



## June Club Meeting

**Date:** Tuesday, June 8th  
**Time:** 7:30-PM (business)  
 Social time to follow  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** Images of Cozumel

## President's Message



A Special thanks goes to Dan Miller for running the May meeting for me, and Mike McCann for being the talent.

My family managed to arrive for the last 5 or 6 images of Mike McCann's power point show and narrative on his recent trip to Ireland. The trip sounded like a lot of fun and Mike and Sherry seem to have had a wonderful family experience, just make sure to bring a GPS if you venture outside of the urban areas.

We will have a show on Cozumel diving at the June meeting. Cozumel is the site of our Spring Break trip and if you are interested be at the meeting for all the details.

Till June 8<sup>th</sup>. □

*Mark*

## Divemaster's Report

*By Doug Geddes*



### COZUMEL 2005

After we thought we had it all worked out US Airways and Allegro put the screws to us. We now have to leave on Friday, April 1st and return on Friday the 8th. When we quoted this trip, I wasn't sure of the dates of spring break, so I just asked for April sometime. Well, little did I realize that the first week of April is Easter week. All the air has been booked for a long time and the resort charges more for that week. With that we have gone back and looked at the Reef Club Resort. Their price went up also, but not as bad as Allegro. Here are the prices and the breakdown as given to me:

#### 1. Reef Club Resort

\$1565 per person includes:

- \*\*Round trip air from Lexington to Cozumel
- \*\*7 nights at the Reef Club w/2 per room
- \*\*All meals and snacks daily
- \*\*All drinks daily including alcohol
- \*\*All non-motorized water sports
- \*\*5 days of 2 tank boat dives
- \*\*Taxes

Subtract \$275 for a non-diver

Triple rate subtract \$50 per person

Subtract \$605 for no airfare needed

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## Divemaster's Report Cont.

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### 2. Allegro Cozumel Resort

\$2115 per person includes:

- \*\*Round trip air from Lexington to Cozumel
- \*\*7 nights at the Allegro Cozumel Resort w/2 per room
- \*\*All meals and snacks daily
- \*\*All drinks daily including alcohol
- \*\*All non-motorized water sports
- \*\*5 days of 2 tank boat dives
- \*\*Taxes

Subtract \$320 for a non-diver

Triple rate subtract \$60 per person

Subtract \$605 for no airfare needed

Please check this out and see which trip you would go on. We will make a final decision at the meeting. If you signed up for the trip and want to cancel because of the changes, please e-mail me. If you have made your own air travel, we can let those go Sat. to Sat. and the rest Fri. to Fri. We are holding 20 spots for air and hotel, but we will need to let them go soon, if we are not going to use them. □



Ann & Ralph

Little Cayman 04

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## Safety Corner

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By Rick Stephan



**Note:** Here are some more lists. These ideas are more from an article on better diving from Rodale's, April

2002. We cover the gamut from seasickness to keeping warm, dive boat etiquette to how to avoid narcosis or getting lost. Diving includes many things to think about, hopefully, these ideas will help you recall some things from your training, and be of some assistance to you on your summer dives.



Remember, safe diving is fun!

### 15 Seasickness Tips

HOW TO AVOID IT:

Pop a pill. All the pills are about the same in effectiveness and side effects. But if one of them—Dramamine, Bonine, Marazine, etc.—seems to work better for you than the others, stick with it. The placebo effect is very strong with seasickness.

Start taking pills early. Pills are better prevention than treatment. After you feel queasy, it may be too late for pills to help, so start 12 to 24 hours before going to sea. This builds up a level of the drug in your body.

Try the patch ... Scopolamine patches do work better than pills and have fewer side effects for most people. They are available by doctor's prescription.

... Or the bands. Some people like "Sea Bands." They are bracelets with dots that purportedly touch acupressure points on your wrist. They have never been proven effective, but some people swear by them.

Bigger is better. Bigger, and especially wider, boats have a slower roll than smaller ones.

Stay on deck. It helps to be able to see the horizon, possibly because your eyes then agree with what your middle ears are saying—that your body is rocking and pitching. One theory is that nausea is caused by mixed messages when, below decks, your eyes report that all is stationary.

Don't try to read. Focusing your eyes on an apparently stationary target makes them even more convinced that your middle ears are wrong.

Close your eyes if you must go below. You may have to go below and lie down, in which case you should close your eyes so they aren't giving a no-motion message to your brain.

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## Safety Corner Cont.

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Be clean and sober. Even a mild hangover can easily degenerate into seasickness, besides increasing various diving risks. Likewise, fatigue predisposes you to seasickness.

Eat something. Opinions vary on this one, but most people feel better with a little bland food on their stomachs. Bread, bagels, pancakes, etc. are better than eggs and bacon. Coffee and orange juice are acidic and may irritate your stomach. Eat a little, not a lot.

Relax. Anxiety contributes to seasickness. Those who are frightened by the ocean and the movement of the boat, or anxious about the diving later in the day, are more likely to become seasick.

Watch for symptoms. Early signs include chills, headache and frequent burping. Now is the time to go on deck, or move to the lee rail if you're already there.

*Riding the waves*



*Mark and Leigh Ann*

*Little Cayman 04*

### I'M SEASICK: NOW WHAT?

If you feel the urge, let it rip. You'll feel better almost immediately. Prolonging the inevitable only prolongs the pain.

Don't use a toilet. Or, God help us, a trash can. Go to the rail on the lee (downwind) side or use a bucket if one is designated. If you feel the urge coming, ask a crew member where to go. He or she will know the best place. Don't be embarrassed; you're not the first.

Get over it. After a few hours, most people feel better. For some it takes a day or two. Almost everyone gets over seasickness within three days.

### 6 Ways to Stay Warm

Wear a hood. It should be the first piece of thermal protection you consider, not the last. While near-surface blood vessels elsewhere in your body close down to minimize heat loss, those in your head continue at full flow.

Stop the leaks. The best wetsuit or dry suit is worthless if it lets in too much cold water. Repair broken zippers and split seams. The collar seal is especially important because as you swim forward it tends to scoop in water. Wear a hood if for no other reason than to seal the neck opening.

Cover up head to toe. Heat loss is huge where cold water flows over bare skin, so a thin full-length suit is warmer than a thicker shorty.

Stay shallow. Shallower depths mean the insulating neoprene of your wetsuit won't compress as much. And breathing air under less pressure chills you less.

Surface if you shiver. Uncontrollable shivering is a warning sign of hypothermia.

Break the wind. Between dives, a wet exposure suit becomes a swamp cooler. Many divers actually lose more heat between dives than when in the water. Wear a parka or a windbreaker, or take off the suit and dry off.

### 10 Ways to Avoid Nitrogen Narcosis

Take a course in deep diving from a qualified instructor. You'll learn warning signs of narcosis and skills in coping with it, and you'll gain confidence. Nitrogen narcosis can build on anxiety.

Be rested. Fatigue accentuates nitrogen narcosis.

Be clean and sober. A hangover, even the effects of over-the-counter drugs, can make narcosis worse.

Exhale thoroughly. You'll expel more carbon dioxide, which seems to accelerate the onset of narcosis.

Plan your dive, dive your plan. Decide depth, route, frequency of buddy checks, etc. and stick to it. Leave as few decisions as possible to be made "under the influence."

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## Safety Corner Cont.

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Watch yourself. Sure, it's supposed to be fun, but this much fun?

Watch your buddy. Does he seem uncoordinated? Silly? Acting odd?

Don't become fatigued. Don't try to do too much.

Watch your instruments. Believe them.

When in doubt, ascend. Often, an ascent of only 10 or 20 feet will clear your head.

### 8 Dive Boat Dos and Don'ts

DO:

Be early to board, early to gear up. Rushing increases anxiety and stress.

Remember cash for tips.

Space is usually at a premium on dive boats, so secure your gear as neatly and compactly as possible.

Secure tanks and weights and all other gear as instructed by crew.

Dress completely at your gear station except for putting on fins. Walk fins-in-hand to the exit door.

DON'T:

Leave open drinks on the camera table.

Dip masks in the camera rinse tank.

Forget your C-card.

Invade dry areas in a wet exposure suit.

### 9 Ways to Never Get Lost

Descend feet-first. And try to remain facing in the same direction, so you can correlate what you see on the bottom with what you saw at the surface.

Stop before you go. When you reach bottom, stop for a moment. Use your compass to orient yourself to your map. Look around for landmarks that will help you identify the scene when you return.

Use bottom contours. If you know the anchor is at 60 feet, you can find it by following the bottom slope to 60 feet, then following that contour.

Plan your route. Like, "Up-current at the 80-foot contour for 1,200 psi, then return to the exit at the 60-foot contour." Following your nose in a random pattern is more confusing.

Look for landmarks. When crossing a flat bottom, look for memorable landmarks in sight of one another: a rock outcrop, a large sponge, a bit of litter. Make your transit of the bottom a series of legs, from A to B to C to D, and you can find your way back.

Look behind you. On an out-and-back route, look back from time to time. You'll be more likely to recognize the scene on your return. Landmarks often look different from the other side.

Note compass headings. If you need to make an underwater transit from the descent line or anchor to the reef or the top of the wall, note the compass heading and note the scene when you arrive. The reciprocal course will return you to the anchor.

Note the direction of the sun. You can usually see it from under water. If it's on your left when outbound, it should be on your right for the return.

Learn the names. When you can identify the different sponges, corals, etc. along your route, you are more likely to remember them. □



Kit Hudson

Little Cayman 04

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## The Editor's Notes

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By John Geddes



Another month gone... Where does the time go?

If you are interested in doing a little diving in Micronesia late August or early September, let me know.

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

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## From The Secretary

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By Robert Shepard



Kit gave the Treasurer's report. As of 5/25, we had an account balance of \$31,156.75 in both the unreserved and reserved funds.

The 2005 Truk/Yap trip has an opening. Anyone interested in going on the trip can give their name and deposit to Kit and Doug. 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.

11 people have signed up for the 2005 Cozumel trip.

We are looking into going to the Joe Clark Quarry with the New Horizon dive shop. New Horizon is going to have a pig roast there this summer.

We discussed filling in some of the dates still open on the 2004 calendar.

We're getting with the Lexington Ski Club to see if we can have a joint activity.

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. □

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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

## Bluegrass Dive Club 2004 Calendar

\* Post a hard copy in your favorite place.

### 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
- TBD, 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

## 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)

## Truk and Yap 2005

*By Doug Geddes*

If you thought you were shut out of this trip, you have been given a second chance. We have had a person drop from this trip and there is no one on the waiting list, so we have a spot available. Go to our website for information or drop me an e-mail. Our plane tickets have been purchased and the resorts

are all confirmed, so we are ready to go. If no one signs up for the available spot, it does not hurt the other divers. All we need is 12 persons and we have 15. Any other questions, drop me a line.

## Dive Survey

**Smaller Trips** (2, 3, 4 days, 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 \_\_\_\_\_