



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

## May Club Meeting

**Date:** Tuesday, May 11th  
**Time:** 7:30-PM (business)  
 Social time to follow  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** McCann's Images of Ireland

## President's Message



I am really excited about some of the upcoming dive trips.

North Carolina still has a couple of spots left and we are in the planning mode for several summer and fall outings. Next Spring Break we will be going to Cozumel for a general club dive trip.

The Derby Party was well attended, I saw over 30 during the hour or so that I could attend before going to work.

I would like to once again thank Mike and Sherry for hosting the party, and to all of you who attended and brought goodies.

After watching the TV coverage of the Derby I think our next instate dive trip could well be Churchill Downs.

The program for the May meeting will be Mike McCann with Images of Ireland from his latest trip to the emerald Isle.

Dan Miller will be running the May meeting since Adam will be performing with his band at Morton.

Stella and I will be attending the concert but will try to make it for Mike's program. □

*Mark*

## Co-Vice President's Report

*By Dan Miller and Carol Call*



### WELCOME NEW MEMBERS

Please welcome open water divers Dan & Maryanne O'Canna of Lexington, who joined at the April club meeting. The O'Canna's jumped right into the club social scene by attending the Derby Party hosted by the McCann's.

Also joining in April was advanced open water diver Dr. Randy Blackburn. He recently relocated to Lexington and practices in Mt. Sterling. We hope to see all three of our newest members on many future diving adventures. □

*Always great to see our out-of-town people like the Murray's*



*John Thomson, Cathy Murray & Kathy Hall Little Cayman 04*

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## Divemaster's Report

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By Doug Geddes



### YAP & TRUK 2005

As of this writing, we have one spot open for next year's winter trip. You can still put your name on the waiting list without totally committing. We have had two people withdraw from the trip and one person added. With a trip of this proportion, you never know when the next one may need to withdraw. The dates are Feb. 1 - 15. Most of the major cost has finally been established. The Yap portion of the trip will be \$415.00, based on double occupancy. The Truk portion is \$1995.00. (We went ahead and reduced the price from the \$2395.00 list price) The airfare is \$1675.00 including all taxes. The only other costs will be an overnight in Guam, food costs at the various places and miscellaneous items. Unless you eat like a pig the whole trip your cost should be under \$4500.00 for the trip. Not too bad for two weeks of diving in the South Pacific. I sent out an e-mail detailing the amount of money needed to be paid by the next meeting to cover the airfare, so we can go ahead and purchase the tickets. If you did not receive that e-mail, please e-mail me ASAP or give me a call. For those interested in signing up for the trip, go to our website and submit an application online. You can also find out the details of the trip on our website. Any other questions drop me an e-mail or give me a call. It is getting closer that you think. □



Sherry, Dan, Ralph, Kit, Kim, John & Ann Little Cayman 04

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## Safety Corner

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By Rick Stephan



**Note:** Here is another list of lists these ideas are more from an article on better diving from Rodale's, April 2002. They include tips on safety accomplished by taking care of your buddy (and vice versa), knowing where you're going (so you can get back), and how to avoid decompression sickness (DCS). Did you know what you do after your dive matters also?



Remember, safe diving is fun!

### Dive Better, Dive Safer

#### 4 Ways to Be a Better Buddy

1. Communicate. Dive planning means talking. Don't assume you both know what to do. Be explicit about depth and time limits, buddy separation procedure, etc.
2. Two-way gear check. The gear check isn't over when you've checked your buddy's gear. He or she must check yours too. That forces your buddy to put hands on the gear, to take responsibility for it being correct. Likewise, make sure gauge checks during the dive go both ways.
3. Take turns. During the dive, don't always be the one who leads, because that trains your buddy to be a follower. Make a point of trading off, so your buddy takes as much responsibility as you for setting the pace and direction.
4. Be humble. Admit you can be wrong. Don't dismiss your buddy's warning, correction or suggestion out of hand.

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## Safety Corner Cont.

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### 3 Tips for an Out-of-Air Ascent

1. Relax. Easier said than done, but many "out-of-air" emergencies are really cases of anxiety causing the diver to overbreathe the regulator. Slow your breathing and you may find you have plenty of air after all.
2. Keep your reg in your mouth. You may be totally out of air at depth, but keep trying to breathe. As you ascend and ambient pressure falls, more air will probably become available from your tank.
3. Exhale slowly. The air in your lungs expands as you ascend, and it's not uncommon to exhale all the way up and reach the surface feeling you have more air in your lungs than when you began the ascent.

*Some more out-of-towners who joined us on the LC 04 trip*



*John Murray*



*John Hudson*

### 5 Tips for Mapping a Dive Site

1. Sketch the dive site on your slate. Actually drawing it is a memory aid. It helps even if you never look at it again.
2. Orient toward north. Draw the map so north is at the top. Under water, lining up your slate with your compass needle puts things in proper orientation. Mark the direction of the sun and the current, too.
3. Use navigational charts. Or other site sketches to get the overall shape.
4. Listen to the dive briefing. Ask questions about depths, trend of bottom and underwater topography.
5. Use your eyes. Aboveground profiles often extend under water; a cliff above is often a wall below.

### 9 Ways to Minimize Your DCS Risk

1. Ascend slowly. A slow ascent rate is a "rolling" decompression stop that allows nitrogen to offgas before it bubbles.
2. Make a safety stop. It's not called a decompression stop, but that's what it is. It allows more offgassing before you ascend through the final 15 feet, where pressure change per foot is greatest.
3. Don't exercise after diving. It seems to increase formation of bubbles. "Like shaking a can of soda," some people say.
4. End the dive shallow. When you are ascending, you're offgassing from the faster tissues, which are usually most critical for neurological DCS. Time spent shallow at the end of the dive helps unload the nitrogen taken on during the early, deeper parts.
5. Avoid sawtooth and bounce profiles. It's believed that repeated ascents and descents increase the chance of microbubbles passing to the arterial side of your circulation.
6. Wait 24 hours before flying. Flying soon after diving has the effect of making the dive deeper, and bubble formation is greater.
7. Stay warm. If you're cold, your circulation is restricted and nitrogen is passed off more slowly.
8. Stay hydrated. If you're dehydrated, your blood is thicker and moves more slowly, so offgassing is slower.
9. Don't use all the green. Computer algorithms are predictions, not guarantees. Back off a "click" or two for more safety.

*Some of the land lovers doing their thing LC Trip 04*



*Mary Ann Geddes and Lynne McWaters*

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## Safety Corner Cont.

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### 5 Compass Tips

1. Practice on land. Try walking around a parking lot or a football field while looking mostly at the compass. When you can return to your starting point, you'll be better able to do the same under water.
2. Make sure the card rotates freely. If it hangs up, the reading will be wrong. Check by rotating the compass in your hand: The card should not move.
3. Fine-tune your buoyancy. Get in trim before taking a compass reading. If you are fighting to maintain your attitude, you will be more likely to get a false reading.
4. Use the bezel. Rotate it to mark your course. Checking your course requires only matching the north arrow to the bezel mark (or something equally simple, depending on the design of the compass).
5. Mount the compass on a slate. The slate helps you level the compass and is handy for marking bearings. Console mounts are often difficult to level because of the stiff hose. □

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## Dive Committee Report

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### SPRING TRIP 2005

After reviewing the responses from the e-mail I sent out about next years spring trip, the location of next year's trip will be Cozumel. There were two reasons this location was chosen. One was cost. Most persons that responded are considering taking their kids because it will be spring break week, and saving \$300.00 or more per person would make it possible for them to do so. Second, we decided that we will probably go to Roatan for our 2006 trip. The dates for this trip will be April 2 - 9, 2005.

We are still deciding the location in Cozumel, but it looks like it may be the Allegro, where we stayed a few years ago. We are looking into the Reef Club. A member saw this place when he was in Cozumel this spring and really liked it. The dive committee

will meet to decide which location would be best for us.

We will need to lock in this location ASAP and we will request a \$100.00 deposit for each person deciding to go. We would like this at the next meeting. This will be similar to past trips and deposits will be refunded based on the resort's policies. It looks like we have a good number of persons wanting to go on this trip, so sign up ASAP. Mike should have a sign-up sheet on the web by the time you read this article. Don't miss out on this one... □

*Some more land lovers*



*Lyn, Lyle, Becky and Gary*

*Little Cayman 04*

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## The Editor's Notes

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*By John Geddes*



Must say to Doug, sorry about losing your article for last month, I put it in the wrong file so; don't fire me yet, Mr. Trump!

Please note: there is an update to the North Carolina trip, per Mark and one spot has opened up for Yap/Truk 05 trip.

If anyone has any photos or stories they would like to share, I would be more than glad to take a look at them. □

*Engaged in Little Cayman!*



*Angie Harrison and Jerry McCann*

*(That's your editor and Kathy Hall waving in the background)*

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## From The Secretary

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By Robert Shepard



Kit gave the Treasurer's report. As of 3/30, we had an account balance of \$14,188.44 in both the unreserved and reserved funds.

The 2005 Truk/Yap trip is full again. Anyone interested in going on the trip can have their name put on the standby list. It is scheduled to leave 1/30/05 and return 2/14/05

We discussed the N.C. trip scheduled for 6/19 - 22. Only 3 people have made deposits for the trip.

Sharon Palmisano discussed setting up a dive trip to the Flower Gardens. It is located about 100 miles off the coast of Freeport, Texas. It is a weekend trip and it would be on a live aboard. The diving is said to be great with healthy coral, eagle rays, and sharks. It will be discussed more at the April general meeting.

We are looking for more programs to have at the end of the general meetings. Anyone having any ideas should give them to Mark Kidd.

Kit gave the treasurer's report. As of 4/13/04 there is \$14,188.14 in both the unreserved and reserved funds.

We welcomed 3 guests to the club meeting.

Doug Geddes discussed the Truk trip, which may or may not include a side trip to Yap. Yap was hit by a major storm earlier this month. 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 \$120 for 3 nights. A \$75 deposit is required to sign up for the trip.

Sharon discussed a 2005 trip to the Flower Garden. It is from a live-aboard that is home ported in Freeport, TX. It will cost less than a \$1,000 for this trip, including airfare.

A survey was handed out to determine the locations, length of time and cost of trips on which most of the members were interested in going.

A surprise birthday cake was given to Mike Cobb (38<sup>th</sup>).

Doug showed a video of his last trip to Yap. □

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## 2004 North Carolina

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North Carolina Dive Trip UPDATE!!!

We still have space for divers on the NC trip. Dan Miller, David Graves, and Charlie Denham have secured spots on the trip.

Cost of diving is still \$85.00 per diver per day, however we are now staying at the Comfort Inn in Morehead City, which is closer to the dock and is about 1/2 the price. Rooms are now \$45.00 per person double occupancy on Saturday June 19th and \$25.00 per person double occupancy on Sunday and Monday the 20th and 21st of June.

If you are interested, please send a check for \$170.00 to cover the 2 days of diving to Kit Hudson at 231 Strourbridge Rd. Versailles, KY 40383. Very limited space is available for lodging, and will be paid for by the participants upon arrival.

We have only two rooms secured at this time, so you should act quickly if you want to take advantage of some of the greatest diving in North America. □

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## 2004 BGDC Officer's & Staff

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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

## Membership Form



### 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  
 (859) 873-4974  
[kithuds@iglou.com](mailto:kithuds@iglou.com)

Noel Hall the Manta Ray

Yap Trip 03



## 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 and diving. Food is extra.

- \_\_\_ \$0-250
- \_\_\_ \$250-500
- \_\_\_ \$500-750
- \_\_\_ \$750-1000
- \_\_\_ \$1000-1250
- \_\_\_ Other (specify) \_\_\_\_\_

Best time of year to take a trip? Please specify months \_\_\_\_\_

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 to 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 Suggestions \_\_\_\_\_

# Bluegrass Dive Club 2004 Calendar

\* Post a hard copy in your favorite place.

## May

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

*A few pics from the plane going to Little Cayman*



*Debbie Wagner and Ann Bright*

## July

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

## August

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



*Mike and Sherry McCann and someone who didn't want to be there*

## September

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



*Mark and Stella Kidd*

## October

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



*Doug and Mary Ann, Lynne, Ralph and Sherry*

## November

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

## December

11, Saturday Club Christmas Party



*Rick Fontaine*



*Lindsey McHatton*