



UNDERCURRENTS

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

January 2007

Volume 37, Number 1

January's Club Meeting

Date: Tuesday, January 9th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program: Underwater photograph by
Mark Kidd

President's Message



I hope the holidays (and football bowl season) find you all doing well. January will be an active month for the club as we: install a new EC, have our regular club meeting on the 9th, do gear check outs at UK's Lancaster pool on the 11th (courtesy of NHDC) and depart for Bonaire the 27th. One of my New Year's resolutions is to dive more so in that spirit I purchased an extra week of vacation from work. Now I'll have zero excuses to not dive more so let's go diving!!!

My sincere gratitude and appreciation go out to Carol Call and Mark Kidd for their many years of dedicated service as officers to our club. Although they'll no longer be on the EC we hope they remain active (diving) members of BGDC. 🚩

Dan

New Member

Please welcome **Buddy & Sara Darr** of Lexington who joined via our website in December. Sara purchased Buddy's membership as part of his Christmas gift. What a wonderful gift idea! My dearest Anna, are you reading this for next year?

Dive Media Outlets

Do you have Sirius satellite radio? Then tune into channel 125 or download the podcast from www.scubaradio.com. You'll find many interesting dive related articles on www.underwatertimes.com. Also, check out [www.scubadiving.com/scuba diving tv](http://www.scubadiving.com/scuba_diving_tv) for brief film clips on all things diving.



DAN & PADI announcement

Beginning 1/1/07, DAN will be the exclusive diver-insurance partner for PADI, replacing Vicencia & Buckley. If you don't presently possess diver insurance, I encourage you to attain it through Dive Assure, DAN, V&B or any other reputable firm.

www.Underwatertimes.com Top 10 "exotic" Dives in 2007

Want to add some "spice" to your dive life? Try these places out for size. (1) Rocktail Bay, Kwazulu-Natal, *South Africa*; (2) Rangiroa, *Polynesia*; (3) Sulawesi, *Indonesia*; (4) *The Maldives*; (5) Little Cayman, *British West Indies*; (6) Cocos Island/Malpelo Island, *Costa Rica/Columbia*; (7) The Bismark Sea, *Papua New Guinea*; (8) Sipadan Island, *Malaysian Borneo*; (9) Surin & Similan Islands, *Thailand* & (10) Bikini Atoll, *Marshall Islands*.

The Editor's Notes

By John Geddes



This month will be some pics from the Clubs Christmas party. Next month some Bonaire pics by Dan O'Canna. **Due to the Bonaire trip, the Newsletters deadline will be moved up to the 22nd, the day before the EC meeting.** 🚩



From the Treasurer

By Kit Hudson



2007 Membership dues

Student (High School or College 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

New Members: Fill out & mail a membership form from the web site. 🚩

2007 BGDC Officer's & Staff

Dan Miller, President	948-5133
George Fleischmann, Vice President	873-9539
Maryanna O'Canna, Secretary	277-2634
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



Safety Corner

By Rick Stephan



Note: This month's article focuses on something we weren't really told about in our open water dive class: how to behave on a dive boat. Most of this information is pretty logical and self-explanatory, however, we all know someone who has not followed these suggestions... could it be the culprit was... us?

With Bonaire coming up, this is some timely information. We all spend a lot of time and money on this sport, and want to get the best experience possible from the adventures. But don't ruin it for others, by making your boat wait for you, or dripping on someone's equipment, or tying up your dive skin so it flips other people in the face. Take some good advice from this Rodale's article (<http://www.scubadiving.com>), and make the trip better, and safer, for everyone.

Safety Corner Cont.



Remember, safe diving is fun!

Boat Smarts

The unspoken rules of dive boat behavior can be confusing, to say the least. Follow these tips to dive easy and look like a pro.

By John Francis

Photography by Stephen Frink

A dive resort's "commuter" boat, smaller than a live-aboard boat, smaller (usually) than the day-long charter boats, has its own routines and requirements, discomforts and dangers. Wondering what you've signed up for, sailor? Relax. The boat ride to the dive site can be safe, easy and almost fun. In fact, it's a lot like the commercial airline flight that probably carried you to your destination. The resort's dive boat is not quite a floating 737, but there are parallels. Just do this:

Hurry Up and Wait

It seems so simple—just grab your stuff from your gear locker and jump on the boat—that you should be able to put it off until the last minute. But that's not how it works at the airport or the boat dock either. The last minute is when you discover you left your sunscreen in your room or you need a new battery for your dive computer. Now you're rushing to make the boat, which, like Flight 1045, probably won't wait for you. If it does, you'll have to board under the hostile fire of impatient divers.

On the other hand, getting to airports and gear lockers ridiculously early gives you time to move slowly, stay cool, think through what you're doing and, if necessary, run back to your room for the battery. Since divers don't yet have to wait in a long security line before boarding the boat, you don't have to be quite so ridiculously early. Thirty minutes should be enough.

Limit Your Carry-on

Take with you on the boat only what you'll need for the next few hours, leaving the rest of the week's stuff in your gear locker. In that sense, the locker is like checked luggage, with the added benefit that it does not fly to Newark while you're out diving. Wear your bulky BC and carry your mask, fins, snorkel, regs, instruments and wetsuit in one carry-on bag. If you can't carry everything necessary from locker to boat in one trip, you've probably got too much, though photographers get an extra baggage allowance.



After you assemble your gear, stow your carry-on under your gear station.

Wait for the Boarding Announcement

Skippers are strangely territorial about their domains. To them, boarding without permission is like walking into a house without knocking. And sometimes the crew needs to service the craft—to wash down decks or lift hatches before you clutter up the area. Ask, "OK to board?" before you do. It's the nautical equivalent of the boarding pass.

Take a Seat

As on budget airlines, dive boat seating is usually first-come first-served, but after you've grabbed the same prime spot several times in a row, the other divers will usually concede it to you. That's another benefit of being early.

Where's the best gear station? There are trade-offs: Closest to the stern means the least walking between bench and water, and there's the least up-and-down motion. But there's the most noise and smell at the back, usually no shade and a fair amount of spray. The extreme bow is often uncrowded, but wet and wild. Mid-ship under

Safety Corner Cont.

shade and not too far from the side entrances is a good compromise-like the emergency exit rows on an airplane.

Check Around You

Got everything you'll need? As soon as possible, assemble your regs and BC on a tank and check them out. If a piece of gear fails to report or refuses its duty, you still have a hope of replacement before the boat leaves the dock. Check the air pressure in your tank; it seems there's always one with a short fill.



Check the pressure in your tank early, in case you get a short fill.

Secure Personal Items Before Departure

Once BC and regs are mounted on your tank, reattach the bungee or whatever secured it. Never leave a tank standing by itself for a second. Put weights under your seat, or they may land on someone's toe, maybe yours. Your carry-on bag goes under your seat, which is no bigger than an airliner seat. If the boat is full, there won't be extra room. Your bag needs to be small and compressible to fit under your seat. A bag that sticks out blocks the aisle for other passengers and may not be allowed.

Listen to the Safety Briefing

Among the complaints of flight attendants and dive guides, "They don't listen to the briefing" is near the top of the list. Your dive guide complains because he has to go looking for you when you get lost, and you got lost because you didn't hear him tell you the boat is moored in 20 feet of water, the reef drops off to the east and the current runs north to south. If you get separated from everyone else, that's all the information you need to find the boat.

You're much more likely to need that information than the fact that your seat cushion is a flotation device, so pay attention.

Get Comfortable

Most places we dive are hot and humid. Wearing your wetsuit during the boat ride promotes sweating and dehydration, which elevates your risk of DCS. Odds are you're going to get more than enough sun before the week is over too. Take it in small doses and stay under shade or under a hat during the boat ride. Drink water. When the engine slows down, the boat is approaching the mooring. That's the time to zip up, not before.

Prepare To "Deboat"

When it's time to get wet, wear everything but fins and mask. Your mask should be around your neck, not on your face because body heat from your face will fog it. Don't try to walk in your fins. Those gunboats on your feet jam up the passageway, tangle with other divers' shins and expose you to a slip-and-fall for which there's no one to sue but yourself. Remember, small boats have a quick motion, and unlike airplanes, all boats rock and roll more when they're moored than when they're running. Carry both fins in one hand so the other is free to hang on. Is your air on? Computer on?

At the door, put on mask and fins and step off. Go one at a time after acknowledgment by the Divemaster, who should want to check you off his list. Like a flight attendant, he'll be there to steady you if you stumble on the threshold. If you found a seat near the exit and geared up promptly, you can be one of the first in the water. Now you have the time you need to make surface adjustments, descend as slowly as your ears require and not lose the rest of the group.

Orient Yourself

Double-check the briefing. What does your depth gauge say at the mooring block under the boat? Which way does the current run relative to the slope of the bottom? If you get lost, you can always find the boat by following the bottom contour to the mooring, assuming you know whether to go up-current or down-current. (No current? Put shallow water to left or right when outbound, reverse it when returning.)

Safety Corner Cont.

Reboard the Boat

After a pleasant dive comes the return to the boat and the most difficult and dangerous thing you may do all day: climbing the ladder. You're tired, and the ladder chops up and down and moves from side to side as the boat swings on its mooring. Either motion can increase suddenly when the wake of a passing boat hits or your boat turns to the swell, and don't think you can protect yourself by pushing off with your hand. Approach the ladder below the surface so you can see it. Don't chase its side-to-side motion; let it come back to you. Don't get under it, under the boat, or near the props; the blades are sharp.



Make sure you have a hand on the ladder before removing either fin.

The usual drill is to take off your fins in the water, pass them up to crew, then climb the ladder. But different boats have different routines. If you can, also take off weights and tanks in the water—the climb will be safer and will generate fewer nitrogen bubbles. Don't take off either fin until you have a hand on the ladder.

After you collect your fins and whatever other gear you've passed up, go to your seat, remove everything heavy and sit down. The surface interval is really another decompression stop, and you should rest to offgas smoothly and avoid generating bubbles. Lie down if you want, but don't sleep; that slows your circulation too much. The surface interval is when the snack and beverage cart is likely to appear. Take anything offered; your levels of both fuel and water are lower than you think.

Stay Warm

Wind on wet neoprene is like a swamp cooler, and it's easy to get colder on the boat than in the water. This is the wrong time to get cold, because it constricts your circulation and slows your offgassing of nitrogen. So take off your wetsuit and towel off, or protect your suit from the wind with a dive coat or wind breaker, or at least wipe the extra water from the outside of your wetsuit to reduce evaporative cooling.

Now you're on your way back to the dock. Once you get there, don't jump up too soon. You may be as eager to get off the boat as out of a plane, but flight attendants and divemasters have the same reasons for trying to restrain your eagerness: a final lurch could throw you off your feet. Check around you for personal items. And say thank you to the crew. They may be passing out life jackets someday.

The Ideal Resort Boat

The resort's dive boat is really more like a city bus than an Airbus: intended for short trips with minimum comfort, maximum carrying capacity and easy entrance and exit for mobility-challenged passengers. Expect handholds and railings everywhere, wide ladders, big dive platforms and a short step from there up to the deck, which should have some kind of nonskid surface.

Resort dive boats are typically between 30 and 50 feet long. Bigger is better for stability. There will be a long bench along each side with tank racks behind and gear stowage below. The best have twin engines (for redundancy, not speed), shade awnings, drinking water, two-way radios and emergency oxygen. In the tropics, few have toilets, something you might consider before bringing your dry suit.

The crew is at least as important as the equipment. The captain needs to stay aboard while you dive, to deal with changing weather, dragging anchor, etc. If the boat is gone when you surface, it will not be funny. A deckhand should take your weights and fins and help you up the ladder. You tip for that service, not for driving the boat and tying dock lines.

Safety Corner Cont.

Besides a dive-site briefing there should be a boat briefing. A safe operation tells you where life jackets and first-aid equipment are and, most important, it formally and audibly checks divers into and out of the water. An eyeball count really isn't good enough.

Seasickness Secrets

Some of us are more prone to seasickness than others, but nobody is immune. A few truths apply to all:

Prevention is better than treatment. Once you feel nausea, there's not much you can do. What you should have done is gotten ahead of the problem. Take seasickness meds before you board the boat, not when you feel queasy. You might even begin taking the pills the night before, to build up a level of the stuff in your system.

Eat. You'll do better with something on your stomach. Make it bland, like bread or cereal and go easy on coffee and orange juice, which are acidic, and greasy sausage. Don't stuff yourself, though. The idea is to make your stomach comfortable.

Stay on deck. Fresh air and watching the horizon seem to help. One theory is that seasickness is your brain's reaction to mixed messages when your eyes see a stationary world inside the boat, but your inner ear reports one going up and down, up and down. For example, trying to read, which keeps your eyes steady, usually makes things worse. If you do sit inside, close your eyes.

Warning signs. Headache? Chills? Pallor? Burping? Head for the railing, on the downwind side of the boat, and let 'er rip. You'll feel better almost immediately.

Don't be embarrassed. Seasickness is not a character flaw; it's a physiological reaction no amount of will and courage can prevent. And you're not the first.

Dive Boat Do's and Don'ts

Don't drip, on the camera table. There's often an area designated for camera surgery. Don't contaminate it with your wet hand reaching for your defog. Likewise, don't dunk masks in the camera rinse tank.

Don't touch. You want to check out that cool new reg your fellow diver has, but he's understandably sensitive about anybody fooling with his life-support equipment. A good rule is never to touch anything belonging to anybody else without permission.

Don't squat. In another guy's gear station. Some divers will come out of the water and sit at the closest gear station, not their own. Now the rightful tenant bumps somebody else. Musical chairs mix up and lose gear.

Do relax. You're the customer; the boat crew wants you to have a good time and everybody's in a good mood. You're all going diving, not commuting to work, so enjoy! 🚩

Divemaster's Report

By Doug Geddes



BONAIRE 2007

Not to long after reading this article, 21 of us will be heading to Bonaire. Sorry if you are not one of them. (maybe next time) I will have the E-tickets at the meeting for those that want them. They are receipts and you really only have to have your passport at the airport to get your seat. I was hoping to get the T-shirts to you by then, but my guy has done it to me once again. I will be trying to find another source and hopefully be able to have them to you before we leave or at the airport. When we arrive in Bonaire, each room will have a small truck waiting at the airport. This will be our transportation for the whole week. One person from each room will be in charge of getting the vehicle once we arrive. You might want to think who that might be before we arrive. This is also the vehicle we will be using to dive from land with. Non-divers should be able to use it while we are on the boat dives, if they want. These are ours to use, as we want. I will be sending out an email to all going before we leave. REMEMBER YOUR PASSPORT AND C-CARDS.

Divemaster's Report Cont.

GRAND TURK 2007

The date will remain the same. We were trying to change the date once again to accommodate a direct flight from Ft. Lauderdale. The resort said they were full, so they said we had to stay with what we have. We have around 6 - 8 persons that are planning on going, but still no reservations yet. I am one of those, but I will be filling my out soon. I just wanted to see what the air flights were doing. If you have an interest in going with us, fill out the reservation form. This is probably the best diving we will be doing for the whole year.

DIVE COMMITTEE

I heard from most of you that wanted to be on this committee. I will be getting back to you soon, as we need to meet in the next week or so. Try to keep the 3rd Tuesday open. That is the date I am shooting for. I will confirm later. 🚩



From The Secretary

By Maryanna O'Canna



December Christmas Party
December 16, 2006

The Club's annual Christmas Party was held at Mark and Stella's house with a generous attendance by old and new members. Much food and drink were shared and great diving stories were told by all.

The Kidds' hospitality was greatly appreciated by everyone. Thank you for offering Holiday cheer and goodwill.



December EC Meeting
January 2, 2007

The New Year of 2007 was welcomed in with an EC meeting and was hosted by Mark. In attendance were Dan, Mark, Mike, Doug, George, Kit, Maryanne, John, Rick and 1 guess, Dan O'Canna. Dan Miller, the incoming club president, started the meeting by making sure a smooth transition was in place as far as equipment was given to the appropriate new officers. The by-laws were discussed as being formalized by David Graves after meeting with Dan and George. By spring they will be put to a vote by the club members.

The calendar for 2007 was the main topic for discussion. A club dinner meeting was decided upon for March. The Derby party, November dinner meeting and Christmas party dates were set. Participation with the Louisville Dive Club Lake Cumberland clean up was also set up for September 2007. Dale Hollow outing will be in July and Laurel Lake outing will be in August.

The dive committee will meet on January 16, 2007 to discuss future trips for the rest of the year. About 21 people will attend the Bonaire trip in January. Five members have pledged to go on the Grand Turk trip. Two spots are remaining for the 2008 Galapagos trip. 🚩



Bluegrass Dive Club 2007 Calendar

January

- 9, Tuesday Dive Club Meeting
- 16, Tuesday Dive Committee Meeting
- 23, Tuesday E.C. Meeting
- 26-3, Saturday Bonaire Trip

February

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



March

- 13, Tuesday Dinner Meeting
- 27, Tuesday E.C. Meeting

April

- 10, Tuesday Dive Club Meeting
- 24, Tuesday E.C. Meeting

May

- 5, Saturday Club's Derby Party
- 8, Tuesday Dive Club Meeting
- 29, Tuesday E.C. Meeting



June

- 9-16, Grand Turk dive trip
- 12, Tuesday Dive Club Meeting
- 26, Tuesday E.C. Meeting

July

- 10, Tuesday Dive Club Meeting
- 31, Tuesday E.C. Meeting

August

- 7, Tuesday Dive Club Meeting
- 18, Saturday Club Pig Roast
- 28, Tuesday E.C. Meeting



September

- 11, Tuesday Dive Club Meeting
- 25, Tuesday E.C. Meeting

October

- 9, Tuesday Dive Club Meeting
- 30, Tuesday E.C. Meeting

November

- 13, Tuesday Dinner Meeting (Elections)
- 27, Tuesday E.C. Meeting

December

- 15, Saturday Club Christmas Party



Bluegrass Dive Club

Lexington, Kentucky

Divers in the News

Officer Wagner honored by national police group

The Urban County Government's own Officer Debbie Wagner has been recognized with a national police award.

Officer Wagner was selected as the National Law Enforcement Memorial Funds's Officer of the Month for November 2006.

Wagner has been with the Lexington Division of Police for 28 years and is the most senior female and third most senior officer of the 550 members of the division.

"Her dedication to the community and her colleagues has made Officer Wagner's career the model of which many will emulate for years to come," according to the Fund's announcement.

"The community policing programs she has initiated are now the standard from which other departments across the nation take their cue."

"I can't go anything alone - without all the officers in this Division," Wagner said. "They have given me a lot of support to receive this honor."

Wagner started working as a safety officer with the Division of Police in 1978. In 1983, she recruited a record number of six females into the police academy.

When she worked for DARE in 1992, she organized the Lexington Police DARE 911 Band. As "Lady Blue" she appeared with the band, interacting with more than 90,000 Central Kentucky children who heard the drug-free and safety messages put out by the band in its music.

In the mid-1990s, Wagner organized the "Red Light Running" campaign. She solicited support from citizens, politicians and judges for a crackdown on red light running that significantly reduced red light-related collisions.

After the shootings of several police officers from surrounding areas in 1997, Wagner was asked to work on a program to better inform the public about the daily responsibilities of Police officers. She created the Lexington Division's Citizens' Police Academy, two 10-week sessions a year to immerse 25 citizens in each session in the workings of the Division of Police. To date, Officer Wagner has directed more than 27 CPA classes and taught more than 1,750 citizens, ages 18 to 88, about law enforcement.

More than 20 Citizens Police Academy graduates went on to become Lexington Police officers.

Many of the graduates of the CPA were so sorry when their classes ended that Wagner and the CPA founded the Lexington CPA Alumni Association. More than 300 CPA graduates are now helping the department coordinate community events.

Officer Wagner also coordinates the Crime-Free Multi-Housing and Crime-Free Motel programs, which holds sessions for 700 multi-housing property owners. The sessions deal with crime-reduction and prevention strategies. She also co-hosts "Keepin' the Peace," a GTV3 program dedicated to highlighting Police Achievements and public service information.

She is a member of the Fraternal Order of Police, the Kentucky Police Officers Association, the National Citizen Police Alumni Association, and the Lexington CPAAA.

A devoted member of her church, she completed a pilgrimage to Rome in 2005.



Information copied from the December 2006 edition of EMPLOYEE EXTRA, a publication of the Lexington-Fayette Urban County Government's Division of Government Communications. www.lfucg.com