes two tanks  
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'.
- Nov. 21 Sun. 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.**



## REMAINING FALL 2010 DERBY DATES:

- \* October 16th: Middle Keys Lionfish Derby at Keys Fisheries in Marathon, FL
- \* November 13th: Lower Keys Lionfish Derby at Hurricane Hole Marina in Key West, FL

## FOR EACH DERBY- PRIZES GIVEN TO TOP 3 TEAMS IN EACH CATEGORY:

- \* MOST LIONFISH: \$1,000 cash, \$500 cash, \$250 Divers Direct Gift Certificate
- \* BIGGEST LIONFISH: \$500 cash, \$200 cash, \$100 Divers Direct Gift Certificate
- \* SMALLEST LIONFISH: \$500 cash, \$200 cash, \$100 Divers Direct Gift Certificate

To REGISTER, GO TO: <http://www.reef.org/lionfish/derbiesregistrationform>

- \* REGULAR REGISTRATION- register by the Wednesday before each Derby. \$100 for a team of up to 4 people and includes a pair of puncture resistant gloves (retail at \$50) and two banquet tickets.
- \* LATE REGISTRATION- register the Thursday or Friday (register at the Captain's meeting at the latest) before the derby. \$120 for a team of up to 4 people; includes a pair of puncture resistant gloves and two banquet tickets.

## SCHEDULE OF EVENTS:

\* Friday Before Derby, 7:00 p.m.: Captain's Meeting, mandatory for the team captain and all team members are encouraged to attend. There will be a briefing on safe collection and handling procedures for lionfish. All liability forms must be submitted before or at the captain's meeting.

### \* Derby Day:

Sunrise: Teams may begin collecting lionfish.

4:30- 6:30 p.m.: All lionfish must be turned in to the scoring station at Coconuts.

6:00- 7:00: Social and Lionfish Tasting

7:00: Banquet Begins

7:45- 8:30: Raffle and Awards Ceremony

For full derby information, including tournament rules and liability releases, go to <http://www.reef.org/lionfish/derbies>.

Point of Contact: Alecia Adamson, [alecia@reef.org](mailto:alecia@reef.org), (305) 852-0030



## **Diving Medicine Articles**

### **Marine Life Trauma**

By Paul S. Auerbach, M.D., M.S.

#### **Lionfish, Scorpionfish & Stonefish Envenomations:**

Soaking the wound in non-scalding hot water to tolerance (110 to 113 F / 43.3 to 45 C)

- may provide dramatic relief of pain from a lionfish sting,
- is less likely to be effective for a scorpionfish sting, and
- may have little or no effect on the pain from a stonefish sting, but it should be done nonetheless, because the heat may inactivate some of the harmful components of the venom.

If the injured person appears intoxicated or is weak, vomiting, short of breath or unconscious, seek immediate advanced medical care

Wound care is standard, so, for the blistering wound, appropriate therapy would be a topical antiseptic (such as silver sulfadiazene [Silvadene] cream or bacitracin ointment) and daily dressing changes. A scorpionfish sting frequently requires weeks to months to heal, and therefore requires the attention of a physician. There is an antivenin available to physicians to help manage the sting of the dreaded stonefish.

#### **Ciguatera Poisoning**

Ciguatera fish poisoning involves a large number of tropical and semitropical bottom-feeding fish that dine on plants or smaller fish, which have accumulated toxins from microscopic dinoflagellates, such as *Gambierdiscus toxicus*. Therefore, the larger the fish, the greater the toxicity. The ciguatoxin-carrying fish most commonly ingested include the jack, barracuda, grouper and snapper.

Symptoms, which usually begin 15 to 30 minutes after eating the contaminated fish, include abdominal pain, nausea, vomiting, diarrhea, tongue and throat numbness, tooth pain, difficulty in walking, blurred vision, skin rash, itching, tearing of the eyes, weakness, twitching muscles, incoordination, difficulty sleeping and occasional difficulty in breathing. A classic sign of ciguatera intoxication is the reversal of hot and cold sensation (hot liquids seem cold, and vice versa), which may reflect general hypersensitivity to temperature.

Persons can become severely ill shortly after they are poisoned, with heart problems, low blood pressure, deficiencies of the central and peripheral nervous systems, and generalized collapse. Unfortunately, many of the debilitating, but not life-threatening, symptoms may persist in varying severity for weeks to months.

#### **The Treatment**

Treatment is for the most part based upon symptoms without any specific antidote, although certain drugs are beginning to prove useful for aspects of the syndrome, such as intravenous mannitol for abnormal nervous system behavior and abnormal heart rhythms. A physician must undertake these therapies.

Prochlorperazine may be useful for vomiting; hydroxyzine or cool showers may be useful for itching. There are chemical tests to determine the presence of ciguatoxins in fish and in the bloodstream of humans, but not yet a specific antidote. If a person displays symptoms of ciguatera fish poisoning, he/she should see a physician promptly.

During recovery from ciguatera poisoning, the injured person should exclude the following from the diet: fish, fish sauces, shellfish, shellfish sauces, alcoholic beverages, nuts and nut oils.

**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](mailto: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!

## IMPORTANT NOTICE

Send checks and money orders for activity payments, payable to ADA, to:

Jerry Kosakowski  
8221 N. W. 8 Place.  
Plantation Fl. 33324



## 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:

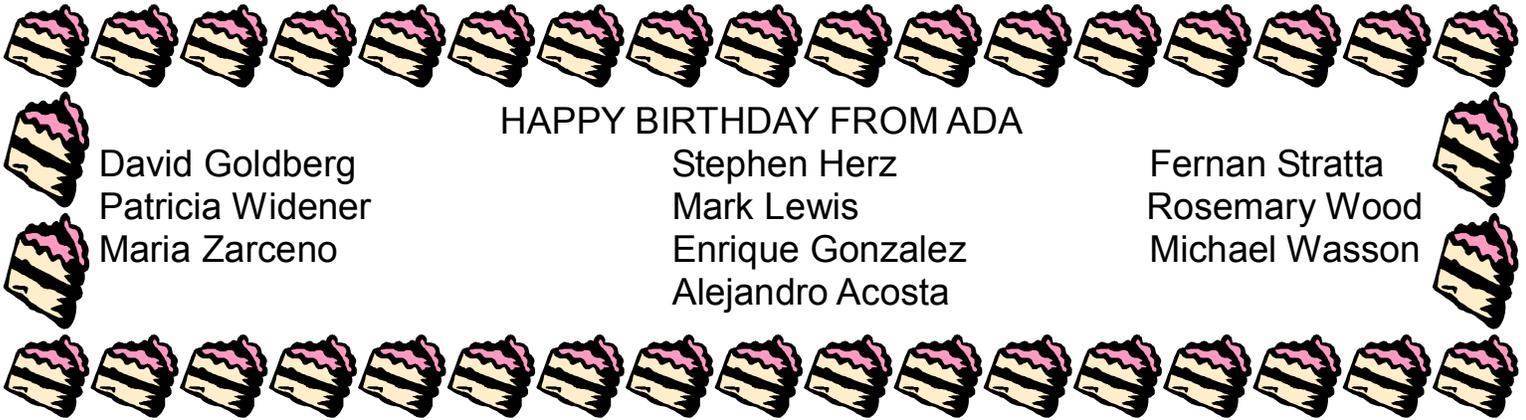
Dive shop A- walk in divers \$99

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.



## 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 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

Instruction • Sales • Service • Rentals



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

The Mouthpiece  
ACTIVE DIVERS ASSOCIATION  
NEWSLETTER  
*September 2010*

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

Membership:  
Frank Young  
1115 Country Club Prado  
Coral Gables, FL 33134  
305-903-1113  
Membership@activedivers.org

Conservation:  
Peter Taylor (305) 669-3160

Newsletter:  
Steve Herz (305) 606-6331  
Newsletter@activedivers.org

Website: [www.activedivers.org](http://www.activedivers.org)  
Email: [info@activedivers.org](mailto:info@activedivers.org)