



UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / www.bluegrassdiveclub.com

June 2010

Volume 40, Number 6

June's Club Meeting

Date: Tuesday, June 8th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: TBA

President's Message

By Rebecca Singer



Happy June! The summer is finally here. As I write this article, I am packing for a trip to Roatan, Honduras where I will hopefully get a few dives in between teaching dolphin research classes. I won't be the only club member diving either - a group will be in BVI having the uproariously fun time they always have. I wish the group safe travels and wonderful stories to share when they return!

I want to say once again, thanks to Mike and Sherry McCann for hosting the Annual Derby Party. It was nice to see the sun come out over the track for the race!

If you've been to the meetings, you know that we have lots of trips coming up - check out Doug's Trip Reports section of the newsletter for details and the website for even more details. He's done a great job putting together these trips.

Those of you who attended the last regular club meeting know that we had a change of program as our speaker on travel to Southeast Asia had an

emergency and had to cancel. We are hopeful that we will be able to reschedule him for the June regular meeting and look forward to seeing you all there.

The June meeting will be a bit different than the other regular meetings during the year as the staff at the Racquet Club will be grilling hot dogs and hamburgers. There will be no snacks served at the June meeting but members can purchase dinner for \$4. The meal includes a hot dog OR hamburger, potato salad or chips, and a small soda. It should be a fun way to kick off summer. I'm looking forward to seeing you all in June! 🚩

The Editor's Notes

By John Geddes



This month we will have some pics of our newest members. Welcome aboard!

As some of us are heading to the British Virgin Islands just about the time the Newsletter comes out, I will have lots of pics for next month's Newsletter of our adventures in BVI.

Like I have offered before, I will always consider taking a look at your photos to put in the Newsletter. 🚩

2010 BGDC Officer's & Staff

Rebecca Singer, President	552-0880
Krisy Carty, Vice President	497-4333
Maryanna O'Canna, Secretary	277-2634
George Fleischmann, Treasurer	873-9539
Doug Geddes, Trip Director	224-3197
Rick Stephan, Safety Information Dir.	223-3719
Mike McCann, Webmaster	255-3937
John Geddes, Newsletter Editor	223-7926

Vice President's Report

By Krisy Carty



Apologies to anyone that was disappointed that the May meeting program was switched at the last minute. Todd Lakes was scheduled to present to the club at the May meeting, however, family circumstances resulted in his early return to Thailand. Our thoughts go out to Todd Lakes and the families of Thailand during this time. A special thanks to Rebecca Singer for the last minute program switch for the May meeting.

Thanks once again to the McCann family for hosting another successful Derby Party. Remember to check the trips section of the website, as new trips have been added.

Unfortunately, there are no new memberships to report this month. Active members are an integral part of a successful club. Please remind fellow divers of the benefits of membership in the BGDC and start fine tuning those dive skills for a fun summer.

See you all at the June Meeting!! 🚩

Frances Woollam and Edwin Cox



From The Secretary

By Maryanna O'Canna



General Meeting Minutes 5-11-10

In attendance: 26

Rebecca struck the gavel for the meeting to start at 7:30 pm.

George opened the meeting by giving the treasurer's report. The Little Cayman trip is finalized. Figi trip payments are coming in on time. Deposits are arriving for Bonaire. Key West is on track.

Corinne talked about the 2 summer lake diving trips to Pennyroyal I (6-10) and Dale Hollow Lake (7-10). Doug talked about Key West (10-10), Figi (2-11) with 3 on the waiting list, Grenada (4-11), Bonaire (6-11) and Eleuthera (Fall 2011).

The program was a video on ocean acidification. 🚩

From the Treasurer

By George Fleischmann



2010 Membership Dues

Student (High School or College ID)	\$10.00
Single & Family (1 diver)	30.00
Family (2 or more divers).....	40.00

Renewal: Please send payment to the address listed below, please make sure there is a correct indication of your mailing address, phone number and it is very important to indicate an email address.

Contact or Mail to: Bluegrass Dive Club
% George Fleischmann
9048 Clifton Road
Versailles, KY 40383-9077 🚩

Trip Director's Report

By Doug Geddes



DIVE COMMITTEE REPORT

Here is a list of trips that we have in the works. Check the website for more information. If it isn't on there yet, it will be soon. We are working on them.

Pennyroyal – June 2010 (need more divers)

Dale Hollow – July 2010 (please sign up if you are going)

Key West – October 2010 (room for more persons)

Fiji – February 2011 (Full with waiting list)

Grenada – April 2011 (in the works)

Bonaire – June 2011 (could use more divers, but going well)

Eleuthra – October 2011 (still in the works)

This is a very aggressive dive schedule and we are looking for divers for all trips. Most of them are already well under way of having a good turnout or sold out. The Grenada trip should be on line soon. This is looking like a very special place. Better sign up for this as soon as it is available. 🚩



Keith Knight and VP Krisy

Dale Hollow Weekend

By Corrine Wells Mulberry



July 17th-18th, 2010

The Dale Hollow Lake trip is scheduled weekend of July 17th-18th. This is a great trip for both divers and non-divers. We have **one** 30' double-decker pontoon boat reserved for the weekend (12 person capacity). If we have more than 12 people sign-up (we often have 18-20 people!) a second boat will be reserved if it is available. Pontoon boats are often in short supply at the marina, so if we have a bunch of folks sign up at the last minute, we may not be able to get a second boat. First come, first served – get your reservations and payments in as soon as possible to secure your spot!

Travis and Lavon Land



On Saturday, July 17, 2010, we will enjoy lake diving, swimming, relaxing and a pot-luck dinner in the evening. On Sunday, July 18, 2010, we will enjoy more lake diving, swimming and relaxing on Dale Hollow Lake. RSVP so you don't miss out! The cost is \$15.00 per person per day for pontoon boat users. For members that bring their own boat, no fee is required; however, a reservation form and waiver form for each person is needed.

Visit the BGDC Website and sign-up now for the Dale Hollow Lake Trip so you don't miss out. 🚩

Safety Corner

By Rick Stephan



Note: This month's article comes from the AquaViews online magazine (<http://aquaviews.net>). As we know, diving is relatively simple, based on the laws of physics, and possible due to the equipment we strap on. Our actions are what keeps us safe in this foreign environment, and the better we get at that and the more automatic we do things (breathing, buoyancy, navigation, etc.) the safer we are. Read through these ideas, and see what you think, because ultimately, your safety is your responsibility. (That looks like item #1, as a matter of fact!) For instance, Rule#3 is problematic, as any kind of breath holding is definitely a no-no. But, it is food for thought.



Remember, safe diving is fun!

5 Rules to Better Diving by Noreen



Rule#1 -Be a Solo Diver: This rule doesn't entail ditching your dive buddy and diving alone. By all means stay close to your buddy and be ready to help him. But, as far as your own safety is concerned, pretend he's not there or won't be when you need him, in other words be self reliant. In any emergency your most dependable rescuer is you.

Think solo, plan smarter and rehearse beforehand - how you could deal with a situation so that if one arises you know how to react without wasting time looking for a rescuer.

Keep at hand all the dive gear and equipment you may need as if you were diving solo. For example: Have your own completely redundant air source, like a pony bottle, instead of relying on your buddy's octopus. You may want several cutting tools instead of just one, mounted so you can reach at least one with either hand. Be prepared for yourself and carry your own backups.

Rule#2- Be Lazy: Mimic a sloth. Doing everything in slow motion will stretch your air supply. Move like you're exhausted. Every fin stroke, arm movement or even a head turn requires a lot more energy under water as its 800, (yes that's 800) times more dense than air. Energy in diving equals oxygen, so the faster you burn energy the faster you empty your dive tank. It's that simple.

It takes a conscious effort to move at slow motion speeds, but practice will make it second nature. The payoff is bragging rights over your air-hog buddy at the end of the dive. Be lazy out of the water before and after a dive too. Sit down as much as possible and relax to conserve energy and you won't feel fatigued. Most importantly stay lazy with your body in order to stay alert with your mind.

(Note: moving more slowly also lets you see those little critters that the speed demons just steam past.)



Rule#3- Breathe Efficiently: One of the first diving rules you learn is to never hold your breath. And certainly don't. To significantly improve your breathing efficiency, reverse your normal breathing pattern from inhale-exhale-pause to inhale-pause-exhale- -the pattern many experienced divers adopt naturally over time. What you have to keep

Safety Corner Cont.

in mind is the pause you take when your lungs are filled is not held with your throat closed and most definitely not forced.

The few seconds pause while your lungs are full of air allows more time for gas exchange, so you take in more oxygen and dump more carbon dioxide with each breath. Therefore, your need to breathe will lessen and you will get more cycles out of your cylinder. This breathing technique is not taught because a pause can be confused as holding your breath with a closed-throat. So, if you aren't sure of the difference or of not inadvertently closing your throat to pause, don't try it.

Rule#4 - Avoid Using Your BCD: Using the BCD (Buoyancy Control Device) throughout a dive for control is a mistake made by many divers, especially rookies. Since water is denser, momentum gathered takes a little more time to slow or stop. While you're squirting a little more air in your BCD thinking you're a little negative even before you realize it you're actually a little positive then. But you won't feel positive because you come to a stop and pause there for a moment or two before that little squirt of air in your BC begins gathering its strength before raising you slowly.

Naturally, you need to use some judgment and assess the need to use those buttons when you're dropping like a rock or rising like a cork. But, as you zero in on neutral buoyancy you don't want to mess it up by touching the buttons again. You can make depth changes of four or five feet by using your lungs alone, without messing with your Buoyancy Compensator and losing that hard-to-find neutral buoyancy.

(Note: a good reason to take Ed's buoyancy control course!)

Rule#5 - Don't Overdo the Gear: By don't overdo the dive gear, we don't mean off load your weights, ditch spare regulators or don't wear a dive computer, it simply means don't let your equipment get the better of you. Diving with an all new kit of diving equipment with a fancy new dive computer on one hand, an underwater camera in another and a squeaky new BCD you're unfamiliar with can be overwhelming. The use of your dive gear should be intuitive and not take up your attention. Another reason to avoid carrying extra

gear apart from unnecessary fidgeting is the temptation to seek security in equipment rather than in technique. As a general rule, get more experience before more gear.



That said we like to encourage divers to own their own gear and not rent, because owners know their gear better and take care of it better. We also think divers should buy their gear new and of top quality. There's no such thing as too much performance and you definitely can't put a price on safety. 🚩

Bluegrass Dive Club 2010 Calendar

June

8, Tuesday Dive Club Meeting
29, Tuesday Board Meeting

July

13, Tuesday Dive Club Meeting
17-18, Saturday Dale Hollow
27, Tuesday Board Meeting

August

10, Tuesday Dive Club Meeting
21, Saturday Club Pig Roast
31, Tuesday Board Meeting

September

14, Tuesday Dive Club Meeting
28, Tuesday Board Meeting