



UNDERCURRENTS

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

November 2011

Volume 41, Number 11

November's Club Meeting

Date: Tuesday, November 8th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: DVD on Bimini

President's Message

By Tracey Combs



Hello fellow divers. Look at our dive calendar and plan your next trip with the club! We have added the information for the Cozumel trip and the Truk and Yap information will be available very soon. Contact the trip leaders, if you have questions. The Dive Committee always wants new ideas, so please let them know if you have been to a wonderful destination and want to revisit or if there is a location you have always wanted to visit.

We had a group that went to Bimini in October and I can't wait to see the video. We have Elections in November, so please join us on the 11th. If you are interested in a position please contact Corrine or a member of the board. Nominations will also be accepted from the floor. The annual Christmas party will be held instead of the regular meeting in December. The website will have the details once the information is available.

Don't forget the local dive shop, New Horizons, for all of your scuba gear, service,

and rentals. They also offer many classes to upgrade or update you diving knowledge.

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



Pics for this month are from the Bimini Trip. These were taken by Doug Geddes and I heard Patrick has some too, which I will try to get for next month. 🚩



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



We have one new member to welcome to the Club this month – **Neal Skrenes**. Neal resides in Kenosha, Wisconsin and has certifications in Advanced, Deep Water and Wreck diving (and Nitrox certified too). While it's unlikely we'll see Neal at our meetings, we look forward to diving with him soon. Welcome to the BGDC.

Marketing/Advertising/Promotional Stuff: The BGDC hats/caps are finally in. Sorry it took so long. Our initial order was for 12 caps and we have 8 left. Bring \$12 (or a check) to the meeting if you would like to make a purchase.

It's Election Time: The Nominations Committee (Mike Sullivan, Rebecca Singer, Noel Hall and me), queried members and developed a slate of proposed nominees for elected Board positions for 2012. The Board approved the slate of nominees as follows:

- President – Tracey Combs
- Vice President – Corrine Mulberry
- Secretary – Kris Harn
- Treasurer - OPEN
- Trip Director – Doug Geddes
- Safety Information Director – Rick Stephan
- Newsletter Editor – John Geddes
- Webmaster – Mike McCann

The President will accept nominations from the floor at the November meeting. Voting will be at the November BGDC meeting. 🚩



Trip Director's Report

By Doug Geddes



BIG GAME CLUB, BIMINI

No you didn't read the title wrong, this was where we ended up going instead of Eleuthera. The trip had been relocated due to a hurricane earlier in the fall. With the weather starting out bad, we thought we were going to be in for a rough week, but by the next day, the seas had calmed down. We were able to get all of our dives and more in. The viz was a little stirred in the beginning but it got better day by day. I had forgotten how much fun I had, when I was just beginning to dive, on my trips to Bimini. We will have to do this one again sometime.



Trip Director's Report Cont.

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 think 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 is online now and can be booked. A lot of the information was left off and will be put on once Mike gets back into town. If you are interested in this trip, go ahead and fill out a reservation to save your spot. Looks like it will be a popular location. Don't miss out on this one.



DIVE COMMITTEE MEETING

By the time this newsletter is out, we should have met and will have several trips in line for next year. They might not be complete, but we should have several places for you guys to look at. If you have some suggestions, please let us know. 🚩

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



Regular Meeting
10-11-11

No minutes were taken in my absence, 16 people were in attendance per sign-in sheet

Board Meeting
10-25-11

Meeting called to order by Tracey at 7:20pm. Tracey, George, Kris, Doug, John, Rick, & Corrine were in attendance. George presented Treasurer's report. Newsletter articles due on Friday 10-28-11. Doug talked about Trips to East Cayman, Philippines, Cozumel, & Truk. Tracey to have directory at next regular meeting. Corrine to have BGDC hats at next regular meeting. Slate for nominations were turned in and will be presented at regular meeting for the elections. DVD from Noel to be shown at regular meeting. Meeting adjourned at 8:53pm. 🚩

Where are you Charlie?



Safety Corner

By Rick Stephan



Note: This month's article is another from *divefitness.com*. During these colder months, if you can get access to a pool, here are some really good exercises to help you be more comfortable in the water – and you don't need to haul your tanks and BCD to the water!

I've actually seen some of these exercises on some reality TV shows – like Navy SEAL training, etc. I don't see too many people in the BGDC who are planning to sign up to be a SEAL, but doing modified versions of the training will help make you more fit, more comfortable in the water, and therefore more safe, when you do have on your SCUBA gear. If you're more comfortable, you will also decrease your respirations, helping you conserve air and maintain that safety factor also.



Remember, safe diving is fun!

Pool Exercises for Increasing Your Water Comfort

By Cameron L. Martz, ACSM H/FI

Important Safety Note: As with all waterborne activities, the exercises to follow involve risk to your life. You are in direct control of this risk. Always swim under the supervision of a lifeguard or instructor, and stay within the bounds of your fitness.

Nature vs. Nurture

Whether you believe that humankind crawled from the sea or was created on dry land, we

Safety Corner Cont.

are not equipped by nature to stay underwater for any appreciable length of time. We have strong physiological and psychological reactions to being immersed, especially in cold water, and these reactions can lead to unnecessary stress or even panic. SCUBA equipment serves as a means of breathing and does little more to help us underwater. Only through training and time in the water can we develop the skills and experience needed to be comfortable with submersion. Luckily, there is much that we can do to improve our comfort and control in the water without the use of SCUBA.



Mouth Breathers

We are always breathing at least partially through our noses while on the surface. The ability to breathe only through our mouths is therefore unnatural at first for many of us.

Of course, wearing a well-cleared mask acts as a nose clip of sorts, keeping our nasal passages dry and allowing us to draw entirely off the regulators in our mouths without any special effort. However, fill that mask with water or remove it entirely, and we end up choking and setting our sinuses on fire unless we automatically shut off our noses. Thus, one of the areas of focus in developing water comfort is mouth breathing. This must become instinct in order for us to easily clear our masks, handle the occasional fin in the face, or survive the harassment of instructors and teammates.

Swimming the crawl (a.k.a., .freestyle.) is a great way to reinforce our ability to breathe properly for SCUBA while increasing our

fitness, as well. With proper technique, a swimmer leaves much of his or her face submerged while inhaling, and totally submerged while exhaling. We learn to inhale only through our mouths without any mechanical assistance. We also gain comfort with our entire breath cycle occurring with our faces in the water. For divers who have yet to master the crawl, snorkeling while wearing goggles instead of a mask can serve as a good substitute. However, a snorkel allows us to breathe as we please without emphasizing the deep, rhythmic breath cycle which allows our lungs to most efficiently use the gas we breathe underwater.

We can also practice clearing our masks without the use of SCUBA. Just kneeling on the bottom of shallow water and learning to clear out masks several times on a single breath can greatly reinforce this skill while teaching us to be more efficient while doing so.



Pre-SCUBA Exercises

Developing water comfort in a pool is not a new concept to military divers. Most attend rigorous training, called 'pre-SCUBA', in which their instructors drownproof them in a number of ways. They condition themselves to swim at least 50 meters underwater on a single breath. They are thrown in the pool with their hands and feet bound and forced to swim. They are taught to buddy breathe with a snorkel while being harassed by their instructors. This is all done before they are allowed to proceed to what most of us experienced in our first day of basic open water training.

Pre-SCUBA training instills confidence in military divers and introduces them to how chaotic diving can become. As civilians, we

Safety Corner Cont.

can gain some of the same experience and confidence by performing versions of the exercises done in pre-SCUBA military training in the convenience of our local swimming pool. All that we need is a buddy, a low volume mask, a snorkel, booties and fins. [Note: If you have a snorkel with a purge valve, tape over the valve so you are forced to purge the water through the full length of the tube.]



Snorkeling Gear Doff and Don

Preparation: For the purposes of this exercise, attach the snorkel to the band of your mask. You must be able to open your eyes underwater- be sure to remove your contacts.

The Exercise: Find a pool deeper than you are tall and under direct supervision of a lifeguard. Put your booties on and drop your fins, mask and snorkel into water. Hold your breath and dive down to your equipment. Put your mask on and clear it, put your snorkel into your mouth, and put your fins on your feet. Look up as you surface, slowly exhaling to clear the snorkel. Keep your face in the water and the snorkel in your mouth as you recover on the surface. Have your buddy in the water and watching you at all times.

What This Works: This exercise teaches efficiency of movement, as most will find that by moving more slowly, they are more likely to complete the exercise on a single breath.

Snorkel Buddy Breathing

Preparation: As the name implies, this exercise requires a buddy and a snorkel. You and your buddy can wear masks at first. Try switching to goggles or no eyewear at all to increase the difficulty of this exercise.

The Exercise: Start in water that you can stand in. Lock onto your buddy's arm to maintain contact, put your faces in the water, and begin buddy breathing. Take two controlled breaths before passing the snorkel, and exhale slowly while waiting your turn. Keep your face in the water the entire time- picking your head up is cheating. Practice this until you feel you can buddy breathe indefinitely, then move into deeper water.

What This Works: Of course, buddy breathing is a valuable skill in its own right, but this exercise reinforces more than that. Buddy team coordination, the ability to breath calmly while under physical duress, and mouth breathing are all strengthened by this exercise.



Survival Bob

Preparation: This exercise requires you to be able to sink to the pool bottom without using any swim strokes. If you have trouble doing so, you might need a ditchable weight belt. Use only enough weight to help you get to the bottom. Never use more weight than you can comfortably swim with on the surface, and make sure you and the lifeguard on duty are familiar and practiced with ditching the weight. Wear goggles if you are not comfortable opening your eyes underwater, but do not wear a mask or nose clip.



Safety Corner Cont.

The Exercise: Find a pool deeper than you are tall and under direct supervision of a lifeguard. Clasp your hands together behind your back and keep your feet together as if they were bound. Slowly exhale while allowing yourself to sink feet-first to the bottom. When your feet touch bottom, recoil your legs slightly and spring off with just enough of a push for your face to break the surface. Continue exhaling all the way to the surface, then inhale and

repeat. Practice until you feel you can bob indefinitely, and then move to deeper water.

What This Works: Exhaling through your nose and inhaling through your mouth, deep and rhythmic breathing, and efficiency of movement.



The Prisoner Swim

Preparation: You should already feel comfortable with the survival bob before attempting this exercise.

The Exercise: Find a pool deeper than you are tall and under direct supervision of a lifeguard. Clasp your hands together behind your back and keep your feet together as if they were bound. Float face down in the water and kick for propulsion, remembering to keep both legs together (this is known as a butterfly kick). Pick your head up to inhale on the third kick of every breath cycle.

The goal is to basically worm your way across the water. Even if your body is too dense to float, your kicking will keep you comfortably on the surface when done properly.

What This Works: Hopefully, you won't find yourself tied up and kicked overboard. However, this exercise will refine your water confidence and improve your swimming ability.



The Results

Whether you're just beginning your dive training or looking to take your diving to a new level, it pays to get away from SCUBA equipment and spend time in the pool. Practice these skills and exercises until you are proficient, and you will have little trouble handling future dive training. 🚩



Bluegrass Dive Club 2011 Calendar

November

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

December

- 10, Saturday Club Christmas Party