



UNDERCURRENTS

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

January 2018

Volume 48, Number 1

January's Club Meeting

Date: Tuesday, January 9th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program: [Bobby Crovo](#), of [Lexington Dive Services](#)

President's Message

By Tracey Combs



Happy New Year fellow Divers! I hope your holidays were wonderful and this year brings everyone success, a healthy long life and a fresh new start. I want to welcome the new board and thank each one of them for their dedication to the Bluegrass Dive Club. I appreciate their willingness to support and aid in the continued growth of the Club.



We come together because of the love of diving and stick together because we are lifelong friends.

There are a few upcoming trips, please check the website for details. We need your assistance in planning our future trips. If you have suggestions or requests, please contact Steve Gahafer. Steve will be scheduling a Dive Trip Committee meeting soon. If you are interested in joining, please let myself or him know. We welcome anyone who wants to participate.



A special thank you to Mark and Stella Kidd for once again hosting the Christmas party. A little ice could not deter us from coming together to celebrate.

Our next meeting is Tuesday, January 9 at the Racquet Club. The restaurant is not open, so food prior to the meeting is not available. We will have light appetizers and soda at the meeting. Please use the side entrance by the meeting room. Everyone is welcome. 🚩

The Editor's Notes

By John Geddes



Back in the saddle and here we are again!!

The photo for this month are from the BGDC Christmas Party, because of the bad weather that Saturday night we had a few less.

Some people taking an hour to get there when it was a 20 minute drive. More food for the ones that were there!



Okay, as always, I will be glad to share any photos from your dive trips to put here in the Newsletter. Now take a look at Rick's article, I think some of us "older" timers need this... 🚩

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

Vice President's Report

By Mike Sullivan



Hi, I'm your new Vice-President. I served as the Club Secretary for three years and I'm looking forward to this new position. If you have any suggestions for programs during the year, please let me know what you would like to have. This is your Club so I want to do what the members want. Let's get the word out to friends and help us grow. I'm ready to help make this Club the number one in the State. 🚩

Budget Meeting



From The Secretary

By Kris Harn



Glad to be your Secretary this year! Looking forward to working with everyone!

We had our Annual Budget meeting on 1-4-18, with a few changes we approved the budget for this year. Happy New Year!!! 🚩

Dive Committee Members

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

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



I changed positions on the Board this year from the Newsletter Editor to the Trip Director. Doug served in this position for several years and I hope to carry on the great job that he did. As of now we have two trips and are looking at adding one or maybe two more before the end of the year. If you have any places in mind that you would like to go let me or one the members of the Dive Committee know as soon as possible. We will be scheduling a meeting in the near future to look at different possibilities for the trips.



CURACAO 2018

Another great trip being offered by the dive club to one of the best looking islands in the Caribbean. This should be a great check out dive for the upcoming Africa trip for those that haven't been in the water for a while. This trip is now up on our website at [Curacao 2018](#). Check it out. It is a great place for non-divers also, so bring some friends to paradise.



Trip Director's Report Cont.

AFRICA DIVE & SAFARI 2018

This trip is going full steam ahead. Several people have already purchased air so if you still need to do that we can give you some suggestions. If someone finds a great fare, please share it with us, so others might join you, but you need to make sure it works with the times we need to arrive in Africa.



I will try and get that info out to you. **We still have a room or so reserved, but if they call we will have to give it up, so if you are on the fence, please consider grabbing it before it is gone.** Check the website [Africa 2018](#) 🚩



Safety Corner

By Rick Stephan



Note: *There are many advertisements playing all day at this time of year about making New Year's resolutions for fitness, organization, etc. etc. and, for a very reasonable fee, there are places to help you fulfill your own resolutions.*

Well, as I am writing this the temperature in Lexington is hovering around 5 degrees, and it will be days before we even get to freezing. So, one's mind tends to drift toward warm places and clear waters... But, wait! I am not in shape to do this, and my resolutions about fitness can't be done before my trip!

This month's article is from [scubadiving.com](#) and provides a targeted workout to help you at least start your journey with some strength and stamina for diving.

I hope you'll enjoy it, and consider preparing yourself for a great year of diving. And as always,



Remember, safe diving is fun!

The Wetsuit Workout

By Selene Yeager

Ready to go pump some iron? Maybe 50-pounds? Great. We'll follow that with some deep squats and calf raises before finishing up with a round of step-ups wearing a weighted vest. Sounds like a Navy SEAL workout, right? It's not. It's what you do every time you go for a dive and haul heavy tanks, hoist your loaded-down body up skinny ladders, and schlep your bulky gear bags from

Safety Corner Cont.

beach to boat. Add to that the energy it takes to swim across the surface and flip your fins for 30 minutes to an hour.

Little wonder we end up with achy backs and crampy calves. "Scuba requires more strength and muscular endurance than most divers realize," says veteran cave diver and certified health and fitness instructor Cameron Martz, author of *Fitness for Divers*. "Getting fit for diving means strengthening your muscles and improving your range of motion so it's easier to gear up and get ready for a dive, as well as swim and enjoy the water once you're below the surface."

This month's Wetsuit Workout is designed to target key diving muscles, so you can enjoy multi-dive days without wearing out. Strong muscles also improve your body's ability to use oxygen efficiently, so your tank lasts longer. Vanity bonus: Increasing your muscle tissue boosts your calorie-burning metabolism, so that wetsuit that mysteriously shrank from last year may fit just right again.

6 Moves to Ship Shape

Do two sets of 12 to 15 of the following moves twice a week to improve your scuba diving strength and stamina.

Scoop and Press

Stand with your feet hip- to shoulder-width apart. Hold weights down at your sides, palms facing your thighs. Bend your knees and hips and drop your butt back as though sitting in a chair. Push back to start, bending your elbows and curling the weights to your chest as you do. As you reach the standing position, immediately press the weights overhead. Lower the weights back to your sides and repeat.

Benefit for divers: Strengthens lifting muscles in your lower body, core, shoulders and arms for hoisting and stowing gear.

Ladder Step

Place your hands on your hips and stand facing a staircase. Step up to the second step with your right foot and raise your left leg behind you, squeezing your glutes. Swing the left leg forward, bringing the knee in toward your chest, before stepping back down with the left leg. Repeat for a full set. Then switch legs.

Benefit for divers: Targets the climbing and stabilizing muscles from the waist down to make getting on and off the boat a breeze.

Push & Row

Holding two dumbbells, get into a push-up position with arms extended, hands under your shoulders, with the weights running parallel with your body (if that's too hard, assume a modified push-up position with legs bent with knees on the floor). Bend arms and lower chest toward the floor until your upper arms are parallel to the floor. Push back up. When at the top of the push-up position, immediately bend the right elbow and pull the weight up to the side of your chest. Lower back to starting position. Perform another push-up, this time lifting the opposite arm. Alternate arms throughout the set.

Benefit for divers: Puts more power in your arms, chest, back and shoulders for loading and unloading gear.

Seated Scissors

Scoot to the edge of a sturdy chair or bench and sit straight up. Extend legs straight in front of you, feet as far off the floor as comfortably possible, about hip- to shoulder-width apart. Point your toes and turn your legs out slightly. Keeping your legs straight, cross your left ankle over the right, then your right over the left. Keep switching quickly 20 to 30 times. Make the move harder by holding your arms out in front of you.

Benefit for divers: Targets little-used muscles in your inner thighs, hips and calves for better finning.

Safety Corner Cont.

Swimming

Lie facedown on the floor (you can put a folded towel under your forehead), with your arms extended overhead, palms flat on the floor and legs extended, toes pointed. Contract your glutes and upper-back muscles, and raise your right arm and left leg as high as comfortably possible. Pause, lower to start, and repeat to the opposite side.

Benefit for divers: Strengthens back extensor and glute muscles for super swimming stamina.

Sock Wave

Stand barefoot with feet hip-width apart facing a sock on the floor directly in front of your right foot. Lift your right foot off the floor and grasp the sock with your toes. Holding the sock, extend your leg at a 45-degree angle in front of your body and flex and point your foot as though waving with the sock. Complete a full set. Drop the sock, and switch sides.

Benefit for divers: Cramp-proofs your feet and calves by strengthening the muscles that support the arch of your foot and flex your ankles as you fin.

And Before the Dive...

Most of us wouldn't step onto the golf course, tee up and start driving away without taking a few easy swings to get the blood flowing. It's equally wise not to jump into the water without warming up. A good warm-up boosts circulation and lubricates your joints and muscles so you can shimmy into your wetsuit, hoist your tanks and get up and down the ladder with ease. And it's easy to do. Perform a couple of simple squats. Do push-ups against a wall. Put your hands on your hips, and twist your torso left and right. Make easy windmills with your arms. Pay attention to places in your body that feel tight and give them a stretch. That's it. With just two minutes

of easy activity, your muscles and joints are ready for the rigors ahead.

Can You Strengthen Your "Breathing Muscles?"

You may have seen ads for "breathing training" devices like the PowerLung that promise to increase your lung capacity and improve your breathing so you can dive deeper and get more time out of every tank. These inhaler-like products provide variable resistance against which you inhale and exhale to strengthen your respiratory muscles like those between your ribs, which some experts believe are the first to fatigue during underwater activities. In one recent study, volunteers who performed 30 minutes of respiratory training five days a week for four weeks improved their scuba swimming time by 66 percent. Impressive results. But it's important to note that most published studies are done on laboratory equipment, not commercial devices. "We can't speak to the usefulness of commercial devices since we have not tested them," says study author Claes E. G. Lundgren, M.D., Ph.D., of the State University of New York at Buffalo, who concedes that home devices could be helpful. Thirty minutes a day is also a long time (though PowerLung claims benefits in just 10 minutes a day) to devote to respiratory training. But some free divers swear by it. If you feel limited by your breathing capacity, it could be worth checking out. 🚩



Bluegrass Dive Club 2018 Calendar

January

9, Tuesday Dive Club Meeting
30, Tuesday Board Meeting

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

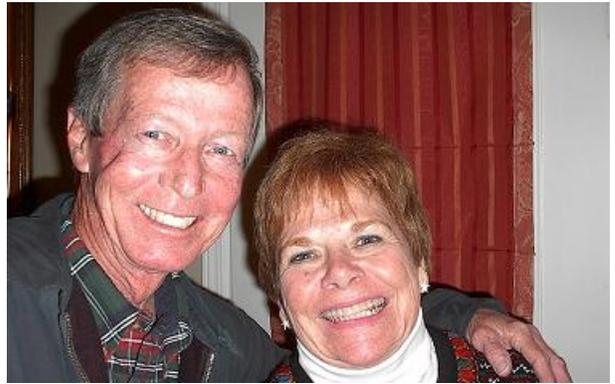


August

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

