



UNDERCURRENTS

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

October 2011

Volume 41, Number 10

October's Club Meeting

Date: Tuesday, October 11th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: DVD on Chuuk w/BGDC

President's Message

By Tracey Combs



Divers get your BC's ready; we have great dives in our future. Look at the calendar and plan your next trip! Contact the trip leaders, if you have questions. Remember, if you have ideas for destinations please contact one of the trip committee members with the information.

September was a slow month for dive travel but the Eleuthra now Bimini trip is just around the corner.

We wish safe travels and wonderful diving to the group. We also are looking forward to the exciting stories and wonderful video when they return! If anyone has video they would like to share at future meetings, please notify me or Corrine.

Our elections will be held in November and I hope to see you at the next meeting. Please bring your friends and family who are interested in diving. 🚩

The Editor's Notes

By John Geddes



This month let's finish off the Pig Roast pics. I saved the best for last, these are of the "Eat Club and the big Volleyball game." 🚩



2011 BGDC Officer's

Tracey Combs, President	621-4066
Corrine Mulberry, Vice President	913-0892
Kris Harn, Secretary	278-4246
George Fleischmann, Treasurer	873-9539
Doug Geddes, Trip Director	224-3197
Rick Stephan, Safety Info Dir.	223-3719
Mike McCann, Webmaster	255-3937
John Geddes, Newsletter Editor	223-7926



Vice President's Report

By Corrine Mulberry



It's that time again!

Time flies when you are having fun. Now it is time for a little business. Our annual nominations process for electing Board positions has started.

How it works: Our President, Tracey Combs, has appointed a Nominations Committee as follows: Mike Sullivan, Rebecca Singer, Noel Hall and me. The Vice President (that would be me) is Chair of the Nominations Committee (Oh, joy). Our task is to develop a slate of proposed nominees for elected Board positions and submit it to the Board at the October Board Meeting. The Board will then approve a slate of nominees that is then published in the November BGDC Newsletter. Voting will take place at the November BGDC meeting. The President can also take nominations from the floor at the November meeting.

Board of Directors:

- President
- Vice President
- Secretary
- Treasurer
- Trip Director
- Safety Information Director
- Newsletter Editor
- Webmaster

The Board meets monthly on the last Tuesday of the month. Board responsibilities and duties of the Elected Positions are detailed in the BGDC's By-Laws which is posted on our website.

Why are you telling me all of this? The BGDC is an active group and we have new members joining all the time. There's a lot of behind-the-scenes work involved with keeping a Club that is this active, this vested, this vocal, and, yes this much fun....functioning. We are fortunate to have several incumbent

officers who are willing to continue to serve us. However, we are always looking for new blood. ;-) Recruiting new people to serve on the BGDC Board to help effectively run the Club is important for keeping the Club active and healthy. If you have ever considering participating more with the Club, now is the time to speak up. I would love to hear from you and would be more than glad to discuss the functions of the Board, the responsibilities of various positions or any facet of the Club with you. It's a wonderful opportunity to bring ideas and a voice to the Club. So.....why not throw your name your hat?



Are there any perks? Yes. Please see our By-Laws for the specifics, but basically, when the Club earns a "freebie" on a trip (hotel/dive package) that discount is divided among all Members participating on the trip. If a second "freebie" is earned, that discount is divided among the Board. For example, if we received 1 free room for every 10 rooms booked at a resort and we had 27 rooms booked, the first discount would be divided among all of the trip participants and the second discount would be divided among the Board. The Board receives these discounts as "dive bucks" (not cash). These "dive bucks" can be used on future BGDC trips and are valid for two years from the date of the distribution.

Contact me:

Please don't hesitate to contact me if you have any interest or know of someone that would be interested and willing to serve. You may contact me as follows: 859-913-0892 or scubaqirl07@insightbb.com 🚩

Trip Director's Report

By Doug Geddes



ELEUTHERA 2011

Due to Hurricane Irene, the resort at Cape Eleuthera sustained some damage and we had to relocate our trip to the Big Game Club on Bimini. The owner of the resort did not want his guest to be around a bunch of construction while on vacation, so he canceled all trips to his resort for October. Our travel agent was able to convince the BGC to take us on at the same price and benefits and make this trip happen for us. She even worked out getting us to Bimini from Nassau at no charge to us, so we didn't have to charge anymore monies to anyone. The BGC is now a Guy Harvey Outpost and has been all redone. I think this will be a great trip... Keep us in your prayers while we are gone.

PHILIPPINES 2012

I have sent out emails to our guest list and members lists opening this trip up to non-members and past members. Of course, they will have to join to take benefit of the discounts, but I they that won't be a problem. If you know of anyone that might be interested in diving in the Philippines let them know about this trip. I saw a special price for El Gallieon on one of my many ads' I get for discounted trips, and they were advertising our same trip for \$1200. We are paying \$1045 along with getting a discount and some freebies to divide. Make ours look really good. Come join us if you aren't already signed up. This will be a trip of a lifetime, but I always say that...but it is!!

COZUMEL 2012

This trip should be online soon. Mike has finally gotten all the needed information to put it on. This trip is in June and should be an awesome summer trip. Once it is up please check it out and sign up as soon as you can. Start looking for air and lock it in, there are some good rates out there at the moment.

EAST CAYMAN OR GRENADINES

There has been some talk of either doing an East Cayman trip or a sailing/diving trip to the Grenadines in 2013. A small of us did part of the Grenadines before our last trip to Grenada and had a great time. I know some of you have thought about joining Noel on one of his BVI trips and this would be a good time to kind of do both, dive and sail. The waters in the Grenadines are full of islands and beautiful blue water, with lots of wind. I know the Cayman trip, also would be a great one, so think about it and let me know your thoughts. I will be having a dive committee meeting when I get back from Bimini and will take your thoughts to the members. 🚩



From the Treasurer

By George Fleischmann



2011 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 / Mail to: Bluegrass Dive Club
% George Fleischmann
9048 Clifton Road
Versailles, KY 40383

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 Kris Harn



9-13-11 Regular Meeting

22 People attended meeting. Tracey went over new members and went over upcoming trips. Doug and Corrine were out of town. Kris asked that people sign the sign in sheet. Mike went over Cozumel trip. John talked about newsletter. Rick talked about safety article. Video was on Yap and Palau.

9-27-11 Board Meeting

Board meeting started at 7:18. Tracey started meeting stating that George was out and no Treasurer's report is available. Corrine stated that there were no new members. Kris' computer having problems and spreadsheet with attendance not available at this time. Doug talked about Dive trips and safety forms. Rick stated that he did not have article finished. John asked for newsletter articles on 9-29-11. Doug stated that Eleuthera trip has been changed to Bimini. Pricing being worked on for East Cayman. Trips to Philippines, Cozumel & Truk are being worked on. Tracey will printing directory this weekend. Revised new member form to be posted on web site. Corrine still working on BGDC hats. Nominations committee to have slate at next meeting. Meeting adjourned at 8:29. 🚩



Safety Corner

By Rick Stephan



Note: *This month's article comes from divefitness.com. (Isn't there a website for EVERYTHING these days?) Anyway it makes sense that as in most physical activities practice makes perfect. In this case, we're talking about not sucking all the air out of your tank before your dive buddy or the other folks in your group. Safe diving doesn't mean skip-breathing or not following established dive guidelines. But there are very sound methods for increasing your bottom time as it relates to air consumption. This also gives you more of a safety margin if you misplace a dive boat during your chase of the whale shark, or being able to swim back when the current changes.*

This is as it always seems to be – common sense. But reading about it might make it a little more current in your mind, which is why it goes here.

One preparation for you: the author uses the phrase "hoover" a lot throughout the article. I take this to mean "sucking air" like a Hoover vacuum. Just a guess, but it fits. This use is compared with "hover", which means staying at the same depth without kicking.

Read on, then, for what I hope is a review for you in how to make your tanks last as long as you need... safely.



Safety Corner Cont.

Breathing Heavy: How to reduce your gas consumption

By Cameron L. Martz, ACSM H/FI

For some divers, being the first to hit turn pressure means nothing more than a good-natured jibe from dive buddies once back on the boat. For others, a high rate of gas consumption stands as an obstacle to their full enjoyment of diving.

There are more ways to solve this problem than just throwing a bigger tank on your back. That only treats the symptom and complicates proper gas planning. Treating the cause requires a little more effort, and while the results will not only reduce your breathing rate, they will also make you a better diver altogether.



Dive lots.

Of course, the more you dive, the better a diver you will become. You will have better buoyancy control and better trim, you will maintain your depth while swimming and stopping, you will read the currents and surge better, and you will simply be more “at one” with the underwater world.

Naturally, your gas consumption will decrease. However, you can concurrently take several steps to accelerate this natural process of learning.

Exercise lots.

Fitness makes you more efficient at physical activity. The fitter you are, the less you will have to work to manage your gear on the surface, swim at depth, and get back into the boat. Though there are plenty of fit divers who are inexperienced and still hoover, you will

only reduce your breathing rate by maintaining a consistent exercise program. Run, swim, bike, play hockey- it doesn't matter what you do as long as you're getting at least 3-5 hours of exercise each week.

Swim laps.

Along with promoting general cardiovascular fitness, swimming forces us to adapt to the water in several ways beneficial to divers. We get comfortable breathing with our faces in the water, and this may reduce the immersion effect we experience when diving.



Instead of sending a signal of alarm, your body remembers at a subconscious level that it's OK for your face to be submerged. Freestyle swimming (a.k.a., “the crawl”) is especially useful to divers, as it teaches us to breathe with a fast, deep inhalation and a long, slow exhalation. If you can work as hard as a distance swimmer while breathing as slowly and calmly as they do, just think about how slowly and calmly you are really capable of breathing while diving. Of course, some divers certainly overdo it and breathe too slowly. You don't need to hold your breath to load up on carbon dioxide, and this can cause a few serious problems - increased narcosis, decreased oxygen toxicity threshold, loss of consciousness. Don't push your luck.



Safety Corner Cont.

Maintain proper buoyancy and trim.

Buoyancy and trim are inextricably linked-when you're not in balance, one will compensate for the other. If you have poor buoyancy, then you will subconsciously change your trim to maintain your depth. If you have poor trim, then you will subconsciously change your buoyancy to maintain your depth.

What happens when you stop kicking? No cheating with your hands- keep your thumbs tucked in your weight belt. Do you sink, rise, or stay at the same depth? If it's either of the

first two choices, then your buoyancy and trim are both wrong, forcing you to fin more frequently than you need to. Try staying still for a change and see what happens.

First of all, you should be able to stop finning and maintain your depth *indefinitely*, and if you can't do this, then you need to work on it until you can. Hover or Hoover - your choice.

Next, you must learn to direct your fin thrust directly behind you instead of slightly above or below, and this goes for whatever fin kick you're doing. This takes practice, especially since we naturally drop our feet as we lift our eyes to see what's ahead of us.

This causes most of us to end up a little negative, and we waste kicking effort to keep from sinking.

Use frog kick.

If you change only *one* thing in your diving to make yourself a better breather, this is it. Frog



kick is usually taught as a way to decrease silting near sensitive areas, but it has the added benefit of being a constant check of buoyancy and trim. Kick and glide. Kick and glide. Every kick cycle is a chance to see if you are rising, sinking, or neutral, and you will instinctually add to or dump from your BC to maintain an efficient trim.

“But isn't frog kick less effective than flutter kick?” you might ask. If cave divers wearing doubles and stages can frog kick into the flow of a spring, then it will provide plenty of thrust for the majority of your diving. In fact, once perfecting the frog kick, many divers don't go back to flutter kick at all.

Slowwwww downwwwwwn.

Instead of being a human eggbeater, make an effort to disturb the water as little as possible. Move like you're in Jell-O. Wrecks are already sunk and reefs don't have legs, so there's no need dive like a bumblebee zipping all over the place trying to see everything before it goes away. Make an effort to spend more time hovering to look around instead of constantly swimming.

Stay shallow.

You don't need to be constantly two feet from the coral or wreck to see it, and a birds-eye view can help you take in more at a time. That way, you can see what's really worth getting close to.

By staying as shallow as possible, you breathe from your tanks at a lower pressure. This conserves your gas supply even if you have made no other changes to reduce your breathing rate.

For the next few dives, try to stay just *five feet* shallower than you would otherwise dive and see if you can tell a difference. Then try ten feet. You might be surprised at how much more you get out of each dive.

Reduce changes in depth.

Every time you change depth, you must either add gas to or dump gas from your BC. Plan your path through the water a few moves ahead to maintain as constant a depth as possible.

Safety Corner Cont.

Lose weight...

...from your weight belt. Extra weight (or extra gear, for that matter) forces you to work harder against your inertia when making changes in direction or speed. You must also inflate your BC more to become neutral, and this increases drag while swimming.

Once you learn to hover without finning, be sure to reevaluate your weighting. You might find that you don't need as much weight as you once thought (though the reverse is certainly possible).



Drill your skills.

Practice what you already know until it's second nature. This goes along with diving lots. Get your gear and meet your buddy for a pool dive. Practice mask clearing, hovering, helicopter turns, and out-of-air drills.

You don't even need a tank and BC to improve your dive skills. You can do pool exercises to develop more comfort while in the water with just a buddy and mask, fins and snorkel. 🏊



Remember, safe diving is fun!

Bluegrass Dive Club 2011 Calendar

October

11, Tuesday Dive Club Meeting
25, Tuesday Board Meeting



November

8, Tuesday Dive Club Meeting
(Elections)
29, Tuesday Board Meeting



December

10, Saturday Club Christmas Party

