



www.bluegrassdiveclub.com

September's Club Meeting

Date: Tuesday, September 14th
Time: 7:30-PM (business)
 Social starts at 7:00
Location: The Racquet Club
 3900 Crosby Road
Program: Tom Meyers on the Galapagos Islands

President's Message



This month we have Tom Meyers providing the program on the Galapagos Islands. His images are breath-taking, and even nondivers will enjoy the blend of surface and underwater images with his running commentary. Tom has traveled the world creating images that are National Geographic quality. We are thrilled to have him speak to our group.

We encourage you to get there a little early so you can enjoy some refreshments and we can get the business meeting going by 7:30 to start Tom off at 7:45. We will be offering some great door prizes this month including a DAN backpack, a PADI brief case, and a great dive light.

November we will have a dinner meeting and club elections, we are looking for individuals that would like to spend a 2 or 3 hours a month working on club projects. If you would like to see what goes on behind the glamour and excitement of the club jobs you are welcome to attend an Executive Committee meeting. Just call me for more information.

Look forward to seeing you September 14th.□

Mark

The Editor's Notes

By John Geddes



In this issue, all of the pics are from the Pig Roast. Next month, pics from Chuuk.□

Pig Roast Review

President Mark meets and greets



Ron, Sharon and Mark

The weather was a little iffy for a while, but it finally came around. The pool heater was on and the water was warm. Some mean games of volleyball were played. It seems like everyone had a great time and too much food. The new slide was a hit with the kids, along with the scooters in the pool. If you missed this one you missed a lot of fun. Hopefully next year, the date will be published earlier so you can make plans to attend. □

These two just about wore out the pool slide...



Laine and Amanda

Divemaster's Report

By Doug Geddes



CHUUK & YAP 2005

Man, this trip is getting closer than you think. Kit and I sent out information needed to travel to both countries. Make sure and read those. You have been told twice. Currently, we do not have anyone on the waiting list, but we are full. If you would like to add on to this trip, you might want to go ahead and sign up on the waiting list. All systems are go and we should be talking to both of our resort persons at DEMA to get any late hints that we might need. Of course, John is going to use his free trip later this month and will be able to fill us in on current items. We all wish him a safe trip. If you are interested in the trip, go to our website and check it out. If you have any questions, give me a shout or drop me an e-mail.

The bar is open...



Mary Ann, Anna & Lynn

COZUMEL 2005

We are now up to 38 persons and counting. There are still rooms available and some air also. Don't wait too much longer to add on to this trip, if you need air. The rooms should not be a problem. Check out the website for further details about the trip. You need to fill out the reservation form and send \$100 deposit to be considered on the trip. If you haven't sent in the waiver form yet, you can also do that. We are looking forward to this as another hugely successful club trip. Where else can you go and have so much fun and be with people you know?□

Safety Corner

By Rick Stephan



Note: This month's article is reproduced from Rodale's. When we look at the many habits we have picked up from our years of diving, some are good, some not so good. Technical divers are highly trained specialists who probably look like science fiction characters when they go into the water. They explore caves, penetrate wrecks, and do specialized diving such as ice diving or extremely deep diving. "We don't need to be like them, we won't be doing that crazy stuff" you say? Well, you may be right, but, just as you learned that chickens don't always stay on the same anchor line, you may learn some things from what the tech divers know. Adapt these lessons to your own dive habits, and you will be a safer diver!



Remember, safe diving is fun!

Five Things You Can Learn from Tech Divers

You can make longer, deeper and safer dives by borrowing techniques from scuba's cutting edge.

The next time you see divers suiting up with double tanks and redundant computers, pay closer attention. Even if you never plan to explore beyond traditional recreational diving limits, there's a lot you can learn from tech divers. In the quest to dive deeper, longer, farther and--most importantly--safer, technical divers have become the virtual test pilots of scuba. Here are five things recreational divers can learn from their technical cousins.

Learn from Your Mistakes

The equipment, the procedures and many of the diving rules in use today have largely been built upon technical diving's most significant contribution to the diving industry: accident analysis. The cave diving community began decades ago analyzing every significant accident and compiling both primary and secondary causes of these fatalities or near fatalities. This active process of learning from mistakes--and adapting training and gear to prevent future accidents--

Safety Corner Cont.

continues today in the cave diving world, and through the assistance of some dedicated volunteers, is now expanding to all fields of technical diving.

In the recreational realm, the Divers Alert Network (DAN) compiles the annual *Report on Decompression Illness, Diving Fatalities and Project Dive Exploration*. DAN's annual review and analysis of recreational scuba injuries and deaths forensically dissects—with charts, graphs and reports—the state of dive safety. The report is free to DAN members at its web site, www.divers-alertnetwork.org.

19 to 17 at this point...



Manage Your Gas Supply

Technical divers have long used a gas management rule called the rule of thirds. Taken literally, the rule means you use one-third of your gas supply to explore, one-third to swim back to the exit point and hold one-third of your gas in reserve for delays, emergencies and ascents. Not surprisingly, a number of the recreational agencies now teach this same rule, especially for dives deeper than 60 feet.

Slow Your Ascent Rate

The ongoing trend toward slower ascent rates and deeper stops to provide a hedge against DCS has its roots in technical diving. As tech divers experimented with mixed gases and sophisticated dive planning software, they began to notice safety benefits in slower ascents and deeper stops. Driven by the experience of technical divers, several recreational training agencies now advocate ascent rates as slow as 30 feet per minute and some of the more progressive recreational agencies have also modified their recommendations to include a deep stop. NAUI led the way with its recommendation that

recreational divers make a one-minute stop at half their maximum depth on dives deeper than 40 feet. In technical divers, deco stops have been shown to improve the efficiency of decompression time. For recreational divers, it is theorized that the deep stop will help prevent DCS by preventing the formation and growth of bubbles of dissolved gas.

The "A" team?



Ellen, Laine, Gary, Dennis and John

Breathe Something Other Than Air

Nitrox cylinders are now as common on dive boats as smelly wetsuits, and nearly every recreational training agency offers courses in diving with oxygen-enriched air. Quite a change from 1995 when *Skin Diver* magazine labeled nitrox the "Black Gas."

The idea of replacing some of the air in a diver's tank with oxygen in order to provide a hedge against DCS was surprisingly controversial, given its roots in scientific diving. Under Dick Rutkowski, former deputy diving coordinator at the National Oceanic and Atmospheric Administration (NOAA), nitrox became widespread among scientific divers who needed to safely extend their bottom time in order to collect data.

The line Judges?



Ralph and Rick

When Rutkowski retired from NOAA in 1985, he founded the world's first training agency dedicated to technical diving and offered nitrox training to the public. In the process of overcoming the

Safety Corner Cont.

negative hype surrounding oxygen-enriched air, he also gave us one of his other significant contributions to diving--a now-famous quote--"Science always wins over bullsh-t." Today, basic nitrox certification is considered a purely recreational pursuit. Any open-water diver can learn to use nitrox blends of up to 40 percent to safely extend bottom time. Nitrox-compatible gear is readily available and most major dive stores offer nitrox fills and training--all thanks to the demands of tech divers.

Buy Better Gear

The specialized needs of technical divers have led to several innovations in gear. The most notable may be the back-buoyancy or wing-style BC. The stable facedown swimming position and the clean, streamlined front harness of technical BCs are now favored by thousands of traditional recreational divers.

Other examples of gear that has crossed over include bailout bottles such as the Spare Air and EAS system. Both are essentially miniature versions of the larger stage bottles carried by technical divers. And even the octopus can arguably be traced to cave divers, who were the first to make extensive use of alternate gas delivery systems.

Didn't have to ring the dinner bell twice...



Kit, Ralph, Mike and Amanda

What Is Tech Diving?

Technical diving is generally defined as diving outside the realm of traditional sport diving limits. This usually means the completion of dives requiring staged decompression stops; the use of gases other than air and recreational nitrox (with 40 percent or less oxygen); the extended penetration of overhead environments like caves and wrecks; or dives deeper than 140 feet.

The inclusion of staged decompression diving is only accurate in the United States and a few other locations. In most of Europe, staged decompression diving in relatively shallow water is considered a routine recreational diving activity.□

Just help yourself...



Mike, Lynn, John, Becky, Lyn, Rick, Ellen, Sherry, Amanda & Laine

Bluegrass Dive Club 2004 Calendar

September

- 14, Tuesday Dive Club Meeting
- 28, Tuesday E.C. Meeting

October

- 1, Friday Newsletter Articles Due
- 12, Tuesday Club Meeting, Guest speaker
Brad Waller
- 26, Tuesday E.C. Meeting

November

- 9, Tuesday Club Meeting/Dinner
(Elections)
- 30, Tuesday E.C. Meeting

December

- 11, Saturday Club Christmas Party

2004 BGDC Officer's & Staff

Mark Kidd, President	266-2276
Carol Call, Co-Vice President	253-3992
Dan Miller, Co-Vice President	948-5133
Bob Shepard, Secretary	263-0165
Kit Hudson, Treasurer	873-4974
Doug Geddes, Divemaster	224-3197
Rick Stephan, Safety Office	223-3719
Mike McCann, Webmaster	255-3937
John Geddes, Undercurrents Editor	223-7926

The clean up crew...



Dennis Johnson

Shark Attacks

Here's shark attack avoidance advice from Burgess's International Shark Attack website:

1. Always stay in groups, as sharks are more likely to attack a solitary individual.
2. Don't wander far from shore -- this isolates an individual and additionally places one far away from assistance
3. Avoid being in the water during darkness or twilight hours when sharks are most active and have a competitive sensory advantage.
4. Do not enter the water if you're bleeding from an open wound or menstruating -- a shark's olfactory ability is acute.
5. Wearing shiny jewelry is discouraged because the reflected light resembles the sheen of fish scales. (Ditto for fish-like swimsuits, I'd guess.)
6. Avoid waters with known effluents or sewage and those being used by sport or commercial fishermen, especially if there are signs of baitfishes or feeding activity. Diving seabirds are good indicators of such action.
7. Sightings of porpoises do not indicate the absence of sharks -- both often eat the same food.
8. Use extra caution when waters are murky and avoid uneven tanning and bright colored clothing sharks see contrast particularly well. (Maybe an all-over tan is a plus for safety too?)
9. Refrain from excess splashing and do not allow pets in the water because of their erratic movements.
10. Exercise caution when occupying the area between sandbars or near steep drop offs - these are favorite hangouts for sharks.

11. Do not enter the water if sharks are known to be present and evacuate the water if sharks are seen while there. And, of course, do not harass a shark if you see one. □

Top 10

Family-Friendly Dive Resorts

Based on Rodale's Reader Ratings

1. Reef Club Isla Cozumel, Cozumel.
2. Presidente Intercontinental, Cozumel.
3. Ocean Pointe Resort, Tavernier, Fla.
4. Costa Club (formerly Fiesta Inn), Cozumel.
5. Allegro Resort, Cozumel.
6. Morritt's Tortuga Club, Grand Cayman.
7. Fiesta Americana, Cozumel.
8. Plaza Resort, Bonaire.
9. Sunbreeze Hotel, San Pedro (Ambergris caye), Belize.
10. Iberostar, Cozumel.

Let's see, who all is here...



Stella, Marian and Sherry

Lost and Found



No, Charlie is not lost this time, but Charlie has a beach towel that someone left on the pontoon at the Dale Hollow Lake weekend dive. So check to see if you're missing one (orange) and we will put you two together. How's that Charlie?