



[www.bluegrassdiveclub.com](http://www.bluegrassdiveclub.com)

## February's Club Meeting

**Date:** Tuesday, February 10th  
**Time:** 7:30-PM (business)  
 Social time to follow  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** Ship Wrecks of  
 North Carolina Slide Show

## President's Message

For many outdoor sports enthusiasts, with the exception of you ski bums, January is a low point in the year.

With the 41 going to Little Cayman, now would be the perfect time to get a little swim in a couple of times a week before we head south. Checking that gear out that many of you have not used since last April would also be great.

I know what you're thinking, "I don't want to rent or borrow a tank lug it to the clubhouse pool and have everyone stare at me while I blow bubbles at 4 feet in the lap pool."

Well, thanks to Divers Den in Somerset, we can check out our gear, play with some U/W scooters, and have a blast in their heated indoor deep pool. This opportunity is free for any member, not just those going on the trip. Date is Feb. 21<sup>st</sup>, from 12-2pm., with a casual post dive dining experience prior to the return. Contact me for more info.

January's meeting was great and well attended by over 35 members. We added 2 new members to our club, and had 2 guests.

I look forward to this New Year and all it can be to our members.

We are adding a June trip to North Carolina, with some of the finest wreck diving in North America only a day away by car. Let us know and get your deposit in by the February meeting.

A trip to the Florida Springs is being planned for later this year or January 2005.

It is our hope to be able to offer more diversity and fresh water opportunities this year and in the years to come.

Our program for February will be a slide show on wreck diving in North Carolina by yours truly featuring younger versions of many of your favorite club members. Hope you can make it! □

*Mark*

## 2004 BGDC Officer's & 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, <i>Undercurrents</i> Editor	223-7926

---

## 2004 North Carolina

---

North Carolina Diving with Discovery Diving

Saturday June 19<sup>th</sup> travel to Moorhead City, NC.

Sunday June 20<sup>th</sup> -Monday June 21<sup>st</sup> dive 2 tanks each day.

Tuesday 22<sup>nd</sup> return or optional 3<sup>rd</sup> day of diving.

Cost 2 days of diving tank rental and weights included \$220

Each additional Day \$110

Lodging per night dbl. occupancy \$50 pp

Saturday, Sunday, Monday, Tuesday \$200 plus diving \$420

Additional day of diving \$160

So two days of diving and lodging will be \$420

Three days of diving and lodging \$580

Extras 100 cubic ft. tank \$5 more per tank.

Nitrox \$8 per tank addition

**We need a \$75 deposit by February Dive Club meeting**

**Only 6 dive spots available at this time!**

Contact Doug Geddes or Kit Hudson

---

## 2004 Membership Dues

---

2004 membership dues were 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:** Kit Hudson  
231 Stourbridge Rd.  
Versailles, KY 40383  
(606) 873-4974  
kithuds@iglou.com

**New Members:** Fill out & mail enclosed form in the newsletter or go on the website.

---

## 2005 Truk Live-aboard Trip

---

By Doug Geddes

### Only One Spot Left

**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 is ONLY 12 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 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 live-aboard boat reserved for

## Feb 6-13, 2005

And...we are planning to go to a 2<sup>nd</sup> destination on this same trip, but do not know exact details at this time. There are flight connection timing problems that make this decision difficult. Research is in progress. Call or e-mail me if you have questions ☐

[Diverboy51@aol.com](mailto:Diverboy51@aol.com)

Deposits: Kit - (859) 873-4974  
Email - [kithuds@iglou.com](mailto:kithuds@iglou.com)



---

## From The Secretary

---

*By Robert Shepard*

### General Meeting Minutes 1/13/04

Kit gave the treasurer's report. As of 12/31/03 there is \$52,219.56 in both the unreserved and reserved funds.

We welcomed 4 guests to the club meeting.

Doug Geddes discussed the Little Cayman trip scheduled for Feb. The Truk trip for 2005 was also mentioned. Space is still available for both trips.

There will be a checkout dive trip to Somerset on Feb. 21. The Divers Den dive shop has invited the club to use their indoor pool between 12 and 2 p.m.

A trip is being planned to Morehead City, NC on June 19. The dive cost is \$220 and lodging is between \$30 and \$60/night.

The annual banquet will be held on March 27.

Mark showed a Little Cayman video from our trip in 1998 □

---

## 2004 Little Cayman Trip

---

*By Doug Geddes*

Bills have been paid and tickets are on the way. We are set to go...After discovering a mistake on the airfare provided by Delta costing our members more money than expected, we also found a discount that we didn't know about. That discount makes the trip a little less than we thought using the old airfare rate. So it seems it all worked out okay. Airline tickets should be available at the next meeting for those attending. If you are not coming to that meeting, then you need to contact me, so I can get hooked up with you.

Don't forget about the 55-pound limit (or pay for overage) for all luggage that you are carrying on to the plane including carry-on and bags.

Also, you will need a **PASSPORT** or other identification for out of the country regulations. Do not forget those or you can't travel. Any questions, give me a call.

There is no space for additional persons. Sorry you missed this one, maybe next time.

### **IMPORTANT:**

We still need waivers sent in for this trip. If you have not sent yours in, please go to the website and download it and send it to me □

---

## Check This Out

---

There will be a checkout dive trip to Somerset on Feb. 21. The Divers Den dive shop has invited the club to use their indoor pool between 12 and 2 p.m. For more details, come to the meeting and sign up or call Mark for the carpooling □

---

## The Editor's Notes

---

*By John Geddes*

Some things just don't change, but how to do them does. The last time I was the Editor for the Newsletter, back in 1972-74, you really did do the cut and paste thing. So I would like to thank Kit Hudson for showing me the ropes to the electronic age of the Newsletter.

I have included two Officer and Staff rosters for your convenience, one on page 1 and the other with the Calendar of Events to pull out or print and to be posted at your favorite place □

---

## Safety Corner (Page)

---

*From Rick Stephan*



**Note:** Okay, you've been through all the preparation. You've packed and made it through the airport security, and arrived at the dive destination. You can't wait to get into the water and get the most diving possible for your expense. But after your first two-tank trip, kicking around over the wall and fighting a mild current, your legs knot up like crazy. The afternoon dive doesn't sound all that great, and you aren't looking forward to the next morning's trip as you had before. Tired, stiff legs don't have to dog your dive vacation. Fire up your fins with these 10 beat-the-soreness tips. Not only will you have more fun, you'll be a safer diver and a better buddy.

### **Stop Muscle Soreness Before It Starts**

by David Taylor

It's the price we often pay for a sedentary life—muscle soreness, typically brought on by a bout of intense activity preceded by a long lapse of non-use.

Sound familiar? It should. Tired, sore legs are often one of our body's first signs we're on a dive vacation. But it doesn't have to be that way, not even for the softest of couch spuds.

### **Eccentric vs. Concentric Movements**

Divers do them both. Although muscle soreness can be caused by a variety of movements, the most common culprit is an "eccentric" movement—when a muscle lengthens under tension during exercise. During a "concentric" movement, the muscle contracts—the up phase of a biceps curl, for example—and is followed by an eccentric movement or lengthening of the biceps muscle as the weight is lowered.

Similarly, during the two-cycle kick most often used with scuba fins, leg muscles must continuously contract and lengthen against the resistance of water, with the knees, ankles and hips providing pivot points.

### **Temporary Cures**

Relieving symptoms until the next time, anyway, there are as many research studies about how to treat muscle soreness as there are about its cause. Most of the treatments that weekend athletes are familiar with provide some immediate relief, albeit temporary:

- Gentle stretching
- Application of ice
- Athletic balms
- Massage
- Hot baths and saunas
- NSAIDS (non-steroidal anti-inflammatory drugs), such as aspirin or ibuprofen.

Usually the application of ice, hot baths and saunas are done after exercise; gentle stretching and massage with athletic balms are usually done before. To maximize their effectiveness, NSAIDS should be taken on a regular basis per instructions until symptoms subside.

### **How to Prevent Muscle Soreness**

The good news: You can dive hard after a layoff and prevent leg soreness—if you play it smart. The one thing we know for sure about muscle stress: it produces a rapid adaptation response. Once you've adapted to a given level of intensity, soreness won't occur unless you increase it suddenly. The trick, therefore, is to stress muscles in a way that allows adaptation yet minimizes soreness. You can do both on a dive vacation if you:

1. Gradually increase the intensity and duration of your dives. Most dive resorts encourage new arrivals to ease into their diving with shallow, easy dives. As your comfort level increases, you naturally progress to more challenging depths and conditions. Now you have another reason to follow this typical resort profile: not only will your dives be safer and more enjoyable, you'll also ease your muscles into diving without the fatigue and soreness we so often feel mid-week of our dive trips.
2. Include a simple warm-up routine. An effective pre-dive warm-up can be as simple as a few minutes of gentle stretching before suiting up or a pre-dive aerobic exercise such as an early morning swim. Making the 8 a.m. dive boat, however, can

Cont. on page 5

---

## Safety Corner (Page) Cont.

---

reduce your warm-up to simply starting your dive slowly and easing into your effort as you go. Regardless of the method you choose, an adequate warm-up offers real benefits. It:

- Produces faster, more forceful muscle contractions;
- Prevents injury by increasing muscle elasticity;
- Gives you better muscle control by activating neural pathways to muscles;
- Improves joint range of motion;
- Prepares you psychologically for diving by increasing your arousal and focus.

### Get Over It

So, you did everything right but still ended up sore and tired? Remember that sore muscles are damaged muscles. They now require time to heal. Add in an easy day of light-diving or no diving. You'll be fresher and even safer if you do—a mid-week break from a steady diet of three to five dives a day can provide a substantial hedge against decompression sickness □



---

## 2004 BGDC BANQUET

---

**Date:** Saturday, March 27th  
**Time:** 6:00-PM - Cocktails (cash bar)  
7:00-PM - Dinner  
**Location:** Spindletop Club  
3414 Iron Works Pike  
**Menu:** Menu is out, but no selection was made by press time.



---

## Co-Vice President's Report

---

*By Dan Miller and Carol Call*

### WEIGHT LOSS CHALLENGE, THIS IS THE FINAL CALL!

The final weigh-in for the Dive Club Weight Loss Challenge is during the next club meeting on February 10<sup>th</sup>. Seventeen members started and are still in the running for the 3 prizes. You must weigh-in during the meeting in order to be eligible for a prize.

Prizes are based on greatest percentage of weight lost. 1st place receives a \$50 gift certificate & free club dues in 2004. 2<sup>nd</sup> place receives a \$25 gift certificate & free club dues while 3<sup>rd</sup> place receives club dues on the house.

### WELCOME NEW MEMBERS!

Lee Ellis & Patrick Hayden joined at the January meeting, please welcome them to the club as we hope to see them at many future diving adventures.

### DIVE INSURANCE

You may want to consider renewing your dive insurance prior to going to Little Cayman. The club website has a link to dive insurance.

### DIVE TRIP COMMITTEE

If there is a locale you always wanted to dive please let me or any other officer know about it and we'll discuss at the next EC meeting. A good opportunity to influence the club's trip selection is to join the Trip Committee. Our Divemaster Doug Geddes is looking for a few members to help on this committee, please see him at the meeting on Feb 10<sup>th</sup> or contact him for more details □

# Bluegrass Dive Club 2004 Calendar

\* Post a hard copy in your favorite place.

## February

10, Tuesday Dive Club Meeting  
 24, Tuesday E.C. Meeting  
 25, Wed Newsletter Deadline 6pm  
 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




---

### 2004 BGDC Officer's & 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