



November's Club Meeting A Dinner Meeting And Scuba Flea Market

<u>Date</u>	Tuesday, November 11 th
<u>Time</u>	Social - 6:30-PM Dinner - 7:00-PM
<u>Location</u>	The Racquet Club 3900 Crosby Rd.
<u>Buffet Menu</u>	Roast pork loin Teriyaki chicken Mashed potatoes Green beans Garden salad Rolls Coffee, tea, soft drinks Derby pie
<u>Cost</u>	\$10.00 per person (includes tax & gratuity)
<u>Program</u>	Scuba Flea Market Bring your SCUBA "stuff".

E-L-E-C-T-I-O-N-S E-L-E-C-T-I-O-N-S

The following is a slate of nominees as recommended by the EC:

President	Mark Kidd
Vice-President	Carol Call
Secretary	Bob Shepard
Treasurer	Kit Hudson
Divemaster	Doug Geddes
Safety Office	Rick Stephan
Webmaster	Mike McCann
Undercurrents Editor	Kit Hudson

Please Note:

The floor is open for nominations!

President's Message

I just sat down after returning home from a Dive Club Executive Committee meeting. We began planning for an exciting year of dive and social activities but still have several events left in this year starting with the Elections November 11th. In conjunction with election night we will have a great meal and a scuba flea market where you can sell your preconditioned surplus dive stuff.

Keep December 13th free to attend our Christmas party at my home. More will follow in the upcoming newsletter about the party.

I hope that anyone that is interested in being involved with the club in a more meaningful way express their interests by running for any of the offices.

While I know the great job everyone has done in the current administration we always are in need of new ideas and fresh blood and I know that participation by any dedicated club member in running for the EC would be welcome. Hope to see you November 11th.

Mark

Club's Christmas Party

Note: This is for members-only function.

Date: Saturday, Dec. 13th
Time: 7:30 PM
Place: Home of Mark & Stella Kidd
 991 Lakeland Drive

The club will provide ham, and rolls. Softdrinks provided by Jim Hammes & Pepsi-Cola bottling. Wine & beer to be provided by the club. As for anything stronger than beer or wine - BYOB.

Please bring a side dish that can be shared with 10-12 others.

Children & grandchildren welcomed.

2003 Club Calendar

Nov. 11, Tuesday Dinner Meeting (club elections)
Nov. 25, Tuesday EC Meeting
Dec. 13, Saturday Club Xmas Party
(members only)

Did We Mention ELECTIONS ?

One of the final official tasks in the club's fiscal year, besides having the party in December, is to hold elections for club officers and staff. And it's usually done at the November's club meeting.

Most of the electable positions are available for the offering. Lots of bennies come with the job, ya know!!! And just think of how good you will feel about providing a wonderful service for your fellow dive club member.

Looking Ahead... Where To Go In 2005?

Yes, we're entertaining ideas & suggestions for club trips in 2005. **Do you have that ideal destination for a club trip?**

Anyone who would like to submit a suggestion for consideration, please contact Doug (email = diverboy51@aol.com).

We Want Input From You !!!

Destinations under consideration:

- Bimini
- North Carolina
- Bahamas
- Central America (Honduras, Belize)
- Florida Springs
- Florida Keys

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.

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

Payment Schedule

Dec. 1, 2003 = Accumulated total of \$500.00
Dec. 31, 2003 = Balance due (final payment)

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

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

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

2005 Truk & Yap Trip

By Doug Geddes

At this time, the trip has filled up with deposits on hand for all 16 available spaces aboard the liveaboard boat *Truk Odyssey*. And we will also be staying on Yap for a few days of diving, but we are not sure at this time if that will be before or after the week aboard the *Odyssey*.

Needless to say....February, 2005 is more than a year away. History speaks for itself in that openings could become available between now & then. If you don't want to get caught off guard and wish to be given an opportunity to go if space becomes available, then make sure that Kit has your name on the standby list. That list is empty at this time. As the ole saying goes....."first come, first serve".

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



October Club Mtg. Minutes

By Bob Shepard

On 10/14.... Kit gave the treasurer's report. As of 10/1 there is \$12,127.88 in both the unreserved and reserved funds.

We welcomed Mary Lange 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 the Little Cayman trip. The Truk trip is now booked up.

Charlie Denham has a trip to Bimini scheduled for 10/25. Contact him if you have an interest in going.

The ski club has invited us to their Halloween party on 10/31.

Elections will be held during the Nov. meeting, which is a dinner meeting.

Attention Members

Membership dues are now being accepted for 2004.

Safety Corner



By Rick Stephan

Note: Last month we discussed the potential problems of diving while being overweight. For this month's newsletter, the Safety Corner reprints an internet article discussing some exercises that can help you shake off the diving cobwebs and prepare for the dive trip's physical activity.

This goes along with our current theme of getting in shape for diving. I've noticed a few people in the club with their clothes getting slightly baggy, so Carol's Weight Loss Challenge must be bearing fruit. Now, let's take those svelte bods and buff 'em up! (Or at least be able to climb back on board the boat!)

Shape Up to Go Down

Get fit with these 12 scuba-specific exercises.
By: Selene Yeager

Let's be honest--reef diving in Key Largo isn't exactly like lacing up for the Boston Marathon. And sure, we all know divers whose idea of exercise is a rumrunner. But even if our underwater adventures tend to be more restful than aerobic, diving can be surprisingly strenuous. And when the sport turns tough, trouble happens. Dive accident research shows that poor fitness is the underlying factor behind many injuries and fatalities.

"Scuba requires more strength, balance and agility than most people realize," says frequent diver Mary Ann Everhart-McDonald, MD.

"The tanks are heavy and cumbersome, especially as you're carrying them to the boat and trying to pull yourself from the water and up a skinny ladder."

What's more, the waters aren't always calm and clear. Fining against strong current can put even a seasoned diver's strength to the test. But there's no reason you can't be in better shape by the time you leave for your next dive trip, says Louanne Perfetti, owner of Fitness Tactics in Vail, Colo. "Just a few weeks of strength training can give you tremendous gains in strength—and confidence—for your next dive."

Fit for a Dive

Most importantly, you should have a decent level of aerobic fitness before you take your plunge. At a minimum, that means you should be able to do 10 to 20 minutes of moderate exercise, like pedaling a bike or swimming laps, without the panting that can over-breathe your regulator. "You can build a solid fitness base by doing some aerobic activity for about 30 minutes most days of the week," says Perfetti.

You also need strength to heft heavy equipment without hurting yourself and to hold your own against choppy waters. The following exercises target your scuba muscles, especially the legs and "core" (back, abs and hips). Perform two sets of 12 to 15 repetitions of each exercise. For the best results, do the routine 2 to 3 times a week. You'll feel the difference in just 3 or 4 weeks.

Note: Don't worry about performing your full routine on a multi-day dive trip. But definitely perform the scuba-specific stretches every day to keep your muscles loose for the next dive.

Shape Up to Go Down

1. Ball Push-Ups

Lie facedown on an inflated exercise ball with both hands on the floor. Walk your hands out, allowing the ball to roll beneath your body until the ball is under your shins. Your hands should

be directly below your shoulders, so it looks like you're ready to do a push-up. Keeping your torso straight and abs contracted bend your elbows and lower your chest toward the floor. Stop when your upper arms are parallel to the floor. Pause, and return to start.

DIVE BENEFIT: Strengthens upper body and core muscles for longer diving with less fatigue.

2. Wall Squats

Holding a dumbbell in each hand, stand with an inflated exercise ball between your back and the wall. Your feet should be slightly out in front of your body. Keeping your torso erect, and eyes facing forward, bend your knees and squat down, rolling along the ball toward the floor until your thighs are parallel to the floor. Hold that position for 5 seconds; then return to start.

DIVE BENEFIT: Strengthens legs for lifting gear and climbing ladders.

3. Bridges

Lie on your back with your arms at your sides, and heels resting on an exercise ball. Contract your glutes and lift your butt off the floor. Bend your knees and roll the ball slightly toward you until the soles of your feet are flat on the ball. Reverse the move to the starting position.

DIVE BENEFIT: Hip strength for swimming and fining.

4. Step Ups

Stand in front of a 12- to 18-inch stable box or bench with legs shoulder-width apart, knees slightly bent, upper body straight, and holding dumbbells down by your sides. Step up on the box with right foot, followed by the left foot. Step down and repeat starting with the left foot.

DIVE BENEFIT: Climbing from the water to the boat while carrying a load.

5. Calf Raise

Stand facing a wall with an exercise ball supported between your belly and the wall. Keeping your torso straight (don't lean into the ball), raise yourself up onto your toes. Pause, then lower yourself. Hold dumbbells to make the move more challenging.

DIVE BENEFIT: Fining power.

6. Back Flies

Drape yourself face-down on an exercise ball with your torso against the ball and your knees and feet on the floor. Grasp a pair of dumbbells. Extend your arms, keeping your elbows slightly bent, so the weights are a few inches off the floor. Squeeze your shoulder blades together and raise the weights up to chest level. Pause, then lower back to the starting position.

DIVE BENEFIT: Put on your BC and tank without that nagging pain between your shoulder blades.

Stretching

Strength and flexibility go hand-in-hand for healthy, pain-free diving, says Mary Ann Everhart-McDonald, MD. Here are the essential stretches she recommends for divers. You can do these exercises every day, but they're especially good for multi-day trips when your muscles are working overtime. Hold each stretch for about half a minute.

The Cat: Kneel on your hands and knees with your head, neck and back in alignment. Keeping your shoulders relaxed, lower your chin toward your chest, pull in your belly, and round your back, like a cat arching. Hold for 30 seconds, then slowly return to the starting position, with your neck and back aligned.

Lying Leg Pull: Lie on your back with your legs bent and both feet on the floor. Straighten and raise your left leg. Gently pull your thigh toward your body and hold. If you can't reach your leg, loop a towel under your foot and,

with a slight bend at the knee, gently pull your leg toward your chest. Hold for 30 seconds, then return to start. Repeat with the right leg.

The Bed Stretch: Sit on the edge of your bed, with your right leg extended straight out and parallel to the edge of the mattress. Allow the other leg to dangle off the edge of the bed. Keep your back straight and bend forward from your hips. Hold for 30 seconds, then return to start. Repeat with the left leg.

Avoid an Aching Back

Strengthening your abs and your lower back muscles can prevent pains that could ruin your dive. The following two exercises can help.

Back Extension: Lie facedown with an exercise ball under your lower torso. Position your feet wide apart for balance. Clasp your hands behind your head and drape your torso over the ball. Contract your abs, and slowly lift your chest off the ball, bringing your shoulders up until your body is in a straight line. Pause, then slowly lower.

Ab Crunch: Sit on an exercise ball with your feet shoulder-width apart on the floor. Lean back, allowing the ball to roll beneath you. With your hands behind your head, contract your abdominal muscles so that your shoulders come up and forward a few inches. Pause, then slowly return to the starting position.

Go to The Ball

An inflated exercise ball is one of the best pieces of fitness equipment you can buy. It strengthens your muscles while also improving your balance and agility. Available in most major sporting goods stores, balls cost around \$30.