

The Mouthpiece



JULY 2001

THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

JULY-AUGUST DIVE SCHEDULE

▶ ▶ ▶ For the yearly schedule please visit www.activedivers.org ◀ ◀ ◀

JUL 8, SUN MORNING MIAMI BEACH (ADVANCED) \$29.00

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.

JUL 14, SAT AFTERNOON DANIA BEACH \$29.00

Sites include Tracy, Jay Scutty, The Caves, Sunrise Ledges, The Peter, Oakland Ledges, Hog Heaven, Average depth 40-60', visibility 30-50', usually mild currents.

JUL 22, SUN MORNING BISCAYNE NATL. PARK (ADVANCED) \$45.00 (Tanks Incl.) (BBQ \$7)

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. BBQ after dive, see article this issue.

DIVE MANIA WEEKEND

JUL 28, SAT AFTERNOON S. KEY LARGO \$29.00

Sites include: Molasses, Spanish Anchor, Hole-in-wall, French, Pickles. Average depth 35-40', average visibility 50-70', expect currents and high voltage action. High profile corals.

JUL 28, SAT NIGHT S. KEY LARGO (NIGHT) \$35.00

Sites include: Molasses, Spanish Anchor, Hole-in-wall, French, Pickles. Average depth 35-40', average visibility 50-70', expect currents and high voltage action. High profile corals.

JUL 29, SUN MORNING N. KEY LARGO \$29.00

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, moreys, cudas.

AUG 5, SUN AFTERNOON S. ISLAMORADA \$29.00

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.

AUG 11, SAT AFTERNOON FT LAUDERDALE (ADVANCED) \$29.00

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. See advanced criteria this issue.

AUG 18, SAT MORNING BISCAYNE NATL PARK \$45.00 (Includes 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'.

(continued on next page)

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. BBQ after dive, see article this issue. **BBQ after dive, see article this issue.**

ADA WENT KAYAKING

by Roberto Raimundez

ADA went Kayaking at Rattlesnake Key. The date was Sunday, June 3, 2001. Seventeen ADA members and their friends joined in on the fun. We put in our kayaks and everyone headed off. We paddled through a narrow path of Mangroves and came out to the open water. During our way to Rattlesnake Key, we stopped at a submerged barge. We paddled, relaxed and watched the sea animals play and swim. The sea lice were very bad at this time, but a few brave ADA'ers jumped in anyway. We stopped finally at Rattlesnake Key. It has three little beaches and an opening to go into North Sound Creek - which was the way home. But the tide was so low there wasn't enough water to paddle through. So we had to go back the way we came. It was still fun, but it made the trip a little longer. Next time we'll know to check the tide. We arrived safely back where we put in and everyone had a great trip.

Editors Note: Roberto is one of our "Junior" ADA'ers and son of Julio Raimundez, one of our safety officers. He participated in our Kayak Adventure and we thank him for submitting this article. The trip was a huge success and was a lot of fun. We have another trip planned....see the article in this issue!

Species Spotlight - (From Florida Monthly - June Issue)

What does it take to make a coral reef? Start with clear, shallow, warm seas, add billions of tiny creatures called coral polyps, mix in some algae, wait a few thousand years and voilla, you have a coral reef!

Actually, a coral reef is much ore complex than this recipe suggests. The primary reef builders are coral polyps - soft bodied animals related to jellyfish and anemones. Polyps start life as free-swimming larvae that drift for several days before settling onto a hard surface. Each polyp makes it's own hard protective skeleton by extracting calcium from the seawater and combining it with carbon dioxide. From the safety of it's limestone home, where it will stay for it's entire life, the polyp stuns and eats tiny animals with the aid of stinging cells on the tentacles that surround it's mouth. Most shallow water corals, however, get the bulk of their energy from plants called algae that live within each polyp. These helpful plants give the corals their many beautiful colors. Each coral polyp species lives in a separate, uniquely shaped colony. Coral reefs grow as polyps construct new skeletons on old ones. Growth is slow, ranging from one to 16 feet every 1,000 years! Elkhorn, staghorn and brain corals are examples of colonies of reef-building hard corals. Sea fans and sea whips are soft corals - they have more flexible skeletons that move with the ocean currents.

Coral reefs are some of the most biologically diverse ecosystems on earth, second only to tropical rain forests. A wide variety of creatures, from spiny lobsters to sea urchins, find food, shelter and breeding sites in and among the reef's cracks and crevices.

New! ADA T-Shirts & Tank Tops

Show Your team spirit and pride to belong to one of the largest and oldest dive clubs in the USA! On sale at most ADA activities - \$10 each.

CAYMAN BRAC 2001 JULY 19-23

DIVE THE WORLD FAMOUS
Russian Destroyer & Bloody Bay Wall!

5 days and 4 nights-\$945*

***subject to change until ticketed**

(Note: Nondivers \$745)

PACKAGE INCLUDES

- Hotel (double occupancy)
- Round trip air fare
- Breakfast and dinner
- 3 days of 3 tank dives
- Airport transfers (Cayman Brac)

CALL LON TODAY!!!

305-251-4975

July B-Days	
Juan Carvajal	1
Donna Solen	1
Simon Cloleman	3
Susan Leonard	5
Brian Schellhase	12
Steven Brooks	14
Patricia Hackett	20
Cara Johnson	22
Martin Clark	24
Simon McDonough	26
Darryl Blackstone	27
Alejandro Dias	27
Sonya Hess	27
Shelly Seidman	27
Emilie Verdon	28

Earn Free dives & BBQ

Throughout the year, ADA will offer BBQ's after selected dives. You can enjoy both for free! All you do is volunteer to be the chef of the day - we provide a list of foods, you buy & bring to the dive. After the dive, you & the ADA Safety Officer cook & serve to the hungry divers. It's not too hard, and a great way to go for free! Call Lon & sign up. (ADA will reimburse monies spent for food).

Post-Dive BBQ's \$7

July 22 - Bis. Natl Pk. & Aug 26 - Tavernier

Last year our BBQ's were a great success. A hot delicious meal after an exciting dive is a wonderful way to punctuate the day. Cooking will begin just after we hit (not too hard I hope) the dock, and before you have stowed your gear, your choice of grilled meats will be ready for your enjoyment. Including:

- Grilled chicken, hamburgers, hotdogs
- Soda or beer
- Potato Salad, slaw, chips & condiments

When you make your dive reservation, indicate if you plan to join us (check the dive schedule first to make sure it's a BBQ dive) & include an additional \$7 with your dive schedule reservation payment.

REVERSE DIVE PROFILES

DANGEROUS OR NOT???

The following was published in the May 2001 issue of DAN's Alert Diver-

What is a reverse profile? It can be defined as two dives made within 12 hrs. in which the second dive is deeper than the first. (It is usually taught in basic scuba class to do the deeper first) At a recent DAN workshop more than 50 researchers in decompression theory concluded that there was "no convincing evidence that reverse dive profiles within the no-decompression limits leads to a measurable increase in the risk of decompression sickness" and "we find no reason for the diving communities to prohibit reverse dive profiles...."

For complete details see Alert Diver. This information courtesy of the ADA Safety Officers Committee.

!!! NEW !!! ADA KAYAK TRIPS

www.kayakfloridakeys.com

To be held at Florida Bay Outfitters
in Key Largo, MM 103.
(305) 451-3018.

Full day - Kayak & Snorkel

Saturday September 8th. 9:00 a.m.

Indian Key State Historic Site.

(Possible snorkeling at the San Pedro underwater archaeological preserve - depending on seas and weather).

Rent or BYK and join us for a short paddle to Indian Key. Snorkel and explore the shallow reefs around the key. Indian Key history dates from the time of prehistoric Indians to the 1830's, when the key was the seat of the newly created Dade County. Jacob Housman bought the strategic key in 1831 and turned it into a busy port of wrecking. In 1838 Dr. Henry Perrine moved to India Key to pursue his interest in tropical botany where he was killed in an Indian attack in the early morning of August 7, 1840. Indian Key has remained uninhabited and Dr. Perrine's plants have grown over the ruins. For more information call Julio 305-551-7545.

Julio Raimundez, *Social Co-Chair*

(305) 252-7035 x3314

julioraimundez@assurant.com

ADA will be offering more Kayaking trips later this year.



ADVICE TO OLDER DIVERS

Through Project Dive Exploration DAN is trying to answer questions about aging and diving. Using Doppler to detect venous gas emboli over the heart of divers, they found that 30% more bubbles was found in divers at age 57 than those at age 33, and 20 % more in males than females. They concluded that "If we are cardiovascularly fit, exercise regularly, not more than 20% overweight, and have no serious potentially incapacitating disease, we shouldn't stop diving. BUT as we age beyond 60 we might consider limiting our diving to shallower depths...." For complete info on this subject see "Alert Diver" July 2001.

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 buddied 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.

Juli o, Dan, Robert, Lee and Lon

WEEKEND DIVE MANIA!! July 28-29 2001

Mark your calendars for two days and a night of non stop diving! First we travel to South Key Largo for afternoon dives on the many reefs of Pennekamp Park. Then back to shore for a little R and R before the night dive at a different reef. After the night dive just time to wash gear and hit the sack at any of the nearby motels. Early to bed, early to rise, drive to North Key Largo (its only 10 miles) the next morning for more diving on the offshore waters near the Elbow. You may mix and match any combination of any or all of the three dives.

Cost

July 28, pm dive	\$29
July 28 nite dive	\$35
July 29 am dive	\$29
All three	\$90

Motels - your choice, make your own reservations, Call Lon for suggestions. Room mates can be arranged.

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 \$29.00 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 2001.

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.

ADA Gives Talk at local Cub Scout Event

May 31, 2001

ADA staff members Lon Von Lintel, Julio Raimundez and your editor, were on hand at the local Cub Scout's "Blue and Gold Advancement Ceremony". This is Julio's Troop which he helps lead and which his son Roberto is a member of (Roberto participated in our Kayak trip recently and submitted the article for it). I had the honor of speaking to the Scouts about our club and it's role in marine conservation and safety. We showed an underwater video and had the Scouts identify the marine life. They did a great job and were particularly thrilled to see the sharks. We then handed out free ADA T-Shirts to all the kids. We were treated to a nice Dinner afterwards. All in all, a nice evening and great to see so many youngsters excited about our underwater world.

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.

REMEMBER: That family members must have completed individual documentation to register as ADA members.



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Chris Wood (305) 754-6882



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RSD's Top 10

Top 10 Signs You Have NOT Tipped Your Divemaster Enough:

10) After the dive he tries to convince you that the 500 psi left in your tank is just fine for the 500-foot dive he wants to take you on now at no extra charge.

9) He invites you to the annual "Great White - No Cage, No Problem Dive Experience."

8) He hands the tip back saying, "You obviously need this more than I do."

7) Your dive log is signed "M. T. Pawkets."

6) He assists you and your gear off the boat 20 feet from the dock.

5) He waits until you're doing your safety stop under the boat to pump out the marine head.

4) His dive briefing, in its entirety, is "There's a reef somewhere, kind of that way, good luck."

3) When you give him the out-of-air signal under water, he asks you, "Visa or Mastercard?"

2) Your dive at Stingray City is replaced with trip to Sea Wasp City.

1) When you hold out his tip, he looks at it and says, "Drink machine is over there, buddy."

ENVIRONMENTAL NEWS - TROUBLE AHEAD: White House unleashing PR Blitz



©USFWS

The Bush administration is plotting an all-out public-relations blitz to try to sell the president's "drill-and-burn" energy plan. Polls show most Americans don't like the plan because it would weaken environmental protections and it all but ignores energy efficiency and new technologies. The White House's allies in Congress are worried that the unpopular plan could hurt them in next year's elections.

House committees are preparing to consider the plan after the Fourth of July, and insiders say the draft of the legislation is ominous. Despite overwhelming public opposition, it opens the Arctic National Wildlife Refuge to oil drilling. The legislation also gives states the authority to allow for-profit exploitation of our national lands, among other anti-environmental provisions. It's clear that Big Oil hasn't given up on drilling in the Arctic. Interior Secretary Norton has named Camden Toohey, the director of the pro-oil development group Arctic Power, as her special adviser on the issue. That's even though Arctic Power exists solely to lobby for drilling in the refuge. Congressman Edward Markey of Massachusetts criticized the appointment as "an ethical oil spill."

To speak out against drilling in the Arctic refuge, go to www.savearcticrefuge.org

Inside this month's issue you'll find:

- Check out the July-August Dive Schedule
- Trips: Kayak / Snorkel Trip Details - (July 28-29) Weekend Dive Mania Trip
- Reports: Reverse Dive Profiles - Coral Reef Architecture
- New Family Fun Activities - Including Kayaking, Picnics, Camping, BBQ's, and more!
- Environmental & Local Issues

THE Mouthpiece ACTIVE DIVERS ASSOC NEWSLETTER

July 2001 Issue

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15305 SW 104 Ave., Miami, FL 33157

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