



UNDERCURRENTS

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

February 2018

Volume 48, Number 2

February's Club Meeting

Date: Tuesday, February 13
Time: 7:30-PM (business)
Social at 7
Location: **Hilton Garden Inn**
1973 Plaudit Place Lex, Ky
Program: TBA

President's Message

By Tracey Combs



The bitterly cold temperatures that we are experiencing are a great reminder that we need to go diving!!

A group of 10 BGDC divers will be traveling to Curacao in February to enjoy the warm waters and white sandy beaches. We wish them safe travels and lots of fun on their trip. Be sure to check out our dive calendar to see when you can escape with BGDC.

I hope to see everyone at our regular meeting on February 13. Due to circumstances out of our control we are currently trying to find a new permanent meeting place.

For the month of February we will be meeting at the **Hilton Garden Inn in Hamburg**. The address is 1973 Plaudit Place, Lexington. If you have ideas regarding a permanent solution to our meeting location, please let me know. 🚩

The Editor's Notes

By John Geddes



This month we are going to have a hodgepodge of photos, some from our board meeting where they are working hard to take care of business and some from our meeting in January with our Guest Speakers, Bobby Crovo and John Durr.

Bonus pics via Doug Geddes of some of his Thursday dives. And as always I will intertain YOUR photos for the Newsletter. 🚩

2018 BGDC Officer's

Tracey Combs, President	621-4066
Mike Sullivan, Vice President	327-8906
Kris Harn, Secretary	333-6911
Dan Miller, Treasurer	948-5133
Steve Gahafer, Trip Director	229-9408
Rick Stephan, Safety Info Dir.	223-3719
Alex Fassas, Webmaster	582-1600
John Geddes, Newsletter Editor	608-0682

Dive Committee Members

Steve Gahafer – Chairman	229-9408
Tracey Combs	621-4066
Ralph Covington	621-3862
Mike Sullivan	266-4516
John Geddes	608-0682

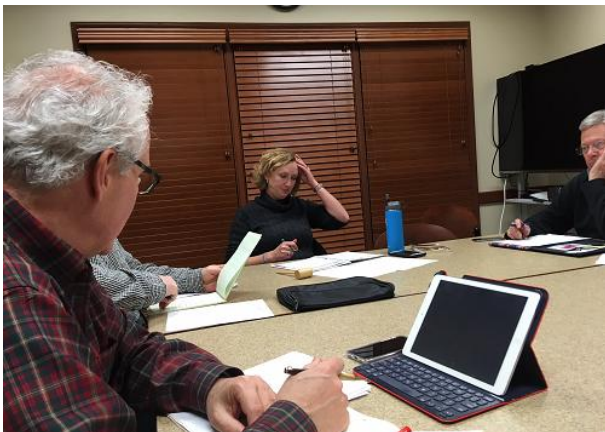
If you would like to be on the Dive Committee, contact Steve Gahafer, 229-9408

Vice President's Report

By Mike Sullivan



The Club had a wonderful presentation by Bobby Crovo of Lexington Dive Services. Bobby offers a wide range of SCUBA certifications from Open Water through Dive Master as well as many specialty certifications. I hope members will take advantage of his courses to improve their dive skills. Bobby brought with him, Instructor, John Durr, and a retired Lexington Firefighter. Both Bobby and John have many years of experience. We appreciated both Bobby and John staying around after the meeting to answer additional questions.



Door prizes this month were gift certificates from Bob Evans Restaurant and BJ's Restaurant and Brewhouse, and were won by Kris Harn and Jennifer Willis. 🚩



From the Treasurer

By Dan Miller



2018 Membership Dues

Student (High School or College ID) ..	\$10.00
Single & Family (1 diver)	30.00
Family (non divers).....	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 / Mail to: Bluegrass Dive Club c/o
Dan Miller
824 Gunpower Drive
Lexington, KY 40509

New Members: Visit the website to fill out an on-line form or to access a Microsoft Word printable form. [CLICK HERE](#). 🚩



Trip Director's Report

By Steve Gahafer



Several members going on Curacao trip are getting ready to head out in a week or so. Keep them in mind and let's hope all goes well on the trip.

Because of several members being on one trip or another we still have not scheduled a Dive Committee meeting but will be very shortly. If anyone has a destination in mind that they would be interested in having the club look into for a possible trip let me know.



AFRICA DIVE & SAFARI 2018

This trip is going full steam ahead we still have open spots on this trip, we just had two people sign up this past week. **If you are thinking about this trip need to decide pretty quick as we are going to have to give up spots and the airfare will start going up very fast.** Check the website [Africa 2018](#) 🚩



Webmaster's Report

By Alex Fassas



New Years Greetings from your new Webmaster, Alex Fassas. A Thank you to Kim Hudson, your outgoing Webmaster, for giving me a smooth handoff of the necessary information and instructions to maintain our clubs email and web presence. Both Kim and I will be eternally grateful to Mike McCann, who literally brought the club into the internet age and designed, developed and maintained our website for as long as I have been associated with the club.

A little background on myself. I have been a BGDC club member since 2008, when we joined in order to go on a club trip to Utila, Honduras in April 2008. We can thank Mark, Stella, and Adam Kidd for inviting us into the club and our first trip. At the time my family consisted of my wife, Marva, and my son, Demetrius, now age 27. My then 18 year old son had the experience of being roommates with BGDC legend Noel Hall. Some of you will remember my now departed wife, Marva, from the Utila trip. Marva left us too soon in August 2014 after breast cancer returned for the third time. Although I maintained my membership, I was dormant from club activities for many years until 2015. Again, I can thank Adam Kidd for needing a roommate for the Roatan, Honduras 2015 trip. Since 2015, I have been active in the club and several more trips. Since that time, I have a new partner in my life, Kathryn Bowers, who is also a club member and diver.

I began SCUBA diving at age 20, as a resort diver, with my first experience in St. Croix, USVI. It was not until 1995, at age 35, that I became a certified Open Water Diver. I have continued my diving education and am now Advanced Open Water and Enriched Air (NITROX) certified. 🚩

Safety Corner

By Rick Stephan



Note: This month's article is from *divein.com*. There were quite a few articles on the same subject, but this one was pretty basic, so I'm including it here for the "Reader's Digest" version.

You get Open Water certified. That means you know how you are supposed to dive safely. You understand some of the physics of diving and the physiological effects of depth, pressure, and oxygen and nitrogen absorption on the body. Some instructor gave you the signature. Now you are sorta on your own.

You dive in different environments – temperature, water type, depth, currents, etc. Do you use only one type of scuba kick? The answer is up to you, but good conscientious, safe divers have an array of finning techniques to use to help them navigate the depths. Anyone who has penetrated a wreck at 120' with the person in front doing a flutter kick will definitely understand!!



This article talks about 3 techniques, but there are many others, some that I've actually used for years, but didn't know what they were called. Back finning, the helicopter spin kick, and the dolphin kick are described in other articles online. Even better, there are several articles with videos to show the kick and the resultant movement of the diver – much easier to understand than just reading words.

Just Google "Finning Techniques" and you'll see lots of good information.

I hope you'll review these articles and try out some of the techniques on your next dive trip. Because



Remember, safe diving is fun!

Finning Techniques – How to Get the Most Propulsion from Your Kick

By Thomas Grønfeldt Senger

Finning is the process of generating propulsion by moving our scuba fins.

In that sense, it is probably the most basic of skills in diving, and one that most of us are already able to do when we enter our first dive course.

For anyone who has spent any proportions of their childhood in and around water, it is as natural as walking or running.

But, like running, it is something that most of us might be able to do, but that doesn't mean that we do it well, never mind optimally. So like many runners experience a huge increase in running pleasure and efficiency, many divers could benefit from working on their finning techniques.

Choose the Right Kick For the Circumstances

Better finning technique, in particular choosing the right technique for the right circumstances, can increase the efficiency of your dive.

This, in turn, will decrease your air consumption and the physical fatigue you experience from a dive, extending your dives and increasing the pleasure of them.

Safety Corner Cont.

Also, picking the right finning technique can decrease the level of environmental disturbance you generate. The right finning technique can mean less silt kicked up when diving in a cave or close to a silty bottom, which can, in worst case scenario, be a matter of life and death, as the case of cave diving accident in Italy's Grotta Rosso proved all too well.

There are three main fin kicks that any diver should know. These are flutter kicks, frog kicks, and bent-knee cave diver kicks.



Flutter Kicks

The flutter kick is the basic finning technique that most divers use, this technique is similar to the leg part of freestyle swimming.

Watch 90 percent of all divers, and you'll see them use flutter kicks. The technique was the only one taught until not that long ago, so any old dive movie (Jacques-Yves Cousteau's films and the James Bond movie "Thunderball" to name a few), you'll see this kick too.

The reason for its popularity is quite simply that it is the strongest of all the kicking techniques, and it generates a lot of propulsion. And back in the early days of diving, before the invention of the BCD, speed was the primary way of maintaining buoyancy.

The advantage of this kick is the forcefulness of it. It is great for moving at fairly high speed, or when fighting a current. The vertical up-

down movement of the legs also means it is very useful for wall diving, especially when diving by a wall covered in corals, as there's less risk of kicking the corals or the backwash of the finning destroying corals.

The disadvantages of this kick are related to the advantages. The forcefulness of the kick means that it is fairly strenuous, and increases air consumption because of it. Also, the vertical movement can kick up a lot of silt if you're diving close to a loose bottom.

In open water, this is annoying, in particular for the divers following you, but in a cave, it can be downright dangerous. Also, the continuous movement can lead to using movement for buoyancy, rather than proper scuba technique.

Bottom line: Fast, powerful technique, good for when you're fighting a current, for short bursts of speed, and for diving close to vertical structures.



Frog Kick

The aptly named frog kick looks very similar to the leg portion of the breast stroke from swimming. A large and wide kick, that utilizes the full strength of the leg, it is a good, general technique for open-water diving, either in the water column, or close to the bottom. Because the movement and propulsion isn't continuous, good buoyancy technique is required, though.

The movement here is horizontal, or close to it, meaning that when swimming close to the bottom, there is minimal disturbance of the bottom, which in turn will maintain the visibility for any divers that come after you. However, the width of the kick means that the kick isn't recommended for caves, or when diving close to a wall.

Safety Corner Cont.

This kick, combined with good buoyancy, will quickly become your go-to technique once you get used to it, and will likely decrease your air consumption quite significantly. The more properly trimmed your position in the water, and the more you take advantage of the gliding phase before initiating the next kick, the more you'll reduce your energy (and air) consumption.

Bottom line: powerful kick that can be extremely efficient, especially if you master the kick-and-glide aspect. Good for open-water diving in mild currents, in the water column or close to the bottom. Not advisable in stronger currents or close to walls.



Bent-Knee Cave Diver Kick

This technique with the complicated name is the go-to technique for technical divers, and is the one that causes the least disturbance of the environment.

The bent knees means that the movement is very limited, with the entire kick coming only from a small movement in the hips, combined with a kick of the ankles. This means that propulsion is limited, compared to the two kicks above, but it also decreases strain and air consumption.

The small movement means that it works well in cramped areas, such as inside wrecks and caves, and when executed properly, can minimize the amount of silt kicked up to almost nothing.

For this reason, it is also the recommended technique for diving close a very silty bottom.



The slow movement also means that this technique helps you slow down, making it good for muck dives or other nature dives where you'll be looking for small animal life.

Because it is a very low-propulsion kick, this technique has its limitation when swimming against a current, though.

Bottom line: a minimal-impact kick, that is ideal for cramped environments and close to very silty bottoms, as well as helping you slow down during your dives and maximize your available air. 🚩



From The Secretary

By Kris Harn



MEMBERSHIP MEETING IN JANUARY

A general membership meeting was held on 1-9-18 at the Racquet Club. 15 people were in attendance. Presentation was given by Bobby Crovo and Don Durr from the Lexington Dive Services.

BOARD MEETING FOR JANUARY

A board meeting was held on 1-30-18 at the Beaumont Branch Public Library. Reviewed reports, trips, new, and unfinished business. In process of locating a new regular meeting location. 🚩



Bluegrass Dive Club 2018 Calendar

February

10-17, Curacao

13, Tuesday Dive Club Meeting
27, Tuesday Board Meeting

March

13, Tuesday Dive Club Meeting
27, Tuesday Board Meeting

April

10, Tuesday Dive Club Meeting
24, Tuesday Board Meeting

May

5, Saturday Club's Derby Party
8, Tuesday Dive Club Meeting
29, Tuesday Board Meeting

June

10-23, Africa

12, Tuesday Dive Club Meeting
26, Tuesday Board Meeting

July

10, Tuesday Dive Club Meeting
31, Tuesday Board Meeting

August

14, Tuesday Dive Club Meeting
28, Tuesday Board Meeting

September

11, Tuesday Dive Club Meeting
25, Tuesday Board Meeting

October

9, Tuesday Dive Club Meeting
30, Tuesday Board Meeting

November

13, Tuesday Dive Club Meeting
27, Tuesday Board Meeting

December

TBA, Saturday Club Christmas Party