



# The Mouthpiece

May 2007 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER



## MAY DIVE SCHEDULE

May 5 AM

Biscayne Nat'l Park and BBQ

BBQ \$10

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', vies 30-60'. **BBQ after dive, see article this issue.**

May 12 PM

Miami Wreck (Advanced)

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.**

May 20 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 morays, schooling tropicals, unusual pillar corals

May 26 AM

Elliot Key

Reefs, Reefs, and more reefs. Fish, Fish and more fish. Great diving, Good visibility. Comfortable depths. And TERRIFIC PEOPLE to dive with. Did I mention Reefs and Fish?

## JUNE DIVE SCHEDULE

June 3 PM

Islamorada

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.

June 10 PM

Pennekamp

All the great sites Pennekamp has to offer. Great Reefs, lots of fish.

June 17 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.

June 24 PM

Palm Beach

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

June 30 AM

Elliot Key

Sites - The Wall, Anniversary, Rocky Reef, Elkhorn Forest, Cuda Ledge, Ball Buoy, Doc De-Milly. Expect currents, usually we drift dive the deep reefs. Depths 70-110', average visibility 40-80'. Only one commercial dive boat allowed in area.

## ADA MEMBERS HOWL AT THE MOON!

### DIVER OF THE YEAR AMAURY CRUZ!

On April 14, a large contingency of ADA members assembled in Ft. Lauderdale, Fl, in a rather unique and colorful establishment known as "Howl at the Moon", to honor the many volunteers who have made it possible for ADA to offer the programs, services, and diving opportunities the past year. After dining on the endless tables of all kinds of goodies, the crowd settled down to enjoy an evening of fun and awards. First, there were a number of free door prizes that were sprayed among the members. Lucky winners walked away with all kinds of neat goodies. One person, I won't mention her name, won two prizes. Was there a fix? We don't know, but all had a good time. Also the coveted "Diver of 2006" was awarded to our very own Amaury Cruz. This award is given annually to the member who has completed the most dives with ADA the past year. Congrats to Amaury. From what I see so far this year, he does not plan to give up this crown. Will you challenge him this year? Let's go diving!!  
Lon

## APRIL NEWSLETTER CORRECTION

In the April newsletter in the article entitled "ADA dive pacs 2007", the following was erroneously omitted: All dive pacs are non-refundable, non-transferable, and must be used in 2007" We apologize for any misunderstanding or hardship this may have caused.

## FISH IMPLANTS TRACK MOVEMENT

Marine Biologist James Lindholm, with the Pflieger Institute of Environmental Research in California has been trapping fish in the Florida Keys and implanting them with a tracking device. 45 fish in the last two years have been fitted with this device. Acoustic receivers along the Keys will help researchers to track the movement of the fish. Within the next year, the study is expected to give the Marine Sanctuary managers a better understanding of the movement of hogfish, grouper, parrot fish, and snapper.

## ADA SPECIAL-

### EMERGENCY FIRST RESPONSE

THE **NEW** CPR AND FIRST AID

FOR DIVING ACCIDENTS

8 am, May 20, Florida Keys Dive Center  
(we have a dive after the class)

\$50, includes manual and certification card

( a \$120 value)

Why take?  
emergency help  
learn the **new CPR**  
perquisite for PADI courses

Call Lon 305 251 4975 to sign up  
Mail check payable to ADA  
13374 SW 46 Terr.  
Miami Fl. 33175

Reference section on coral, jellyfish and hydroid stings,  
heat stroke, heart attack, many others.

## ADA MEMBERS WIN BIG!!

Last October, ADA held its annual **FREE** raffle at Hollywood Beach. A number of members enjoyed the **FREE** beach dive just before the **FREE** BBQ. The weather was picture perfect, the seas calm, and sky blue. After sampling all of the **FREE** BBQ items, the crowd grew tense and the drums rolled. Then the **winners** of the **FREE** raffle were announced. and they are:

**Winner** of a free dive is **Sharon Baron**  
**Winner** of a free dive is **Enrique Gonzalez**  
**Winner** of a free dive is **Dennis Metrock**  
**Winner** of a free dive is **Jack Hildreth**  
**Winner** of a free dive is **Lee Wood**  
**Winner** of a free dive is **David Ray**  
**Winner** of a free dive is **Jim Kiernan**  
**Winner** of a free dive is **Adel Nickelson**  
**Winner** of a free dive is **Trish Jacobs**  
**Winner** of a free dive 5 pac is **Carol Cox**  
**Winner** of Canes football tickets is **Doug Couvertier**

These lucky winners earned free raffle tickets by attending ADA activities, wearing the ADA t shirt, cooking BBQs, and referring new members.

(see article on free raffle in this and every issue of the Mouthpiece.) Contact Lon to claim your prize.



### ADA DIVE PACS 2007

Many of our members took advantage of the convenience and savings of purchasing dive pacs last year. ADA is again offering dive pacs for this year.



Single purchase two tank local dives \$39  
5 pacs-5 local two tank dives for \$165



Prices are for boat tickets only.

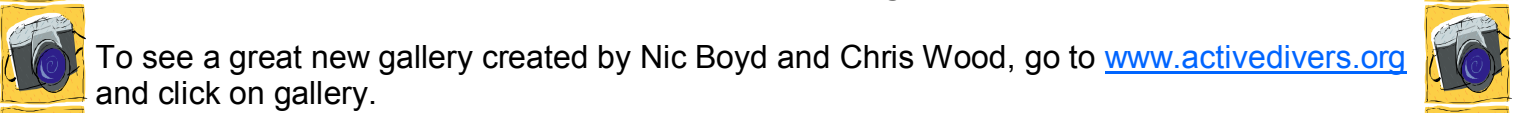
You may purchase a pac and later decide which dives you wish to reserve. Specialty dives are at higher prices, will be announced.



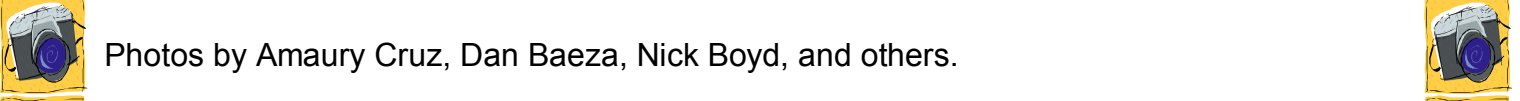
**ALL DIVE PACS ARE NON-REFUNDABLE,  
NON-TRANSFERABLE AND MUST BE USED IN 2007**



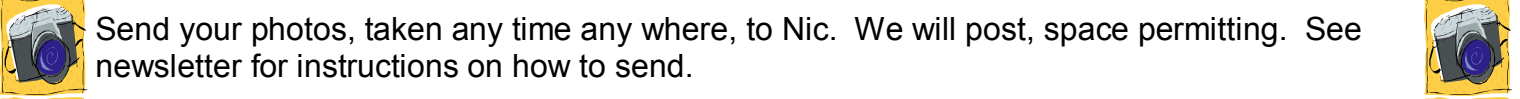
## Photo Gallery



To see a great new gallery created by Nic Boyd and Chris Wood, go to [www.active Divers.org](http://www.active Divers.org) and click on gallery.



Photos by Amaury Cruz, Dan Baeza, Nick Boyd, and others.



Send your photos, taken any time any where, to Nic. We will post, space permitting. See newsletter for instructions on how to send.



Good job guys!!



### PHOTOS WANTED!!!

Want to see your name in lights? Want to be the star of the show? Want to be rich and famous? Well....we can't promise that, but if you are a photographer we welcome your photos of your u/w adventures AND top-side shots of ADA and members at any and all ADA activities. We will publish your shots in our monthly newsletter THE MOUTHPIECE on a space available basis. "Please send electronic (one meg or less) or film (with self addressed envelope if you want them returned) pics of this year's dive/activities to:

Nic Boyd  
One S. Ocean Blvd # 204  
Boca Raton, Fl. 33432

or email to: [nboyd@oceanlandinc.com](mailto:nboyd@oceanlandinc.com)

Include your name and names of other people, if you know them, and location."

Send your photos, taken any time any where, to Nic. We will post, space permitting. See newsletter for instructions on how to send.



## 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!



## Keys Travel Delays 15-30 minutes.

Due to a large construction project on US 1, between Homestead and Key Largo, travel times to all sites in the Keys will be longer than usual. Plan to depart home earlier to avoid arriving late. Remember, divers must attend the briefing to be eligible to dive. Arriving late stresses everyone and detracts from your dive experience and enjoyment.

## PROUDLY WEAR YOUR ADA T-SHIRT!!!

You will earn 5 raffle tickets by wearing your ADA t-shirt at all ADA dive briefings. We want to see a sea of RED ! This a great way to tell everyone you are a member of the Biggest, Baddest, Boldest, Bravest, Bestists, bunch of divers on the face of the earth!! Everyone will ask, "Who are these red wonders?" It is also a good way to recruit new members and earn 20, that's right TWENTY RAFFLE TICKETS FOR THE BIG Free Drawing in October

## Nasal Irrigation Helps Divers Clear Ears Naturally

**Large volume nasal irrigation reported to be an effective natural alternative to decongestants for many recreational divers who have nasal congestion and difficulty equalizing pressure in their middle ears**

**RALEIGH, NC. – April 3, 2007** – A study by David F. Colvard, MD, of Raleigh, North Carolina, showed that large volume nasal irrigation can help in solving a very common problem faced by recreational scuba divers.

Middle “ear squeeze” caused by difficulty equalizing the pressure in ears during descent and ascent is among the most common problems in recreational scuba divers. Most divers use pre-dive decongestants (in oral, spray or drops form) to help equalize pressure in their middle ears and sinuses. However by performing a large volume nasal irrigation, experienced divers achieved middle ear pressure equalization with a reduced usage of decongestant medications. Some even reported to have discontinued using decongestants.

Between November 2005 and September 2006 one hundred (100) scuba divers completed web-based “Before” and “After” questionnaires. They were invited to participate based on a diver safety survey conducted in 2004 by Dr. Colvard. Only those divers who reported difficulty equalizing the pressure in their middle ears or were using decongestants were invited to participate in the study. After completing the “Before” questionnaire, the study participants were sent free samples of NeilMed’s SINUS RINSE™ buffered saline nasal irrigation system. They completed the “After” questionnaire after using the product and completing the diving.

Study highlights include the following:

- ✦ Forty-four (44.0%) reported less nasal congestion after using SINUS RINSE™ system.
- ✦ Sixty-nine (69.0%) reported reduced difficulty in clearing or equalizing their ears.
- ✦ Forty-one of 68 divers (60.3%) who used oral decongestants reported decreased use, or discontinued use completely.
- ✦ Twenty-one of 38 divers (55.3%) who used decongestant sprays or nasal drops reported decreased use, or discontinued use completely.
- ✦ None reported increased use of decongestants in any form.

Seventy-two (72.0%) were satisfied with their experience and indicated that they would recommend the SINUS RINSE™ system to other divers.

Experienced scuba divers continue to dive despite the medical risk of nasal congestion and difficulty clearing or equalizing the pressure in their middle ears. Buffered saline nasal irrigation can effectively and safely reduce nasal congestion and decrease the frequency and difficulty in clearing or equalizing the pressure in the middle ears of many divers. Additionally, nasal irrigation can decrease the use of decongestants, either oral or spray or drops, and reduce the risk of rebound congestion and reverse middle ear squeeze, during, or after a dive when the effect of the decongestants may have worn off.

Based on the results of the study, Dr. Colvard said that he believes that “a large volume, buffered saline nasal irrigation system like NeilMed’s SINUS RINSE™ appears to be an economical, convenient, safe, and effective natural alternative to decongestants for many recreational divers who have nasal congestion and difficulty equalizing pressure in their middle ears”.

**WARNING: DO NOT RINSE IF NASAL PASSAGE IS COMPLETELY BLOCKED OR IF YOU HAVE AN EAR INFECTION OR BLOCKED EARS.**

**This study was sponsored by NeilMed Pharmaceuticals.**

More information on the NeilMed Sinus Rinse™ is available at [www.neilmed.com](http://www.neilmed.com) or by calling 1-877-477-8633 for brochures and product information.

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**[www.divepsych.com](http://www.divepsych.com)**

**David F Colvard, MD**

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**Voice 877-265-8273 (USA 011) or 919-781-3141. Fax 919-781-3141**

**NeilMed Pharmaceuticals, Inc.**

**601 Aviation Blvd, Santa Rosa, California, USA 95403**

**e:mail your questions at [questions@neilmed.com](mailto:questions@neilmed.com)**

**Or call 877-477-8633 (USA 011) or 707-525-3784: FAX: 707-525-3785**

## 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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Web Page: DiversDenmiami.com

## The Mouthpiece ACTIVE DIVERS ASSOCIATION NEWSLETTER

*April 2007*

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