



The Mouthpiece



August 2005 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

August Dive Schedule

6 Sat. Pm S. Key Largo (3 tanker)
See article below.

13 Sat Am Pompano
Drift dive with the currents, perhaps a deep reef or a wreck. Average depth 80', visibility 40-60', good chance of huge turtles. **See advanced criterion this issue.**

21 Sun Pm Miami Wrecks (*Advanced*)
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.**

27 Sat Pm Tavernier Clean Up Dive BBQ \$7.00
27 Sat Tavernier Night Dive
See article on page 2 of this issue.

All non-pac dives \$35.00 Barbecue \$7.00

SEPTEMBER Dive Schedule

4 Sun. Am BNP (*advanced*)
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.**

11 Sun, Pm Speigal Grove (*advanced*)
Now is the time to check out this Great Ship again now that it is upright!! For once a hurricane did a good thing. **See advanced criterion this issue.**

18 Sun. Pm Islamorada
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.

24 Sat. Pm Hollywood (*advanced*)
We may Drift, or we may drop, whatever we do it will be a great dive. Join us for some great fun and fellowship. **See advanced criterion this issue.**

ADA THREE TANKER DIVE Saturday August 6

Check in time 3pm, return about 9:30 pm, Florida Keys Dive center, MM 90.5.
The first dive will be a standard pm dive, the second a twilight dive, and the third a night dive. Bring food and drink.
Cost- \$50, boat ticket only. This dive is not available as part of a dive pac.
Call Lon for reservations.

NO SOOP FOR YEW! (the Soup Nazi)

As most divers know, the Oriental demand for shark fins to make soup has decimated shark populations world wide. These beautiful animals are being slaughtered by the thousands, cutting off only the fins and then thrown back to a slow and painful death. Some may say "Good riddance", but sharks are an important part of a healthy eco system, and most of us enjoy an occasional encounter.

To our dismay, in May 2005, Disney announced that shark fin soup will be available for business dinners, weddings and special events at Hong Kong Disneyland, scheduled to open in Sept. 2005. "Hong Kong Disneyland takes environmental stewardship very seriously, but we are equally sensitive to the local cultures. It is customary for Chinese restaurants and 5 star hotels to serve shark fins soup in Hong Kong, as the dish is considered an integral part of Chinese banquets." Esther Wong, PR Manager.

At first, Disney ignored the protests of divers and environmental groups from around the world. But on June 24, 2005, Disney executives backed down. The official reason, Disney says, is they could not find a "sustainable" source for shark fins. However, they clearly felt the pressure from the thousands of e mails, letters, and phone calls as well as the escalating call for a boycott. To those who helped in this effort, our thanks. We won!!

(Note- the above was taken, in part, from the closetofree.org web site.)

NEW MEMBERSHIP CHAIR

Welcome Jack & Sharyn Hildreth! They are our new membership chairs. This is our biggest job and we thank you for taking on this responsibility. Members, please send all membership matters to:

Jack Hildreth

Active Divers Assoc.

Rosenbloom, Davis & Tolley P.L.L.C.

97665 Overseas Hwy

Key Largo Fl. 33037

305 852 9898

Thank you Jim Kiernan for your many years of service to ADA as past membership chair. Your new professional responsibilities at work are placing big demands on your time, but we hope you will find time to remain active with us.

ADA CLEANUP DIVE/BBQ/NIGHT DIVE AUGUST 27

"We are tied to the oceans. And when we go back to the sea, whether to sail or watch---we are going back from whence we came." John F. Kennedy Well, Mr. Kennedy was obviously not a scuba diver. Too bad, he didn't know what he missed. We actually do go back to the sea when whence we came. I enjoy every minute of it as you do. I invite you to do the same on Aug. 27 at the Florida Keys Dive center in a reef cleanup dive. We also have to be responsible from whence we came and cleanup our and other's messes. Prizes will be awarded in several categories. It is everyone's responsibility to preserve the environment. See ya there.

Jerry Kosakowski

Conservation Chair

note- the two tank afternoon dive will be followed by a BBQ and then a single tank night dive. No previous night diving experience required, we will teach you. Both dives may be part of a dive pac. Each is \$35, BBQ \$7.



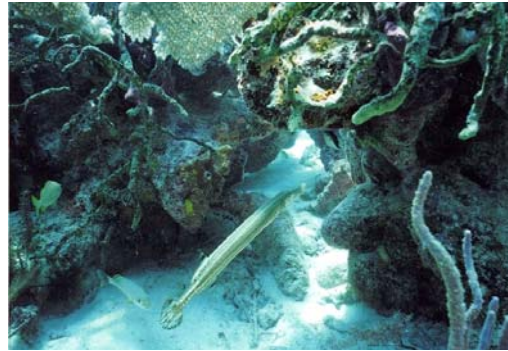
Golden by Roy Wasson



Hungary Parrot by Nick Boyd



Angel by Roy Wasson



Trumpet by Roy Wasson

IS SLOWER BETTER?

Virtually every diver has been told over and over to ascend slowly, and the slower the better. The thinking here is slow ascents prevent bubble formation and DCS or the "bends". But in deep dives, this may not be the safest approach.

In a recent article in Scuba Diving Magazine, June 2005, John Francis reviews the experiments and conclusions of many of the pioneers of dive medicine. J.S. Haldane, considered to be the "Father of dive medicine", realized in the early 20th century, that a diver's ascent could be too slow. By "dawdling" at the deeper parts of his dive, the diver was making his decompression problems worse. He recommended 30 feet per minute, but the US Navy settled for 60 feet per minute, the standard for nearly a century.

Now the thinking is a combination of faster at deeper depths, and slower in shallower water, with a safety stop of several minutes at 15 feet. Based on this information, my suggestion is something like this-

1. For depths greater than 60', ascend at 60' per minute until you reach 60'.
2. From 60' to 30', ascend at 30' per minute.
3. From 30' to your safety stop at 15', ascend at 15' per minute.

My memory aid is 60 to 60, 30 to 30, 15 to 15.

Note: I have noticed many divers, after their safety stop, bolt to the surface. This is ill advised. The last 15' of ascent causes the greatest pressure change, and can stimulate bubble formation. Slower is better here. Stay with your buddy, race to be the slowest.

How does one judge ascent rates?

1. Ascending up the anchor line- assuming the line is on about a 45 degree angle, come up hand-over-hand, placing hands about 2' apart so that each hand exchange will move the diver about 4' up the line. At 60' per minute, exchange hands every 3 seconds, at 30' per minute every 6 seconds, 15' per minute every 12 seconds.
2. Drift diving or ascending a vertical line, such as a buoy line, using a digital depth gauge or computer- At 60' per minute, one foot each second. At 30' per minute, one foot every 2 seconds. At 15' per minute, one foot every 4 seconds. You may find it difficult to monitor time and depth on your gauges simultaneously. Counting "one-thousand-one" works well enough to simulate one second so you can concentrate on depth.

A little practice and all these procedures become second nature.

Note: Some computers warn divers of too fast ascents, but few, if any, warn of too slow ascents.

For more info go to diversalertnetwork.org/research/projects/pde.

35 YEARS CELEBRATION STICKERS

ADA has been taking divers on trips since 1970. To celebrate we have had made a handsome sticker which we will hand out at all ADA activities to all members in attendance. You are invited to stick them any place other divers might see them. i.e., your dive bags, log books, coolers, tanks, etc. to proudly identify yourself as part of a unique organization. We also ask you to stick them around public places such as marinas, parks, or beaches. Then visit your local dive shop and as for permission to place a few there. Then be creative and find other places. (get permission if on private property) The idea is to make ADA more visible and bring in new members.

STICK 'EM HERE, STICK 'EM THERE, STICK 'EM EVERYWHERE!!

If you run out, ask for as many as you need to help us spread the word

PHOTOS WANTED

Want to see your name in lights? Want to be the star of the show? Want to be rich and famous? Well...we can't promise that, but if you are a photographer we welcome your photos of your u/w adventures AND top-side shots of ADA and members at any and all ADA activities. We will publish your shots in our monthly newsletter THE MOUTHPIECE on a space available basis. "Please send electronic (one meg or less) or film (with self addressed envelope if you want them returned) pics of this

year's dive/activities to: Nic Boyd

One S. Ocean Blvd # 204

Boca Raton, Fl. 33432

or email to: nboyd@oceanlandinc.com

Include your name and names of other people, if you know them, and location."



AUSTIN'S DIVING CENTER, INC.

ALL TYPES OF DIVING EQUIPMENT
SALES • RENTALS • REPAIRS • HYDRO TEST

LANCE YOUNG • TOM ELSBREE
DOUGLAS, Manager • DENNIS, Asst. Manager

BRETT - DEAN - PAUL - MIKE - CHRIS

10525 S. Dixie Hwy. Opposite K-Mart, Miami, FL 33156
(305) 665-0636 • Fax: (305) 665-0789
E-Mail: diving@austins.com Web Site: www.austins.com

Dive
PENNEKAMP PARK with

Captain Slate's
ATLANTIS DIVE CENTER, INC.
• YMCA - PADI - CMAS - NAUI •
Instruction, Reef Trips, Rentals & Air

SPENCER SLATE, Owner/Operator

PH: 305-451-3020 / 451-1325 • U.S.: 800-331-DIVE • Fax: 305-451-9240
E-Mail: dive@captainslate.com • Website: <http://www.captainslate.com>
51 Garden Cove Drive • Mile Marker 106.5 • Key Largo, Florida 33037



Mile Marker 90.5
90451 Old Highway
Tavernier, Florida 33070

CAPT. TOM TIMMERMAN
Course Director/Owner

305-852-4599
1-800-433-8946

Email: scuba@floridakeysdivectr.com
www.floridakeysdivectr.com

Post Dive BBQS

Cost \$7.00 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 \$7 along with the dive fees, you may make one check for both.

DIVE FREE 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!



Robert Fox , Safety Officer/Ass't chief . June 25th
at Biscayne National Park



Hungary / Happy Divers on June 25th.

BISCAYNE NATIONAL PARK REQUIRES SAFETY SAUSAGES

Effective June 1, all divers are required to carry safety sausages (SS) during the dive at BNP. For those not familiar with this device, it is an inflatable tube from 3' to 8' long, colored a bright red, yellow or green. Its purpose is to make divers more visible on the surface. In the case of drift dives, the diver waits on the surface to be picked up

by the boat. In heavy seas, a diver far from the boat needs to be visible and the best way is a SS. Without it a diver might not be able to attract the attention of the boat. Most dive shops carry several lengths and colors of SS. BNP has them for rent at \$6, or for sale at \$25. From our experience, the longer, the better. During a recent drift dive in West Palm, several ADA members deployed the 3' variety but we found they were not visible at a distance. They were spotted and picked up successfully, no thanks to their three footers. I recommend 5' or more and yellow seems to be the best color. Most have a valve on the end, which contains the air and is an advantage, but must be inflated by mouth, a possible disadvantage. Some are open on the end and can be inflated by purging the regulator in the opening, an advantage, but must be sealed by grasping with a hand, a disadvantage.

But the advantage of carrying either type is indisputable.



★ ADA DIVE PACS 2005

★ Many of our members took advantage of the convenience and big savings of purchasing dive pacs last year. ADA is again offering dive pacs for this year.

★ Prices-

★ 5 local dives for \$145 (that's \$29 per dive, a savings of \$30)

★ 15 local dives for \$375 (that's \$25 per dive, a savings of \$150)

★ Advantages-

★ 1. You write only one check

★ 2. You mail only one check

★ 3. You save \$\$\$

★ All dive pacs are non-refundable, non-transferable and must be used in 2005. Insurance may be purchased, see article this issue.

★ All single-purchase local dives are \$35, unless otherwise noted. All prices are for boat tickets only.



ADA FREE RAFFLE 2005

Prizes to be awarded:

First prize- one dive 5 pac for 2006

Second prizes- ten single dives

Third prizes- your choice in the grab box until all items gone.

How to earn raffle tickets:

1 ticket for attending any ADA function.

1 ticket for proudly wearing ADA T-shirt.

5 tickets for winning the mini-raffles.

10 tickets for being the BBQ chef.

20 TICKETS, THAT IS RIGHT, TWENTY FOR SIGNING UP A NEW MEMBER!!!

2005 ADA MEMBERSHIP DRIVE

Spread the word- we are the most active organization for fun and adventure!! We offer more dives, more types of dives, more variety, and more locations. Got a friend who wants to meet new dive buddies, know of a new diver hesitant to dive, got a co-worker getting certified?

Sign them up! **AND YOU WILL EARN 20 FREE RAFFLE TICKETS!!** That's right **TWENTY FREE RAFFLE TICKETS!!** (see raffle article this issue for details)

Make sure they put your name on the line of the application that asks "How did you discover ADA?" Then collect your **TWENTY FREE RAFFLE TICKETS** at any ADA function.

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.

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 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

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



COPY Experts

Carlos Paz

Tel: 305-513-8421 8683 N.W 66th Street
Fax: 305-513-8422 Miami, FL 33166
E-Mail: CopyExperts@bellsouth.net

Mouse Calls

Steve Herz
13441 S.W. 108th St. Cir. N.
Miami, Fl. 33186

Phone: 305-752-3755
Fax: 305-752-3533
Email: Sbar369886@msn.com
Cell: 305-606-6331

Computer Repairs
Upgrades
Data Transfers
Networking Services


Professional and Certified repair
done quickly in the comfort of your
Home or Workplace.

Key Dives

at Bud N' Mary's Marina

Michael & Marcia Goldberg

www.KeyDives.com

Mile Marker 79.8
79851 Overseas Highway
Islamorada, Florida 33036

Phone: 305-664-2211
Toll Free: 800-344-7352
Fax: 305-664-1007
Email: info@KeyDives.com

SNORKELING & SCUBA
GLASS BOTTOM REEF SIGHTSEEING

Capt. Tom Perkins
100 TON MASTER
OPERATIONS MANAGER

9710 SW 328 STREET
HOMESTEAD, FL 33033
(305) 230-1100
Fax: (305) 230-1120
dive970@aol.com

Biscayne
NATIONAL UNDERWATER PARK, INC.
AT BISCAYNE NATIONAL PARK

Kayak for Sale !!!!

Sevylor River X-2 (SVX 200) inflatable kayak with complete rudder assembly. 13 1/2 feet long, seats 2, some cargo space, 3 separate PVC air chambers inside a Zodiac-type outer hull. Lists for \$800. (Usually sells for \$600.) \$300.

Allen Smith 305-688-8259 (home) or 305-899-3262 (work)

THE Mouthpiece ACTIVE DIVERS ASSOCIATION NEWSLETTER July 2005

Dive Trips/Return Address:
Lon Von Lintel (305) 251-4975
15305 SW 104th Ave., Miami, FL 33157

Membership:

Jack Hildreth (305) 852 9898
Membership@activedivers.org
Active Divers Assoc.
Rosenbloom, Davis & Tolley P.L.L.C.
97665 Overseas Hwy
Key Largo Fl. 33037
305 852 9898

Conservation:

Jerry Kosakowski (954) 772 7556

Social:

Patricia Hackett (305) 387-0015

Newsletter:

Steve Herz (305) 752-3755
Newsletter@activedivers.org

Website: www.activedivers.org
Email: info@activedivers.org

