



# UNDERCURRENTS

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

December 2007

Volume 37, Number 12

## Club's Christmas Party

**Date:** Saturday, Dec. 15th  
**Time:** 7:00 PM  
**Place:** Home of Mark & Stella Kidd  
991 Lakeland Drive  
266-2276

Children & grandchildren welcomed.

There will **NOT** be a regular club meeting for December.

## President's Message

By Dan Miller



### Message from the Deep

There will **NOT** be a regular club meeting at The Racquet Club in December. Instead, the annual club **Christmas Party** will be hosted once again by Mark & Stella Kidd on Saturday night December 15th. The club will provide soft drinks, meat & utensils. Party-goers will need to bring a potluck dish for sharing. For directions to the Kidd residence, go the website under *Upcoming Events*, there is a Google Map link provided.

At the January 8<sup>th</sup> meeting we'll show a video on Dominica. Several club members have expressed an interest in visiting there perhaps during spring break or early summer 2009. No decisions have been made yet so please give Doug Geddes your feedback on this trip idea. You may check out the diving at [www.divedominica.com](http://www.divedominica.com) and the proposed resort at

[www.castlecomfortdivelodge.com](http://www.castlecomfortdivelodge.com).

Congratulations to the Kidd's as they welcome the newest addition to their family. I look forward to meeting their baby granddaughter at the Christmas Party. There is indeed much for all of us to be thankful for during this joyous holiday season so let us enjoy good cheer and diver fellowship at the party! **Dan**

## The Editor's Notes

By John Geddes



The pics for this month are the British Virgin Island trip of Noel Hall and Gang; I think you will know them. So enjoy and with the weather outside now, these trips coming up sure are looking good! I would like to Wish everyone a safe and Happy Holiday.



## 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, Trip Director	224-3197
Rick Stephan, Safety Information Dir.	223-3719
Mike McCann, Webmaster	255-3937
John Geddes, Newsletter Editor	223-7926

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## Vice President's Report

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By Rebecca Singer



Happy Holidays! I can't believe Thanksgiving is already past us and Christmas will be upon us shortly. I wish you all safe and healthy shopping! I want to thank all the members who were at the November meeting for attending and participating in the election. I am delighted to be serving as Vice President this coming year. Thank you!

I have two new members to report this month. First, Randall Velfling joins us on recommendation of a friend from New Horizons. Thank you to that individual for recommending us. We look forward to diving with Randall soon. Second, I finally convinced Mark Little (my significant other) to join the club. Next on the agenda is getting him certified before the Belize trip - check out the trip reports to learn more about this fantastic trip opportunity coming up in June, 2008! Finally, an "old" friend joined us and we are hoping she will rejoin the club. Mary Lynne Lange joined us for the November meeting. Mary Lynne was a member of the club years ago, but moved out of Lexington. She is now back in Lexington and we hope to welcome her back as a member shortly! 🇳🇻



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## Trip Director's Report

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By Doug Geddes



UTILA 2008

By now you should have received an email from George & I about payment for the air portion of your trip. This will be followed up with an email about final payment. Please make every attempt to pay these invoices as soon as you get them. Let us know, if they are incorrect, but in return, send in your check. We do not have monies to front anyone. I will be sending out a proposed rooming list to all before I make it final. Once you get this, please double check it and let me know if that doesn't work for you. It will be a week or so before you receive it. Make sure you have your PASSPORT current.



ROATAN 2008

WOW, who would have thought that we would be taking another 12 persons to Roatan after taking 41 to Utila. If you haven't signed up, it isn't too late. As many of us found out, this is a great place to dive and relax. Check this trip out on our website and see if this is for us. We will have to be releasing the club air soon, if we don't get enough response for it. We still have plenty of room at the resort, but because of deadlines by the airlines, we will have to give those up. Don't wait too long on this one..

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## Trip Director's Report Cont.

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### BELIZE 2008

Another great trip for you guys that like to dive and couldn't go because of work or school. Check this one out. We have around 12 persons signed up for it. Dan has put a lot of time into getting this one worked out for you guys. We are limited to rooms due to their no-refund policy, so don't wait too long to get in on this one. Email Dan if you have questions or concerns about this one.



### INDONESIA 2009

As stated in several emails prior to the last meeting, we are going to traveling to Indonesia to dive on the live aboard, Adventurer II. This is a wooden ship made in Bali. Go to our website to check it out. This will be another of those once in a lifetime trips. All the figures are not in for this one or have we decided on a side trip, if any, but you need to sign up and get a deposit in to hold your spot. Please do so, only if you are seriously considering this trip. It will be around \$6000 total. We do have 12 persons with deposits already signed up. We still have room for 5 more.

### COZUMEL 2008 ??

Anyone interested in a fall 2008 trip to Cozumel? I have had several persons looking for a place to dive this fall. We don't have a date in mind, but it would be around September, while some of the club members are in Galapagos. If you have an interest, please email me and let me know. If we get enough persons, we will set one up. Wyndem hotels bought the Reef Club where we stayed a few years ago, but it is still a good place to stay. I stopped in on my cruise and checked it out. They have fixed the place up. 🚩



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## From the Treasurer

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*By George Fleischmann*



### 2008 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 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 11/13/07

The 7:00 dinner meeting was enjoyed by 28 members.

General elections were held with the current board members reelected to the various positions outlined in the newly voted by-laws. A video was presented on the future 2009 trip to Indonesia.

### Board Meeting 11/27/07

The 7:30 pm meeting was held with these members in attendance: Dan, John, George, Mike, Rick, Doug, Rebecca and Maryanne.

George presented the treasurer report which was approved. Upcoming dive trips were discussed as part of the majority of this month's activity in the treasurer's report. A pre-trip template draft was discussed as a possible way to plan trip payments with more efficiency.

Mike will work on articles of incorporation for the club.

Maryanne will check with New Horizons Dive Shop for future door prizes.

The plans for the club Christmas party at the home of Mark and Stella Kidd were finalized for 12/15/07. Rebecca will contact them to offer help to get ready for the event.

Dan reviewed the latest process of the general election for needed improvements.

Next meeting will be 1/3/08. The minutes for the meeting were read and approved. Meeting adjourned. ▀

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## Safety Corner

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By Rick Stephan



**Note:** This month's article is based on some blogs I found on [Scuba-Diving-Heaven.com](http://Scuba-Diving-Heaven.com), and some common sense. Sometimes we need to go back to basics... What makes us different than other air breathing but water-loving mammals? Sea lions, dolphins, whales, even otters all have something that we need to allow us to enjoy our diving safely – fins. Yep, those big pieces of plastic we strap on our feet to propel us through the water are important for our safety, as well as our fun. You've probably taken them for granted a bit, as you focus your attention to diving gadgets like computers, cameras, and other gear, but when it comes down to it, nothing else in the water is quite as important, both below and on the surface.

I'm sure there are a lot of very complicated formulas to figure out the best way to select the proper thrust for an individual, but most of all, the fin needs to fit – your foot, the type of diving you do, and your budget. The article will give you some tips and things to think about in picking out a fin.

Hey, it's almost Christmas... so now may be a good time to fill out that wish list and leave it somewhere a loved one can find it with that set of fins you need for an upcoming trip. Your local dive store can certainly show you a variety of fins as examples of the types of fins in this article. Make sure you pick some that will work for you.



*Remember, safe diving is fun!*

### A Fin Selection Primer

Amazingly, choosing the best scuba fin can be fairly complicated considering how simple scuba fin appears! However, though they look very simple, they are actually quite finely engineered to be very efficient in helping a diver move smoothly and easily in the water.

There are a number of choices when it comes to choosing scuba diving flippers. In addition, the number of scuba diving flippers expands every year as multiple manufacturers continue to make

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## Safety Corner Cont.

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advances in engineering to create the most durable and efficient flippers. For some people the most popular model is still the original and traditional full foot scuba diving flippers, but there are many other styles to choose from today. As far as efficiency and ease of use goes engineering and mathematical angles have been used to create new scuba flipper designs that offer divers many advantages.

Here are the basics on choosing the best scuba fins:

### What to Consider

Many people don't like the new complex and technical features of scuba diving flippers and prefer to stick with the basic, traditional fins, but this isn't necessarily bad.

### Fit Matters

Scuba Fins need to fit properly to function effectively. You also want them to be comfortable for an enjoyable experience. You want them to fit right when you buy them, as changing booties is usually not possible in the middle of a dive. To check the fit of your fins, you will want to test several pairs of fins. If you are going to wear your fins with booties, trying them on with booties is recommended. Alternately, if you are hoping to go barefoot, be sure your feet are clean before testing out fins.



To test fins, sit down and raise the fins up and down while wearing them. This will help test the fit. In an ideal world, you would be able to test your fins in water, but generally, testing them in the air is a good start. You want to ensure that your fins seal well and are snug but not too tight around the foot. If you are trying full fins, you want them to also fit comfortably around the ankle. If you can't find a pair that works well barefoot, you may have to wear dive boots. If your fins are too tight, you will not be able to move freely; if

they are too loose; they will minimally scrape your foot and/or ankle and possibly come off.

When it comes to purchasing a personal pair of scuba diving flippers, it is important to choose based on comfort. You won't be able to swim as you want with fins that are uncomfortable or awkward. While specialized angles and split fins can help give you better kicking efficiency while swimming they will only work for those who are comfortable wearing these types of fins and using them in water. If you are comfortable and fully satisfied with your flippers then you will be able to use them properly.

### Types of Scuba Diving Flippers

Before choosing which style will work for you, it is best to do your research into the styles of scuba diving flippers. Fins need to be firm enough to create a good thrust yet flexible enough to not work your legs muscles out too much. This is a fine balance and differs with each individual.

The first option is the traditional form known as paddle fins. These can be found in either full foot or adjustable strap versions. Most scuba divers choose to use the adjustable heel of any style flipper. The full foot flippers are typically only used for snorkeling fins. Paddle fins work by moving water up and down which is useful for those doing free diving or diving in currents.

Some of the major scuba equipment companies have started to specially engineer these paddle fins to provide more move with each kick of your feet. There are scuba diving flippers by Dacor and Tusa that have an optimized pivoting blade that angles to the most efficient degree when you kick down and up to give you a forceful kick. However, when the traditional angle of these fins is altered you will loose some full force during part of your kick while swimming, so this is something to consider if you are looking into purchasing these types of diving fins.

Other types of scuba diving flippers include those that have splits, cutouts or vents that can enhance your kick and efficiency. The most popular of these forms is the split fins which are also called "Bio-fins" depending on the company you are purchasing them from. These are essentially a paddle fin with a sliver down the middle vertically which divides the flipper into two sections. Many people have found that these scuba diving flippers do provide efficient and forceful stroke while diving. The engineering behind these fins was intended to give a set distance with a minimal

## Safety Corner Cont.

number of kicks. However, some divers still believe the best option is the traditional flipper, but as it has been stated before the primary influence in your decision should be what is most comfortable for you while diving.

There are other scuba diving flippers that have horizontal split fins, cutouts and vents in strategic places along the paddle section of the fin. There are the Apollo Bio-fins which are designed for the purpose of pushed back water rather than moving it up and down like traditional fins. This makes the flipper act more like a propeller rather than a paddle which makes the task of kicking much easier.

An additional style that you can choose from is force fins which are smaller than the traditional form of scuba diving flippers. Once you become comfortable with these types of scuba diving fins you can easily get the same amount of kicking force from these smaller fins that you normally get with the traditional flippers. The reason why the force fins have been said to provide successful efficiency when kicking is because they mimic a whale tail on a smaller scale.



If you are always going to be diving in warm water, you may want to have Scuba Fins that fit over bare feet. If you are always diving in colder water, it is strongly recommended to have your fins sized to include dive boots (often nicknamed booties). If you tend to be cold, dive boots are very nice for keeping your feet warm.

*(Note: or if you will be shore diving from rough beaches, rocky points, or coral sand bars, you'll want booties with tough bottoms!)*

Simply choosing a style of scuba diving flippers is only the beginning when looking for a personal set of flippers. There are several designs within each specific style that give you additional options and just deciding on a brand to go with can be difficult in itself. The best way to limit your options when it comes to selecting flippers is to limit them to your budget, but don't worry: you will still have a large selection to choose from and you will easily be able to find what you need.

### Will Your New Fin Float?

Often new divers don't think about whether their fins will float, and what the consequences are if they do. If a fin floats and comes off your foot while diving, it goes up to the surface for easier retrieval. However, it is recommended to choose neutrally buoyant fins for easier diving. If you purchase fins that float, you might need ankle weights to balance out the buoyancy.

### Summary

If you are an avid diver, owning pair of durable and efficient scuba fins is a must, so it would be wise to spend a little extra money on fins with some of the advanced features. Look through the features of all the broad types of scuba fins such as force, split, full-foot, heel strap and traditional paddle fins.

Choosing scuba fins is a matter that is based on personal preference and each individual's selection will be different, but none of them are wrong. Because of this, it is helpful to have the wide selection available so that everyone's preferences are accommodated. Whatever your choice, know that you are comfortable in the fins before you purchase them and look in to the quality and durability of the fins, as it will determine the fins' life span and help you decide if they are worth the money. 🚩

