



UNDERCURRENTS

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

February 2008

Volume 38, Number 2

February's Club Meeting

Date: Tuesday, February 12th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: DVD's (see Dan's Article)

President's Message

By Dan Miller



Message from the Deep

At the **February 12** meeting we'll show 2 DVD's: one on our June Belize trip resort (Ramon's Village) and the other on commercial/military careers in diving. We still have several different room types available for Belize but we'll have to release any remaining Delta club air in **early March** so if you want to go using club air please sign up and pay your deposit within the next few weeks.

New Horizon Diving Center has extended a generous offer to club members for access to UK's Lancaster Aquatics pool for a check out dive on **March 5**. For details call the shop at 277-1234 and ask for Neil. Since we have 60+ folks going to Utila & Roatan in March/April now is the time to check out that gear and get maintained before the trips.

The club's meeting on **May 13** will be a dinner meeting. Soon a page will be listed on the club website calendar where you may RSVP for the dinner portion. There will be a dive trip committee meeting soon to plan out our late 2008 & 2009 calendar. Contact Dog Geddes if you want to be

on the committee or if you have any strong interest in a particular locale for the club to visit.

A date has finally been set for the sinking of the USAFS Vandenberg. She'll be laid to rest on **May 15th** in Key West. Once sunk, she'll be the 3rd largest artificial reef in Florida behind only the USS Oriskany & USS Spiegel Grove.

Approximately 12 folks from the dive shop and club trekked to Hanover College on **January 15** to hear a speech by Jean-Michel Cousteau. The speech was interesting as it covered climate change and its affects on the marine environment. He also discussed the good deeds performed by his organization: Ocean Futures Society. 🚩

Dan

The Editor's Notes

By John Geddes



At this time of the year, I am low on pics, so this month I will put some of the Bonaire Trip 07 and some of the funnies from that trip. Anytime you would to share some of your pics, I will always take a look. 🚩

2008 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

Vice President's Report

By Rebecca Singer



I'm sorry I missed seeing you all last month at the general meeting. I was doing what we do best - playing in the ocean! However, due to my absence, I missed greeting a visitor at the meeting: John Sampson. I want to extend a warm welcome to John and invite him to come back to the next meeting!

The Eat and Drink Club, VP and President



I am also pleased to announce several new memberships. We have two new family memberships and one new single membership. Jim Johnson and Coleen Quinn joined the club this past month and are already signed up on a trip! Steve Grimes has joined our family upon the recommendation from Maryanne O'Canna. Thanks to Maryanne for "talking us up". Mike and Judy Sullivan make up our second family membership. We are excited to welcome another divemaster to the mix.

I look forward to meeting all these new faces at the upcoming meeting and I hope to dive with you soon! 🚩

The Bonaire Group Trip 07



Trip Director's Report

By Doug Geddes



UTILA 2008

Looks like all is set. Everyone has paid their monies and we are just waiting for this one to take place. We are still working on the T-shirts, but I think they will be done in time. My original guy has messed us over for the last time. I have found two or three outlets for us to use. I hope to be able to send out an email to all for everyone to look at the design and see if they want another one or not? I hope everyone has double checked their passports to make sure they are current. Don't forget, Neil said we can come down to the pool to check out our gear. I will let everyone know when this will happen.

ROATAN 2008

This trip has really surprised me. It started out as a few people wanting to stay over after Utila, but now has grown to over 20 persons. I would think it is not too late to sign up if you really want to go. Drop George or me an email to see what the possibilities are. By now, all the monies for this trip should have been paid. This should be another great Dive club trip...

GALAPAGOS 2008

This trip is still on schedule. We still are full, but we do not have anyone of the waiting list. If you have an interest, you might want to check the website and fill out a reservation form. No monies are due until you get an email advising you there is a cancellation. Who knows, it could happen?

INDONESIA 2009

If you want to go on this trip, you will need to go on the waiting list. As I stated last month, do not wait to sign up or it might be too late. Well, it is too late to be on the trip list, but you can still get on the waiting list. We had several persons sign up last month and took the remaining spots. We also have one person on the waiting list. Check out the website and see if this is for you. Remember, you do not have to put any money down until you are asked to join the trip list. 🚩

From the Treasurer

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 for your 2008 Dues 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 include 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. [Click Here](#) 🚩

Hey Noel, Fins would be Nice!!



Safety Corner

By Rick Stephan



Note: I don't know about you, but I'm ready to go diving! The big trip to Utila is coming on. I've gone back to basics this month. I found a very straightforward article from Wikipedia, which has some simple ideas on how to stay safe and healthy on your dive trip. Follow these rules and your dive vacation will be a much happier one!

Remember, safe diving is fun!



Stay Safe

The obvious safety concern with diving is that you must rely on your equipment to deliver you air. For this reason, scuba equipment is subject to rigorous testing according to various standards. Your part of ensuring your own safety is making sure that you are adequately trained and prepared for any dive you do.

Being familiar with symptoms of equipment failure and recovery techniques obviously improves your safety. Your training will include information about performing basic safety checks on your equipment and about other guidelines. Further training is available in specialty courses. If you're diving regularly you will probably want to take courses in emergency diving procedures and in first aid including CPR.

Basic safety precautions

The basic precautions you should take for safe diving are:

Have an agreed **plan** for every dive, including where you expect to go, how you will manage your air supply and what you and others will do if something unexpected happens (common problems are getting low on air, getting lost or losing your buddy)

Do not dive **alone**, always dive with a partner (a "buddy") who will stay close to you. Typically

Safety Corner Cont.

regulators have a second mouthpiece you can lend a buddy if they are out of air.

Do not dive in **unfamiliar areas**. Do some introductory dives or a dive orientation with a local instructor or experienced diver.

Do not dive **outside your training and experience**, for example, diving deeper than you trained for, or diving in confined spaces when you're only certified for open water.

Do not dive when **impaired**, e.g. by fatigue or alcohol.

If diving in a group led by a **guide**, do not neglect your own planning and air management and if necessary plan to ascend early without the guide. Divemasters vary in skill, but even the best will not substitute for taking responsibility for yourself. If you feel overly anxious about the dive, or feel you may not be fully qualified for the conditions, you have the absolute, unconditional right to end the dive, no-questions-asked. Ultimately, you are responsible for deciding if any particular dive is right for you.

Preventing sea sickness

A substantial number of boat divers will experience some **sea sickness**. You are probably more vulnerable if you experience other forms of motion sickness, eg getting sick in cars. Sea sickness, because of the many ways in which the boat can move, is usually more severe than car sickness. The upside, such as it is, is that as under the water is much calmer than the surface almost all sufferers find that their nausea vanishes within a few minutes of beginning to dive. If you are feeling ill but able to get your gear together, you should still be able to have a good dive. Sea sickness can be prevented for many people with the use of **travel sickness prevention medication** from pharmacists. See above for **safety issues** with sea-sickness medication. If your sea sickness is mild, you may be better off using natural remedies like **ginger** or simply staying near the centre of the boat, avoiding unnecessary motion, and looking at the horizon. However, severe nausea is extremely uncomfortable and vomiting will **dehydrate** you: if you suffer sea sickness this badly, or think you are likely to, you might find that the side effects are much easier to deal with than the nausea.

Hey Doug, Use the Tank Rack next time.



If you are taking medication to prevent sea sickness, you should begin taking it well before you get on the boat so that it can be absorbed by the time the motion begins. Taking it an hour before boarding is effective; this will also give you some time to adjust to any drowsiness. Divers taking overnight trips sometimes begin taking medication the night before departure.

A boat briefing will often include instructions on what to do if you think you're likely to vomit. If these aren't given and you forget to ask, the general etiquette is to go downwind (usually the rear of the boat) so that it doesn't blow into anyone's face, and to the opposite side to the ladder, and vomit overboard. Ask someone to accompany you so that they can make sure you're safe and won't fall overboard.

Preventing injuries There are some injury risks that diving exposes you to. This is dependent on the site. For example, coral reef dives carry the risk of coral cuts, which can take months to heal well, and of stings and bites from venomous marine life. Educate yourself about risks in particular environments and

Safety Corner Cont.

particular sites and pay attention to dive orientations.

You can dramatically reduce the risk of injury by exercising caution and not interfering with the state of the dive site (e.g. by provoking the marine life or disturbing the bottom). Assume that everything is dangerous (poisonous, sharp, aggressive, etc.) and you'll keep yourself out of harm's way by not being tempted to touch anything.

I guess I missed that joke



Insurance

It is very important to be **insured** for both general medical treatment needed for dive related illnesses and injuries, and in particular for decompression sickness treatment, which involves some hours in a **recompression chamber**. Recompression can be extremely expensive, around US\$6000 an hour, and is specifically excluded by some insurance policies. In addition you should be insured for **evacuation**, as evacuation from boats by the emergency services is typically conducted from the air and is also very expensive. There are many **dive insurance policies** which cover medical treatment needed after diving, including recompression. Some are associated with the certification agencies or with dive resort organisations. Typical prices are about US\$50 per year for insurance for dives to less than 40 meters and US\$120 per year for coverage to any depth you have trained for. In addition dive resorts and dive tour operators will often have insurance for divers who are injured or become ill on dives they conduct.

Many general **travel insurance policies** cover diving if you are certified or with an instructor, but check the terms first: some also exclude scuba diving. 🚩

From The Secretary

By Maryanna O'Canna



General Meeting Minutes

1/8/08

The meeting was started with the treasurer's report. One visitor was present. He received a copy of our newsletter.

Neil, from New Horizons Dive Shop, reported that classes were starting in January. Club members were welcome to join the students in the pool for a refresher. A memorial banner signed by club members for Dan O'Canna and will hang in the shop. The meeting concluded with a video on DiveAssure.

Board Meeting

1/29/08

Dan, Rebecca, George, Mike, John and Rick attended the January Board Meeting. The Board members signed the Articles of Incorporation. The Treasurer's Report was presented and approved. Rebecca presented information on new memberships.

Dan will be working with New Horizons to set up a pool checkout before the upcoming Utila trip. The Board discussed moving the April dinner meeting to May because of the Utila/Roatan trip. John announce deadline for newsletter.

Meeting minutes were read and approved and the meeting was adjourned. 🚩

Bluegrass Dive Club 2008 Calendar

February

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