



# UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / [www.bluegrassdiveclub.com](http://www.bluegrassdiveclub.com)

March 2010

Volume 40, Number 3

## March's Club Meeting

**Date:** Tuesday, March 9th  
**Time:** 7:30-PM (business)  
 Social at 7  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** Rick Stephan

## President's Message

*By Rebecca Singer*



It's another wintry day as I sit here writing this newsletter article. I want to take a moment to thank everyone who braved the weather last month to make it to our last club meeting. It was certainly not the best night to be out. I also want to thank Ed Gabe once again for his presentation on regulator care at our last club meeting. He did a great job and we look forward to the next time he can speak to us.

Our trip committee continues to work on trips for 2010 and 2011. As always, if you have ideas and suggestions, please let a trip committee member know. We welcome your suggestions and will do everything we can to accommodate your ideas. Thanks to Doug Geddes and his committee for all their hard work.

I hope you all will be able to make the March club meeting. Our program will be a safety talk by Rick Stephan, our Safety Information Officer. Many of us have been diving for so many years that we might be taking some safety precautions for granted. This is a good time to remind ourselves to be safe while we are out having a great time diving. 🏠

## The Editor's Notes

*By John Geddes*



This month pics are some from a new member to the Club Meeting and some from behind the screens, like Dive Committee Meeting or Board Meeting and per Board Meeting, like eating... Next Month Pics will be from the Little Cayman Trip. How was your diving Gorden? 🏠



## 2010 BGDC Officer's & Staff

Rebecca Singer, President	552-0880
Krisy Carty, Vice President	497-4333
Maryanna O'Canha, 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



As I write this month's article, I am packing for a dive trip to Cozumel. Two months into 2010 and I am truly ready for some surf and sun, so this trip could not have come at a better time. I am sure the members travelling to Little Cayman would agree. I hope you all had a great week of diving and socializing!

A special thanks to Ed Gabe for donating so much of his time to the club over the past month. Ed's presentation at the February meeting was informative and we appreciate his sharing of experience and knowledge with the club. Ed also hosted the first Bluegrass Dive Club Peak Performance Buoyancy Clinic. With the assistance of Divemasters and fellow club members, Jason Carty, Steve Gahafer, and Jim Leemhuis, four members took advantage of the opportunity to learn skills to enhance the quality of their diving. Don't miss the chance to participate in a clinic if the opportunity arises again. A video of the pool clinic is available for viewing on the Bluegrass Dive Club Facebook page, courtesy of Jim Leemhuis. Thanks guys for your commitment to the club.



In February we have gained two additional club members.

Welcome from Jackson, **Dr. Bill Bowles** and family. Bill is Rescue Certified and is working toward his Dive Master Certification. Bill has joined our club for travel and education. Bill, I am sure you will not be disappointed with what the club has to offer. We look forward to seeing you again.


Welcome, **Kerry Chose** from Richmond. Kerry has joined the club via a member referral. I am sure the club will exceed your expectations with well-organized trips and fun social events. We hope to see you at the March meeting.



Just a reminder, the dive trip to **Key West October 6-10, 2010** has been added to the club website. The trip is going to be shorter than most of our trips, making this a great one for those of us that have limited vacation days. Dive planning is in the works, so join the trip early to participate in the planning stages. Just a note, airfare is less expensive to Ft. Lauderdale if you don't mind taking the scenic route to Key West!



Bluegrass Dive Club can also be found on FACEBOOK. I would love to add some past photos and videos to our page. Please send any correspondence to [drcarty@hotmail.com](mailto:drcarty@hotmail.com). Include the trip/place, year, and who is in the photo/video. Become a fan of [Bluegrass Dive Club on Facebook](#). Fans of the page can share Bluegrass Dive Club related links, photos, and videos to the page by using the "Attach" icons located below the status bar on the page wall.

The weather put a damper on the February Club meeting; so make sure to attend the March 9<sup>th</sup> meeting to get caught up on club happenings. Also, tell your friends about the club. Referrals work, just ask our newest members!! 

## The Webmaster's Tip

By Mike McCann



### *Quickly copy formatting with the Format Painter*




This information Applies to most Microsoft Office products such as Word, Excel, PowerPoint, Publisher, and some versions of Outlook and Outlook Express, etc.


Say you've written a report in Word. You like the look, especially your headings, which are 14 pt. Bookman Old Style, centered, green, and bold, with a nice subtle shadow.

Fifteen minutes before you're supposed to present the report to the team, your manager asks you to add four new sections to the report. You spend thirteen minutes adding the information, and the next two wishing that you hadn't chosen such complicated formatting for your headings, since you now have to apply it to all the new ones.

Using Format Painter saves you that time and duplicated effort. Instead of having to manually apply the font, font effects, centered paragraph alignment, and other formatting to each new section heading, you can quickly copy all of the formatting attributes by using one toolbar button.

### To copy formatting

1. Do one of the following:  
To copy both paragraph attributes (such as alignment, indentation, and so on) and character attributes (such as font and font effects), select the text whose formatting you want to copy plus the paragraph mark that follows the text.  
To copy only character attributes, select the text without selecting the paragraph mark.  
Note: to see the paragraph mark select the   
"Show/Hide" formatting button   
2. On the **Standard** toolbar, click **Format Painter**   
3. Select the text you want to apply the formatting to.  
The text takes on the new formatting.

If you want to apply the same formatting to more than one item, select the formatting you want, double-click **Format Painter**, and then select each word, phrase, or paragraph you want to apply formatting to. When you're finished, press ESC. 

## 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

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



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## Bonaire 2011

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By Rebecca Singer



Don't miss out on a great opportunity to dive in Bonaire for an incredible price. The club trip is June 11-18, 2011. We still have a bit over a year before we travel to Bonaire but please think about signing up for this trip. We rarely see such good prices.

Each 2 bedroom villa sleeps four people and the price includes 7 nights at the resort, daily breakfast, 6 days of unlimited shore diving, and the truck rental (1 per villa) for only **\$620 per diver**. You can add 6 boat dives onto your package for only \$127! This is a do not miss opportunity.

To make it even sweeter a deal, if you sign up before August 1<sup>st</sup>, 2010 the deposit is only \$100!!! If you sign up after August 1<sup>st</sup>, 2010 the deposit is raised to \$200 so it's worth it to sign up now! Bonaire is a great destination for divers and non-divers alike.

If you have any questions about the trip, feel free to contact Rebecca Singer at [rasinger1@gmail.com](mailto:rasinger1@gmail.com) or talk to her at the regular club meeting. She would be delighted to help you decide to join the trip. You may also find additional information on the Bonaire 2011 trip by visiting the Upcoming Events section on the club website. . 🚩



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## Safety Corner

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By Rick Stephan



**Note:** While we are all putting on extra layers as this silly winter keeps plying us with snow and cold temps, we are thinking about putting on our tanks and fins and getting wet. Although the weather forecast is pretty easy to get at our winter/spring dive destinations, we are always asking about the water temps. Exposure to the water will always bring our core temperatures down, causing potentially uncomfortable diving at best, and unsafe diving at worst. Unless – of course – you plan ahead and bring the right amount of exposure control – your wet suit.

This article came from the web ([www.best-scuba-diving-tips.com](http://www.best-scuba-diving-tips.com)). It is probably something you know about, (why wet suits are important), but this article might help you with understanding how the different types work, what water temperatures indicate what type of suit, and how to care for your suit. By understanding what you need for a particular temperature, you will make sure you bring the right suit – not too hot, not too cold – just right. And that will make you comfortable, and hopefully a more safe diver.



*Remember, safe diving is fun!*

### Tips on How to Choose the Right Thermal Protection

Wet suits (also known as "exposure suits") are what keep a diver's body temperature at a comfortable level. When a diver enters the water, their body temperature (which is about 98.6 F or 37 C) starts to drop. This is because water conducts heat away much better than air. So, if a diver wants that "warm, fuzzy feeling" while diving, they wear an exposure suit.

In addition to keeping divers warm, a good exposure suit also protects divers from cuts, abrasions, and stings that sometimes happen during a dive. Brushing against certain types of coral can cause a mild skin irritation on bare skin.

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## Safety Corner Cont.

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These skin irritations normally will not occur when divers are wearing a good exposure suit.

### How a Wet Suit Works

A good exposure suit relies on two things to make it work properly. The thickness of the neoprene and a good fit.

Exposure suits are made from a synthetic material filled with gas bubbles called neoprene. Neoprene dive suits come in thicknesses ranging from 2mm to 9mm. Unfortunately, suits in the 6mm to 9mm range sometimes feel bulky and hard to put on and take off.

Exposure suits rely on trapping a thin layer of water between the suit and the body. This thin layer of water gradually becomes warm. If the suit fits badly, the water flows more freely between the suit and the body. This chills rather than insulates the diver.

### Types of Wet Suits

There are several types of exposure suits. The type a diver chooses depends on three things:

1. The temperature of the water they are diving in.
2. Their body mass (body fat or no body fat, muscular or not muscular).
3. The type of diving activity.

The colder the water, the more insulation a body needs. Your body size and mass also determines how much insulation you need. A larger diver will need less insulation than a smaller diver. A diver who is muscular will need less insulation than a larger diver. Your level of activity is a good way to determine how much insulation you need. The more active you are during a dive the more heat your body generates. This means you will stay warmer during the dive.

### DIVESKINS AND SHORTIES

In warm, tropical waters, most people will not need any thermal insulation. But it is a good idea to wear a dive skin or shortie wet suit to help

prevent your equipment from rubbing against your skin. These types of dive suits also give protection from the sun before and after a dive and provide protection against stings and scrapes.

### FULL-LENGTH WETSUITS

The most commonly found exposure suit is a full-length suit. This type of suit is one piece and covers the entire body from the neck to the ankles and wrists. They come in varying thicknesses from 2-9mm. This type of suit not only offers more thermal protection but also offers added protection against stings and scrapes.

### SEMI-DRY SUITS

Semi-dry suits are one of the most versatile suits a diver can have. Though intended for colder waters, where they are worn with a hood and gloves, semi-dry suits can even be worn in warm Mediterranean seas.

Like normal neoprene dive suits, semi-dry suits work by trapping a thin layer of water between the body and the suit. The difference is a semi-dry suit has better seals at the wrists, ankles, and neck. This helps stop water from flushing through the suit and allows trapped water to warm up.

Semi-dry suits come in thicknesses ranging from 7-9mm. Some semi-dry suits are designed to be used in layers. These are commonly called a "Farmer John Suit". They consist of a bib-overall style base layer with a jacket that looks like a shortie with long sleeves and a hood.

### DRY SUITS

If you are looking for the best thermal protection and you do not like a damp body after a dive, then a dry suit is the way to go. Because dry suits are designed to be air tight, they use trapped air, not water, as an insulating barrier. Because dry suits offer the ultimate thermal protection, they are by far the most expensive dive suit to buy.

### WET SUIT ACCESSORIES

To add additional warmth and protection to your wet suit, you may want to consider these accessories: separate hoods, gloves, jackets, and booties.

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## Safety Corner Cont.

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### WET SUIT THICKNESS

There are guide lines for the type and thickness of suit needed in different conditions. Every diver's comfort level is different. Some divers may prefer a lighter suit while other divers are more comfortable with a thicker neoprene. Being comfortable is important in having a good dive.

### TEMPERATURE and SUIT THICKNESS\*

76-86 F (24-30 C) 1/16" (1.6mm) neoprene or lycra

69-84 F (20-28 C) 1/8" (3mm) neoprene

64-77 F (18-25 C) 3/16 (5mm) neoprene

49-75 F (09-22 C) 1/4" (6.5mm) neoprene

33-66F (0-17 C) 3/8" (9.5mm) neoprene, dry suit

\*Based on manufacturers recommendation

### Maintaining Your Wet Suit

A simple maintenance routine is the key to prolonging the life of your wet suit.

1. Rinse your dive suit in fresh, clean water after every dive. This will remove salt and debris, which can cause it to rot.
2. Let your suit dry in the open air, out of the direct sun light.
3. Once your suit is dry, place it on a wide hanger in a cool dry place out of direct sunlight.
4. Periodically wash your suit with a special wet suit shampoo. This helps maintain the suppleness of the neoprene and prevent mildew.
5. Lubricate zippers occasionally to prevent degradation of metal or plastic.

### Additional maintenance for dry suits.

6. Always store your dry suit rolled up in bag, away from heat and ozone-producing machines, such as hot water heaters.

Have the valves and zippers on your dry suit inspected annually by a qualified repair technician to ensure proper function. 🚩

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## From The Secretary

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By Maryanna O'Canna



### General Meeting Minutes 2-9-10

The meeting was lightly attended due to the bad snowy weather keeping a lot of members off the roads. Safety first. Speaking on dive safety was Rick talking about dive equipment failure and how to prevent it.

Mike Sullivan gave an explanation on why 130 ft. is the maximum depth allowable for recreational diving. Due to a limited amount of air a diver can hold in a dive tank the threat of oxygen toxicity is present. A deep dive to 3 atm has the same effect as drinking 2 martinis.



Ed Gabe announced that he would hold a Peak Performance Buoyancy Class at the UK pool on Feb. 22. He needs a minimum of 4 participants. The cost of the class will be discounted for club members through New Horizons Dive Shop.

Being the dive equipment specialist that he is, Ed gave a wonderful presentation on how to take care of a diving regulator. He passed around the parts of a regulator, broken down to the point of which he inspects them on an annual basis.

### Board Meeting 2-23-10

Present: Rebecca, Doug, Maryanne, Mike, Rick, Krisy, George, and John.

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## From The Secretary Cont.

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The meeting was called to order by Rebecca at 7:30 pm.

The treasurer's report was given by George.

A VP Membership report was given by Krisy. Reminders will be sent out about 2010 dues. Updated emails need to be obtained, because too many emails are being bounced back to George.



The secretary, Maryanne, will track the attendance of the club meetings for the past 2 years. Also, the board member attendance will also be tracked.

The Trip Coordinator, Doug, made a report: Vouchers for Little Cayman will be looked into, a Key West trip is booked for Oct., Fiji 2011 is full with 2 on the waiting list, 5 are signed up for Bonaire, and ideas for the future include Philippines and Grenada.

Safety Officer, Rick, clarified the differences between dive insurance from Dive Assure and DAN.

A t-shirt design is being developed to help raise money for the club by Jason Carty.

Meeting adjourned by Rebecca at 8:30 pm. 🚩



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## Trip Director's Report

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By Doug Geddes



### SPRING TRIP

We have not had anyone step up to really say they want to go on a trip this spring, so unless I hear from someone soon, we will do away with this year's trip. Noel's trip to the BVI has taken almost all the persons that would normally travel this time of year. I guess we can do one in the summer if someone wants? Remember, a trip can be 4 persons. We can still help you get your best price for a dive location if you want us to book it for you.

### LAKE TRIPS

Please support the lake trips when we schedule them. The EC has put a good amount of monies to subsidize these trips, so you should take advantage of them. The Dale Hollow trip is an easy trip to do and a great weekend to be with your fellow divers.

### FIJI 2011

This trip is still full with two on the waiting list. If you are still considering going, please put your name on a reservation and send it in. You never know when someone might drop off. You need your name there to jump on it. No monies are required until a spot opens. George has sent out a bill for the next payment. He is still waiting on a couple of you to respond. We need to hear from you ASAP. Matter of fact, I need you to respond to me as quickly as possible when I send you a notice or need info from you. We have a couple that don't respond or just are not reading their emails. You need to check it at least once a week, just in case I need something from you.

### DIVE COMMITTEE

We need to have another meeting soon after the monthly meeting to decide on a few trips that we are planning for the next few years. If you know of a trip that you would like to go on, please tell us at this next meeting. 🚩