



UNDERCURRENTS

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

June 2016

Volume 46, Number 06

June Club Meeting

Date: Tuesday, June 14th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program: Bonaire Trip DVD

President's Message

By Tracey Combs



Summer is here and I am ready to get in the water to dive!

Our next meeting is Tuesday, June 14th at the Racquet Club. To celebrate summer we will be having our Summer Social Cookout at our July meeting. Look for more details in next month's newsletter.

I am looking forward to our future trips! Check out the website for details on the Cayman trip and Dominica will on the website soon. Remember, if you have any trip ideas or suggestions to please contact someone on the dive trip committee.

Thanks again to Doug Geddes and Susan Edgington for hosting the Derby Party last month, much fun was had by all. And a special thanks to Lynn Thomson for organizing the wager boards. She did a fabulous job!

Safe travels and wonderful diving. 🚩

The Editor's Notes

By Bart Bertetto



Hi everyone. Boy, the club is cranking with some great events and awesome dive trips! Get that gear together and splash on in. Photos this issue from the club Derby Party courtesy of John Geddes. Roaring good time had my all. Cheers 🚩



2016 BGDC Officer's

Tracey Combs, President	621-4066
Corrine Mulberry, Vice President	913-0892
Mike Sullivan, Secretary	266-4516
Dan Miller, Treasurer	948-5133
Doug Geddes, Trip Director	621-3178
Rick Stephan, Safety Info Dir.	223-3719
Mike McCann, Webmaster	255-3937
Bart Bertetto, Newsletter Editor	502-299-3656

Vice President's Report

By Corrine Mulberry



June Program: Stephanie Swope will present "Bonaire – A Diving Paradise" for our June Program. The BGDC traveled to Bonaire early this year for some incredible diving. Come on out and see the pics of the fabulous reef and critters!

Swap Shop: The Bluegrass Dive Club's SWAP SHOP will be held on September 13th as part of our regular meeting. Bring your dive gear to barter, sell or trade! We had a great time last year looking through the stuff and bartering/selling. So, clean out your dive gear bag this summer and be ready for the September SWAP SHOP.



Baby not for sale!

If you have diving information that you would like to present at a Club meeting (past or potential dive trip, etc.), I would love to hear from you. Please contact me so that we can get you on the calendar. 913-0892 or mulberryc1@gmail.com

New Members: We are thrilled to welcome back returning BGDC members Kit Hudson and John and Debbie Wagner. We are so happy to see you all again! Now let's go diving.

Thanks: "THANKS!" to Doug & Susan for hosting a fabulous Derby party for our rowdy group! Great venue, food, friends, and betting—not to mention mint juleps that will knock your socks off. Just wish the TV was bigger. Haha. 🚩



Trip Director's Report

By Doug Geddes



Roatan 2016

Just added a trip to Roatan at Anthony Key Resort. September 24 - October 1. Two for one divers. Check out website for details. Non refundable deposit due asap.

Cayman 2016

Nov 12-19. Trip is on with several persons signed up but we could use more. Need to sign up soon or rooms will be let go.

Dominica 2017

We gave booked Fort Young for the week of Feb. 4 - 11, 2017. More details to come. Saba portion not confirmed. Watch for email and website for more details. 🚩



From the Treasurer

By Dan Miller



2016 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](#). 🚩



From The Secretary

By Mike Sullivan



General Meeting Minutes Tuesday, May 10, 2016

- I. CALL TO ORDER
7:41 PM
- a. There are 17 members present.
- II. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Absent
 - b. VICE PRESIDENT MULBERRY
 - i. Corrine recognized returning member Kit Hudson & Marian Hudson, and Debbie & John Wagner.
 - ii. Door prizes were won by Kim Hudson, Carol Call, and John Geddes.
 - c. SECRETARY SULLIVAN
 - i. No Comments.
 - d. TRIP DIRECTOR GEDDES
 - i. St. Lucia trip has 14 members for 11-18 June 2016. Any extra rooms have returned to the Hotel.
 - ii. The Grand Cayman trip 12 – 19 November 2016 still has plenty of slots open for members.
 - iii. The Saba/Dominica trip is scheduled for 4-14 Feb 2017.
 - iv. The Club is in the early planning for a trip to Africa in May 2018. One week would be on a safari in Tanzania, and

- v. one week diving on the island of Zanzibar. Details will be furnished later.
- e. WEBMASTER McCANN
 - i. No comments
- f. NEWSLETTER EDITOR BERTETTO
 - i. Absent
- g. SAFETY INFORMATION DIRECTOR STEPHAN
 - i. Absent
- h. PRESIDENT COMBS
 - i. A DVD of the 2016 BGDC trip to Moalboal, Cebu, Philippines was shown courtesy of Noel Hall.
 - ii. The Pig Roast will be held on August 13, 2016 at Mike & Sherry McCann's house at 3557 Gloucester, Lexington. See website for directions.

ADJOURNMENT 8:39 PM



Board of Directors Meeting Minutes Tuesday, May 31, 2016

- I. CALL TO ORDER COMBS
 - a. Meeting began at 7:39 PM
- II. APPROVAL OF AGENDA
 - a. Due to 3 Board members being absent, no approvals are

allowed without a quorum.

- III. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Absent
 - b. VICE PRESIDENT MULBERRY
 - i. June program is a Bonaire DVD (Stephanie Swope)
 - ii. July program is Club Social.
 - iii. August program is St. Lucia DVD (Combs, Land)
 - iv. September (Open)
 - v. October is Dominica/Saba?
 - vi. November program is Club Elections.
 - vii. December is Club Christmas Party.
 - c. SECRETARY SULLIVAN
 - i. No comments.
 - d. TRIP DIRECTOR GEDDES
 - i. Absent
 - e. SAFETY INFORMATION DIRECTOR STEPHAN
 - i. Article this month is Saving Air during a dive.
 - f. NEWSLETTER EDITORBERTETTO
 - i. Absent
 - g. WEBMASTER McCANN
 - i. Absent
- IV. NEW BUSINESS COMBS
 - a. With a phone call to Doug Geddes, the Board voted to pay the deposit for the Dominica trip.
 - b. With Anthony's Key offering 2 for 1 again this year, the Club is considering making this a Club trip for September 24 – October 1. The current Delta airfare is \$715.
 - c. The Annual Pig Roast will be August 13th at the McCann's
- V. MEETING ADJOURNED AT 9:00



Safety Corner

By Rick Stephan



Remember, safe diving is fun!

Note: *This month's article comes from the scubadiving.com website. I have heard a lot of discussion in the past few months about individuals looking to find ways to stay down longer, to match up with the dive group. On the Philippines trip, several divers moved to larger tanks to help them stay down with their buddies. There was much frustration of smaller people who were out breathing their larger companions – hint: it's not just lung size!*

There is no universal solution to decreasing your gas consumption, but there are some tried and true ways to help get there. Here are some tips that are just common sense, but like so many scuba techniques, they require some forethought and practice.

Another solution is to check with your dive operator to see if they offer a buoyancy improvement course, and take that at the beginning of the week. Normally, these courses are pretty short and inexpensive, and well worth the time.

If you are able to increase your dive time, you will increase your safety margins, ease some of your stress, and possibly even see more of the underwater world. Remember, safe diving is fun!

Dive Training: Save your Breath

By John Francis

Diving Tips: Save Your Breath

During the surface interval, the divemaster makes his rounds, recording each diver's air consumption. You admit to having only 300 psi left, which is cutting it a little close, though you made a slow, safe ascent and a complete safety stop.

But most of the other divers have 600, 800 even 1,100 psi left! What's up with that? Are they hanging out at the surface for half the dive? Sipping from a hidden pony bottle? Stealing from your octopus?

More likely, they've learned not to waste air. But cheer up: We can get you back in the game and save you as much as 500 psi. You need only follow three simple diving tips: 1. Think slow. 2. Think slippery. 3. And act sleepy. Now, how hard can that be?

1. Think Slow

Water is some 800 times denser than air, and your speed is proportional to the square of the energy it takes to produce it. You already know how hard it is to wade across a swimming pool, even slowly. Doubling your speed requires about four times as much energy. Or turn that around: Wading across the pool half as fast takes one-fourth as much energy.

So go slow. Swim slow, turn slowly, reach slowly for your console--do everything in slow motion.

Several changes to your normal pattern will save energy and air, but swimming slowly is the obvious air-saver. Also, don't forget to move your hands, arms, head and torso slowly. Unless you pay attention, you'll try to make movements at "normal" speeds, which, having been learned in air, are too fast under water.

Other Ways to Go Slow

- **Duck currents.** They're usually weaker at the bottom or along a wall.

- **Use your hands.** Where appropriate, pull yourself rock-to-rock, hand-over-hand, across the bottom. (Don't touch coral and other living things, of course.)
- **Stay warm.** Your body burns calories and consumes oxygen to generate heat, so conserve it. Wear a hood or beanie, even in warm water.
- **Make short fin strokes.** Besides finning slowly, keep the strokes short. Wide fin strokes move a lot of water but give only a little more propulsion.
- **Get better fins.** Some fins are more efficient at translating muscle power into movement. A good pair means you'll kick with less effort, and less often.
- **Be physically fit.** When even a slow speed is an all-out effort, you'll burn more energy than a fit diver for whom the same speed is easier. The more fit you are the more energy-efficient (and air-efficient) you'll be.

2. Think Slippery

Save energy and air by reducing drag. It's no coincidence that fish, whales and seals have smooth bodies with very few appendages. Divers, by contrast, start out with long, lanky appendages, then load themselves down with lots of bulky gear. Masks, BCs, tanks and the rest of it present rough, complicated shapes that cause lots of turbulence and drag.

There are many steps you can take to streamline yourself, but if you do only one thing, do this: Fine-tune the amount of lead you carry and where you carry it. Your goal is neutral buoyancy with minimum BC inflation and a perfectly horizontal position. This will allow your torso, hips and legs to follow through the "hole" made in the water by your head, shoulders and the end of your tank, while enlarging it as little as possible.

If you are negative, for example, you will have to fin yourself upward a little, as well as forward, to maintain a constant depth. You'll

look like a "tail-dragger" airplane taxiing on the runway: Your feet and legs will be lower than your shoulders, enlarging the "hole" in the water and causing drag. If you are positively buoyant, you'll have to fin downward, with the same result.

Carrying the minimum amount of weight is important because if you are heavy (the usual case), you'll have to inflate your BC to compensate for the extra lead. The inflated BC is physically bigger and enlarges the "hole" you make in the water.

Once you have the right amount of weight, you'll need to distribute it so that, without moving or finning, your body will assume a horizontal position. That's correct "trim." Many divers are heavy at the head and shoulders and light at the hips and legs, so they swim in a bent-waist, butt-up posture or with their fins high to drive their hips down. In either case, they're pushing more water aside than necessary, causing drag and wasting air.

Other Ways to Reduce Drag

- **Clip your console and octopus close to your body.** Keep as much gear as possible in the slipstream of your body.
- **Adjust hose routings.** Choose different ports and shorter hoses to keep hoses close to your body. Just don't make them so short they restrict your head movement or your ability to read your console.
- **Get a better BC.** Look for the combination of fit and just the right amount of buoyancy. A BC that's too large or has excess lift will create a surprising amount of drag. An oversized model will also tend to shift, throwing off proper trim.
- **Fin with short strokes.** Not only are shortened fin kicks more efficient, they keep your fins inside your slipstream.
- **Keep your hands to your sides.** And keep them still.

- **Hide your snorkel.** Strap it to your calf, tuck it under your BC, put a foldable snorkel in a pocket, or leave it behind.
- **Put small accessories in BC pockets.** Small objects like lights, whistles and safety sausages cause disproportionate amounts of drag when fluttering in the "breeze."

3. Act Sleepy

Here, we're talking about your breathing pattern — not your sleeping habits. If you do only one thing to make your breathing pattern more efficient, do this: Breathe almost as if you were asleep — slowly and deeply. This saves air by promoting the most complete exchange of oxygen and carbon dioxide.

You might think that taking shallow breaths, as if sipping from your tank, would conserve air. In fact, it wastes air. Every breath first brings to your lungs the "dead air" that remained in your throat and trachea from your last exhalation. This dead air has a high concentration of carbon dioxide and a low concentration of oxygen. The high carbon-dioxide concentration triggers the urge to take another breath, even before you need more oxygen.

Deep breaths, on the other hand, dilute the dead air with fresh air and deliver more oxygen to the lungs. That not only promotes quicker gas exchange, it also delays the urge to take another breath. A tank lasts longer when you take deeper breaths because you need fewer of them.

Breathe slowly too. That increases your uptake of oxygen and your discharge of carbon dioxide simply because each breath stays in your lungs longer. It gives more time for gas molecules to pass between the air sacs in your lungs and your bloodstream.

Other Ways to Breathe Sleepy

- **Exhale completely.** This reduces the "dead air" volume and eliminates as much carbon dioxide as possible, thus delaying the urge to take another breath.

- **Pause after inhaling.** Use your diaphragm to hold air in your lungs a few extra seconds while keeping your throat open. This allows even more time for gas exchange. Your breathing pattern should be: Exhale, inhale, pause. Exhale, inhale, pause. **Note:** Every time we describe this breathing pattern, someone writes us, "Isn't this skip breathing?" It's not. Skip breathing involves holding your breath by closing your epiglottis (like when you grunt) and holding it for much longer. Closing your throat creates a closed air space that is vulnerable to embolism if you ascend. Keeping your throat open avoids that risk. Besides, skip breathing doesn't work. Holding your breath too long means retaining too much carbon dioxide, triggering the urge to breathe sooner than necessary and resulting in rapid shallow breathing. The net result: You use more air by skip breathing, not less.
- **Buy a high-performance regulator.** With the best models, considerable engineering has gone into reducing the work of breathing induced by the regulator itself.

Comparing

Gauges

If you finish the dive with less air than the next diver, does it really mean you aren't as skilled or experienced or in tune with nature?

Maybe, but it's just as likely you're bigger than the other diver. Or that you followed a slightly deeper profile or carried a camera. Or that you have different genes. It might even mean that somebody's pressure gauge is inaccurate, or that somebody's tank got a better fill.

Sure, if you use 1,000 pounds more than your buddy on the same profile, you've got a problem you should correct. But a 200- or 300-pound difference? It's meaningless.

And when faced with a choice between cutting into your 500-psi reserve or cutting short a safety stop — cut into the reserve. A safer profile is more important than a well-intentioned

guideline. Just do a better job of gas management on the next dive. 🚩

Bluegrass Dive Club 2016 Calendar

- January 10 Board Budget Meeting
- January 12 General Meeting
- January 26 Board Meeting
- **Jan 23-Feb 6** **Philippines Trip**

- February 9 General Meeting
- February 23 Board Meeting

- March 8 General Meeting
- **March 13-20** **Bonaire Trip**
- March 29 Board Meeting

- April 12 Board Meeting
- April 26 Board Meeting

- **May 7** **Annual Derby Party**
- May 10 General Meeting
- May 31 Board Meeting

- June 14 General Meeting
- **June 11-18** **St. Lucia Trip**
- June 28 Board Meeting

- July 12 General Meeting
- July 26 Board Meeting

- August 9 General Meeting
- **August 13** **Annual Pig Roast**
- August 30 Board Meeting

- September 13 General Meeting, **Swap Shop**
- **September 24-Oct 1** **Roatan**
- September 27 Board Meeting

- October 11 General Meeting
- October 25 Board Meeting

- November 8 General Meeting
- **Nov 12-19** **Grand Cayman Trip**
- November 29 Board Meeting

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Dive Committee Members

Doug Geddes – Chairman	621-3178
Tracey Combs	621-4066
Ralph Covington	621-3862
Mike Sullivan	266-4516
Ed Sullivan	C@Meeting
John Geddes	223-7926
Corrine Mulberry	913-0892