



www.bluegrassdiveclub.com

February's Club Meeting

Date: Tuesday, February 8th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: DVD of the Manatee Dive

President's Message



With less than a week till we leave for Yap and Truk I still have an hour or so of work on camera gear to go to finish packing.

All of the stuff is spread out across my desk waiting for the "o" ring grease and packing.

At tonight's EC meeting Dan Miller informed us of the success of the Florida springs trip with 7 divers snorkeling and diving with the manatees and having to endure 60 degree air temps while the rest of us had temps in the teens.

Dan Miller will run the meeting this February with a great AV program on the springs and the Manatees.

I look forward to seeing you in March at the dinner meeting where we can share our dive experiences. □

Mark

Divemaster's Report

By Doug Geddes



CHUUK/YAP 2005

For those of you that thought that this day would never come, well here it is. We are finally heading to Chuuk and Yap to do some fantastic diving. Not sure if you will read this before we depart on Monday 31st or not, but it is time to go. Remember to bring all your papers and stuff from Ultimate Dive Travel. Don't forget your passport. For the rest of you not going on this trip, have fun in the cold. We will think about you (Not), but we will tell you all about it at the next meeting in March.

COZUMEL 2005

All persons have paid in full and this trip is in full dive alert. Get your gear out and ready to go. It will be here sooner than you think. If you missed out on this trip and would still like to go, we might be able to make this happen, but would need to be done soon. I think we still have one air spot available, but I would have to double-check that since we have paid in full for all the tickets. Check out our website for information on this trip. If you have already signed up and paid, we will be getting tickets and more info to you as soon as we get it. Stay tuned...

GALAPAGOS 2006

We still only have one person on the waiting list. If you have an interest in this trip, you should at least put your name on the list. You never know what might happen. Check out the website for more information. We are still a long ways out and haven't finalized the itinerary just yet. □

The Editor's Notes

By John Geddes



As we put this issue to bed, I am thinking of the pics that we will have for the next issue from Yap and Chuuk.

I have some from the Divers Den Check-out dive but was having some trouble with the scanner, hope to have those too. □

Co-Vice President's Report

By Dan Miller and Carol Call



Don't miss the February club meeting, as we'll show a DVD of our club members swimming with the West Indian Manatee. Seven hardy souls braved chilly Florida to dive the springs and snorkel with the gentle giants. The trippers were: (trip leader) Lynn Walters, John & Cathy Murray, Corrine & Evan Wells, Patrick Buxton and yours truly.

We've had several inquiries about where to attain the snazzy BGDC logo. It may be found at *American Apparel Embroidery & Screen Printing* at 204 Industry Parkway in Nicholasville (drag strip). It costs \$8.50 to apply the standard rectangular logo to any apparel item and \$10.00 if you want the logo + writing below the logo. They're open 8am to 5pm, M-F. It's cheaper to buy your own garment and have them apply the logo but they also sell clothing if you prefer. Call the owner, Gwen, at 887-1209 for details.

The wise traveler tidbit for the month is travel insurance. If you choose to supplement your *DiveAssure Emergency Card* program there are several reputable travel insurance firms with solid track records and little risk of bankruptcy. Below is a top 10-provider list and accompanying article excerpts from the January 2005 edition of *Conde Nast Traveler*.

CSA Travel Protection:

www.csatravelprotection.com

Access America: www.accessamerica.com

Travel Guard: www.travelguard.com

HTH Worldwide: www.hthworldwide.com

MedEx: www.medexassist.com

M.H. Ross: www.tripinsurance.com

Insuremytrip.com: www.insuremytrip.com

Medjet Assist: www.medjetassist.com

TravelSafe: www.travelsafe.com

Travel Insured: www.travelinsured.com

The most important coverage of all is Trip Cancellation. This will reimburse the cost of the trip if you're forced to cancel for any number of covered reasons. Trip Interruption covers the portion of the trip that was unused as well as the cost of getting home after suffering a covered problem. Medical Insurance covers the gap between what your medical insurance at home covers and what is incurred during your travels while out of state or country. Other available insurance (but not beneficial to most of us) is Baggage Protection, Flight Insurance, Collision Coverage & Trip Benefit.

Keep in mind even the most comprehensive travel insurance has exclusions. The most common are: Preexisting Conditions, War & Terrorism, Weather and Disease Outbreak. The only way to avoid risk of loss while traveling is to stay at home. But then we wouldn't be able to "get wet" and what fun is that? □

Safety Corner

By Rick Stephan



Note: *Our dive buddies are heading off for Chuuk and Yap. We're scraping the windshield and dreaming of Cozumel. All of us are thinking about our dive gear, travel arrangements, and last minute preparations. But in doing our preparations, let's not forget the most important thing - safety. Panic attacks in the water can be a serious situation, for our buddies and us. We should make sure we are okay to dive - equipment functioning, dive plan in place, physically and psychologically ready, etc. Almost everyone who has been diving for a while has experienced some form of near-panic situation while in the water.*

Safety Corner Cont.

This Internet article shows that this doesn't have to become an emergency situation if you are prepared, and show a little...



Remember, safe diving is fun!

Grace under Pressure

Panic may be the No. 1 cause of scuba fatalities, and experienced divers are not immune. Here's how to keep your cool when things turn rough under water.

By nature, most divers are as laid-back as Jimmy Buffett. We have to be to sail out to sea, toss on a tank and plunge into the dark unknown. Yet, there's a little Woody Allen dwelling within each of us, threatening to turn dangerously neurotic should the tides turn. That's the essence of panic. You go from cucumber-cool to scared, disoriented and out-of-control. Though new divers are more susceptible, experienced divers are also at risk, especially when a dive goes awry.

Panic can kill in many ways. Rapid, shallow breathing can cause hypoxia and a buildup of carbon dioxide. The result: The diver acts irrationally, breathing faster, expelling the regulator or bolting to the surface. These panic responses can make you pass out, or even have a heart attack if you have a weak heart. And panicking impedes your ability to solve problems and get to safety when your equipment malfunctions or you're tangled in a line.

The National Underwater Accident Data Center attributes about one-fifth of diver deaths directly to panic. Another 22 percent of fatalities cannot be attributed to a specific cause. But considering the number of divers found with working equipment, ample air supply and their weight belts firmly cinched, most experts believe that death due to panic is more common than we think.

What? Me Worry?

Trying to predict who will panic is a little bit like guessing who will win Survivor. With enough analysis, you could probably figure it out, but you're just as likely to be surprised, especially because panic strikes so many divers. A national survey from the mid-1990s shows that more than half of experienced divers reported having at least one panic or near-panic experience.

Not surprisingly, people who have panicked on dry land are at an increased risk for losing control and panicking under water. In a study published earlier this year, dive panic researcher and psychiatrist David Colvard, M.D., found that 45 percent of men and 57 percent of women with a history of panic reported panicking on one or more dives, compared to 19 percent of men and 33 percent of women who had never panicked before. "If you have been diagnosed with panic disorder, you should be very hesitant about jumping in the water," says Captain Marie Knafelc, M.D., Ph.D., who has performed nearly 20 years of diving research for the Navy. "If you really want to dive, find a very small class with a lot of personal attention and time in the water."

Some experts report that women are also at a higher risk for panic. The 1995 Sea Grant study from the University of Wisconsin-Madison found the incidence of panic was 64 percent among women compared to 50 percent among men. Knafelc is skeptical that predisposition to panic is really a genetic quality, however. "Women may be more likely to admit when they feel panicked," says Knafelc. And they're also more likely to get into diving because their partner wants them to rather than of their own accord, she says. "That immediately puts them in a more vulnerable position. Scuba is something you should really want to do for yourself."

Finally, people who tend to react to adversity with anxiety are also more likely to panic when faced with a flooded mask or a great white looming overhead. There are "trait anxiety" tests that could ferret out these nervous divers before they ever earn their C-cards, but most experts agree that's unrealistic. "Certified divers tend to fall in the lower range of trait anxiety to begin

Safety Corner Cont.

with, and the people who score high may simply be more anxious; they don't necessarily have panic disorder or other mental illness," says Colvard. Subjecting every potential diver to a psychological profile would be difficult, if not a violation of anti-discrimination laws.

The bottom line is that panic is something instructors need to address more seriously, and that participants need to prepare for more ardently, says Knafelc. "You need to honestly assess your own anxiety level. If you are a high-stress individual, you'd be wise to stay in the pool until you feel confident in your skills and ability to stay calm. If you are able to keep your wits, you can get yourself out of most any situation, even if your equipment fails."

Practice Makes Poised

Being scared under water is a rational fear, says Knafelc. "The only reason we're all not panicking all the time is that we're trained, so we know what to do." Enough knowledge, practice and preparation can soothe even the most anxious scuba enthusiast.

Rehearse the basics. Practicing basic skills is essential for preventing panic. "New divers especially need to rehearse important skills until they are burned into their psyche," says Colvard. Experienced divers also should brush up on the basics. Practice sharing air, clearing your mask and other skills you may not have done since certification. Visualize and mentally rehearse each dive.

Plan for emergencies. Panic happens when rational fears become irrational, says Knafelc. "Have an emergency procedure ready for every situation. Plan what you will do if you see a shark, have equipment failure or lose your buddy. Then rehearse those procedures with your dive buddy, so if something scary happens, you both automatically know what to do."

Remember "SBTA." Physiologically, it is almost impossible not to calm down when you're breathing slowly and deeply from your diaphragm, says Colvard. Train yourself to "Stop--Breathe--Think--Act" when something unexpected happens.

Come prepared. Having the proper equipment will bring you great peace of mind. Have a wetsuit for cold water, a backup light for night diving, and anything you need for special circumstances like wreck dives. Never fudge it or use equipment you aren't familiar with.

Listen to your instincts. If a dive doesn't feel right, don't do it. Period. Never dive beyond your training and abilities or push it when the conditions aren't cooperating.

Plan pauses. Prevent unpleasant surprises with pauses at every main transition, like when you enter the water, are at the bottom, before you ascend, at your safety stops and so on. Take a moment to assess your gear, your buddy and the environment.

Fix the little problems before they snowball into big ones and you'll go a long way to warding off panic, says Colvard. "It's usually not one thing that sends you over the edge, but a combination of unexpected factors."

When Panic Attacks

The following are classic signs that you're losing your cool. If you experience any of them, stop to relax, breathe, think--and seek help.

- Rapid breathing or feeling like you can't get enough air.
- Rapid heart rate, palpitations or heaviness in the chest.
- Gastrointestinal distress, "butterflies," nausea, vomiting or diarrhea.
- Muscle tension, headache or tremors.
- Trembling voice or inability to speak.
- Sweating, chills or hot flashes, feeling out-of-control or impending doom. □

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

From The Secretary

By Robert Shepard



General Meeting Minutes 1/11/05

Kit gave the treasurer's report. As of 12/31/04 there is \$37,255.34 in both the unreserved and reserved funds.

Rick demonstrated some of the hand signals used while diving.

John Geddes discussed his experiences on the Truk trip he took last year. He also gave some recommendations of things we should see and do when we go there later this month.

John showed a DVD of his trip to Truk. □

Bluegrass Dive Club 2005 Calendar

March

8, Tuesday Dive Club - Dinner Meeting
29, Tuesday E.C. Meeting
4/1, Friday Newsletter Deadline 11pm

April

12, Tuesday Dive Club Meeting
26, Tuesday E.C. Meeting
29, Friday Newsletter Deadline 11pm

May

7, Saturday Club's Derby Party
10, Tuesday Dive Club Meeting
31, Tuesday E.C. Meeting
6/3, Friday Newsletter Deadline 11pm

June

14, Tuesday Dive Club Meeting
28, Tuesday E.C. Meeting
7/1, Friday Newsletter Deadline 11pm

July

12, Tuesday Dive Club Meeting
26, Tuesday E.C. Meeting
29, Friday Newsletter Deadline 11pm

August

9, Tuesday Dive Club Meeting
??, Saturday Club Pig Roast
30, Tuesday E.C. Meeting
9/2, Friday Newsletter Deadline 11pm

September

13, Tuesday Dive Club Meeting
27, Tuesday E.C. Meeting
30, Friday Newsletter Deadline 11pm

October

11, Tuesday Club Dinner / Meeting
25, Tuesday E.C. Meeting
28, Friday Newsletter Deadline 11pm

November

8, Tuesday Club Meeting (Elections)
29, Tuesday E.C. Meeting
12/2, Friday Newsletter Deadline 11pm

December

10, Saturday Club Christmas Party
30, Friday Newsletter Deadline 11pm