



# The Mouthpiece



July 2009 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

## July Dive Schedule

5 Sun AM.

BNP reef \$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'

11 Sat. PM

Palm Beach Adv. reef \$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.](#)

11 Sat Night

Palm Beach reef \$49

See article this issue on Page 2

12 Sun AM

**FREE** Beach Dive,

See article this issue on Page 2

19 Sun PM

Hollywood reef, \$49

Sites may include: The Caves, Josey Reef, Cuda Reef, Lorraine's Delight, Coral Canyons, Shark Reef. Average depth 30', average visibility 40'. Usually no currents, very different from the Keys.

25 Sat. PM

Islamorada reef, \$49

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.

## August Dive Schedule

1 Sat PM

Miami (Advanced) , \$49

BBQ \$10

BBQ CHEF NEEDED. Money tight? Dive and eat for FREE.

Drift dive-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.](#)

8 Sat am

**Free** Beach Dive

See article this issue on Page 2

9 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.

15 Sat pm

Ft. Lauderdale , \$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.

22 Sat. pm

Palm Beach (Advanced) \$49

Drift diving at it's best. Usual to see turtles, sharks, eels, jewfish and other big animals. Depths 80-100', visibility usually 60-80'. Sometimes cold thermal clines, bring your wetsuit. [See advanced criterion this issue.](#)

30 Sun pm

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 tropical's, unusual pillar corals.

Photo Courtesy: Andrew Salimon



## Who Needs A Rollercoaster? We Have The WRECK TREK!

What better way to drift dive, than to drift dive onto four wrecks? Our Four Wreck Trek was Sunday, June 14, 2009 with the American Dream II out of Fort Lauderdale. The current was rip pin' – over 2 knots. It was quite a ride. The Trek included the 120 foot **Merci Jesus**, the 140 foot **Tracey**, also known as the **Ken Vitale**, the **Jay Scutti**, a 100 foot harbor tugboat, and the **Pride**, a 95 foot steel hulled schooner. All four wrecks sit in approximately 70 feet of

water. This was a great dive. The wrecks all had good growth and ample marine life (that is what you could see zooming by at 2+ knots).

Little is know about the **Merci Jesus**, but it lays upright in about 68 feet of water. In 1998, the **Tracey (Ken Vitale)** was sunk and still remains laying upright. The **Jay Scutti** was sunk in 1986. This 95 foot harbor tugboat was built in the Netherlands in 1961 and confiscated during a marijuana smuggling operation. She was purchased at auction by a local businessman and renamed Jay Scutti in memory of his son. The wreck was sunk as an artificial reef on Sept. 19, 1986 and is attached to the wreck of the 95 foot steel work boat, the **Pride**, with a cable. The **Pride** was added to the artificial reef in 1987. The current made for an entertaining safety stop and swim to the boat, but it was worth it. Everybody saw all four wrecks and had a great time. Nobody was upset that we couldn't do the originally scheduled dive, which was Tenneco Towers (which was undrivable due to the current).

The second dive was a much tamer, with less current. It was another drift dive at approximately 25 to 35 feet called "The Caves". It was very healthy reef with nice coral growth and many fish. It was a nice transition from the first "wild ride" dive. All-in-all, it was another spectacular day of diving with the ADA!



**Common Name:** Green Moray

**Scientific Name:** *Gymnothorax funebris*

**Description:** A very large eel, the Green Moray has no scales and instead has a smooth brown body. The Green Moray's body is covered in a yellow mucus that when combined with it's brown skin, gives it a rich green appearance which is the basis for its name. The Green Moray has large sharp teeth - two sets on the top and one on the bottom.

**Maximum Size:** 250cm

**Habitat & Range:** Green Morays are found throughout the Eastern Atlantic Ocean in the area between New Jersey, Bermuda, and Brazil, including the Gulf of Mexico. Green Morays inhabit coral reefs, mangroves, and rocky shorelines to a depth of 100 feet (30 meters).

**Diet:** Moray eels feed on small fish and crustaceans. They hunt primarily at night.

**Lifespan:** Not much is known about the lifespan of Green Morays, however it is thought to be between 8 and 30 years. A Green Moray kept in captivity lived to be 85 years old.

**Predators:** Little is known about the Green Morays predators. It is assumed that they would be threatened by large predators such as sharks but a large adult Green Moray could defend any attacks quite aggressively. Green Morays are taken for human consumption and humans are probably their biggest predator.



**Common Name:** Hawksbill Turtle

**Scientific Name:** *Eretmochelys imbricata*

**Description:** With a similar appearance to other sea turtles the Hawksbill can be distinguished by it's elongated head that ends with a hooked beak that gives it it's name. Measuring in at up to a meter and weighing 80 kg on average, the Hawksbill Turtle can also be distinguished by two claws on each flipper.

**Maximum Size:** 100cm

**Habitat & Range:** Although found primarily around coral reef, Hawksbill Turtles have a wide migratory pattern and can be found as far north as Canada and England and as far south as South Africa and New Zealand. Nesting sites are found throughout tropical waters.

**Diet:** Sponges make up 70-95% of the diet of the otherwise Omnivorous Hawksbill Turtle. The Hawksbill is also known to eat Algae, Jellyfish, and Anenomes.

**Lifespan:** Thought to reach maturity at 30 years of age, Hawksbills are believed to live from 30-50 years.

**Predators:** The Hawksbill Turtle's main predators are sharks and humans.

**Red List Status:** [Critically Endangered](#)

## DEEP DIVING

New divers will usually feel a mixture of excitement and fear at the thought of doing a deep dive. Deep diving can certainly be exciting and it's definitely healthy to maintain a certain level of caution as well.

### How Deep is Deep?

Different divers have different ideas about when a dive is considered a deep dive. To put it in perspective, an Open Water Diver is certified to dive to 60 feet and an Advanced Open Water diver is certified to dive to 100 feet. As part of the Advanced Open Water course a student will complete a Deep Dive to 100 feet, so for an Advanced Open Water Diver any depth greater than 60 feet could be called deep. The limit of recreational diving is considered to be 140 feet and this is the depth that a diver trained in deep diving is certified to descend to. Usually, a deep dive is considered to be a dive between 100 feet and 140 feet.

### Why Dive So Deep?

The main reason to dive deep is to see things that you can't see at shallower depths. It's quite common for well preserved wrecks to be found in deeper water, as the greater depth means less exposure to surface surge. You will also find that different marine life exists at different depths. On tropical reefs it's common to find healthier coral at greater depths due to less exposure to the sun and to divers. Many fish and other marine creatures also prefer greater depths. Of course a disadvantage of diving deeper is less visibility and color due to less sunlight. Many divers will carry a dive light to bring the color back to coral and it is necessary to use strobe lighting for photography at any depth greater than 15 feet and particularly on deep dives.

### Deep Diving Concerns

Like most types of recreational diving, deep diving is very safe as long as the proper precautions are taken. The main concerns in deep diving are increased chances of decompression sickness, rapid air consumption, and nitrogen narcosis.

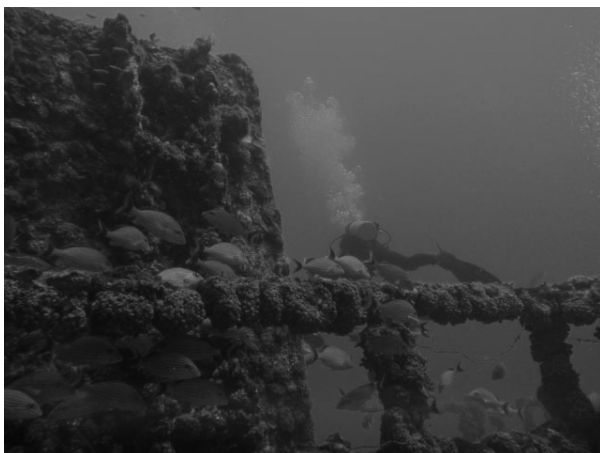
Due to increased pressure at greater depths the chances of decompression sickness are increased. This can be countered by properly planning the dive using dive tables or a dive computer and ensuring that you ascend slowly and complete all necessary safety or decompression stops. Some divers believe performing deep stops in addition to a normal 3 minute safety stop will decrease their chances of suffering from decompression sickness.

Due to more rapid air consumption at greater depths it is important to closely monitor air gauges and to allow a greater air reserve at the end of the dive. It is also recommended to make use of a redundant air source in case you become low on air. This means either carrying an additional small cylinder of air called a pony bottle or having a drop tank available. A drop tank is an additional cylinder with an attached regulator that is hung from a rope off the dive boat. It is normally hung at 15 feet, so that it is easily accessible during safety stops.

The third concern when deep diving is nitrogen narcosis. The air we breathe is constituted of 79 nitrogen, an inert gas that has no effect on our bodies under normal surface pressure. However, as we descend into the water the increased pressure increases the partial pressure of the nitrogen, which means that it has the same effect as breathing greater concentrations of nitrogen. This increased nitrogen affects the synapses in our brain and brings on a feeling very similar to drunkenness. Nitrogen narcosis becomes noticeable to different people at different depths, but begins to affect most people at around 50 feet. The first effects are normally tingling of the fingers, followed by slow thinking, dizziness, disorientation, and impaired decision making. Most people report feeling the effects of nitrogen narcosis at depths greater than 100 feet. The deeper you go the greater the effects. Nitrogen narcosis poses no long term health risks and all symptoms are relieved as soon as the diver ascends. It is recommended that dive buddies monitor each other for symptoms of nitrogen narcosis and ascend to avoid severe narcosis.

### Deep Diving Courses

The Advanced Open Water course includes a deep dive to 100 feet. Afterwards divers are able to complete a course in Deep Diving. This specialty course involved four dives of between 60 feet and 140 feet. The course covers theory including deep dive planning and nitrogen narcosis, as well as practice using pony bottles and/or drop tanks and performing deep stops. You'll normally carry out some experiments with your instructor to test for the effects of nitrogen narcosis and are almost certain to feel it during the course. After certification, divers will be certified to dive to 140 feet. Depths greater than this are the realm of technical diving.



## Nitrox

In simple terms, Nitrox is the name applied to mixtures of oxygen and nitrogen where the oxygen content is greater than 21%. The most common mixtures are 28%, 30%, and 32% oxygen, with the balance consisting of nitrogen.

### Why use Nitrox?

But why would we want to have more oxygen in the mixture? Because then we can do longer dives. With increased oxygen in the mixture, there is less nitrogen, which means less nitrogen is being absorbed into the body's tissues. Since less nitrogen is being absorbed into the body's tissues, you can stay underwater longer and still ascend safely. You could also stick to your regular dive time and know that you have an extra level of safety due to breathing less nitrogen. Nitrox is particularly useful for divers who are doing more than two dives a day or repetitive dives over multiple days.

### What about the extra oxygen?

Too much oxygen can lead to a problem called Oxygen Toxicity, which is a very dangerous reaction in the body that leads to convulsions. Fortunately, 21% oxygen doesn't cause oxygen toxicity until we go much deeper than recreational diving allows. However, with the increased percentages of oxygen in Nitrox, the depth at which it becomes toxic becomes much less. Different mixtures lead to different maximum depths at which toxicity becomes an issue. There are formulas and tables that can be used to calculate these maximum depths. Most modern dive computers also have Nitrox mode which can calculate maximum depths and revised decompression limits.

### How is Nitrox made?

There are two primary methods of mixing Nitrox. One method involves adding pure oxygen to regular air until the ratio is correct. The other method involves using a filter to remove nitrogen from the air until the mixture is correct. It is necessary for the diver to personally test and verify the mixture in their own tank before a dive.

### Nitrox Training

In order to obtain tanks filled with Nitrox or to dive with Nitrox you must be certified as a Nitrox Diver. You can learn to safely use Nitrox by completing a one day course. During the course you'll learn how to calculate partial pressures of oxygen and nitrogen, how to use Nitrox dive tables, how to calculate maximum depths, theory about Decompression Sickness, and what equipment can be used with Nitrox.



Paula Wall



Paula Wall



J. Nicholas



J. Nicholas

## ADA AND NIGHT DIVING

Notice that we have several night dives on the 2009 schedule. The next is July 15, Ft. Lauderdale. For those who have never dived at night, the reef is much different at night. The animals you usually see in day light, are gone. In their place you will see things never seen in day time. That makes it a new adventure, even if you have dived the same reef in day light.

Is it more dangerous, do I need special equipment, special skills?

Not really, yes a light, yes which the Safety Officer will teach. He will conduct a free mini-night diving class prior to the dive. You will learn what equipment works the best, skills and hand signals, cautions, and how to find creatures at night. ADA, and most dive boats, require a primary light and a chemical light, AKA, Cylum stick, for each diver.

For more info call Lon.

## ADA FREE BEACH DIVES, July 12 and Aug 8th

Jerry K, an experienced beach diver, will be on hand to instruct and lead the dive.

Directions- go east on Commercial Blvd, in Ft. Lauderdale, to the ocean. Turn right on El Mar Dr. Go one block south to Datura Ave.

Turn left, look for dive flags, drop off equipment, park near by.

Meet at 8 am, in the water at 9 am, one hour+ dive, out at 10:30 am

Parking is meter or pay lot.

Bring all your own gear, and a dive float and flag, if you have it.

It is about 50 yards swim out to the reef.

Dive shops are nearby for air fills and rentals.

Many of our beach divers do two or three dives a day.

Call Jerry the night before for weather conditions and expected waves. 954 990 9534

## Newsletter Assistant Needed !

Do you have Newspaper ink in your veins? Is your mind organized into column inches? Do you start every letter with a Hook in the first paragraph? Well .... We can't help you with those problems, but we do need an assistant to help with the newsletter.

Call Lon for an interview.





## 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.

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.



## HAPPY BIRTHDAY FROM ADA

Juan Carvajal

Dorothy Olive

Rodney Bedgio

Helen Masin

Geoffrey Cheney

Patricia Hackett

Lisa Carstarphen

**Are you on Facebook? Join the ADA page here:**

**<http://www.facebook.com/ActiveDivers>**

**We can post your photos and share dive stories!**

## 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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### The Mouthpiece ACTIVE DIVERS ASSOCIATION NEWSLETTER

July 2009

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

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Frank Young  
1115 Country Club Prado  
Coral Gables, FL 33134  
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[Membership@activedivers.org](mailto:Membership@activedivers.org)

Conservation:  
Jerry Kosakowski (954) 990-9534

Social:  
Patricia Hackett (305) 387-0015

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