



The Mouthpiece



AUGUST 2011 THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

August

8-6 Sat pm Duanne (*Advanced*) \$49

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.

8-14 Sun am BNP \$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'.

8-20 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.

8-27 Sat pm Miami Reef \$49

What a nice way to dive. Local Boat, local reefs, local fish. Great way to spend a Saturday afternoon.

You may also pay online via PayPal.

September

9-4 Sun pm Boca Raton (*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.

9-10 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.

9-10 Sat Night Tavernier \$49

See the same reef at night and see a whole new reef! Never been on a night dive? Now your chance and we'll even teach you how it's done.

9-18 Sun am BNP \$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'.

9-25 Sun pm North 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 tropicals, morays, cudas.

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.



GENERATOR FOR SALE

PowerBoss Model 030249 – 5500 Watts, with 7,800 starting wattage, 120/240 AC, retailing @ \$699, asking \$399/obo. Generator has only 10 hrs. of running time on it, and recently certified by Chadwell & Sons on 8/27/10

, Mara & Don Legault
305-595-7256



Thanks Carol Cox for the Pics



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 an 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?

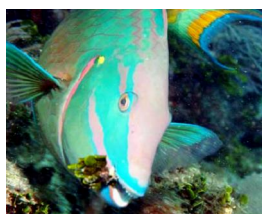
1. Ascending up the anchor line- assuming the line is on about a 45 degree angle, come up hand-overhand, placing hands about 2' apart so that each hand exchange will move the diver about 4' up the line. At 60' per minute, exchange hands every 3 seconds, at 30' per minute every 6 seconds, 15' per minute 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.

Reprinted from Aug. 2005.



Nick Boyd



Roy Wasson



Roy Wasson

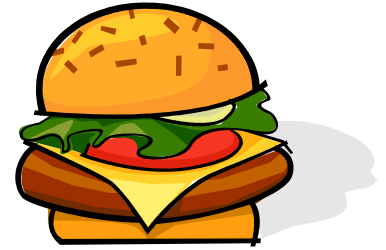


Roy Wasson

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 2011 will remain \$49. **Boat Ticket only!** Except the BNP dives which are \$59.

These prices may be changed without notice.

HAPPY BIRTHDAY FROM ADA



Eddie Lim

Daniel O'Donoghue

Nansy MacKenzie

Chris Wood

Daniel Fernandez

Joanne Sargent

Christopher Mullin

Adam Nardelli

Phillip Auger

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 , 8221 N.W. 8th Pl. Plantation, FL 33324 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:

adahcmiami@aol.com



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ACTIVE DIVERS ASSOCIATION

NEWSLETTER

AUGUST 2011

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