

The Mouthpiece



AUGUST 2001

THE ACTIVE DIVERS ASSOCIATION NEWSLETTER

AUGUST-SEPTEMBER DIVE SCHEDULE

AUG 5, SUN AFTERNOON ⇨ S. ISLAMORADA

\$29.00

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.

AUG 11, SAT AFTERNOON ⇨ FT LAUDERDALE (ADVANCED)

\$35.00

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. See advanced criterion this issue. **See advanced criteria this issue.**

AUG 18, SAT MORNING ⇨ BISCAYNE NATL PARK

\$ 5.00 (Includes Tanks)

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 26, SUN AFTERNOON ⇨ TAVERNIER

\$29.00 (BBQ \$7)

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 moreys, schooling tropicals, unusual pillar corals. BBQ after dive, see article this issue. **BBQ after dive, see article this issue.**

SEP 1, SAT AFTERNOON ⇨ MIAMI BEACH (ADVANCED)

\$29.00

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.**

SEP 8, SAT MORNING ⇨ Indian Key Kayaking Trip

(Kayak Rental extra)

Come and spend the day kayaking and snorkeling with us at the historic Indian Key site. Just a short paddle from shore. And a possible snorkeling excursion (weather permitting) on the San Pedro underwater archeological preserve. Rent or B.Y.O.K (bring your own kayak). Call Julio Raimundez for trip information. See article this issue for more details.

SEP 9, SUN AFTERNOON ⇨ N. Key Largo

\$29.00

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, moreys, cudas.

SEP 16, SUN AFTERNOON ⇨ S. ISLAMORADA

\$29.00

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.

SEP 23, SUN MORNING ⇨ BISCAYNE NATL.. PARK (ADVANCED)

\$ 5.00 (Tanks Incl.) (BBQ \$7)

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. BBQ after dive, see article this issue.**

SEP 29, SAT AFTERNOON ⇨ TAVERNIER

\$29.00

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 moreys, schooling tropicals, unusual pillar corals. BBQ after dive, see article this issue. **BBQ after dive, see article this issue.**

IN MEMORY OF GWEN KOTH

On Monday, June 25, Gwen Koth was killed in an automobile accident while visiting a old high school friend in Maryland. They were riding on a motorcycle when a car crossed a median and hit them. She expired soon after in the hospital. At last word, her companion was in extremely grave condition with little hope for recovery.

Gwen was a long-time member of Active Divers Association (ADA), serving as ADA's Secretary and on its Board of Directors. An active outdoors enthusiast, she enjoyed scuba diving, sailing, kayaking, hiking and biking. There was a cultural side of Gwen, who supported both the local symphony and ballet. She contributed her time and effort to Metro Zoo working as a docent. With all these activities she still found time for a wide group of friends who will miss her friendship, exuberance and zest for life very much.

We at ADA wish our sincere condolences to her father whom she is survived by and will miss Gwen very much.

A memorial service is being planned for our friend, Gwen. However, due to the time of year and availability of a location, there are some considerations. At the moment, the plan is to have the service on either Sun., Aug. 12 or Sun., Aug. 19 in the afternoon. Her attorney is trying to secure the use of the clubhouse at her condominium, The Crossings, which is in the Kendall area of Miami in southwest Dade County. The group that is making the plans would like to have a response to these two dates so that they can have some idea how to proceed. If you would like to attend the services, please indicate which date you can attend on:

Aug. 12
Aug. 19
Either Date

Please contact Margo Williams (Margowilliams@hotmail.com) regarding the service dates.

Cayman BRAC – Divi Tiara Resort

by Nick Boyd

Eleven ADA members boarded Cayman Airways Jul 19 for a full 3 days of diving. The first day's morning storm did not slow us down as we headed out by boat to dive the Russian Destroyer called M.V. Keith Tibbetts – which can also be a beach dive. Tibbetts offered 300 feet of wreck to explore in and out. The second morning dive was changed into a drift dive due to currents – we were not disappointed, rather we became fortunate - drifting East Chute Wall was spectacular! Speeding along deep canyons along a brilliant wall with deep blue endless depths below. A third Friday dive on the tugboat wreck called Kissamee concluded the afternoon. Later that night the tougher divers – Lon, Enrique, and Jim did the Kissamee again but by beach.

Saturday, excitement brewed as we embarked on a 45-minute cruise to Little Cayman to do the wall spots called The Bloody Wall and then The Mixing Bowl. These spots offer everything in the way of life plus the spectacular wall scenery. Seeing the drop to the abyss is spectacular – make sure the camera lanyards are connected – the walls don't bottom out! We cruised back, had lunch and went for the afternoon dive – dodging visibility issues we settled upon the Patches.

Sunday, we could not help ourselves – we had to go back to Little Cayman. We could not be bored if we did these wall dives 100 times in a row. We all showed regret as we got back up after the second dive – it was our last.

We spent Sunday afternoon reflecting on our dives, seeing the slide show from the digital camera divers, crafting an ADA – “we were here sign” to help decorate the Divi Tiria Resort grounds – a tradition. The resort was great, the boat was great, the diving was spectacular. Monday morning, Jim was too grumpy at having to wake up at 4:30 AM as we started the trip back to Miami – I suspect he was just going to miss BRAC diving too much.

There will be a CD cut containing all the best pictures taken during this great trip.

New! ADA T-Shirts & Tank Tops

Show Your team spirit and pride to belong to one of the largest and oldest dive clubs in the USA! On sale at most ADA activities - \$10 each.

August B-Days	
Alma Hincapie	8
Marylee Liggett	8
John Davis	9
Madeleine Fass	13
Mary Kay Chable	17
J. Russell Levy	17
Byron Sparber	19
Chris Wood	19
Heather Holder	21
Vicky Kosakowski	22
Joe Werner	23

Earn Free dives & BBQ

Throughout the year, ADA will offer BBQ's after selected dives. You can enjoy both for free! All you do is volunteer to be the chef of the day - we provide a list of foods, you buy & bring to the dive. After the dive, you & the ADA Safety Officer cook & serve to the hungry divers. It's not too hard, and a great way to go for free! Call Lon & sign up. (ADA will reimburse monies spent for food).

Post-Dive BBQ's \$7

Aug 26 - Tavernier & Sep 23 - BNP

Last year our BBQ's were a great success. A hot delicious meal after an exciting dive is a wonderful way to punctuate the day. Cooking will begin just after we hit (not too hard I hope) the dock, and before you have stowed your gear, your choice of grilled meats will be ready for your enjoyment. Including:
 Grilled chicken, hamburgers, hotdogs
 Soda or beer
 Potato Salad, slaw, chips & condiments

When you make your dive reservation, indicate if you plan to join us (check the dive schedule first to make sure it's a BBQ dive) & include an additional \$7 with your dive schedule reservation payment.

HOSPITALIZED DIVER OK

On the last dive of the recent Cayman Brac trip, one of our divers became ill and was admitted to the local hospital for examination. It was determined that the illness was not dive related, and the patient was treated for exhaustion and nausea. After a stay overnight for observation, the diver was given a clean bill of health and returned to Miami later the next day. We were all concerned for a while and are relieved that it was nothing serious. Committee.

!!! NEW !!! ADA KAYAK TRIPS

www.kayakfloridakeys.com

To be held at Florida Bay Outfitters
 in Key Largo, MM 103.
 (305) 451-3018.

Full day - Kayak & Snorkel

Saturday September 8th. 9:00 a.m.

Indian Key State Historic Site.

(Possible snorkeling at the San Pedro underwater archaeological preserve - depending on seas and weather).

Rent or BYK and join us for a short paddle to Indian Key. Snorkel and explore the shallow reefs around the key. Indian Key history dates from the time of prehistoric Indians to the 1830's, when the key was the seat of the newly created Dade County. Jacob Housman bought the strategic key in 1831 and turned it into a busy port of wrecking. In 1838 Dr. Henry Perrine moved to India Key to pursue his interest in tropical botany where he was killed in an Indian attack in the early morning of August 7, 1840. Indian Key has remained uninhabited and Dr. Perrine's plants have grown over the ruins. For more information call Julio 305-551-7545.

Julio Raimundez, *Social Co-Chair*

(305) 252-7035 x3314

julioraimundez@assurant.com

ADA will be offering more Kayaking trips later this year.



ADVICE TO OLDER DIVERS

Through Project Dive Exploration DAN is trying to answer questions about aging and diving. Using Doppler to detect venous gas emboli over the heart of divers, they found that 30% more bubbles was found in divers at age 57 than those at age 33, and 20 % more in males than females. They concluded that "If we are cardiovascularly fit, exercise regularly, not more than 20% overweight, and have no serious potentially incapacitating disease, we shouldn't stop diving. BUT as we age beyond 60 we might consider limiting our diving to shallower depths...." For complete info on this subject see "Alert Diver" July 2001.

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 buddied 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.

Juli o, Dan, Robert, Lee and Lon

Rodales Tip of the Day

Swim Efficiently Under Water

Swim at a slow and steady pace. Stops and starts decrease efficiency. Also, if possible, swim completely submerged--our tests of scuba fins clearly indicate that fin performance is best when a diver is completely submerged.

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 \$29.00 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 2001.

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.

ARE YOU COVERED???

Most divers here in the states have medical insurance through a US based company. We assume that it will cover our medical expenses if we have an accident or illness. But check your policy- most do not cover us when ill or injured in a foreign country. This fact was brought to light by the recent illness of one of our members while in Cayman Brac. (see article this issue) The GOOD news is that this diver had the wisdom to have DAN insurance, which covers expenses in any country worldwide and is specially tailored for divers. Do you need DAN insurance? YES!!! if you travel or plan to travel abroad. DAN is a non profit corporation which offers inexpensive coverage your policy may not. Applications can be obtained on line or at most ADA activities. Ask the ADA Safety Officer at the next dive you attend.

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.

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

 <p style="text-align: center;">CORAL REEF SCUBA</p> <p style="text-align: center;">Jeremy Earnest <i>INSTRUCTOR • SALES • REPAIR</i></p> <p>4984 N University Dr (954) 748-5105 Ph Lauderhill, FL 33351 (954) 748-6208 Fx www.coralreefscuba.com dive@coralreefscuba.com</p>	<p>JUDY B. WILLIAMS AGENT 11205 S. DIXIE HIGHWAY NATIONS BANK BUILDING, SUITE 220 MIAMI, FL 33156 BUS: (305) 278-8600 FAX: (305) 278-0830</p> <p style="text-align: right;">STATE FARM INSURANCE COMPANIES HOME OFFICE: BLOOMINGTON, ILLINOIS</p> <div style="background-color: red; color: white; padding: 5px; text-align: center;"> <p>Like a good neighbor, State Farm is there.®</p> </div> 
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BUSINESS CARD ADS

Space Available

5 Issues → \$50
10 Issues → \$75

To Place Your AD Please Contact:
Chris Wood (305) 754-6882



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RSD's Top 10

Top 10 Uses for Scuba Gear When Not Diving:

- 10) Use a lobster snare to grab drinks that are far away.
- 9) Use chemlights to keep up with your family during a blackout.
- 8) Weight belts are perfect for keeping the kids in line at home.
- 7) Attach a rebreather to your car's exhaust system and save the environment!
- 6) Strap your nitrox tank on the trunk of the car and tell the neighbor kids that its Nitro fuel-injected.

- 5) Gear up and dive in one of those fountains in the mall that you throw pennies in, and tell people you're a professional treasure hunter.
- 4) Use your diver down flag to locate your car in parking lots.
- 3) Attach your fins to ceiling fan blades when not diving. It moves twice as much air and you'll always know where your fins are.
- 2) Use your safety sausage for locating your wife at the shopping mall during Christmas season.
- 1) Sit your dry suit in the passenger seat so you can use the car pool lane.

ENVIRONMENTAL NEWS - ALASKAN WILDERNESS IN DANGER :



If oil exploration goes forward, we will not see a drop of oil from the Arctic National Wildlife Refuge for 10 years, and the extra supply will not lower the price of oil.

To speak out against drilling in the Arctic refuge, go to www.savearcticrefuge.org

Photo courtesy of NOAA

Inside this month's issue you'll find:

- Check out the August-September Dive Schedule
- Trips: Kayak / Snorkel Trip Details - (Sep 8)
- Reports: Cayman Brac
- New Family Fun Activities - Including Kayaking, Picnics, Camping, BBQ's, and more!
- Environmental & Local Issues

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August 2001 Issue

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

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Jim Kiernan (954) 752-6234
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nyflash@bellsouth.net

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Robert Fox (305) 378-6733
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Website: www.activedivers.org
Email: info@activedivers.org



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