



UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / www.bluegrassdiveclub.com

November 2006

Volume 36, Number 11

November's Club Meeting

Date: Tuesday, November 14th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program: Dinner and Elections with a
DVD from BVI

President's Message



The November meeting will host our elections and a fine dinner from the Racquet Club. John Geddes will put on a great video filmed while diving in the British Virgin Islands. John made the trip last month with several other club members on a Catamaran for some sailing and diving.

The vote to adopt a new set of by-laws was tabled until February due to some changes that were needed.

With the election of Officers and Board at this meeting, the EC is looking for members that are interested in serving in many capacities.

The EC decided not to offer up a slate of officers this year so as to encourage anyone who would be interested in being nominated from the floor for any position.

I can honestly say I have enjoyed my time at the helm of this great group and with the Doctors clearing my way to dive again look forward to getting wet this coming year.

Check out the calendar as we flesh out the year's trips and functions, notably the Christmas Party at my home and the Bonaire trip in January. 🚩

See you at the November meeting,

Mark

The Editor's Notes

By John Geddes



What a great break, if you ever get the chance to go on a Noel Hall Trip to the British Virgin Islands, you better take the opportunity. This is the 3rd trip I have done and if I'm asked, I will go back. So, the pics for this month are going to be from that trip. Catch the DVD at the meeting for all the sea life. I want to thank Noel, Patrick, The McCann's, Robert and Charlie for being great boat mates, sorry to loose you, George, but we found a fill-in at the helm for you... Oh yes, did learn two things on this trip. Take a flash light with you when walking at night and don't keep your money in your camera case. 🚩



Co-Vice President's Report

By Dan Miller and Carol Call



Reported by: Dan Miller

1st Time Visitor

No new members joined in October but we did have a visitor at our monthly meeting. Erika Tuttle of Lexington was a guest of Sharon Palmisano. She moved here from Utah only 4 months ago so make her feel at home in the Bluegrass. Erika isn't dive certified so I referred her to New Horizons to get her Open Water certification.

DUI's DOG Rally & Demo Days

Daniel Vinson and I attended this event at *Mermet Springs* (near Metropolis, IL) Oct 7-8. We test dove drysuits and learned all about drysuit diving. We won some door prizes and met lots of hardy cold water divers from Chicago, Detroit, St. Louis & Kansas City. I had a blast and will definitely attend next year's event and drag some of you down there with me. Diving dry was tops, now all I have to do is win the lottery so I may afford to buy one! Thanks to Daniel Vinson who at the October meeting showed us the video and still shots he took of the paddlefish, 727, railroad car, submarine, etc. He also drove us down there and back. Now that's what I call the perfect dive buddy!

Chapbooks still available

For those who did not attend the October meeting, everyone was a door prize winner. Thanks to *Undercurrent.org* who donated 32 of Chapbooks. We still have 5 left so I'll give them out to the first 5 members at our November dinner meeting. Don't worry, we'll still have our regular door prize drawings. Daniel Vinson and I will be donating several door prizes we collectively won at both the KUES September clean up dive and DUI's October drysuit demo dive.

History of Diving Museum is now open

Going to the Keys anytime soon on a dive trip? This museum located in Islamorada just opened in September so stop by. This sure beats your high

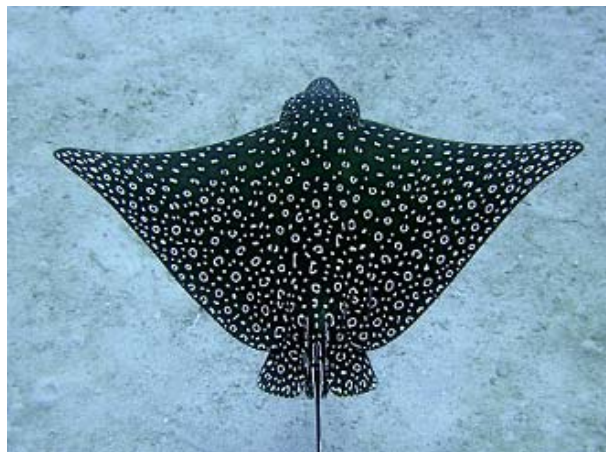
school history classes! To learn more go to www.divingmuseum.com.

New Horizons Diving Center news

NHDC annual blowout sale is being held December 8-9 so stop by the shop for great deals on cool gear. They also have a special \$100 off on PADI's Open Water course the rest of '06 (are you reading this Erika Tuttle?). Also, the shop is going on a Florida Crystal River manatee trip 12/28-1/1. I went on this same trip with our club in January '05 and I can vouch that it's a unique and must see dive experience to have in your log book. Finally, for those of us buying new gear at Neil's sale or going on the club's January Bonaire trip, the shop will have UK's Lancaster Aquatic Center pool available in early January for us to do gear check outs. See Neil McEachin at the shop for details on all these topics.

Herald-Leader travel photos ops

The H-L called me and confirmed they'd soon publish the group photo from our August Galapagos trip. Be looking for it in the Sunday Travel section in coming weeks. If you go on a dive trip, take a front page from the H-L. Snap a pic and send it to me to get it published or send it in yourself. Give us a free plug by mentioning it's from the BGDC. 🚩



2006 BGDC Officer's & Staff

Mark Kidd, President	266-2276
Carol Call, Co-Vice President	253-3992
Dan Miller, Co-Vice President	948-5133
George Fleischmann, Secretary	873-9539
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 Treasurer

By Kit Hudson



November Dinner Meeting

As enjoyed by all previously and back for an encore, . . .the club's November 14th meeting will feature dinner to go with the club's annual officer elections. In order to give The Racquet Club an anticipated count of those expected for dinner; If you did not make it to the October meeting, but do plan to attend the November dinner meeting, there will be a reservation tab on our club's website. Or you can email me at kithuds@iglou.com.

The COST will be \$16.00 per person (includes tax and gratuity), payable at that meeting. The anticipated MENU will be:

Lemon Pepper Chicken, Prime Rib Au Jus, New Potatoes, Green Beans, Tossed Garden Salad Rolls, Coffee, tea, soft drinks, Cheesecake.

2007 Membership dues to be paid 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: Bluegrass Dive Club
% Kit Hudson
231 Stourbridge Rd.
Versailles, KY 40383
(859) 873-4974
kithuds@iglou.com

New Members: Fill out & mail enclosed form at the end of this newsletter. 🚩

Divemaster's Report

By Doug Geddes



BONAIRE 2007

If you still have an interest in going on this trip, it might not be too late. Check out our web site and see if this interests you. If so, then you need to contact me ASAP and see if it would be possible to get you on this one. We have to give up our extra rooms and air by November 17th, but just maybe they might have a room for you. Air might be the only problem if we give all of ours up, but you never know.



Just another day at the office...

GRAND TURK 2007

I am still working on getting our first reservations for this trip. I know of 4 - 5 people that have said they are going on this one, but I haven't seen a reservation yet. If you are planning on going on this one, please fill out the form so I know you are really interested. We have a \$1000.00 deposit we will lose if someone doesn't act soon. I can't understand why this trip hasn't taken off. It has probably the best diving around. Even the book Dan Miller brought to the meeting, Undercurrents, this place has grand reviews. The weather this time of the year will be perfect. The water will be warm and the diving should be fantastic. Please check this trip out at our web site. Don't pass this one up.

GALAPAGOS 2008

Yes that is correct; we are going back to the Galapagos Islands and Ecuador in September of 2008. We are trying to add a trip for non-divers to add on with us while we are diving. They would

Divemaster's Report Cont.

meet up with us in Quito and then on to the Sacha Lodge for 4 days of hiking and site seeing. This trip will be around \$5500 or so depending on the extra trips. We will be diving on the Aggressor boat once again. Of course, this is prime Whale shark season again. We will have a trip page on the web soon. If you don't find it just yet, drop me a line if you are interested. We only have space available for 4 persons at this time. A \$250.00 deposit will hold your spot. Don't wait till it is too late and miss out on this one again. Just ask anyone that went on the last one, what a great trip it was. It is a once (or twice) in a life time trip. It is far enough away that you can start saving your pennies now. 🚩

From The Secretary

By George Fleischmann



General Meeting Minutes

10/10/06

The 7:30 general monthly meeting held on 9/10/06 was attended by 26 folks. Kit presented the treasurer's report. Doug presented details on the upcoming trips and answered questions.

EC Meeting 10/30/06

The 7:30pm meeting was attended by Mark, Dan, Kit, Doug, Rick, John, and myself. Jim Hammes and David Graves also attended as guests. Mark called the meeting to order. Kit presented the treasurer's report, and it was approved.

Dan presented an update on the recent new members. Doug presented an update on the dive trips for 2007. There was also a discussion on possible location and timing of trips for 2008.

David Graves and Jim Hammes provided input to the EC on completion of Articles of Incorporation and request for tax exempt status. During the discussion it was discovered that some changes needed to be made to the proposed by-laws to support this. The upcoming vote will be delayed until this can be accomplished. The meeting was then adjourned. 🚩

Safety Corner

By Rick Stephan



Note: This month's article was taken from Rodale's on line magazine (<http://www.scubadiving.com>). It is as important as the old saying "You are what you eat". Our favorite sport - diving - seems to most people an effortless way to spend a few hours daily while on vacation. However, as anyone who has schlepped tanks up and down a dock in the hot sun, ridden for 45 minutes on a rolling boat, suited up in crowded, hot conditions, and then spent an hour or more working your way back and forth in a current will tell you: sometimes it's just not that easy.

Our food intake is normally based on what the hotel provides, but often it is a buffet. So, what should you load your plate with to handle your body's needs till the next buffet? Read this article for a little more detail and some scientific reasons to decide what your plate should hold.

Your ability to dive (and enjoyment of the dive) is dependent on your fitness, knowledge, and planning. Being safe in what you eat is another way to plan for



your diving. *Remember, safe diving is fun!*

What to Eat When You Dive

Fuel up right and feel great each and every time.

By Selene Yeager

The dive plan was a simple one. At 10:30 sharp we'd pull out of Pete's Pier in Crystal River, Fla., and spend the morning snorkeling with manatees before making a 50-foot cavern dive. "We'll be back here by about 2," said Divemaster Dan.

Then a couple from Tampa forgot their C-cards and had to bail. A mother and daughter vacationing from Virginia were ready and eager to take their spots if we could wait "just five minutes." The size-large BC we'd brought for Eric was too snug, so we had to go back. At 11:30 we were finally on our way. By then, boat traffic had

Safety Corner Cont.

muddied up some of the best manatee sites. With just a few strips of beef jerky between us, we hunted for clearer waters until well past lunch. By the time we geared up, the sun was dipping west, and the energy levels of a few of the divers were headed south, damping enthusiasm for an otherwise fun plunge.

Thank God for Denny's Slim Slam (a big breakfast for the health-inclined). Knowing to expect the unexpected, I'd opted out of my usual fruit and cereal that morning and ordered up scrambled eggs, a short stack, a slice of honeyed ham, orange juice, coffee and cinnamon apple slices-600-plus calories of tank-filling goodness. Instead of diving on fumes, I had energy to burn until we docked and got dinner at 5 p.m.

"Just as you want to go into the water with a full tank and come up with a little in reserve, you want to have enough stored energy in your body to fully enjoy your dive and still feel great when you're done," says scuba diving sports nutritionist Kristine Clark, Ph.D., R.D., of the Center for Sports Medicine at Pennsylvania State University.



Noel and Patrick

Put Performance on Your Plate

The secret is eating like an athlete, says Clark. Most runners wouldn't dream of showing up for a morning race without a good dinner and morning meal. Yet divers routinely skip breakfast for a morning dive because they simply underestimate how athletic diving is. "Diving is an aerobic activity," says Clark. "And though it doesn't always feel strenuous, it does burn a lot of calories. You can easily burn between 400 and 600 calories during an hour-long dive." That's the equivalent of a five-mile jog. Diving also places some special demands on your digestive system, says Clark. "It's

usually a long day on the water and in the sun, so you need food that is easily digestible, yet provides lasting energy."

For optimal performance, Clark recommends the following dive diet.



Robert, Noel, John, Sherry, Mike, Charlie and Patrick taken pic

>> Dinner (the night before)

Generally speaking, you have free rein to eat what you want the night before a dive, says Clark, but if you want to feel your best in the morning, it's wise to follow a few guidelines:

Carb-up. Carbs are your best energy source, and they should account for 50 to 60 percent of your evening meal. "Remember, carbs come in all different forms in different cultures," says Clark. "If you can't find noodles in Mexico, don't panic. Eat rice and beans." Other healthy sources: tortillas, vegetables, breads and fruits.

Skip the shooters. You're on vacation and want to have fun, so yes, if you drink, go ahead and have a couple of drinks the night before. "Just don't have an alcohol-based dinner," warns Clark. "Alcohol takes on a life of its own after you drink it and your body burns glycogen-your stored energy-to process it. Drink too much and you'll start the next day's dive already depleted."



Noel and John on their Island

Safety Corner Cont.

Keep it cooked. The sushi may look spectacular, but be very cautious of eating raw foods the night before a dive. "Anything raw or undercooked increases your risk for salmonella or other food poisoning and if you wake up with diarrhea, you're not diving," says Clark.



>> Breakfast (1 1/2 to 2 hours before diving)

Eat a minimum of 500 to 700 calories two hours before you dive, and make 60 percent of them carbs. Other advice:

Mix fast and slow carbs. Eat a mix of slow-digesting carbs, like whole grains, and fast-digesting carbs, like dairy products, to get instant and lasting energy.

Go easy on fiber. Universally recommended for a healthy diet, fiber fills you up so you eat less. But overdoing it before a dive can leave you with too much undigested food in your belly and not enough stored energy in your muscles. High-fiber foods include apples, pears and big bran muffins.

Pick your protein. Adding protein to your morning meal increases satiety, which is a fancy way of saying it, slows digestion so you won't feel hungry 30 minutes into your dive. Good protein sources are meat and dairy. One caution: "Skip the huevos rancheros," says Clark. "Any eggs should be completely cooked through."

>> Lunch (between dives)

If you're making morning and afternoon dives, you'll need to refuel in between. "If you have two or more hours before your next dive, you should

eat something substantial," says Clark. "Just don't make it too heavy." Some suggestions:

Form a club. The simple sandwich is a super food for active endeavors. Turkey and roast beef with a touch of mayo on whole wheat bread with lettuce and tomato is the perfect way to top off your tank for the rest of the afternoon.

Cut the grease. Fat slows digestion, so while a little is good for lasting energy, too much will leave you feeling bloated and sluggish. A few fries on the side is OK, but beware the fried lunch specials like cheeseburgers, fried fish sandwiches and other high-fat fare.

Drink up! Even if you never break a sweat, diving is extremely dehydrating. Wind, sun and breathing canned air all rob moisture from your body. Be sure to replenish with plenty of water, or even better, a sports drink.

>> Post-Dive Snack

By the time you're done diving for the day, you'll likely be at least a little depleted and dehydrated. Pack a snack to hold you over until you can get a good meal. Some options:

Energy food. Prepackaged energy bars are perfect, portable snacks for long dive days. Packed with 150 to 300 calories each, they provide the ideal blend of carbs, protein and fat for active outings. Try Clif, Power Bar or Balance Bar for a variety of tasty flavors.

Fruit. Bananas, oranges, apples, and kiwi-you name it-fruit is an easy, delicious way to boost your blood sugar. Plus, juicy fruits help replace lost fluids. Just be sure they're well-washed or peeled.

Sports drinks. Grab a Gatorade or other sports beverage. These carefully designed carbohydrate drinks contain just enough sodium and other electrolytes to put back what you sweat out.



Safety Corner Cont.

The Good, The Bad and The Indigestible

Not all energy sources are created equal, especially before a big dive. "Foods you normally wouldn't think twice about like burgers or sushi could spell trouble on a dive trip," says Kristine Clark. "Remember to exercise special care with any uncooked foods in developing countries." Let the following list be your guide.

GREEN LIGHT: Any well-cooked foods served hot. Beans, rice, pasta, breads, tortillas, canned foods, potatoes, cooked vegetables, cooked fish, poultry and meats, fruits you can wash and peel, and nuts you can shell. Bottled drinks.

YELLOW LIGHT: Salads, uncooked vegetables, grapes, foods from street vendors and shelled nuts. These foods have the potential to make you sick if not handled correctly, so proceed with caution. From a digestion standpoint, also go easy on fried foods and foods high in fiber.

RED LIGHT: Undercooked meat, fish or eggs. Unpasteurized dairy foods. Tap water and fountain drinks. 🚩



John and Robert taking out the trash

Bluegrass Dive Club 2006-07 Calendar

November

14, Tuesday Dinner Club Meeting
(Elections)
28, Tuesday E.C. Meeting

December

16, Saturday Club Christmas Party

January 07

9, Tuesday Dive Club Meeting
27-3, Thursday Bonaire Trip
30, Tuesday E.C. Meeting

Membership Form



Bluegrass Dive Club Membership

Name _____

Address _____

City/St/Zip _____

Phone _____ Cell _____

Email
Address _____

No. of Family Members _____

No. of Divers in Family _____

Highest Level of Certification: _____

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

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