



www.bluegrassdiveclub.com

October's Club Meeting

Date: Tuesday, October 14th
Time: 7:30-PM (business)
Social time to follow
Location: The Racquet Club
3900 Crosby Rd.

Program: Tom Meyer will give a very interesting and informative slide and video presentation on wildlife in Antarctica.

We Are Invited ... To A Halloween Party

From: The Lexington Ski & Sports Club
To: Members of the Bluegrass Dive Club:

The Lexington Ski and Sports Club (LSSC) is inviting the BGDC to participate in a Halloween Party. It will be held at the Palomar Hills Clubhouse on Friday, Oct. 31st, from 8-12 P.M. There will be no charge, but each person is asked to bring a dish and BYOB. Prizes will be given for the best costumes although it is not mandatory to come in costume. If you are interested in attending, please let the LSSC know by contacting Kathy Greer at c.greer@insightbb.com

A total number planning to attend is needed.

Directions to Palomar Hills Clubhouse: From New Circle Road, go outbound on Harrodsburg Road. Go past the Man-O-War intersection and turn right just past Murray's Restaurant. Take this entrance and go to the first intersection with a four way stop. Turn right onto Palmetto. Palomar Hills Clubhouse will be on the left (about 1/4 mile).

President's Message

The year is winding down but the club is just getting started with the fall activities. For this club meeting in October we will have Tom Meyer of All Rite Pest Control present his audio-visual show on life in Antarctica. Tom has images that are more than Equal to any found in the major travel publications.

The Ski Club has invited all Bluegrass Dive Club members to a Halloween party Oct. 31 more info is included in this newsletter.

Still a few spots for Little Cayman check with Doug Geddes for details.

Yours truly stepped on the scales at the September meeting for the clubs loosing effort an event created by our Vice President Carol Call. As of this week I am down about 4 pounds but hope to do even more by the October meeting. Read about all the weighty issues in Carol's article.

Remember in November we will have elections, a Flea Market and a dinner at our meeting at the Racquet Club.

Although we all like our jobs on the EC we would love to have some new blood step up to help guide the club and make sure the work gets done. If you are interested please contact any club officer to see what their job entails. Nominations will be from the floor and the nominee must be present to run.

Our flea market is a good chance to find some much needed preconditioned stuff, or to find a good home for some unwanted stuff.

While off to the DEMA dive show we go to check out dive sites and equipment for future trips.

See you when we return.

Mark

Dinner Meeting In November

Having a dinner meeting **with a scuba flea market** as our regular club meeting has proven to be popular in the past. So, we're going to do it again.....for the

November Club Meeting Tuesday, November 11th

Time Social - 6:30-PM
Dinner - 7:00-PM

Location The Racquet Club
3900 Crosby Rd.

Buffet Menu Roast pork loin
Teriyaki chicken
Mashed potatoes
Green beans
Garden salad
Rolls
Coffee, tea, soft drinks
Derby pie

Cost \$10.00 per person
(includes tax & gratuity)

Club Elections

Elections for 2004 club officers are

Next Month - November's Meeting

If you have an interest in serving your fellow club members by being a club official, please contact Mark Kidd.

Open nominations from the floor!!!

2003 BGDC Officers & Staff

Mark Kidd, President	266-2276
Carol Call, Vice President	253-3992
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
Kit Hudson, <u>Undercurrents</u> Editor	873-4974

2004 Cozumel Trip

By Doug Geddes

Dates March 27 - April 3, 2004
(this is Spring Break week for
Lexington & Fayette County schools)

Resort Brisas Beach Resort (all inclusive)

Costs Diver = \$961.00 (double occupancy)

Non-diver = \$684.00 (double occupancy)

Airfare Not available through the club.

Resort accommodations are all-inclusive. 3 meals per day, snacks, soft drinks and domestic liquor drinks. Further details on accommodations can be found on the club's website under "Cozumel Trip"

As of this article, we have deposits from 2 people and 3 others expressing a "desire to go" on the list for our 2nd spring trip 2004. The club will not furnish airfare, so if you are planning on going, you need to get your own.

At this time, the list of persons interested and those having paid a deposit include:

Mark Doerr
Mary Doerr
Marlene Goffinet
Dana Stephens
Miles Stephens

If you haven't expressed an interest to me about going, you need to act so we can get you on the list.

2003 Club Calendar

Oct.8-11	DEMA, Miami Beach
Oct. 14, Tuesday	Dive Club Meeting
Oct. 28, Tuesday	EC Meeting
Nov. 11, Tuesday	Dinner Meeting (club elections)
Nov. 25, Tuesday	EC Meeting
Dec. 13, Saturday	Club Xmas Party

2004 Little Cayman Trip

By Doug Geddes

Note: It is now closer than you think. Feb. 28th is not that far away. There is still space available and air is also available. Check the website for details & reservation form. The following persons are those we have received a deposit from on this trip and we are planning on them going. If you do not see your name, or if you see your name and it shouldn't be on the list, give me a call.

Benson, John	Kidd, Mark
Bright, Ann	Kidd, Stella
Call, Carol	Kidd, Adam
Covington, Ralph	McCann, Mike
Covington, Sherry	McCann, Sherry
Dempsey-Hall, Linda	McCann, Jerry
Hall, Jon	Harrison, Angie
Denham, Charlie	McWaters, Lynne
Denham, Helen	Miller, Dan
Fontaine, Rick	Murray, Cathy
Geddes, Doug	Murray, John
Geddes, MaryAnn	Thomson, John
Graves, David	Thomson, Lyn
Hall, Noel	White, Bob
Hall, Kathy	White, Mary
Hudson, John	Williams, Norman
Konczal, Priscilla	Williams, Janet
Hudson, Kim	Zunker, Gary
Hudson, Kit	Zunker, Lyle
Hudson, Marian	Johnson, Dennis
Johnson, Rebecca	

Of these names, I have the following persons booking their own air to Grand Cayman, but the club arranging their for Island Air connections from Grand Cayman to/from Little Cayman.

Hudson, John
Konczal, Priscilla
McCann, Jerry
Harrison, Angie
Murray, Cathy
Murray, John
Thomson, John
Thomson, Lyn
White, Bob
White, Mary

If you do not see your name listed with this group, you are presumed to be flying with the club on Delta. If this is incorrect, you need to call or email me ASAP. We are getting ready to send a check for the airfare and need to make sure the list is right. Again, it is necessary to send in the wavier form to go on this trip. Go to the website and fill one out and send it or bring it to the club meeting.

Important Anyone that plans to use their own flight arrangements into Grand Cayman.....PLEASE email Doug

diverboy51@aol.com

with your flight information. This is **VERY NECESSARY** for planning the flights to/from Little Cayman.

Trip Dates Feb. 28-Mar. 6, 2004

Airfare

Lex. to/from Grand Cayman (round trip) \$ 674.00
Grand Cay. to/from Little Cay. (round trip) \$ 170.25

Accommodations Little Cayman Beach Resort

Meals (Included in Pkg.) 3-meals a day.

Package Price

Diver in a non-oceanview room = \$ 1,405.00 per person
(based on double occupancy)
Non-Diver in a non-oceanview room = \$ 926.00 per person
(based on double occupancy)
Diver in a oceanview room = \$ 1,705.00 per person
(based on double occupancy)
Non-Diver in a oceanview room = \$ 1,226.00 per person
(based on double occupancy)
If single occupancy is desired, contact Doug

Dive Package 17 total dives for the week

A deposit of \$100 per person is required to reserve your space and is being accepted at this time.

Payment Schedule

Dec. 12, 2003 = Accumulated total of \$500.00
Jan. 1, 2004 = Balance due (final payment)

Questions Doug Geddes - 224-3197
Email = diverboy51@aol.com

Deposits Kit Hudson - 873-4974
Email - kithuds@iglou.com

Embroidered Dive Club Shirts For Sale

For Sale We have an assortment of French blue & Khaki tan knit polo shirts with a club representation embroidered on the left breast.

All sizes available.

Price \$25.00 each

Available at the dive club meeting.

2005 Truk Liveboard & Yap

By Doug Geddes

2005 sounds like a long ways out, but actually it's LESS THAN 18 months away. And the liveboards for the more desirable dive destinations fill up quickly as you approach a year out. Truk Lagoon has the reputation of being the #1 dive destination in the world for wreck diving. For those not familiar with this area of the Pacific, it is close to Guam. And the large numbers of wrecks are a result of a very successful surprise attack by the US on the Japanese naval fleet during WWII. One thing to note.....Truk is also very well known for its fantastic reef diving.

With this in mind, we have the Truk Odyssey reserved:

Feb 6-13, 2005

And.....we are going back to Yap. Why back to Yap? Our experiences with the mantas there earlier this year was really something to behold. Whether we go to Yap before Truk or after Truk is yet to be determined.

NOTE There are only a total 16 available spaces on the boat. And 13 of those are already spoken for with a \$100 deposit. If interested:

Information: Doug - (859) 224-3197
Email - diverboy51@aol.com
Deposits: Kit - (859) 873-4974
Email - kithuds@iglou.com

September EC Mtg. Minutes

By Bob Shepard

On 9/30... Kit gave the Treasurer's report. As of 9/30, we had an account balance of \$12,127.88 in both the unreserved and reserved funds.

Mark was authorized to purchase door prizes while at DEMA next month.

The Nov. dinner price was cut to \$10 and the menu was selected.

There was a discussion over what prizes to be given out for the weight reduction contest. They will be described at the next meeting.

We discussed the next election for the board and trying to get other members to sign-up for the various positions.

September Club Mtg. Minutes

By Bob Shepard

On 9/9.....Kit gave the treasurer's report. As of 9/1 there is \$10,515.63 in both the unreserved and reserved funds.

We welcomed Rick Fontaine and Bonnie Fuller to the club meeting.

Doug Geddes discussed the Little Cayman and Cozumel trips scheduled for next year. The Truk trip for 2005 was also mentioned. Space is still available for all of the trips.

Carol Call had the initial weigh-in for a contest to get members to drop some weight. The target is to get a total loss of 500 lbs.

Rick and Mike presented a new dive/travel insurance called Diveassure. It offers dive accident and trip cancellation insurance in one package.

Rick also talked about the dive industry wanting to pass a requirement that dives must be recertified every few years. Most members weren't in favor of it.

Kit talked about club members going to the DEMA meeting in Miami. Several of the EC are going.

Safety Corner



By Rick Stephan

Note: For this month's newsletter, I was asked to find an article having to do with the effects of being overweight on a diver's physiology by our own Carol "Dr. Phil" Call. While most of us accept a few extra pounds with our advancing age, we should understand the potential problems that the extra baggage may exacerbate. I pulled several articles from the internet and interspersed them through this discussion.

As has been said in this column before, overall good health is the ideal goal to aspire to in prepping yourself for safe diving. Dropping a few pounds in the BGDC Weight Loss Challenge is not a bad start toward achieving that goal, and learning some of the adverse effects of diving when overweight may just help give you the right start. As the real Dr. Phil says "Just step away from the Twinkie!!"

...(Safety Corner continued next page)...

Safety Corner continued....

Questions are often asked about what are the effects of diving while overweight, and how the body mass index and percent of body fat relate. There is no question that the risks are increased for divers who are overweight. There are several reasons why adiposity is important in considering whether or not a person is 'fit to dive'.

- Increased DCS risk
- Cardiovascular Disease (Hypertension) risk increase
- Diabetes risk increase (blood sugar fluctuations)
- Decreased pulmonary function (hypoxia, CO2 retention)
- Decreased physical fitness
- Decreased ability for Self rescue
- Decreased Buddy rescue ability
- Increased risk of panic in stressful situations

Obesity and Decompression Illness

There is a considerable body of work relating an increased incidence of DCS to increased percentage of body fat. Higher DCS rates have been noted in the older diver, due in part, to the gradual increase in skin fold thickness (% body fat) and possibly to the increased incidence of cardiovascular disease, commonly noted in the obese.

Michael Powell, PhD describes the effects of diving in the obese as follows: "From the standpoint of decompression, when one dives, nitrogen dissolves in all tissues of the body in proportion to the gas solubility and the blood flow to the tissue. As far as joint pain DCS is concerned ("the bends"), this arises primarily in tissues that contain water. However, nitrogen is very soluble in adipose (fat) tissue and, in overweight people, the fraction of this tissue in the body is high. In some cases, nitrogen loads can rise in adipose tissue and bubble formation can be extensive. While one would not develop pain DCS from this, these gas bubbles would be dumped into the venous system where they are carried to the heart and lungs. If the gas bubble loads to these organs is high, the lung capillaries become blocked, blood pressures rise in the pulmonary artery, and bubbles can pass through the lung vasculature (or a PFO, patent foramen ovale in the heart) and embolize the brain. We end up with a vein-to-artery "stroke" and neurological DCS."

Diabetes

The overweight person is also at increased risk for diabetes. Unknown and untreated diabetics are at risk for wide swings in blood sugar levels, often brought on by stressful situations such as diving and cold water. Low blood sugar (hypoglycemia) is a risk factor for divers, known to cause drowning and gas embolism on ascent.

Decreased pulmonary function (hypoxia, CO2 retention)

The obese diver would be at risk for carbon dioxide retention and hypoxia due to decrease in all parameters of pulmonary function. This would be highly variable with the individual and would require pulmonary function tests to determine the real risk. Pulmonary function tests that are more than two standard deviations from normal would indicate high risk.

Decreased physical fitness

The overweight diver will also tend to be less fit overall and may not have the stamina for long swims, the ability to kick against current, or even the strength to pull themselves back on the boat.

This would indicate a decreased ability to rescue himself, if a problem arose, such as being separated from the group, getting caught in a rip current, or just getting lost. The overweight diver becomes more a liability to the others in his dive group as well, possibly not having the strength to help out a buddy in distress, or being too large for the buddy to assist.

Lastly, the added potential of hypertension from being overweight could cause an increased risk of panic in a stressful situation. While diving, a cool head and clear thinking is often the best chance of survival when problems arise. Being able to remember your training and executing on that may be the difference.

Give yourself the best possible scenario. Keep your training current, and shape up for diving.



Join Us In "Meltdown 500"

By Carol Call

"Meltdown 500", the Bluegrass Dive Club's weight loss challenge, is underway. There's still time to sign up to help us reach our goal of becoming a healthier club by losing 500 pounds in 5 months!

The first weigh-in was at the September meeting, and the weigh-in at the October meeting will give us our first measure of pounds lost so far.

Everyone has two options to join in:

- Competitive - weigh-ins at monthly meetings with a prize for the person that loses the greatest percentage of weight.
- Non-competitive - at monthly meetings, you record how many pounds you lose.

The final weigh-in will be at the February 10, 2004 meeting---two weeks before the Little Cayman trip. First, Second, and Third place prizes will be awarded at the March meeting to the people that lose the greatest percentage of weight.

Want that wet suit to fit better? Want to drop some weight on your weight belt? Want to drop a few pounds before the holidays? If you want to lose 5 pounds or 50 pounds, now is the time. Join your Dive Club friends and help us meet our goal. Every pound lost will help. 500 pounds in 5 months, we can do it!

p.s. Don't forget that picture of Arnold Schwarzenegger in the Aug. 24, 2003, Sunday's Parade...even Arnold got a little "paunchy" before he started working out before his last movie.