



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

## April's Club Meeting

**Date:** Tuesday, April 13th  
**Time:** 7:30-PM (business)  
 Social time to follow  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** T/B/A

## President's Message



For the 42 returning Little Cayman travelers all we can say is been there, ate that, bought a bigger belt, want to go back soon. Even with the rougher than usual seas, only two dives were missed, and the staff did their best to make everyone happy.

The food was too good every day, and the reef life was great, with everything from turtles (and lots of them) to free swimming eels and eagle rays.

I hope that you got to the banquet Saturday, March 27th at Spindletop, and we can once again share the magic of the Caymans with our photos and memories.

Also, more info about the upcoming trips will be made public at the April meeting. □

*Mark*

## Divemaster's Report

*By Doug Geddes*



Truk / Yap 2005

If you waited to send in your deposit to go on this trip, you may have missed the boat. We are now only taking names for the waiting list. You do not have to make a deposit to put your name on the list. The EC decided at the last meeting to look into the possibility of cutting the Truk trip a few dives short and head on over to Yap for 4 days of diving. We are still working out the kinks, but we hope to have the trip finalized as soon as we can work out the air travel. I will work on that one as soon as I get back from Little Cayman. If you would like information about the trip, go to our website and click on the links. Pricing for the trip will be made as we finalize the trip. A reminder from Kit, a \$350.00 payment will be due on April 15<sup>th</sup>. Any questions or concerns drop, me an e-mail. □



*Thanks to John Thomson, we are back hanging around the bar at The Little Cayman Resort. Great job, John!*

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# Dive Committee Report

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By Doug Geddes

## ALTERNATE 2005 WINTER TRIP

Our newly formed Dive Committee met last week and came up with some good ideas about future dive locations for the club. Sharon has been putting together a survey that will be in the newsletter for all to fill out and return. Please take the time to do this. We are working hard to have trips that all can enjoy. On the survey there should be a choice of two locations for the 2005 winter trip after our Truk trip. It will take place around spring break time. If you are seriously considering going on one of the trips, please let your choice be known. If you aren't planning on going, then don't vote for a location at this time. We want to go where the majority wants to go, not just where you would like to go, if you get my drift. If you have a dive location you would like the committee to look at, please let us know. □

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## Safety Corner

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By Rick Stephan



Note: Okay, I felt it... warm air. No, it wasn't the BGDC members talking about the wonderful trip to Little Cayman. (By the way, did anyone actually dive on that trip? All I ever heard about was the food!) It is now officially springtime and we will all be getting the gear out and doing some more diving. Whether it's a Caribbean getaway or a trip to Dale Hollow, here are some tips for better diving. This is from Rodale's, April



2002. Remember, safe diving is fun!

### Dive Better, Dive Safer

Hit the Pause Button 4 Times

Get in the habit of inserting pauses in your dive plan. It's a chance to take stock, collect yourself and relax a moment.

1. After you're geared up, pause a moment: Forget anything? Does everything feel right?
2. After you enter the water but before you submerge: Is your weight belt still in place? Is your buddy OK? Is there current?
3. After you reach max depth but before you move off: How do you feel? Check your equipment, check your gauges, check your buoyancy, check your buddy. Look around so you can recognize the scene when you return and are trying to find the anchor line.
4. After you finish your safety stop but before you surface: Hear any propellers? Check your buoyancy.



*Even Chickens have buoyancy control, Charlie, and find their way back*

### 6 Tips for Better Buoyancy Control

1. Minimize your weighting. Extra air in your BC, to support extra lead on your belt, will change volume and buoyancy with depth, causing you to yo-yo and preventing you from maintaining neutral buoyancy.
2. Check it at the safety stop. It's at the end of your dive, not the beginning, that you should be weighted for neutral buoyancy at 15 feet. That means you'll be about five pounds heavy at the beginning of the dive. (That's the weight of the air you use.)
3. Suspend a weight bag. Hang a mesh bag with some one-pound and two-pound weights from the boat at about 15 feet. Start the dive with two pounds or so of your weight in a BC pocket. At the safety stop, next to the weight bag, you can transfer weights between pocket and bag to find your perfect weighting.
4. Relax. To find neutral buoyancy, go limp. Any sculling with hands or feet will create upward thrust.

## Safety Corner Cont.

5. Add and subtract air in small squirts. You must wait a minute for adjustments to take effect before adding or subtracting more. The effect is not instantaneous.
6. Use your lungs, not your BC. Make slight temporary changes to your buoyancy by holding more or less air in your lungs. That way you don't disturb the correct inflation of your BC. Hold air with your chest, not by closing your glottis, so pressure can escape.



*Cayman Sister Boat aka Chicken Boat Photo by S. Kidd*

### 7 Ways to Reduce Air Consumption

1. Streamline your equipment. Stash accessories in pockets or leave them behind. Reduce the lengths of your hoses where you can and route them close to your body. Clip in your console and your octopus. Choose a BC sized properly for your body and for the buoyancy you need; too much causes excess drag.
2. Drop weight. The less weight you carry, the less air you have to put into your BC to maintain buoyancy, so the less bulk you have to drag through the water. You use more air dragging more bulk around. Most divers can drop two pounds or so.
3. Get neutral. And get trimmed properly, so that when you're neutral, you're horizontal. That minimizes the size of the "hole" you have to make in the water when you swim.
4. Move slowly. Water resistance increases exponentially with speed. Swimming twice as fast requires four times as much energy. All your movements should be in slow motion.
5. Kick within your slipstream. Keep your fins within that "hole" in the water made by your body. Wider kicks increase drag.

6. Use efficient fins. Some deliver more thrust for a given effort than others, especially split fins.
7. Don't skim the bottom. Both the bottom and the surface cause turbulence that robs energy if you swim within a few feet of them.
8. Make long surface swims on your back. And breathe surface air: It's free.
9. Pause after inhaling. Under water, your breathing pattern should be inhale, pause, exhale, inhale, pause, exhale. The pause (held with your chest muscles, not by closing your throat) allows more gas transfer to take place in your lungs and less oxygen to be wasted.



*Reef Fanta Sea Boat aka Whats Hanging on Your Chain Boat*

10. Breathe slowly. Friction between the incoming air and your mouth, throat, lungs, etc. increases exponentially with speed. More friction means more energy expended for less air actually arriving in your lungs. Move the air slowly.
11. Breathe deeply. The more complete each breath is, the fewer of them you have to take. Breathe "from the diaphragm," trying to completely fill and completely empty your lungs.
12. Use a high-performance regulator. Better regulators minimize the work of breathing. They minimize the amount of air you burn just getting air.
13. Maintain your regulator. They lose performance and increase work of breathing with use and age, and need regular maintenance.

*Jim and Divemaster Liz Charlie and his dive buddies*



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## Safety Corner Cont.

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14. Readjust your regulator. On many regulators, the purpose of the adjustment knob is not merely to prevent free-flowing on the surface. It's also to minimize work of breathing at depth. Periodically during your dive, open the valve until the regulator just begins to bubble, then back up on the adjustment a bit.
15. Stop all leaks. Lots of little bubbles add up. Usual suspects: tank O-ring, BC inflators, console swivels.
16. Stay above. At five feet less depth than your buddy, you'll see almost everything he does, but you'll use substantially less air. (Though the difference is greatest at shallower depths.)
17. Manage currents wisely. Learn how to detect, avoid and cope efficiently with adverse currents. □



*Rick, Leigh Ann, Dennis and Linda, with a smooth ride home*

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## 2004 North Carolina

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### 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 March Dive Club meeting**

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

**3 are gone as of 2-11-04**

**Contact Kit Hudson**

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## From The Secretary

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*3/9/04 Meeting Minutes by Robert Shepard*



Kit gave the treasurer's report. As of 3/1/04 there is \$14,435.87 in both the unreserved and reserved funds.

We welcomed 2 guests to the club meeting - Rob Anderson and Todd Hall.

Doug Geddes discussed the Little Cayman trip.

The Truk trip will now include a side trip to Yap. The trip is now filled; however, there is a standby list.

A trip is being planned to Morehead City, NC on June 19. The dive cost is \$220 and lodging is \$50/night. A \$75 deposit is required to sign up for the trip.

The annual Spindletop banquet will be held on March 27. The cost is \$24.

Mark showed the videos of the Little Cayman dive trip. □



*I only saw 2 sharks, and this is one of them. Little Cayman 04*

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## The Editor's Notes

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By John Geddes



Welcome back to everyone who was on the Little Cayman trip. After much digging and paying my informers, I found that there really is a Chicken of the Sea and Love in the Air. □

*No matter what direction you took in Little Cayman, it was a*



*fun filled trip. Great food, great friends and great diving*

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## Congratulations

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To Angie Harrison and Jerry McCann. This is the photo of the magical moment.



Thanks, Jerry and Angie for sharing your engagement with us in the Little Caymans. And thanks also to Mike and Sherry for including us all in the champagne celebration.

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## Derby Party

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(For club members and invited guests only)

**Date:** Saturday, May 1st  
**Time:** 3:30 until .....???....  
**Location:** Home of Mike & Sherry McCann  
3557 Gloucester Drive  
Westmoreland Estates  
Lexington 255-3937

**Club will furnish:** A meat dish, beer, & Pepsi products.

### What to bring?

- Yourself & spouse/date/significant other.
- A dish to share with 12 others/snack/finger food/munchies / dessert to share.
- Lawn chair(s) if the weather is nice.



*The annual Spindletop BGDC Banquet held on March 27.*



*How big was that barrel sponge, Carol? Little Cayman 04*



*How was the dive trip in the Caymans, Kim?*

# Bluegrass Dive Club 2004 Calendar

*\* Post a hard copy in your favorite place.*

## 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 Meeting  
26, Tuesday E.C. Meeting



## November

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

## December

11, Saturday Club Christmas Party



*Little Cayman, where the food just keeps on coming...  
and coming, and coming.*

## 2004 BGDC Officer's & Staff

Mark Kidd, President	266-2276
Carol Call, Co-Vice President	253-3992
Dan Miller, Co-Vice President	948-5133
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, Undercurrents Editor	223-7926

# Dive Survey

Smaller Trips (2,3,4 day-over weekends-less expensive)

Please Check All Destinations that interest you

\_\_\_\_\_ FL Keys \_\_\_\_\_ FL springs (Ginnie Springs)

\_\_\_\_\_ Flower Gardens, TX \_\_\_\_\_ Mines in Missouri

\_\_\_\_\_ Crystal River FL Manatees (snorkel)

Suggestions \_\_\_\_\_

Amount willing to spend including: Travel, lodging, diving. Food extra.

\_\_\_\_\_ \$0-250

\_\_\_\_\_ \$250-500

\_\_\_\_\_ \$500-750

\_\_\_\_\_ \$750-1000

\_\_\_\_\_ \$1000-1250 \_\_\_\_\_ Other (specify)

Best time of year to take a trip? Please specify month(s). \_\_\_\_\_

Will you be bringing kids? \_\_\_\_\_

Youth divers? \_\_\_\_\_

Weekend get-togethers (with-in a couple hours of Lex, local lakes and quarries, dive with friends)

Please check all weekend destinations that interest you

\_\_\_\_\_ Laurel Lake \_\_\_\_\_ Cumberland

\_\_\_\_\_ Dale Hollow \_\_\_\_\_ Pennyroyal

(Hopkinsville, KY)

\_\_\_\_\_ LaGrange

Suggestions \_\_\_\_\_

Interest level 1-5 1-no way in heck 5-very interested

\_\_\_\_\_ Weekends per month interested 1-4

\_\_\_\_\_ Whole weekend, one day, both

\_\_\_\_\_ Saturday or Sunday

\_\_\_\_\_ Weekend family excursion (camping or cabins)

or just dive \_\_\_\_\_

Other \_\_\_\_\_



## Bluegrass Dive Club Membership

Name \_\_\_\_\_

Address \_\_\_\_\_

City/St/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

No. of Family Members \_\_\_\_\_

No. of Divers in Family \_\_\_\_\_

Highest Level of Certification:

Basic Open Water \_\_\_\_\_

Advanced Open Water \_\_\_\_\_

Rescue Diver \_\_\_\_\_

Divemaster \_\_\_\_\_

Instructor \_\_\_\_\_

Membership Options (check one):

\_\_\_\_\_ Student (with student ID) \$ 10.00

\_\_\_\_\_ Single / Family with 0/1 diver \$ 30.00

\_\_\_\_\_ Family with 2 or more divers \$ 40.00

Please fill out and mail to: Bluegrass Dive Club  
(With payment please) c/o Kit Hudson  
231 Stourbridge Rd.  
Versailles, KY 40383

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



Mike and son Jerry McCann