



www.bluegrassdiveclub.com

January's Club Meeting

Date: Tuesday, January 13th
Time: 7:30-PM (business)
 Social time to follow
Location: The Racquet Club
 3900 Crosby Rd.
Program: Video on diving Little Cayman.

Weight Loss Challenge

By Carol Call

The holiday's are over and now it's time to get serious about the Dive Club Weight Loss Challenge. In two months we've already lost 69 pounds! Everyone had a reprieve with no December weigh-in, but the weigh-ins will start again at the January meeting and the last one will be in February.

The person that loses the greatest percentage of weight will win a \$50.00 gift certificate and free Dive Club dues for 2004. Second place receives a \$25.00 gift certificate and free dues, and third place receives their 2004 membership dues free.

Did you pick up a few pounds over the holidays that you would like to loose? It will be time to get in that swimsuit before you know it. It's not too late to join in - you can still participate.

Remember, our main goal is to have a healthier Dive Club, let's support everyone that is participating.

Special Thanks

With the club's Christmas party in December, no regular club meeting was held.

*A Very Special Thanks To
 Stella & Mark Kidd
 For Hosting The Club's
 Christmas Party*

2004 Membership Dues

2004 membership dues are due in January.

Student (with student 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. And 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 or Mail to: Bluegrass Dive Club
 % Kit Hudson
 231 Stourbridge Rd.
 Versailles, KY 40383
 (606) 873-4974
kithuds@iglou.com

New Members: Fill out & mail enclosed form at the end of this newsletter.

2004 Little Cayman Trip Feb. 28-Mar. 6

By Doug Geddes

Final details are being formulated.
We're just about set to go.

Reminder Remember the 55-pound
TOTAL weight limit for a combination of
your check-in and carryon luggage.

If there is anyone that would like to go,
you need to contact me immediately. We
still have room. But act NOW!!!!

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

Trip Finances Kit Hudson - 873-4974
kithuds@iglou.com

2004 BGDC Officers & Staff

Mark Kidd, President	266-2276
Carol Call, Co-Vice President	253-3992
Dan Miller, Co-Vice President	543-2597
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
John Geddes, <u>Undercurrents</u> Editor	223-7926

2005 Truk Liveboard Trip

By Doug Geddes

**Last time, we reported the Truk trip as
being filled. Guess what?**

One spot available

**So, for only a \$100 deposit, that spot can
be claimed. Contact Kit to claim that
spot.**

2005 sounds like a long ways out, but
actually it's ONLY 13 months away. Truk
Lagoon, a.k.a. Chuuk, 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. FYI...the large number of
wrecks is 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 liveboard boat reserved:

Feb 6-13, 2005

And...we are planning for a 2nd
destination on this same trip, but do not
know exact details at this time. Research
is in progress. There are flight connection
timing problems that make this decision
difficult. Research is in progress.

NOTE As indicated, there is one
available opening. A \$100 deposit will
claim that spot. If interested:

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

Safety Corner



By Rick Stephan

Note: With the trip to Little Cayman just around the corner, refresh yourself on skills for one of my favorite dives – the night dive. When the sun sets, a whole new cast of characters ventures out on the reef. Diving the same dive in the afternoon and at night will seem like completely different dives, even though they are only a few hours apart. Colors stand out, fish are more approachable, coral extends to feed, and hunters like the octopus are on the move. Don't miss this exciting part of the trip. You did come to dive, didn't you? Enjoy, and remember the safety rules that you use on daytime dives should be followed in the evening as well.

Night Skills by John Francis

GO LITE ON THE LIGHT. A lot of divers cling to their lights like security blankets, and that's a mistake. When you reach the bottom, turn off your beam and see how much ambient light there is. (Or press it against your stomach or chest to "snuff" it. Lights are most likely to fail when you operate the switch, so minimize the on/off cycles.)

In any case, give your eyes a minute to adjust and you may be surprised. The lights of other divers, the moon and even the stars can provide so much ambient light you really don't need your dive light on. With it off, you'll see more fish not fewer, and coral polyps and anemones will keep their tentacles extended.

If you do need a light, you may not need its full power. Try dimming it by cupping your fingers over it. In any case, use the edge of the pool of light, not the "hot spot," to pick out critters. Bottom line: To see nature's nightlife, be more natural yourself. Use minimal artificial light and instead try to get by as the other night creatures do, with nature's light.

TREAT YOUR LIGHT LIKE A LOADED GUN. Don't shine your light in anyone's face (including your own) or you'll ruin his or her night vision.

KNOW THE SIGNALS. Hand signals will be difficult or impossible to see, so put your light to good use. Making a circle with the beam means "OK," waving it side-to-side calls for attention, and waving it up and down calls for help. If you're at close range, turn the beam on your hand to illuminate traditional signals. Just remember rule #2 whenever you signal with a light.

KNOW THE DRILL. Should you become separated from your buddy, get vertical and shine your light outward while turning a full circle. Your buddy should do the same and one of you will see the glow of the other's light. If you surface far from the dive boat, point it at the boat only until you get attention, then shine it down on your head. Shining it at the boat just blinds the crew and makes you invisible. (Note: not a bad idea to have a chemical light stick on your tank to note your location.)

GET A STRAP. Secure your light to your wrist with a lanyard--it's cheap insurance against dropping and losing your primary source of illumination. Most dive lights are negatively buoyant. When you let go, they will drop and dangle from your wrist. If you need to free up a hand, turn the beam off before you drop the light. That way, you won't blind other divers or send confusing signals to your buddy.

DON'T USE YOUR DIVE LIGHT TOPSIDE. Some dive lights burn so hot that they will melt their reflectors and lenses without the cooling effect of water. Save the bulb and the battery life of your dive light by using a regular flashlight for topside tasks.

DON'T JUMP IN HOLDING YOUR LIGHT. Have someone hand it down to you. The impact of a giant stride may jar your light's O-ring and let water seep in.

STAY CLOSE TO YOUR BUDDY. You might need a third hand to hold a light while you refasten a buckle or stuff a lobster in a bag.

SNAP YOUR CONSOLE TO A D-RING. That way, you can read it no-hands. Or try a retractor that pulls your gauge console back to the same position when you let go. This eliminates the need to fumble for gauges in the dark. (Note: It's a good idea to have at least one backup light with you also.)

CHECK INSTRUMENTS MORE OFTEN. Without a clear visual reference, it's easy to drift upward or downward without realizing it. In the excitement, you might also find yourself using air faster than normal.

START YOUR DIVE AT TWILIGHT. You'll have the best of both worlds: Dim light to gear up in and full dark will come while you dive. You'll also have the chance to see the reef make the transition from the day shift to the night shift, one of the most exciting periods of activity.

STAY SHALLOW. Always a good idea when it's your fourth or fifth dive of the day, but there's a better reason: more bottom time. You came to see the show, so why not make it last as long as you can?

Bluegrass Dive Club

2004 Calendar

January

13, Tuesday Dive Club Meeting
27, Tuesday E.C. Meeting

February

10, Tuesday Dive Club Meeting
24, Tuesday E.C. Meeting
28, Saturday Start Little Cayman trip

March

6, Saturday Return from Little Cayman
9, Tuesday Dive Club Meeting
27, Saturday Banquet (Spindletop)
30, Tuesday E.C. Meeting

April

13, Tuesday Dive Club Meeting
27, Tuesday E.C. Meeting

May

1, Saturday Club's Derby Party
11, Tuesday Dive Club Meeting
25, Tuesday E.C. Meeting

June

8, Tuesday Dive Club Meeting
19-23 Sat-Wed North Carolina trip
29, Tuesday E.C. Meeting

July

13, Tuesday Dive Club Meeting
27, Tuesday E.C. Meeting

August

10, Tuesday Dive Club Meeting
??, Saturday Club Pig Roast
31, Tuesday E.C. Meeting

September

14, Tuesday Dive Club Meeting
28, Tuesday E.C. Meeting

October

12, Tuesday Club Dinner / Meeting
26, Tuesday E.C. Meeting

November

9, Tuesday Club Meeting (Elections)
30, Tuesday E.C. Meeting

December

11, Saturday Club Christmas Party