



UNDERCURRENTS

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

April 2007

Volume 37, Number 4

April's Club Meeting

Date: Tuesday, April 10th
Time: 7:30-PM Dinner Meeting
 Social at 7:00
Location: The Racquet Club
 3900 Crosby Rd.
Program: Bonaire DVD by John Geddes

President's Message

By Dan Miller



Message from the Deep

A few BGDC members attended Ohio's Scubafest in Wilmington March 9-11. I was the winner of a Blackbeard's Cruises I'll use later this year. In March 2008 the Scubafest will be held in Columbus so I'm hoping I get lucky again.

The weather will soon warm up so we'll be holding a "swap meet" at a club meeting very soon where you may buy, sell or trade. Get rid of your old stuff and maybe acquire some new toys.

Last month we saw great Bonaire footage from by Doug Geddes. This month the program will feature Bonaire film shot by John Geddes. He'll show us cool shots of dolphins jumping & twisting alongside our dive boat.

If you enjoy *YouTube* & *MySpace* then check out www.scubatube.org. You can upload your dive pics & videos for free and view those of other diving shutterbugs. 🚩 *Dan*

The Editor's Notes

By John Geddes



This month Newsletter is going to be a little late, due to Mike being out of the Country. Welcome to Rebecca as our new VP and a new face to the Newsletter. Pics this month are from George Fleischmann as he is in Maldives as I write...



Derby Party 2007

Date: Saturday, May 5th
Time: 3:30 until
Location: Home of Mike & Sherry McCann
 3557 Gloucester Drive
 Westmoreland Estates
 Lexington 255-3937

Club will furnish: A meat dish, beer & soft drinks.

What to bring?

- Yourself & spouse/date/significant other.
- A dish to share with 12 others/snack/finger food/munchies / dessert to share.
- Lawn chair(s) if the weather is nice.

(For club members and invited guests only)

2007 BGDC Officer's & Staff

Dan Miller, President	948-5133
Rebecca Singer, Vice President	552-0880
Maryanna O'Canna, Secretary	277-2634
George Fleischmann, Treasurer	873-9539
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

If you haven't signed up for this trip by now, you are most likely out of luck to be able to join us. We have 7 persons going on June 9 - 16 for a week of diving at one of the best locations in the world. Hopefully we will offer this trip again for those not able to make it this time.



FT. LAUDERDALE 2007

We sent out an email to announce this trip as a possibility. They lowered the price on the condos to around \$170.00 per week, so we took the 3 condos. If we don't sell out the trip, then we will offer someone a great deal to go to Ft. Lauderdale for a week. This should put the price less than \$800 for the week of diving and airfare, along with a rental car to go diving in the Keys. If you have an interest in this trip, please email me. Mike was unable to get a web page up before leaving town. If you guys don't take advantage of this trip, then I don't know what else we can do??

UTILA 2008

We have had a great response for those wanting to go on this trip next spring break. If you are interested, you need to get your deposit and reservation in ASAP. We are holding 40 spots, but if they call and need spots, we will have to release the extra spaces we are holding. Go to the web site and check out this great trip. Dan O'Canna is there

now and said he is definitely going back next year. Don't wait until it is too long to make up your mind this time, it just might be too late. 🚩



Vice President's Report

By Rebecca Singer



Visitor's and New Members

We welcomed two new members to the BCDC this month: Connie Kell and Paul Guilford. Connie is currently taking scuba certification classes and looking forward to diving with us. Paul is new to the Lexington area and is looking forward to making some new dive buddies. He comes to us with several certifications and lots of experience. We look forward to getting to know both Connie and Paul over the coming months! Be sure to say hello at our next dive meeting.

Dive Trip Committee

Thank you to all the members of the dive trip committee for working so hard to fill up our dive calendars with fabulous trips: John Geddes, Doug Geddes, Corrine Wells, Gordon Green, Dan O'Canna, Dan Miller, and Rebecca Singer. Check out the website for information on upcoming trips. We also have several possibilities for upcoming trips and there were just too many wonderful places to choose from so we decided to let *you* choose! We will be sending out a brief survey to determine interest in several possible trips for the upcoming year and need your input.

Vice President's Report Cont.

Updated Membership List

If you are interested in receiving an updated membership list please contact me at rasinger@mindspring.com. Also, if you would prefer not to have any information sent out (such as email address) to the rest of the dive club members, please let me know. 🚩



From the Treasurer

By George Fleischmann



To ensure a smooth transaction, Kit has continued to serve as treasurer through the end of March and has closed the books and provided the March month end report. During April Kit and I will be working to transfer the responsibilities from Kit to myself.

I want to thank Kit for the great job he has done as treasurer over the last 8 years and assure everyone that I will work very hard to earn the trust and confidence of the club membership. If there is ever anything I can do to help, please feel free to contact me.

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,
% George Fleischmann, 9048 Clifton Rd.
Versailles, KY 40383 -9077

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



Safety Corner

By Rick Stephan



Note: Greetings, and welcome to spring! The Safety Corner is going back to basics for this month. From our new favorite Howstuffworks.com, comes this article on the basic physics and physiology of diving. If we don't understand the hazards, we can't avoid them, hence making ourselves safe, so here is your chance to learn (or re-learn) what happens to your body while you're diving. Put your knowledge to good use - go diving and practice.

Remember, safe diving is fun!



Safety Corner Cont.

Dividing Physics, Physiology and Hazards

Underwater, your body must deal with two major issues: pressure and temperature. Pressure affects the amount of nitrogen and oxygen gases that dissolve in your blood and tissues. Pressure also affects your ears and sinuses. The ability of water to absorb your body heat can lower your body temperature and put you at risk for hypothermia.

Problems: Dissolved Gases Under Pressure

The air we breathe is a mixture of mostly nitrogen (78 percent) and some oxygen (21 percent). When you inhale air, your body consumes the oxygen, replaces some of it with carbon dioxide and does nothing with the nitrogen. At normal atmospheric pressure, some nitrogen and oxygen is dissolved in the fluid portions of your blood and tissues. As you descend under the water, the pressure on your body increases, so more nitrogen and oxygen dissolve in your blood. Most of the oxygen gets consumed by your tissues, but the nitrogen remains dissolved. Increased nitrogen pressure has two problematic effects on your body: nitrogen narcosis and residual nitrogen.



First, when the nitrogen partial pressure reaches high levels, usually those experienced when you reach depths of about 100 ft (30 m) or more, you experience a feeling of euphoria called nitrogen narcosis. The feeling of euphoria is like that experienced when a dentist or anesthesiologist gives you nitrous oxide (laughing gas). Nitrogen narcosis can impair your judgment and make you feel relaxed or even sleepy -- meaning you could start to ignore your instruments, your dive buddy and even drown. Narcosis comes on suddenly and without warning, but can be relieved by ascending

to a shallower depth because the nitrogen starts to come out of solution as pressure decreases

Second, the amount of excess nitrogen in your tissues depends on how deep you dive and the amount of time you spend at those depths. The only way that you can rid your body of residual nitrogen, excess nitrogen in your tissues, is to ascend to the surface, which relieves the pressure and allows the nitrogen to come out of solution. If you ascend slowly, the nitrogen comes out of solution slowly. However, once you reach the surface, you still have residual nitrogen in your system, so you must relax before your next dive and give your body time to get rid of the residual nitrogen before you dive again. In contrast, if you ascend rapidly, the nitrogen comes out of your blood quickly, forming bubbles. It's like opening a can of soda: You hear the hiss of the high-pressure gas and you see the bubbles caused by the gas rapidly coming out of solution. This is what happens in your blood and tissues. When nitrogen bubbles form in your system, a condition known as decompression sickness or "the bends", they block tiny blood vessels. This can lead to heart attacks, strokes, ruptured blood vessels in the lungs and joint pain (one of the first symptoms of decompression sickness is a "tingling" sensation in your limbs). The best way to avoid decompression sickness is to minimize residual nitrogen by adhering to the "no decompression" depths and bottom times provided by dive tables. If you violate the "no decompression" limits, you have to stay underwater longer, for various times at pre-set depths (determined by dive tables), to allow the nitrogen to come out of your system slowly. This can present problems because you're dealing with a limited air supply; and if you ignore the decompression guidelines, you will suffer "the bends," have to be airlifted to a decompression chamber and be decompressed under emergency medical conditions. It's a life-threatening situation.



Safety Corner Cont.

We have talked about nitrogen under pressure, but what about oxygen? High-pressure oxygen can cause convulsions, seizures and drowning. Oxygen toxicity comes on quickly and without warning. For most divers breathing compressed air, this won't occur until they've reach about 212 ft (65 m) below the surface -- usually deeper than "no decompression" limits. However, for divers breathing Nitrox, oxygen toxicity will occur at a shallower depth because the oxygen partial pressure in the gas mixture is higher. The best advice for avoiding oxygen toxicity is to be aware of your depth limit and stick to it.

One final note about gases under pressure: They must flow freely in and out of your lungs at all times during your dive. If you hold your breath while ascending, the gases inside will expand and could block the circulation in your lungs (embolism) or even rupture your lungs (pneumothorax). Therefore, never hold your breath while breathing from SCUBA gear!

Effects of SCUBA diving on the body

Ears and Sinuses Within your head and skull bone are air spaces, sinuses within the bone itself, and air pockets in the ear canal. As you descend in the water, water pressure squeezes the air in these spaces, causing a feeling of pressure and pain in your head and ears. You must equalize the pressure in these spaces by various methods, such as closing your nostrils and gently blowing your nose. If properly equalized, your sinuses can withstand the increased pressure with no problems. However, sinus congestion caused by cold, flu or allergies will impair your ability to equalize the pressure and may result in damage to your eardrum.




Hypothermia

A water temperature below body temperature draws heat from the body. It is important to have proper thermal protection (wet or dry suits) to avoid hypothermia. Shivering is your body's response to lower body temperature and one of the beginning symptoms of hypothermia; you should end your dive if you begin to shiver.



Other Risk Increased physical exercise underwater can lead to fatigue, dehydration, and intestinal or skeletal muscle cramps. Divers should be aware of their physical limits and not push their boundaries.

While there are many risks involved in SCUBA diving, new divers can minimize the dangers through proper education and training. Open-water certification programs emphasize diving physiology, diving hazards and safe diving practices. A trained diver can enjoy the sport safely with minimal health risks. 

Bluegrass Dive Club 2007-08 Calendar

April

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

May

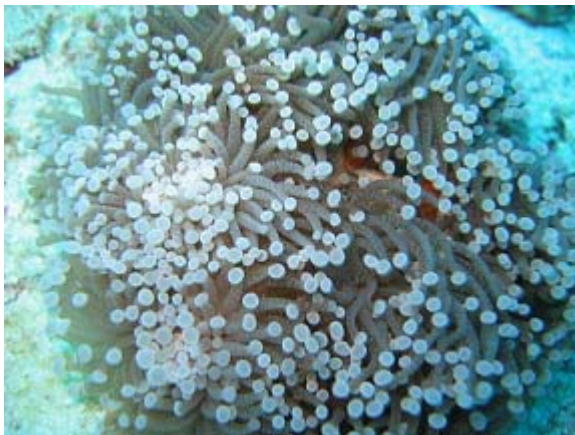
5, Saturday Club's Derby Party
8, Tuesday Dive Club Meeting
29, Tuesday E.C. Meeting

June

9-16, Saturday Grand Truk Dive
12, Tuesday Dive Club Meeting
26, Tuesday E.C. Meeting

July

10, Tuesday Dive Club Meeting
14, Saturday Dale Hollow Dive
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
21, Friday Ft Lauderdale and Keys
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



Noel in Maldives with Fins...

January 08

8, Tuesday Dive Club Meeting
29, Tuesday E.C. Meeting

February

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

March

11, Tuesday Dinner Meeting
18, Tuesday E.C. Meeting
29, Saturday Utila Dive

