



UNDERCURRENTS

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

March 2007

Volume 37, Number 3

March's Club Meeting

Date: Tuesday, March 13th
Time: 7:00-PM Dinner Meeting
 Social at 6:30
Location: The Racquet Club
 3900 Crosby Rd.
Program: Doug Geddes' Bonaire DVD

President's Message

By Dan Miller



EC Member Resigns

Kit Hudson is resigning his Treasurer post so we'll be holding a special election at the 3/13 meeting to fill the opening. If another standing EC member runs for (and wins) the spot then we'll hold elections to fill that slot at this same meeting.



THE GROUP FROM BONAIRE

My sincere thanks and appreciation go out to Kit Hudson for his more than 8 years of service to the Club as Treasurer. Kit has set the Treasurer Performance bar very high but with Kit's tutelage

I'm sure our next bean counter will do just fine. The EC will also lend our support as well. 🚩

Dan

The Editor's Notes

By John Geddes



Here you go. Some of us went to Bonaire and for the pics in this issue; it will be some of the Editor's shots. So enjoy... 🚩



CHECK LIST: MASK, REG, WEIGHTS....FINS??

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

Divemaster's Report

By Doug Geddes



GRAND TURK 2007

We now have 7 persons signed up for this fantastic trip. I knew it would only be a matter of time before people realized how good of a trip this is going to be. We still have space available, but you better act fast. Check out the web site for more information. The biggest problem with this trip has been the air portion of the trip and we are letting everyone get their own air arrangements, since we don't have enough for group air. I will be bringing a DVD of Turks & Caicos to the meeting. I will be showing it during the meal, so check it out and see if this trip is for you.

GALAPAGOS 2008

Are you still thinking about joining us on this trip of a lifetime? If so, you better send in a reservation form. We currently are full and have one person on the waiting list. Remember you don't have to put up a deposit until someone gives up his or her spot. The web site should be updated soon to reflect our actual travel day and approximate costs. Those costs won't be finalized until we get a price on all the airfares. You can check out the trip on our web site for locations and optional travel plans.

UTILA 2008

For our spring break trip for 2008, we have chosen a unique resort on the island of Utlia. We only have space for 40 persons. If you want to go on this trip you need to act now. I will have a DVD and some brochures to look at. They are also adding a new large inground pool. We will be asking for a \$150.00 deposit. This deposit is non-fundable if we don't enough persons to cover our deposit at the end. We will be sending the resort payments as we receive them. Names can change but we have to have enough persons to cover the number we have paid for. There are different prices for different types of rooms, but the average is around \$950.00 for a diver and \$800.00 for a non-diver. Children in the same room are 1/2 price. Check out their web site and see if this is for you. We can hold the 40 spots until they have a request for space that we do not have a deposit for. You cannot wait until next year to decide if you want to do this trip. Space is limited, so you need to act now. 🚩

www.utila.com

From The Secretary

By Maryanna O'Canna



Dive Club EC Meeting
2-27-07

March Dinner Meeting: menu planned, \$16 price for meal with 16 people signed up so far, Mike will post sign-up on website.

Elections will be held for office of treasurer due to Kit's resignation after 8 years. Program afterward to be of Bonaire trip by Doug Geddes, also to include video of Turks and Caicos

Dan Miller to attend Scubafest March 9-11 and pass out Club cards to generate interest.

Suggestions for trips in 2009 not too early to plan: present a survey of places to members like Papua, New Guinea, Palau and Truk.

Develop a gallery of members' photos and video clip for website, start with emphasis on underwater scenes 🚩



THE EAT AND DRINK CLUB

Dive Committee Report

By Doug Geddes

On February 21st the dive committee met once again to work on our 2007 and 2008 Dive Calendar. Eight persons attended and went to work quickly.

Although we did not finish the calendar, we did come up with some good locations for us to go diving. We will be meeting on March 20th to finalize our calendar, if possible. We did decide to go ahead and announce the Utliia trip for Spring Break 2008 week. This should be a great location for all. They are in the process of building a large whale shark shaped in ground pool; so at least everyone that goes on the trip can say they saw a whale shark. We are looking into a trip for mid to late June for those not able to go to Grand Turk. We are also looking into Ft. Lauderdale and or Keys for late this fall, along with several lake and quarry dives this summer. I am impressed with the desire of this committee to work towards making this a better club. 🚩



BBQ ON THE BEACH AT SUNSET

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 and mail a membership form from the web site. 🚩

Safety Corner

By Rick Stephan



Note: Probably the first thing you had to overcome in learning to dive was the pressure on your ears at depth. Your instructor gave you some techniques to use, and, (at least because you are reading this article) you figured out how to do it so you could comfortably dive.

Did you ever wonder what was going in there? Why does this have to happen, and why does it hurt? Well, here's your answer, in this interesting article from the aptly named website Howstuffworks.com. . By learning more about the physiology of diving, we can avoid problems in this important and sensitive area.



Remember, safe diving is fun!

ON THE WAY OUT FOR THE MORNING DIVES



Why do my ears pop when I dive in the deep end of the pool? If you have ever stuck your finger into your ear, you know about the ear canal. The ear canal is a tube, and at the end of the tube is the eardrum -- a thin piece of skin stretched tight like a drum over the end of the ear canal. You've probably read on a box of cotton swabs (or heard from your mother) that you should never stick anything in your ear. What you want to avoid is sticking something in that could puncture the eardrum.

Safety Corner Cont.

On the other side of the ear drum is a hollow space filled with air, called the middle ear. What you want is for the air in your ear canal and the air in the middle ear to have the same pressure. If they do, then the eardrum has equal pressure on both sides and it is smooth and happy. In order for the middle ear to equalize its pressure, there is a thin tube called the Eustachian tube that connects the middle ear's air chamber to the throat. Air can flow back and forth through the tube, and this keeps the air pressure in the middle air equal with the outside air pressure.

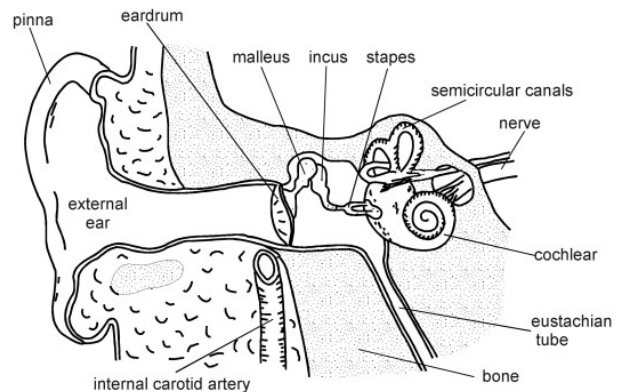
When you swim in deep water, there can be a lot of water pressure. At sea level, the air's pressure is 14.7 pounds per square inch (PSI). Each foot of water creates water pressure of 0.43 PSI. So if you swim in 10 feet of water, the total water pressure is 4.3 PSI. Add that to the air pressure of 14.7 and the total pressure at the bottom of the deep end is 19 PSI.



BUBBLE WATCHERS, LYNNE AND ANGIE

If your Eustachian tube is clogged or narrowed for any reason, (Note: such as a cold, or allergies,) then your middle ear gets shut off and becomes a closed chamber. It holds air at 14.7 PSI. When you swim to the bottom of the deep end, the water is pressing into the ear canal at 19 PSI, so the ear drum bows inward because of the pressure difference. Since the ear drum is full of nerves, you feel this bowing as pain. To solve the problem, you can equalize the pressure. When you start to feel pain in your ears, hold your nose shut with your fingers and blow into your nose. (Note: known as the *Valsalva maneuver*.) You will hear your ears pop and the pain should go away. By blowing, you increase the air pressure in your lungs and throat, and it blows

the air up your Eustachian tube into the middle ear to equalize the pressure. When you rise back up to the surface, the middle ear will contain excess pressure, but the Eustachian tube generally releases it automatically. If not, try yawning to open up the Eustachian tubes.



CROSS SECTION OF THE EAR

The same sort of pressure difference can arise as you go up or down in a tall building on a fast elevator, or as you ascend or descend in a small plane. On ascent, your Eustachian tubes generally equalize the pressure automatically, and on descent you can try the blowing technique, yawning or chewing gum. 🚩

Bluegrass Dive Club 2007 Calendar

March

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



ANOTHER HARD DAY AT THE OFFICE WITH GORDON

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

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

July

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



REBECCA(LEX) AND PAULETTE FROM HONOLULU

August

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

September

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

October

9, Tuesday Club Dinner / Meeting
30, Tuesday E.C. Meeting

November

13, Tuesday Club Meeting (Elections)
27, Tuesday E.C. Meeting

December

15, Saturday Club Christmas Party

Tip Column

10 ways to stay warm underwater

One cause of DCS is being cold. See below tips on keeping warm.

- (1) Cover your head/wear a hood. Most heat is lost via the neck/head region.
- (2) Cover your legs/wear a full-suit. Neoprene gloves & socks are better still.
- (3) Stop the leaks around your neck. A hooded vest is best but if that feels too confining at least make sure your suit has a smooth inner surface neck seal that lies flat against your skin. Make sure your buddy removes any kinks in the neck seal before you enter the water.



JERRY McCANN, CORRINE AND LYNN

- (4) Get a suit that fits. Any voids will quickly fill with chilling water so if your suit is easy to pull on it's probably too loose.
- (5) Go custom. Spring for a little extra cash and have a custom tailored suit.
- (6) Start your dive warm. Undress and towel off during surface intervals. Wear a jacket and eat a snack while topside.



SOME OF MY ROOMMATES, DON'T TELL THE WIFE



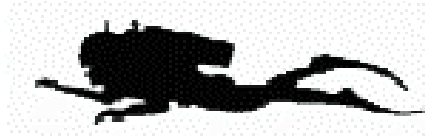
JERRY McCANN CALLING DAD AFTER SURGERY

- (7) Stay shallow. Deeper water is usually colder anyway plus greater pressure at deeper depths forces more water into your suit. Also, neoprene compression at depth means your suit becomes "thinner" during your dive.
- (8) Buy a new suit. Depending on how much you dive, from a strictly warmth point of view, your suit probably needs to be replaced every 3-5 years. The cumulative affects over time of UV exposure, salt water and pressure will degrade your suit by compressing the neoprene air pockets that keep you insulated.
- (9) Go dry. If you have a spare \$2-\$3K lying around then buy a dry suit.
- (10) Yes, as a last resort, urinate in your wetsuit. Hey, after all, its 98.6 degrees!!



PRESIDENT DAN AND CORRINE

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

Questions: **Kit Hudson (859) 873-4974**
Email: kithuds@iglou.com

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