



# UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / [www.bluegrassdiveclub.com](http://www.bluegrassdiveclub.com)

May 2007

Volume 37, Number 5

## May Club Meeting

**Date:** Tuesday, May 8th  
**Time:** 7:30-PM (business)  
 Social at 7  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** Maldives by George

## President's Message

*By Dan Miller*



### Message from the Deep

Last month we saw great Bonaire footage from John Geddes and a detailed video preview of Utila by the O'Canna's. This month the program will feature Maldives film shot by George Fleischmann in April.

I look forward to seeing everyone at the Derby Party hosted once again by Mike & Sherry McCann beginning at 3:30pm. Don't forget to bring a potluck dish. The club will furnish the ham and soft drinks. If you want to bet before arriving at the McCann's, Keeneland's simulcast betting windows open at 9am so place your bets there then come over and party with us!

DUI is holding their closest *Dog Rally & Demo Days* event to us at Gilboa Quarry, OH the weekend of June 1-3. I'll be attending so anyone who wants to share car and/or hotel come join me on this excursion. It's only a 4 hour drive so it's a great opportunity to dive warm in a \$3000 drysuit for only \$10. 🚩 **Dan**

## The Editor's Notes

*By John Geddes*



Uh Oh, Here's my first retraction. About last months pics, George sent the pics from The Maldives while he was there and some were taken by other people, so whoever you are, nice pics! For this month, I have some pics for you, but I was digging at the bottom of the barrel to come up with something. But really, I don't put too many of these shots in the Newsletter and I was reflecting on these pics, just makes me want to be there again, just an end to a perfect day... So enjoy. 🚩

## Vice President's Report

*By Rebecca Singer*



We have no new members to report this month, but have enjoyed spending time with old friends. Instead, I will use this opportunity to tell you all that the Bluegrass Dive Club recently received a small shipment of dive photo journals. These books can be used as dive logs, but also have room for journal entries and photos. The company describes these books as providing the "recreational diver and underwater photographer a personalized photo album, diary, dive log, and portfolio all in one." For those of you interested in taking a look, I will bring them to this month's dive club meeting. If anyone is interested at that time in purchasing one, they may be purchased for \$8.15. We ask that you make checks payable directly to the company: Outdoor Classics. 🚩

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## Dale Hollow Weekend

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By Corrine Wells Mulberry



Back by popular demand is the Dale Hollow dive trip the weekend of July 14 & 15. We have a 30 foot (double-decker) pontoon boat complete with slide and CD player reserved for the BGDC. The majority of folks will be camping and we have started making reservations on the "M" Loop. Three sites are reserved and 5 more are available on this loop. The minimum stay is 2 nights at \$20.00 a night. For discounts see the site. Go to <http://parks.ky.gov/reservations/> to reserve your campsite. For non-campers, I'm sorry to say that Dale Hollow State Park Lodge is full, but according to their website, cottages are available to rent nearby. As with previous years, we'll probably have a pot-luck type dinner Saturday night. Good eats and good company!



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I need everyone to fill out the BGDC reservation form on the web so that we know how many to expect. In order to offset the pontoon rental cost, there is a \$10.00 per person, per day charge. You can bring your payment to the BGDC meeting or send a check made out to the Bluegrass Dive Club, % George Fleischmann, 9048 Clifton Road, Versailles, KY 40383-9077

Mark your calendar, fill out the BGDC reservation form, and reserve your campsite now for this fun filled weekend trip.

If you have any questions about this upcoming summer trip, feel free to email me at [Corrine.mulberry@ky.gov](mailto:Corrine.mulberry@ky.gov) and [eccky@netzero.net](mailto:eccky@netzero.net).

Please send your email to both email accounts so that I see it and respond in a timely manner. 🚩



British Virgin Islands

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## Divemaster's Report

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By Doug Geddes



### GRAND TURK 2007

If you didn't sign up for this trip, you missed one of the best dive trip locations this club will go to. For those going, get ready for some great diving. Hopefully, there will be some good videos and pictures for you to look at. Maybe next time....

### UTLIA 2008

As I mentioned in the last newsletter, don't wait too late and miss out on this one. Out of 40 spots, we only have 11 left. This March 29th trip is scheduled during the Fayette County's spring break. This is a perfect time to take your child on a dive vacation. If they are old enough, get them lessons before we leave and let them make their check out dives there. What a great Christmas present?? Kids in the rooms don't count against the total of persons that can go on this trip. Check out the web site for pricing and details. We should be able to get quotes on air soon. Remember this is prime Whale shark season and Maryann O'Canna saw one this year in March and got to snorkel with it. How awesome is that??? That could be you next year....

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## Divemaster's Report Cont.

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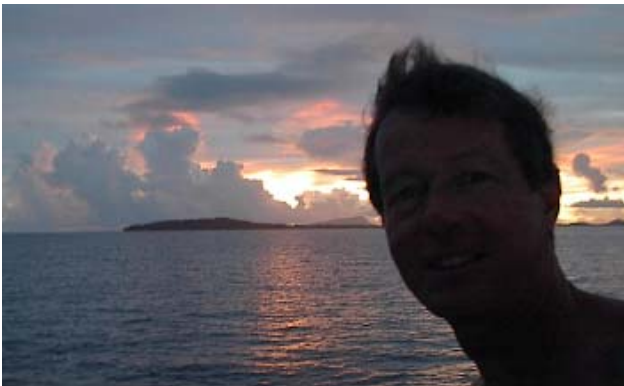
### GALAPAGOS 2008

We have added two more persons to the waiting list for this trip of a lifetime. It still wouldn't hurt to put your name on the list, if you have an interest; you never know when someone is going to drop out. Remember you need to be a paid member to reserve a spot. If you have not paid your 2007 dues, you need to, to retain your spot. If you haven't paid your 2007 dues, you need to, ASAP. Go to the web site and check out this trip.

### FT. LAUDERDALE FALL 2007

Check out the web site for updated information regarding this trip. One week of diving in Florida for under \$1000 including air. What do you not understand about that? Go to the web site and sign up. The diving in Ft. Lauderdale is as good as anywhere we dive. Don't let this one get away. Only space for 12 and we have 5 persons already. This would be a great trip for a couple, even if they don't go diving. 🚩

Chuuk



*THIS GUY KEEPS JUMPING IN MY PICS, CAN'T SHAKE HIM*

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## 2007 BGDC Officer's & Staff

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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

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## From the Treasurer

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By George Fleischmann



During April, Kit and I have worked to complete the transfer of responsibilities from Kit to myself.

I want to thank Kit for all the patience and help this month. I am sure I will have a few questions for him in the future. If there is ever anything I can do to help, please feel free to contact me. 🚩

Email [georgef@georgef.com](mailto:georgef@georgef.com)

British Virgin Islands from Noel Hall



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## 2007 Membership Dues

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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 Road  
Versailles, KY 40383 -9077

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

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## From The Secretary

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By Maryanna O'Canna



### General Meeting Minutes 4/10/07

The 7:30 regular meeting was held on 4/10/07 and attended by 18 folks. The treasurer's report was presented and approved. An update on the upcoming dive trips was given. The program highlight was a wonderful DVD put together by John Geddes on the Club's trip to Bonaire.

### EC Meeting 4/24/07

The 7:30pm meeting was attended by Dan, Mike, Rebecca, George, Doug, John and Maryanne. Dan called the meeting to order. George presented the treasurer's report. Last payments were made on the Grand Turk trip. Utila '08 deposits are coming in. George and Doug will be the two co-signers for checks. The report was approved.

Mike reported that deposits for trips on the website mailed to the treasurer. George and Mike will keep keys to the PO Box. The website can easily accommodate trip videos that are 1 to 3 minutes in length. Photos of dive trips will be kept in a website photo gallery. Trip reports are greatly encouraged by any members.

George presented an early draft of the work to revise the Club By-Laws. A discussion followed. Several changes were identified. These changes will be made and then the document will be emailed to the members of the EC for additional review. Mike completed the tax report to the IRS for the club.

Doug reported upcoming trips: Dale Hollow (July), Grand Turk (June), Ft. Lauderdale (Sept). The Galapagos trip in '08 is full with 3 people on the waiting list. A trip survey is currently being filled out by members.

New Business: Derby Party at Mike's house, the model of the Ski Clubs by-laws will be reviewed to become an example of how the Dive Club's by-laws should be formed. 🚩

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## Safety Corner

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By Rick Stephan



**Note:** Most of you understand that proper operation of an automobile means putting in the proper fluids. As much as oil, gas, brake fluid, steering fluid, and anti-freeze are the proper fluids for your car, water is what your body needs.

This month's article is adapted from Rodale's web site. As the weather warms up, we need to put added focus on taking care of our body's hydration needs. The combination of perspiration, dry tank air, and other factors can lead to serious consequences. In the ocean (or in the lakes, for that matter), Samuel Taylor Coleridge's Rime of the Ancient Mariner\* line comes into play: "Water, water everywhere, nor any drop to drink". So, how to avoid the problem? Drink water before you go diving; bring water to drink on the boat, and be aware of others (especially your dive buddy) that may not be drinking enough. An accident affects more people than just the victim, everyone is inconvenienced and the dive buddy may actually be in danger by having to rescue someone who has a problem.

P.S. There is no definitive proof that Coleridge's poem was written about Charlie Denham! :-)

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## Safety Corner Cont.

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*Remember, safe diving is fun!*

### **Drink Up By Selene Yeager.**

Hot sun. Cool seas. Sweet sangria. Strong coffee. There may be foamy blue liquid everywhere you look, but once you hit your dive destination, you can wave good-bye to the water--your own, that is. All the delights of tropical diving can leave you as dry as an apricot slice in the sun.

Dehydration during diving isn't just unpleasant, it can be downright dangerous. "For every pound of sweat you lose, your heart rate increases about eight beats per minute, your cardiac output, or how much blood your heart pumps out, declines one liter per minute, and your body's core temperature inches up about half a degree," says Molly Kimball, sports and lifestyle nutritionist at Ochsner Clinic's Elmwood Fitness Center in New Orleans. Less blood volume equals less blood flow to your muscles and tissues. You'll not only tire more quickly, but you'll clear nitrogen more slowly, raising your risk for decompression sickness.

Dehydration also makes you dumb, says Bob Moon, a Denver-based biologist who has conducted dehydration research for the U.S. military. "I've seen professional navigators lose the ability to perform basic map skills at five to six percent dehydration; and once mental capacity goes, panic creeps in," he says. Though your water levels aren't likely to dip that low, a day of sweating in the sun after a night of sipping mai tais can easily leave you down one to three percent.

Water, Water Everywhere, Scuba diving sucks fluid from your body in almost every way imaginable. For starters, the moisture has been removed from the air in your scuba tanks to protect your equipment from corrosion. So each time you inhale a puff of arid air off your regulator, you lose twice as much moisture from your throat and lungs as you do during normal breathing.

Submerging yourself in the marine environment creates a condition called immersion diuresis--otherwise known as the urge to urinate. Immersion, especially in water that is colder than the air, causes narrowing of the blood vessels in your arms and legs, sending more blood back to the core of your body. Your body registers this rush of blood into the central body as a fluid overload, so the kidneys crank up their urine production to siphon out the excess.

Finally, the exertion of diving is drying. Sweating and panting as you haul heavy gear, suit up in the hot afternoon sun and fin against currents can easily leach away a couple pints of fluid during the course of a dive.

### **Liquid Assets**

The most obvious way to stay well-hydrated is to drink early and often. Some divers intentionally avoid drinking too much for fear of having to pee in their wetsuits as soon as they hit the water. But intentionally dehydrating yourself is dangerous. Peeing in the ocean is not, especially if you're well-hydrated and your urine is fairly dilute anyway.

Aim to drink at least half your body weight in ounces--that's eight cups a day for a 130-pound woman and 10 for a 160-pound man--on the days leading up to your dive," says Kimball, who recommends including sports drinks since they also replace electrolytes lost during sweating. You know you're drinking enough when you're urinating often and your pee runs clear, she says. Other ways to hold your water:

### **Go easy on the alcohol**

Alcohol is a diuretic that suppresses the release of a hormone that helps your body retain fluids. Though a drink or two the night before is likely OK, be on the safe side and have a glass of water along with each alcoholic beverage, and turn off the tap after two drinks.

### **Cool the caffeine**

Caffeine isn't the diuretic demon it's long been accused of being, but it does encourage some fluid loss, so it's smart not to overdo it. Stick to one cup the morning of a dive.

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## Safety Corner Cont.

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### Stay warm

Being cold makes you pee more. The more you pee, the more water you lose. Wear a hood when the water is chilly. Onboard the boat, bundle up in a fleece and pull on a hat.

### Say yes to carbs

Skip the steak and eggs the morning of your dive. Protein-heavy foods require more energy and water to digest than they contribute. Carbohydrates, like oatmeal, cereal and whole grain breads, use less digestive energy and help your body retain fluids.

### Shade your skin

It's no secret the sun sucks moisture. Protect yourself from the drying effects of the sun and wind by staying in the shade, when possible, and wearing light, loose clothing and a wide-brimmed hat.

### Pick juicy fruits

When fueling up before a dive, include lots of high-water foods like oranges, melons and other tropical fruits.

### Replace your electrolytes

A bout of seasickness and traveler's trots can leave your water levels dangerously low. If you've been under the weather with either, be sure to replace your electrolytes--essential minerals that your body needs to function properly. "A sports drink like Gatorade is one good way to replace sodium and other electrolytes," says Kimball. "Or if none is available, diluted fruit juice can work, too." 🚩



Chuuk

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## Presidential Potpourri

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### Dive Training Magazine

Call Dive Training Magazine @ 800-444-9932 to apply for a complimentary subscription to any place that has a waiting room (doctors, lawyers, dentists, car dealerships, etc). They want to get the word out about diving so they're offering free 1-year subscriptions to businesses.

### Poseidon Resort Fiji opening 2009

The world's first luxury *underwater* hotel is now under construction. Check out this amazing resort at [www.poseidonresorts.com](http://www.poseidonresorts.com). They're taking reservations but you better win the lottery first as the prices are Trump-like!

### Bloodless Coup means great dive deals in Fiji

December's bloodless coup means you can score deals of up to 50% off right now. Fiji dive operators are hurting so go visit now. You'll save big bucks while helping save a small business from going under at the same time. Check out this California-based Fiji travel specialist on the web at [www.divediscovery.com](http://www.divediscovery.com).

### Aggressor Fleet announcement

Aggressor Fleet is currently building a new boat in Turkey that will become the Maldives Aggressor. Its maiden voyage is slated for January 2008 so if you couldn't make Charlie Denham's April 2007 Maldives trip then maybe you can join this newest Aggressor boat.

### Sport Diver 2007 Gear Buyers Guide (Editors Picks)

**Mask:** *Cressi-Sub Matrix* (MSRP \$67) & *Atomic Frameless Medium Fit* (MSRP \$89)

**Snorkel:** *Kapitol Reef Cadence Technology* (MSRP \$89)

**Fins:** *ScubaPro Twin Jet Max* (MSRP \$219)

**Skin:** *Henderson Instep Dry Hooded Vest* (MSRP \$188)

**BC:** *Mares Icon* (MSRP \$525)

**Regulator:** *Apeks XTX200 Status* (MSRP \$990)

**Computer:** *Oceanic DataMask HUD* (MSRP \$1495)

**Light:** *Underwater Kinetics SL4 ELED* (MSRP \$77)

**Digital Point-n-Shoot Camera:** *Sea & Sea DX-860G* (MSRP \$599)

**Luggage:** *ScubaPro Dive-n-Roll* (MSRP \$264), Note: I bought this for much less than MSRP at New Horizons and it's a great bag!!!

## Presidential Potpourri Cont.

### California Penal System "Prisoners to Divers Program"

CA has a program where convicts are trained in marine construction 5 hours daily over an 18 month course. Upon graduation they start out making \$50K per year. The program has been a huge success as the diver recidivism rate of only 6% is drastically better than California's overall prisoner recidivism rate of 70%.

### Marine Education

- (1) What is an ocean eddy and what does it do? An eddy is a small circular current running against the prevailing current that creates whirlpools. To learn more go to [http://www.phschool.com/science/science\\_news/articles/oceans\\_aswhirl.html](http://www.phschool.com/science/science_news/articles/oceans_aswhirl.html).
- (2) What is a rogue wave (aka freak wave)? Large and spontaneous ocean surface waves which are a threat to swamp even the largest ocean liners. They are defined as being more than 2X the significant wave height (SWH), this being the 3<sup>rd</sup> largest wave in a wave record. See [http://en.wikipedia.org/wiki/freak\\_waves](http://en.wikipedia.org/wiki/freak_waves)

## The Webmaster

By Mike McCann



**Please, please, please** - - - individually or in small groups - - - Take ownership for some of our older trips and write up a trip report. Nothing fancy, just your impressions and some details on what you liked or didn't like. Don't be afraid to say you would never go back but on the other hand, if you would recommend the location or dive shop to others, by all means, say so.

You would be surprised at the number of emails I get requesting more information when people discover that the BGDC has been somewhere. Divers have a tendency to believe other divers over publicity sound bytes. Your assistance will make out web site a better place to visit. 🚩

## Bluegrass Dive Club 2007 Calendar

### May

- 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  
14-15, 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