



The Mouthpiece



July 20 13 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

Debunking the Sea Lice Myth

The latest information on sea bather's eruption
By G. Yancey Mebane, M.D.

Have you ever emerged from the salt waters of the southern regions with more than the itch to dive again? You know, the burning itch that threatens to spoil your mood, your day, even the remainder of your dive trip? It happens from time to time, and, if medical reports are an indication, it's increased a great deal over the last few years in the popular waters off Florida and in the Caribbean.

The common symptoms include intensely itchy skin eruptions with small blisters and elevated areas of skin. Found primarily on parts of the body covered by swim wear, these lesions may also appear on the armpits and neck and occasionally on the arms and legs. Most divers and swimmers call it "sea lice." The term is a misnomer, however. Sea lice are actually fish parasites, do not affect humans, and have nothing to do with sea bather's eruption, which is caused by the larvae of jellyfish.

The primary offenders in Florida and Caribbean waters are the larvae of the thimble jellyfish, *Linuche unguiculata*. These larvae, generally half a millimeter in length, can find their way into bathing suits - even passing through the mesh of some suits - and become trapped against the skin and sting. The larvae are visible to the naked eye, but they become nearly invisible in the water. And just because there are no adult thimble jellies in the area is no guarantee that the youngsters aren't around. The best method of identifying when the larvae are about is simply by the appearance of the rash on swimmers or divers.

April through July are the months when the larvae are most prevalent, although they may appear at any time. The symptoms will appear very soon (24 hours or less) after exposure to the organism and will persist for several days. Some cases have been reported which have a three- or four-day delay in onset and a prolonged course lasting several weeks. Symptoms may include fever, chills, headaches, nausea and vomiting. Severe symptoms occur in children particularly, although adults have also shown similar reactions.

Since many of these symptoms are consistent with many other illnesses, diagnosis is sometimes difficult unless the attending physician knows of the diver's exposure to contaminated water. Often the symptoms are very mild, and other causes may be considered or diagnosed incorrectly at first.

Many of these cases of sea bather's eruption will clear spontaneously, but others may require treatment. Antihistamines and antipruritic (anti-itching) agents may be used, but the results are not good in many cases.

Children and individuals with allergies or diseases affecting the immune system may be at risk for severe reactions. Fortunately, the severe reaction is rare, but it can be a danger for some individuals. In the severe case, some doctors prefer to use cortisone by tablet or injection.

Prevention for the diver means adequate protection by wetsuit or impermeable dive skin. Snorkelers wearing T-shirts, and women wearing one-piece bathing suits are vulnerable because of the trapping action of the fabric.

After diving or swimming in an area where the jellyfish larvae are present, remove your wetsuit, dive skin or bathing suit before showering since the fresh water may discharge the nematocysts trapped in the fabric. There have been reports of the condition recurring when the same bathing suit is worn again, suggesting that the larvae may remain in clothing.

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.
-

ROY WASSON

NEW ADA DIRECTOR OF CONSERVATION PROGRAMS

Roy is passionate about saving our corals. He has attended both our coral restoration programs this past few years. His background is a good fit for this position.

He is founder of the Renewable Energy Fund, a lawyer specializing in Appellate Practice,

founding president of the Antique Motorcycle Club of America, has a BA in broadcasting and is an Advanced Open Water diver since 1978.

With all these activities on his plate, he still wants to make a difference for our u/w world.



BUT HE NEEDS YOUR HELP !

ADA T-SHIRTS FOR SALE

Just call Lon, and order size, (s-xx large) he will bring your shirt to the next event/dive you attend.

All sizes \$10

[305 251 4975](tel:3052514975)

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Are you getting your Active Divers Association eNews, our eMail newsletter of current activities? Are you receiving your print version of the monthly Active Divers Association Newsletter? If the answer to any of these questions is “no”, the solution is as close as your computer or phone. Please email or call our membership chair Dan at:

Dr. Daniel M. Baeza, PhD, PE
Active Divers Association
Membership Chairman
Phone: [954-260-8225](tel:9542608225)
Email: dmbaeza@bellsouth.net

Are you getting multiples copies of the eNews or print version Newsletter? Help us correct our database and reduce waste by sending corrections to Dan at the contact information above.



July 6-10, 2013: Be one of the 10 ADA divers on an extraordinary dive trip to Utila, Honduras, home of large pelagic fish, myriad tropical, turtles, and the elusive whale shark. You will be escorted by ADA Safety Officers Dan and Daryl for an amazing five days and four nights at the beautiful [Deep Blue Resort](#), located on the southwestern side of Utila Island off the coast of Honduras. You will enjoy three days of three-tank boat diving and unlimited beach diving in the pristine waters off the coast. Utila has an extensive reef system with more than 130 buoyed sites around the island, including sheer walls and drop-offs, with amazing coral growth on top of the walls. Dolphins, manta rays and many other large pelagic creatures that inhabit the Caribbean, including of course, the largest of them all, the whale shark, make their home in Utila.

July Dive Schedule

- July 7 Sun. pm Pompano (*Advanced*) \$49
What a great place to dive. Reefs galore. Get out the cameras and send the newsletter editor some pics. See advanced criterion this issue.
- July 13 Sat. pm Pennekamp \$49 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.
- July 13 Sat. Night Dive Pennekamp \$49
What a great way to see the reef! The reefs take on a whole new perspective at night. Never done a Night Dive? Come on, we'll teach you! Bring a flashlight and let's go diving.
- July 21 Sun. pm N. BNP (*Advanced*) \$49
Deep Dive. Rarely dived, the deep reef near Fowey Light is wild and unpredictable. Depths to 70 feet. Some current, good vis. and many fish. Not a drift dive, so navigation skills a must. See advanced criterion this issue.
- July 27 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.

August Dive Schedule

- Aug. 4, Sun, pm, Miami reef \$49
What a great place to dive. Reefs galore. Get out the cameras and send the newsletter editor some pics.
- Aug. 10 Sat. pm Duanne wreck (*Advanced*) \$49 BBQ \$10 need chef, dive free.
Our favorite Coast Guard Cutter, upright in over 100 feet of blue water. It DOES count even when you don't touch bottom! OUR LIMIT 100 feet! See advanced criterion this issue.
- Aug. 18, Sun. pm N. BNP shallow reef, \$49
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'.
- Aug. 24 Sat., 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 tropicals, unusual pillar corals.
- Aug. 24 Sat. NIGHT Tavernier \$49
What a great way to see the reef! The reefs take on a whole new perspective at night. Never done a Night Dive? Come on, we'll teach you! Bring a flashlight and let's go diving.
- Aug. 31 Sat. Spiegall Grove (*Advanced*) \$49 bbq \$10, need chef, dive free.
Come explore our local big one. Lots to see and plenty of challenges. See advanced criterion this issue.



GARY THOMAS

Manager

P.A.D.I. Course Director

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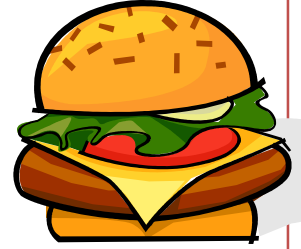
Fax: 305.548.4199

E-mail: info@oceansafari.com

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 2013 will remain \$49. **Boat Ticket only!**

These prices may be changed without notice.

HAPPY BIRTHDAY FROM ADA



July

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.



Are you on Facebook? Join the ADA page here:

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

We can post your photos and share dive stories!

Send your pics and info to Helen at:

activediversassoc@gmail.com



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ACTIVE DIVERS ASSOCIATION
NEWSLETTER
July 2013

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