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# The Mouthpiece

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July 2012 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER



Hawks Bill  
Turtle  
Carol Cox



## Prepare for Hurricane Season

It's dive season, and whether you live on the shore or are traveling to a dive destination, weather considerations should be on your radar and part of your risk management planning. The East Pacific hurricane season began May 15, while the Atlantic hurricane season starts June 1 and continues until November 30. The National Oceanic and Atmospheric Administration (NOAA) is predicting an above average hurricane season this year. Forecasts indicate the potential for 12 to 18 named storms generating winds of 39 miles per hour or more. According to NOAA, the seasonal average is approximately 11 named storms in the six month season. The 2011 season predictions also suggest that three to six of these storms could turn into major hurricanes with winds in excess of 111 miles per hour.

The best way to handle a major storm is to be prepared. As the 2011 hurricane season begins, take an assessment of your home, travel plans and your emergency response measures to ensure you are prepared for storms of any size. Have a response plan outlined and ready to be enforced at a moment's notice. If you already have an established plan, review it and make sure it is still the most effective way to stay safe. Whether you have a plan or need to create one, there are several areas to consider.

If you live in a hurricane prone zone, pack a bag with important essentials. It is wise to do this prior to any type of emergency so if you need to evacuate, you can do so quickly and with everything you need. Guidelines typically recommend having enough provisions to support you and your family for approximately three to seven days. Some important items to include are a waterproof case with copies of important documents, such as insurance forms, medical records, social security cards and emergency numbers. You'll also want to pack basic survival supplies such as a first aid kit, fresh water supplies (1 gallon of water for each person per day), blankets and clothing. If you already have a kit, inspect the supplies like you would with any first aid kit. Replace any damaged or used materials, and update any outdated or expired documents.

## May 26 'Hollywood' Dive

By Carol Cox

A group of ADA divers took advantage of the warm, sunny weather for a great day of diving with American Dream II dive operation. We headed out through Pt. Everglades to our first dive site, the 'Wreck Trek'. Starting with a 95 foot sailboat, the Pride, we followed a cable from the bow to the 95 foot long harbor tug Jay Scudder, sunk in 67 feet of water. There were plenty of fish and viz was around 30-40 feet with water temperature around 80 degrees. Following cinder blocks, we then drifted with the mild current for about 100 feet to the wreck of the Tracy, (also known as the Ken Vitale), a 132 foot oil rig supply boat again at 67 feet. After swimming through the decks of the Tracy with schools of fish, we followed rebars in the sand to the Merci Jesus, a 90 foot freighter that was sunk in 1998 as part of the Broward County Artificial Reef program. Sinking in 70 feet of water, this wreck is known for its French Angels, bristleworms and quite a bit of marine life. The entire 'Wreck Trek' was accomplished in just under an hour with about 10-15 minutes at each wreck. After doing our safety stop and reboarding the American Dream II, we headed to Oakland Ridges for a drift dive in about 25 feet of water.

A free swimming moray eel and a lionfish were encountered along this dive. Thanks to Lon for being the 'ball boy' in carrying the dive flag so the American Dream II could follow us. A great day of diving considering all the rain during the prior week.

## 5 Tips for Dive-Mask Care

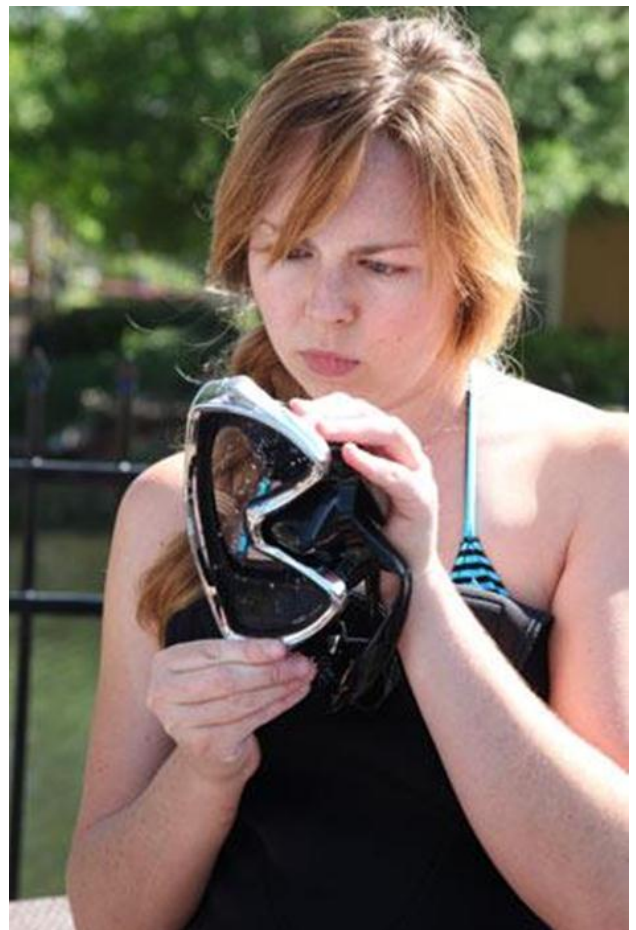
Critical dive equipment requires annual inspection and service by a qualified technician, but even dive masks — your window to the underwater world — need some special TLC. Here's our guide to keeping your mask in tiptop shape, with 5 easy steps.

### Pre-dive

1. If you haven't replaced your mask strap with a stretchy fabric one, stretch out the strap to look for fine cracks. If you do find any, immediately replace the strap.
2. Examine the silicone of your mask skirt. The most common failure area on a mask is the feather-edged seal on the skirt. This can become imperfect or irregular in shape with time and heavy use, and that irregularity can create leaks.
3. Check all the buckles, which can crack, split or become clogged with debris that can interfere with how they function. Then check the frame of your mask for cracking, chips or other obvious signs of wear, especially in the areas immediately adjacent to the glass lens.

### Post-dive

4. To avoid mildew growth, rinse your mask in warm, fresh water and allow it to drip dry completely before packing it away.
5. Pack the mask loosely, so nothing distorts the mask skirt. Leaving it squashed into a weird position for a long period of time will cause it to take on an unnatural shape.



## 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 (shallow reef ) \$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.

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 (shallow reef ) \$49

Nice and easy does it. Many reefs to choose from. Great reefs and terrific picture taking opportunities.

7-28 Sat pm N. Key Largo ( shallow reef 0 \$49 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.

## August

4 Sat, pm Islamorada \$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.

12 Sun pm TBA

19 Sun 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.

25 Sat pm Eagle Wreck (*Advanced*) and nite \$49  
each

The EAGLE, named for its donor, The Eagle Tire Company, is a huge freighter, lying on it's side in about 115' of water. Two green morays call it home, as do tarpon and barracudas. We call it a great dive! See advanced criterion this issue. The nite dive is not advanced.

**This your newsletter ! Send your articles and pics for publication to Newsletter@activedivers.org.**

# 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 Koza-kowski, 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](mailto:dmbaeza@bellsouth.net), or Daryl at 954-591-1161, email [diverdayl@bellsouth.net](mailto: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

## 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](http://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.

## ADA T SHIRTS FOR SALE

All sizes available, s-xx large.

Call Lon 305 251 4975 to place an order.

You may pick up at most dives or have sent by US mail, free shipping.

\$10 each.

### EXERCISE AND THE RISK OF DCI (decompression illness, aka the bends)

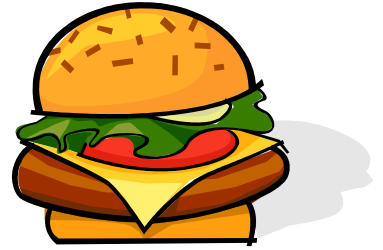
1. Exercise during a dive increases nitrogen uptake and is thought to increase the risk.
2. Gentle exercise during decompression, (safety stops) has been advocated to reduce risk.
3. Vigorous exercise after a dive is discouraged because of the potential to promote bubble formation.

For more complete details go to [www.alertdiver.com](http://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!**

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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NEWSLETTER

July 2012

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

Membership:  
Dr. Dan Baeza  
7592 Parkview Way  
Coral Springs, FL 33065  
954-752-3682  
Membership@activedivers.org

Newsletter:  
Steve Herz  
Newsletter@activedivers.org

Website: [www.activedivers.org](http://www.activedivers.org)  
Email: [info@activedivers.org](mailto:info@activedivers.org)

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