



The Mouthpiece



March 2012 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

ADA

SEASON KICKOFF EVENT
AND
18th ANNUAL VOLUNTEER APPRECIATION DAY
March 24, 2012

Who: All ADA members, family, and prospective members.
What: Awards, BBQ dinner, guest speaker, Diver of Year, 2010
Where: The beautiful garden home of June Wood, 6080 Alton Rd. Miami Beach, Fl.
When: 4 pm, Sat. March 24

Program:
4 pm. social and happy hour.
5 pm. dinner, Shorty's BBQ will be served promptly at 5
6 pm. awards, program notes, announcements, and speaker.

Free parking on the street in front of Mrs. Wood's home. To show our appreciation for the efforts of our volunteers, we have planned this special day. Please join us for an evening of good food, good friends.

RSVP NO LATER THAN MARCH 20,
Call Lon, 305 251 4975, mail check, payable to ADA, to 13374 SW 46 terr. Miami 33175
Cost- \$10.
Menu- BBQ chicken, ribs, all the fixen's and drinks

Those honored include-

Dr. Dan Baeza

June Wood

Jerry Kosakowski

Daryl Johnson

Roger Bach

Lee Wood

Connie Crowther

Steve Herz

Rachel Hancock

Pat Hudson

Chris Wood

Sharon Baron

Frank Young

Carol Cox

Helen Colby

Mo Smith

Robert Fox

Active Divers Association Adventure Dive Trip (ADA ADT)

Flamingo Beach Resort, Costa Rica

Ten lucky divers escorted by Dan and Daryl will enjoy the best Costa Rica has to offer. The trip includes four nights of lodging and three days of two tank of Pacific coast drift diving, with an option to purchase additional dives and days. To provide maximum flexibility for length of stay and preferred airline, airfare is not included, but we will provide recommendations based on our travel plans.

Costs are not finalized, but are expected to be similar to last year's Tobago trip. There will also be an opportunity to go on one or more optional excursions. So far we have:

- Half-day catamaran tour: Includes open bar, drinks, snacks, snorkeling/kayaks and sunset view
- ATV tour
- Zip-line Tour

ATV + Zip-line Tour

Additional details will be provided in next month's newsletter.

Last year's trip sold out quickly, so place your \$100 deposit soon. Contact Daryl or Dan for more information.

Daryl Johnson: [954-591-1161](tel:954-591-1161)

Dan Baeza: [954-260-8225](tel:954-260-8225)

ADA SCUBA SKILLS TUNE-UP EVENT

Calling all ADA Members! Save the date for Saturday, May 12th for the ADA Scuba Skills Tune-up Event.

This exciting event will generate awareness of ADA and encourage new members to join. ADA will reach out to the community and provide an opportunity for lapsed scuba divers to brush up on their skills in a relaxed, friendly environment. It will also provide an opportunity for prospective ADA members to meet and get acquainted with the membership, learn about our dive trips and join ADA!

Date: Saturday, May 12th, 9am to 2pm

Location: AD Barnes Pool 3401 SW 72 Ave. Miami, FL

Price: Free to current paid-up ADA members; \$25.00 one-day only membership promotion for certified divers wishing to join ADA at the event – offer available to new members only.

Events and Activities: Ongoing Scuba Tune-Up Clinics taught by Safety Officers and PADI-certified scuba instructors. Clinic topics include re-familiarization and assembly of scuba equipment, proper use of equipment, and refresh on the typical pool skills with scuba equipment taught in the Open Water course. Also covered will be safety topics, equipment, dive planning, underwater environment, computer use, etc. Note: This is not the official PADI scuba refresher course and participants do not receive any sort of certification for this event.

Potluck Lunch: Poolside – bring a dish to share.

Volunteers Needed: If you would like to volunteer for the registration table, lunch setup, clean-up, or clinic instruction, please contact Rachel at rachelhancock7@gmail.com or call 786-316-9852.

Spread the Word and Bring Your Friends! We want to use this event to get in as many new members as possible so please spread the word and bring your friends. There will not be another opportunity to join ADA for just \$25 for the rest of the year.

ADA 2012 Dive Schedule

April

28 N. Key Largo

May

6 BNP
12 Miami reef
20 Tavernier
26 Hollywood

June

2 Islamorada
10 Pennekamp
16 W. Palm
24 BNP

July

7 Miami Wreck
14 Tavernier
14 Tavernier nite
22 Ft. Lauderdale

Aug

4 Islamorada
12 BNP
19 W. Palm
25 Eagle wreck
25 Tavernier nite

Sept

2 Pompano
8 Pennekamp
16 Islamorada
23 Miami wreck
29 S, Key Largo

Oct

7 Hollywood
14 BNP
20 Speigal Grove
wreck
28 Ft. Lauderdale

Nov.

4 Duanne wreck
11 Boynton
Beach

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.

ADOPT A SHARK

The RJ Dunlap Marine Conservation program at the U of M Rosenstiel School has developed a shark tagging technique to study bull sharks, tiger sharks, and hammerheads sharks, all by satellite. Shark populations in S. Florida have been on the decline. The Dunlap program hopes to find out why.

You can help.

For a tax deductible \$2000, you can purchase a satellite tag, name your shark, and track it's movements in real time via Google.

For more info go to www.rjd.miami.edu or call [305 421 4356](tel:3054214356).

I Need to Get in Shape: Where Do I Start?

By Jessica Adams, Ph.D., and Stephanie Deltufo, B.S.

Every morning, like most Americans, I commute to work. I drink my coffee and note the gazellelike runners who are lucky enough or crazy enough to get out and jog the morning shift. Sometimes when commuting with friends (it's good for the environment) I hear, "Why do people like that run?" Implicit in this comment are unspoken words like "skinny," "muscular," "lean," "toned" and "ultra fit."



Fitness is a transient phenomenon. Everyone can get more fit. Conversely, everyone — even that morning jogger — can experience fitness declines. All it takes to lose fitness is decreasing training overload; that is, failing to continually stress muscles to improve their performance. This is why the diet and supplement industry is a multibillion-dollar industry. The unfortunate reality is that there are no true quick fixes; fitness is a lifestyle.



Contrary to popular belief, there is no "best" diet workout. Successful fitness programming is very personal. Everyone's body is unique to some degree; fitness programs have to be tailored to suit your individual goals and lifestyle. If you simply move a little more and eat a little better each day, you are destined to become more fit. Conversely, if you do the opposite your waistline is certain to expand.

The only universal component everyone needs is a plan for success. All goals and self-expectations must be realistic and reasonably well suited to your personal daily grind. Here is a framework you can use to make a fitness plan customized to your own personal success.

Step 1: Identify a reasonable goal—For some, a goal may be as straightforward as aiming to lose three inches from the mid-section. Others have lifestyle-specific goals — to climb those five flights of stairs at work and still be able to maintain a conversation with the boss. Some just like to see what else our bodies are capable of attaining: "How many pull-ups can I do?"

Step 2: Determine your reason for selecting this goal—Think about what will improve your overall health and happiness. Fitness is a lifestyle choice, so choose something that will improve your quality of life. It can help to identify an event you'd like to partake in, like walking briskly around the block without getting winded or looking and feeling great for your next dive vacation.

Step 3: Figure out why you are where you are—Recognize the causes of previous fitness degradation. If you haven't identified and confronted past reasons for fitness shortcomings, you won't be able to move forward in your relationship with your body. Review the basics: Determine how you will handle fitting in fitness when you are stressed, working long hours or are confronted with frequent social engagements that involve dining out. When you can successfully identify your pitfalls, you can take precautions against cheating on your body.

Step 4: Identify a method of overcoming each pitfall described above—Learn from past mistakes; plan exercise dates with yourself at more motivating times of the day or before meetings that might run late and cause you to miss workouts. Pay attention to nutrition. Some individuals have reported success by drinking a glass of water just before a meal. Others have opted to meet their daily fruit and vegetable requirements prior to indulging. This helps you—refocus on foods you *can* have rather than obsessing over foods that are "off limits." One client found success incorporating stair-climbing into his routine twice a day. He started with just one flight each morning and afternoon because he could not fit an extra shower into his daily grind.

Step 5: Identify your exercise and nutritional changes—Now it is time for your prescription. According to the American College of Sports Medicine, exercise is medicine. Your prescription must address both exercise and eating habits. It should start small and grow as you adopt a new, healthier lifestyle. Many exercises that can be integrated into your program are available in previous issues of *Alert Diver* or at AlertDiver.com. Adopting a fit lifestyle takes time. It is imperative you incorporate gradual changes to both your nutrition and exercise habits.

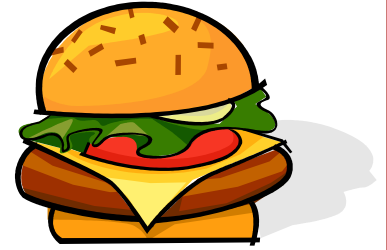
Step 6: Self-evaluation—Ask yourself, "How am I doing? Should I revisit my goals? Have I met or exceeded my expectations?" It is important to provide yourself with regular progress reports. For some people a journal is helpful, for others "there's an app for that." For some, a mental notation suffices. Whatever method works for you, be sure to reevaluate your progress early and often. This helps with accountability, as does a workout buddy. Holding yourself accountable takes work, and a little help from a friend can really make a difference.

Note: To avoid an increased risk of decompression sickness, DAN recommends that divers avoid strenuous exercise for 24 hours after making a dive. Always make sure that you have medical clearance to exercise during your annual physical exam or following any changes in your state of health.

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.

For Now, all ADA dives in 2012 will remain \$49. **Boat Ticket only!** Except the BNP dives which are \$59.

These prices may be changed without notice.

HAPPY BIRTHDAY FROM ADA



March

Lee Wood

Clive Hew

Richard Auger

Thomas Obermeier

Gustavo Albor

Javier Aparisi

Allen Smith

Margaret McAlister

Jerry King

Rachael Hancock

Divers Den

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Phone: (305) 595-2010
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ACTIVE DIVERS ASSOCIATION

NEWSLETTER

March 2012

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Frank Young

1115 Country Club Prado

Coral Gables, FL 33134

305-903-1113

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