



The Mouthpiece



June 2012 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

ADA REFRESHER RE- PORT

May 12, 2012, A. D. Barnes Pool,
Miami, Fl.

A large group assembled under the
canopy, pool side,
to meet and greet at the 2nd annu-
al scuba skills

refresher. Led by Instructor Rachel
Davis, and assisted
by Connie Crowther, everyone, in-
cluded the 6 ADA Safety Officers

in attendance, learned many important diving facts, figures, techniques,
and safety procedures. Later the group broke into smaller groups and
began the water skills portion. Basic skills, as well as more advanced
techniques were reviewed. After almost two hours in the pool, lunch
was provided and enjoyed by all.



Thanks to:

Rachel Davis
Connie Crowther
Dr. Dan Baeza
Daryl Johnson
Lee Wood
Frank Young
Vicki Ramirez



ADA COSTA RICA TRIP

Ten lucky divers will be escorted by Dan and Daryl for an extraordinary dive trip to the Pacific coast of Costa Rica. We will stay 4 days and 5 nights at the beautiful Flamingo Beach Resort and Spa in Playa Flamingo, Guanacaste, Costa Rica. There we will enjoy three days of two tank Pacific Ocean drift diving in the pristine waters off the coast.



The cost of the trip is \$769 payable to ADA (Jerry Kozowski, treasurer). Airfare is **NOT** included, to allow those the flexibility to use a specific airline or frequent flyer package. A \$100 non-refundable deposit is required to book the trip (we have already received some deposits!!), and the final payment of \$669 is due May 10, 2012. After this date, all payments are final and NO refunds will be possible. Non-divers may attend for \$514, subject to availability. If you have a preferred roommate, please let us know at the time of booking, otherwise, one will be selected for you.

The resort is approximately a two hour ride from the airport. The group will depart from Daniel Oduber Quiros International Airport (LIR) in Liberia, Guanacaste at 4:00pm on July 19, so be sure that your flight arrives no later than 2:00pm. Schedule your return flight to leave LIR no earlier than 11:00am on July 23. In planning a trip of this nature, there are many variables on flight schedules and rooming arrangements. We will try to accommodate as many permutations as possible.

Lunches and dinners are on your own. The area surrounding the resort has a cornucopia of restaurants to explore and enjoy, so be daring and see what they have to offer. Afternoons are free, so in addition to the diving experience, Costa Rica offers a wide variety of adventure side trips including zip-lining, luxury sunset boat cruises, and ATV trips to fill your time, or you can simply take advantage of the beach and the resort's amenities and chill out. Check out the area and resort on Trip Advisor. It has received many great reviews.

As we get closer to the departure date airfares will change, so now is a good time to start checking them out.

Feel free to contact Dan at 954-260-8225, email dmbaeza@bellsouth.net, or Daryl at 954-591-1161, email diverdayl@bellsouth.net for questions or reservations.



In summary, the trip includes:

1. 5 days / 4 nights of standard rooms at the Flamingo Beach Resort, double occupancy. Single occupancy available for an additional charge.
2. Breakfast daily
3. RT Airport transfers from Daniel Oduber Quiros International Airport (LIR) in Liberia, Guanacaste. [Note: Transfers from Juan Santamaria International Airport in San Jose (SJO) are available for a \$100 additional

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.

June

6-2 Sat. pm Islamorada \$49 shallow reef
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.

6-10 Sun. pm Pennekamp \$49 shallow reef
Sites may include: The Christ of the Abyss, Molasses, French Reef, The Benwood Wreck, City of Washington Wreck. Average depth 30', usually no current. Average visibility is 30-50' with many tropicals, morays, cudas.

6-16 Sat 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.*

6-24 Sun pm BNP \$59 shallow reef, 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', vis 30' – 60'.

6-30 pm N. Key Largo \$49 shallow reef
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 tropicals, morays, cudas.

July

7-7 Sat. 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.*

7-14 Sat, pm Tavernier \$49 shallow reef
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.

7-14 Sat. Nite 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 tropicals, unusual pillar corals. **We'll teach you how to night Dive!**

7-22 Sun. pm Ft. Lauderdale \$49 shallow reef
Nice and easy does it. Many reefs to choose from. Great reefs and terrific picture taking opportunities.

7-28 Sat pm N. Key Largo \$49shallow reef 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 tropicals, morays, cudas.

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).

WORDS OF WISDOM

By failing to prepare, you are preparing to fail.
Dive your experience, not your certification card.
Plan your dive, dive your plan.
Learn from others' mistakes.

EXERCISE AND THE RISK OF DCI

(decompression illness, aka the bends)

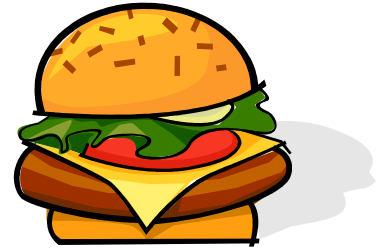
1. Exercise during a dive increases nitrogen uptake and is thought to increase the risk.
2. Gentle exercise during decompression, (safety stops) has been advocated to reduce risk.
3. Vigorous exercise after a dive is discouraged because of the potential to promote bubble formation.

For more complete details go to www.alertdiver.com Alert Diver is published by DAN (Diver Alert Network) and is one of the best sources of information for serious divers.

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



June

Michelle Lucking

Christopher Lucking

Connie Crowther

Jorge Gonzalez

Vickie Ramirez

Robert Jones

Mauricio Smith

ADA RULES & REGULATIONS

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

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 budded 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

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.

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 insur-

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:
Jerry Kosakowski, 298 NW 83 Lane Coral Springs FL 33071-7439 You may also pay online via PayPal on the "Dive Schedule" page.



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The Mouthpiece
ACTIVE DIVERS ASSOCIATION
NEWSLETTER

June 2012

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