



# UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / [www.bluegrassdiveclub.com](http://www.bluegrassdiveclub.com)

January 2012

Volume 42, Number 1

## January's Club Meeting

**Date:** Tuesday, January 10th  
**Time:** 7:30-PM (business)  
 Social at 7  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** Guest speaker Alex Thor

## President's Message

*By Tracey Combs*



Merry Christmas and Happy New Year to all our club members and future club members! I hope your holidays were enjoyable and plentiful. The Christmas party this year was a great time had by all. I would like to extend a heartfelt "thank you" to the Kidd's for once again allowing us into their home to celebrate. It is always a warm and welcoming gathering and their home is so beautifully decorated.

As we go into 2012, we have several dives scheduled. Please be sure to check the Calendar and join us for one of our many trips we have planned. And remember, if you have ideas for future trips please contact Doug Geddes or one of the Drive Trip Committee Members.

Our next regular meeting is Tuesday, January 10<sup>th</sup>. Please join us for appetizers, friendly interaction, and a video. If you missed our November meeting, we elected a new Treasurer, Dan Miller. We are excited to be working with Dan in the future and are glad he

joined the board. We will be working hard for you in 2012 and look forward to seeing you at our regular meetings. 🚩

## The Editor's Notes

*By John Geddes*



The pics for this month and for next month are from the Club Christmas Party. 🚩



## 2012 BGDC Officer's

Tracey Combs, President	621-4066
Corrine Mulberry, Vice President	913-0892
Kris Harn, Secretary	278-4246
Dan Miller, Treasurer	948-5133
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



December was a whorl-wind! I am looking forward to settling into the New Year. We have an exciting program for the January meeting – guest speaker Alex Thor with **Explore Boca Chica Panama**, will present diving and eco-tourism opportunities in Panama.



The Planning Committee is always looking for new dive destinations and Panama may be a great new area for us to explore.

Big thanks to Karl Persson for putting me in touch with Alex!

See you at the meeting. 🏊



## Trip Director's Report

By Doug Geddes



PHILIPPINES 2012

It looks like we are about ready to depart for this awesome trip. We have settled our account, but we still might be able to add you on if you want to try, but time is really getting short. I know this is going to be one of the best diving experiences we will ever have. Look at the website and check out the resort's videos of the diving there. I have tried to twist many arms to really make you aware of this great location, but it seems only 15 of us are going to get to experience it. Oh well, you can lead a horse to water, but you can't make him drink. I just hope we get so many pictures and videos that you can at least get an ideal of what you missed.

COZUMEL 2012

What's up with people not signing up for this one? We have around 4 persons at the moment and I expected it to be about full already. We still have time and room to add a bunch more to this trip. If you are planning on going on this one, it is time to sign up. We need to get a good idea of the numbers wanting to go. Check out the website for more details.

MYSTERY TRIP 2012

We will be putting together a trip in the fall. We will be waiting for some great deals to come to us around June or July. Once we see those, then we will decide which of those is our best deal and safest location for that time of the year. Keep watching for more information on this one.

TRUK LAGOON 2014

This boat is full already and we don't even know the price, WOW...we do have a waiting list, so if you are thinking about going to need to add your name. No monies required to do so. Check the website for more information. 🏊

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## From the Treasurer

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By Dan Miller



### 2012 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 c/o  
Dan Miller  
824 Gunpowder 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](#). 🚩



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## From The Secretary

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By Kris Harn



11-29-11  
Board Meeting

Tracey called meeting to order at 7:15 pm. Board members in attendance were Corrine, Kris, Doug, Rick, John, Mike, and George. Guest in attendance was Dan Miller. Corrine talked about no new members for November, Eco tour possibilities, and DVD that should be shown in February. No report from Kris was given. George made a motion that 1000.00 be transferred to future trip account. Second by Doug. John asked that articles for newsletter be turned in on Thursday for December newsletter. Doug went over upcoming and possible future trips.

Tracey stated that directory will be updated in June and that anyone attending DEMA needs ID # to be admitted. Dive Operator questions was tabled till January. Christmas party to be held at the Kidd's on December 10<sup>th</sup> at 7:30pm. Budget Meeting to be held at Mike's on January 14 at 4pm. Need a new location for Derby party. The McCann's will not be hosting the Derby party for 2012. Mike made motion to transfer funds to new bank for new Treasurer. Second by John. Meeting adjourned at 9:41pm.



12-10-11

Thanks to Mark and Stella Kidd for hosting the annual Christmas party. 50 people were in attendance. 🚩

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## Safety Corner

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By Rick Stephan



**Note:** *This month's article year is from about.com and reviews some simple practices for achieving a controlled descent. While that is something that should be mastered during your open water training, it is also something that should be practiced on every dive trip. After all, that is a reason for the acclimating dive.*

*Most of us buy new equipment before a big dive trip, and the control of the new gear (especially if it is a BCD or regulator) can majorly affect how we control ourselves in the water. Even if you just bought a new camera or wet suit, the change in buoyancy, positive or negative, can affect how comfortable you are in the water.*

*Practice achieving neutral buoyancy at different depths on your first dive, with all your new equipment with you. You will have a more fun dive trip, save air, and most importantly, be more safe.*



*Remember, safe diving is fun!*

### 6 Steps to a Controlled Descent - Make Descents Enjoyable, Not Stressful

By Natalie Gibb, about.com

#### The Goal:

Use your lungs and your buoyancy compensator (BCD) to keep yourself neutrally buoyant (or close to neutrally buoyant) during the entire descent. Keep in mind that:

- A diver should be able to control his buoyancy well enough to stop at any moment of the descent and quickly achieve neutral buoyancy.

- A diver should also be able to complete the descent without touching the bottom. This type of descent is a required skill in PADI Open Water Course (called a controlled descent without a reference).

#### Why Learn to Control Your Descent?

The ability to make a controlled descent is important for three reasons:

1. If a diver experiences ear equalization problems and he cannot arrest his descent, he risks an ear barotrauma.
2. A diver must be able to descend without landing on the bottom because even a gentle fin kick can irrevocably injure coral or other aquatic life. Landing on a shipwreck or cave floor can not only destroy delicate historical information, it can stir up sediment to the point that visibility is dangerously reduced.
3. A diver should be able to stay close to his buddy during descent. A diver who plummets to the bottom will be unable to assist a buddy making a slower descent.



#### Step 1: Understand the Use of the BCD:

The buoyancy compensator (BCD) is not an elevator. Do not deflate the BCD to go down and do not inflate the BCD to go up. Using the BCD for these purposes only causes loss of buoyancy control. The only reason to deflate the BCD is to compensate for excessively positive buoyancy, and the only reason to inflate the BCD is to compensate for excessively negative buoyancy (thus the name "buoyancy compensator" and not "depth control device"). **Only adjust the BCD to achieve neutral buoyancy, not to move up and down in the water.** To ascend and descend, use your lungs and, in rare

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## Safety Corner Cont.

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occasions, your fins, but never, never, your BCD.

### Step 2: DO NOT Dump All the Air From the BCD to Begin the Descent:

Do not deflate the BCD until you plummet downwards like an anchor. To control your descent, you must first establish neutral buoyancy at the surface. Deflate the BCD incrementally until you float at mask-level with your lungs full of air and sink a little when you breathe out. This indicates neutral buoyancy. With practice, you will learn to deflate the BCD to exactly this point in one shot, but for now, deflate the BCD a little at a time until you find neutral buoyancy. (Hint: This only works if you are relaxed and not kicking).



### Step 3: Exhale Fully to Begin Your Descent:

Once you are neutrally buoyant at the surface, begin your descent by exhaling fully. This takes some practice as you must exaggerate your breathing. Exhale all the air out of your lungs slowly (with the regulator mouthpiece still in your mouth) and then hold the air out of your lungs for a few seconds. Try this now: exhale, exhale, exhale, exhale more, more, and now hold the air out of your lungs, try to exhale even more. . . good! The exhalation process should take around 10 seconds. Expect to slowly sink near the end of the ten seconds, and be patient. If you find yourself back at the surface when you inhale, deflate the BCD a little more and repeat the process. When performed properly, the exhalation will move you far enough down in the water column that the air in your BCD compresses, and you begin to sink slowly.

### Step 4: Reestablish Neutral Buoyancy:

Allow yourself to float downwards until you can no longer easily control your buoyancy with your lungs. Once you reach the point that you continue to sink when you inhale, you are no longer neutrally buoyant. When you are neutrally buoyant you should rise slightly when you inhale fully. Remember, the goal is to maintain *neutral buoyancy* throughout the descent, not negative buoyancy. Add a tiny, tiny amount of air to your BCD. You should be able to stop descending or rise slightly when you inhale. Take some time to find this point of neutral buoyancy.

### Step 5: Regroup:

After descending a few feet and reestablishing neutral buoyancy, take a moment to check that your ears are properly equalized. Look at your depth gauge and notice if you are approaching or have reached your intended depth. Check on your buddy. If all is good . . .

### Step 6: Descend by Exhaling Once Again:

Once you have regrouped, continue your descent by exhaling fully. The goal is to control your descent by working your way slowly and carefully down through the water column using your lungs to descend and your BCD to keep yourself neutrally buoyant. When you arrive at your desired depth, you should have to do very little to fine-tune your buoyancy.



### Doesn't This Kind of Descent Take Forever?

At the beginning, yes. The first few times you attempt a truly controlled descent, you will find it time consuming. This does not mean that learning to control your descent is not valuable.

## Safety Corner Cont.



As you gain experience with controlling your descent, you will become more efficient and effective. Eventually, you will deflate exactly the correct amount of air from your BCD in one shot, exhale and float down, add air to compensate for the increased negative buoyancy at the correct moment, and continue quickly down.



Once mastered, a controlled descent is more efficient than dumping the all air from your BCD at the beginning of the dive because you do not waste time fighting with your buoyancy on the way down. You arrive at your desired depth neutrally buoyancy and ready to swim off on your adventure. Be patient. Every diver can properly control his descent with understanding and practice. 🚩



## Bluegrass Dive Club 2012 Calendar

### January

10, Tuesday Dive Club Meeting  
31, Tuesday Board Meeting

### February

14, Tuesday Dive Club Meeting  
28, Tuesday Board Meeting

### March

3, Philippines Dive Trip  
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

12, Tuesday Dive Club Meeting  
16, Cozumel Dive Trip  
26, Tuesday Board Meeting

### July

10, Tuesday Dive Club Meeting  
14, Saturday Dale Hollow Diving  
24, Tuesday Board Meeting

### August

14, Tuesday Dive Club Meeting  
18, Saturday Club Pig Roast  
28, Tuesday Board Meeting

### September

11, Tuesday Dive Club Meeting  
25, Tuesday Board Meeting

### October

Mystery Dive Trip  
9, Tuesday Dive Club Meeting  
30, Tuesday Board Meeting

### November

13, Tuesday Dive Club Meeting  
(Elections)  
27, Tuesday Board Meeting

### December

??, Saturday Club Christmas Party