



# UNDERCURRENTS

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

April 2008

Volume 38, Number 4

## April's Club Meeting

**Date:** Tuesday, April 8th  
**Time:** 7:30-PM (business)  
 Social at 7  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** DVD ON DCS

## President's Message

*By Dan Miller*




### Message from the Deep

We have 60 folks going to Honduras in April, roughly half the club's membership! With '08 trips to Belize, Galapagos, Ft. Lauderdale, Dale Hollow Lake & Western KY quarries there are still many opportunities upcoming to dive with your fellow club members.

At the April 8 meeting we'll show a DAN-supplied DVD on how to prevent DCS but what to do if you shall fall victim to it. It's very important to think about dive safety as we get back into diving season.

We still have rooms available for **Belize** but we released unsold Delta club air spots. It's not too late to sign up for this trip departing June 15th. All trip details are available at the following link: <http://www.bluegrassdiveclub.com/Belize-2008.htm>.


I have a room at the convention center housing the **Ohio's Scuba Fest** the weekend of **April 25-27** in Wilmington, OH. If interested in sharing it send me an email. Check out the event details at [www.scubafest.org](http://www.scubafest.org).

Thanks to **Ed Gabe** of New Horizon Diving Center / [www.Betterdiving.com](http://www.Betterdiving.com) for showing his Florida cave diving video and giving an in-depth discussion at the March meeting.  **Dan**

## The Editor's Notes

*By John Geddes*



By the time you all read this issue, I'll be taking pics of Utila and Roatan for future Newsletters. This month I have some pics from Mike and Sherry McCann taken during a BVI trip. Noel is planning another trip in August to BVI, non-divers are welcome too. So catch his article this month. 

Last night in BVI Dinner, about 400' up overlooking the Bay



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## Vice President's Report

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By Rebecca Singer



Thanks to everyone who renewed their membership lately (you know who you are!). This month we welcome one new member, Theodore Scripps. We enjoyed meeting him at the last club meeting and hope to see him again soon! Please tell your buddies about the club - we like to see new faces.

For those of you traveling to Utila and/or Roatan, have a wonderful trip and the rest of us can't wait to hear all about it and see some incredible video! See you all at the next meeting. 🚩

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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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## BVI TRIP

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BRITISH VIRGIN ISLANDS I have chartered a "bareboat" sailing catamaran for eight days beginning August 8th. Although the boat is currently full, I have received some interest in adding a second boat.....a flotilla of two! In order to make this work, I would need 6-8 persons for the second boat. The cost of the charter is \$642 per person based on eight people, not including items such as food, drink and transportation to the British Virgin Islands. If you have an interest, feel free to email me at [noelhall@aol.com](mailto:noelhall@aol.com) or call me at (859) 552-5276. 🚩

No, this is not Orange County Choppers...



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## Trip Director's Report

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By Doug Geddes



### UTILA 2008

As you are reading this, there will be 40 of our members diving in this great dive location. Shame you couldn't be with us. If you haven't checked out the T-shirt for this trip, I think you will think it is cool. Hopefully the weather will be good and we will be wearing our shirts at the club meeting. Not sure if anyone will have any video's or pictures ready, but maybe someone will bring them to the meeting. Keep us in your prayers as we travel back home.

### ROATAN 2008

These divers are going to miss this next meeting, while staying over or coming to Roatan. Wow, two weeks of great diving. This could be you... Make sure and sign up early for next years trip and don't get left out. Can't wait to hear about this trip at

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## Trip Director's Report Cont.

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next month's meeting. Speaking of cool shirts, wow.



### GALAPAGOS 2008

Things are happening with this trip. Most persons have now bought their airfare to Quito and back. Most of the arrangements have been made for the diving and side portion of our trip. We are working on a group yellow fever vaccine. I will be getting with everyone to make sure that it is done. It is a requirement if you are going to Sacha Lodge. You will have to show your vaccine card at the airport before we fly to the Lodge. If you think you still might have an interest in this trip, we are still looking for someone to be on our waiting list. We had someone drop off last week and it was quickly picked up, so you never know if you might be next. No monies are required, just a reservation form.

### INDONESIA 2009

This trip is still too far off to be concerned with at the moment, but if you think you might be interested in this trip of a lifetime, you might want to put your name on our waiting list. We have three at the moment, but things change quickly around here.



### DIVE COMMITTEE MEETING

Once everyone is back from traveling these next few weeks, I will be calling a meeting to discuss where we will go next year. It will be tough trying to follow such an aggressive dive schedule as this years. If you have any place in mind that you would like to go, then email me or tell me at the next meeting. 🚩

Another hard day at the Office



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## From The Secretary

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*By Maryanna O'Canna*



### General Meeting Minutes 3/11/08

Meeting was called to order by Dan.  
May dinner meeting reservations were started.  
Rebecca introduced 3 visitors.  
Doug passed out Roatan and Utila trip tickets and t-shirts.  
That trip will leave on March 29<sup>th</sup>.  
The trips to Galapagos, Belize and Dale Hollow were discussed.  
May 3<sup>rd</sup> is planned for a group immunization session.  
The Ft. Lauderdale trip showed more people were interested.  
Derby party is to be held at the McCann home.  
August pig roast is to be held at Doug's home.  
A trip to W. KY is planned for the Fourth of July.  
Ed Gabe presented the program of cave diving.  
He showed a video of his cave dive in Mariana, FL.  
Meeting adjourned. 🚩

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## Safety Corner

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By Rick Stephan



**Note:** *The weather is warming up, and by the time you read this, many of us will be enjoying the warm waters of Honduras. But, this is just the beginning of the dive season, and you should prepare for schlepping those tanks around and staying healthy doing it. This month's article comes from dtmag.com, the on-line dive training magazine. I know from personal experience that it is no fun to have a hurting back. At worst, it could end your diving career, but it is frustrating and painful at any level. Read about how to prepare for the particular muscle groups needed for diving, learn the exercises, and get ready! Keep your back strong and healthy.*

*Remember, safe diving is fun!*



### Dive Medicine

Back Basics:

#### Exercises to Keep Your Back Scuba-Ready

By Paul M. Auerbach, M.D.

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**Low back pain is a very common medical problem, estimated to occur in about two-thirds of adults. Because divers must move around a great deal, climb ladders, lift tanks, and be capable of self-rescue and assisting other divers in the water, back pain can be more than a nuisance for a diver. In some cases it can keep you out of the water.**

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Back pain can result from a variety of injuries or illnesses. The purpose of this article is not to help you diagnose the cause of your back pain. That task is best left to your physician. What I hope to accomplish here is to recommend exercises intended to minimize problems with back pain associated with the most common musculoskeletal causes. Before you begin any of these exercises, consult your physician or physical therapist.

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## Flexibility Training

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The fundamental underlying principle is that it helps strengthen and improve the flexibility in your back, stomach, hips and thighs. It is important to balance strength and flexibility. For instance, if you exercise the hamstring muscles in your legs in such a way that they become tight (inflexible), the mere act of bending over may cause you to suffer a back injury. A back exercise program should be maintained on a regular schedule – at least every other day for starters and working up to twice each day. If you don't keep up the program, and allow your muscles to become deconditioned and less flexible, then you will lose all the advantage you have obtained by stretching and exercising.

Begin each exercise routine slowly, with gradual stretching and lighter loads leading to more vigorous stretching and heavier loads. When you lift a load or exert, you should exhale. Inhale during the rest period between exertions. If you find yourself holding your breath while straining to perform an exercise, your breathing pattern is backwards.

Heeeeeeres Sherry



The following are exercises and stretches to relieve back pain. Dress in loose-fitting, comfortable clothing. Equipment you'll need: an exercise mat or beach towel, a chair. Repeat each exercise from five to 10 times:

Single knee-to-chest stretch – Lie on the floor face up. Keeping one leg straight and your head against the floor, bend the knee of the opposite leg and pull the knee to your chest, using both hands locked behind the knee. You should feel your hamstring and hip stretch. Hold the stretch for 60 seconds, then pull your leg (still bent at the knee) out from the midline of the body, so that you feel a

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## Safety Corner

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stretching sensation on the inside of your thigh. Hold this position for 30 seconds. Return your leg slowly to the floor and repeat this exercise using the other leg.

Double knee-to-chest stretch – Lie on the floor face up. Bend both knees at the same time and pull both knees to the chest, using both hands locked behind the knees. Hold the stretch for 60 seconds, then pull your legs apart out from the midline of the body, so that you feel a stretching sensation on the inside of your thighs. Hold this position for 30 seconds.

Prone back extension stretch – Lie on the floor facedown with hands held against the sides of the body or on the forehead. Gently raise the head and shoulders from the floor and hold for a few seconds. If this is too difficult, place your hands on the floor near your head so that you can push up by straightening your arms. Keep your hips on the floor.

Standing back extension – Stand with the feet slightly wider than shoulder-width apart to maintain balance. Place your hands on your hips or against your lower back and gently bend backward at the waist. Hold this position for a few seconds.



Kneeling back arch (“cat” arch) – Kneel on hands and knees with arms forward of the head, palms on the floor. Tuck down the chin and arch your back upwards, while slowly leaning back on your heels and dropping your shoulders toward the floor. Hold for 60 seconds.

Standing hamstring stretch – Stand in front of a chair. Place one straightened leg on the seat of the chair. Gently stretch the hamstring of the straightened leg by slowly bending the other

(balancing) leg at the knee. Try to hold the stretch for 30 seconds. Repeat using the other leg.

Standing calf stretch – Lean forward against a wall with both palms on the wall, heels flat against the floor. Place one foot forward to isolate the back leg, and then lean until you feel a stretch in your calf muscles. Hold for 30 seconds. Repeat using the other leg.

Side-bend stretch – Stand straight, then bend at the waist to the side sliding the arm down the leg. Release the stretch and repeat to the opposite side.

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## Targeting Muscle Groups

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The following exercises help strengthen different muscle groups related to back health:

Wall slide (back, hips and legs) – Stand with your back against a flat, smooth wall surface with your feet shoulder-width apart. Keeping your back against the wall, bend your knees toward a squatting position until your knees are bent to a right angle (90 degrees). Don’t squat beyond this position. Hold this position for a few seconds, and then slide back up to a standing position. The arms can be held at the sides or straight out in front for balance.

Prone leg raises (back and hips) – Lie on the floor facedown with your arms at your sides. Keeping one leg pressed against the floor, tighten the muscles in the other leg and raise it up a few inches for a count of 10, then lower it back to the floor. Keep your hips against the floor. Repeat this exercise for the other leg. A variation of this exercise is to place your arms extended in front of your head and raise the arm opposite the raised leg (e.g., left leg and right arm) at the same time.

Standing back leg swing (back and hips) – Stand behind a chair with your hands on the back of the chair. Keep one leg straight with foot planted on the floor while you raise the other leg backwards. Lower the leg slowly and then repeat the exercise with the other leg.

Supine leg raises (stomach and hips) – Lie on the floor face up with your arms at your sides. Keeping one leg pressed against the floor, tighten the muscles in the other leg and lift it straight up 6-12 inches (15-30 cm) for a count of 10, then lower it back to the floor. Repeat this exercise using the other leg. You should feel a pulling sensation in the hamstring muscles of the lifted leg.

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## Safety Corner Cont.

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Sitting leg lift (stomach and hips) – Sit upright in a chair and lift one leg straight up to a position where you have a 90-degree angle at the waist, while keeping the other leg straight and lifted just a few inches off the floor. Repeat this exercise for the other leg.

Kneeling leg lifts (hamstrings, lower back and buttocks) – Kneel on the floor with your arms at shoulder-height for balance. Pull in one knee to your chest, then extend that leg straight behind you and lift it up slightly. Hold for 10 seconds. Repeat with the other leg.

Semi sit-ups (stomach “crunch”) – Lie on the floor face up with knees bent and feet flat on the floor. Raise your head and shoulders slowly off the floor and reach toward your knees with your hands. Tighten the abdominal muscles. Hold the “up” position for two seconds, then release and slowly lie back down.

Back pain may be a symptom of a potentially serious situation. Inform your physician if your pain is accompanied by fevers, chills, unintended weight loss, difficulty with urination or bowel movement, pain or a tingling sensation in the legs or feet, or loss of circulation in the legs or feet.

The chicken fish, ask Mike



To prevent low back pain, avoid risks such as heavy lifting (particularly while bending forward at the waist); sudden or forceful twisting of the torso, extreme body blows or vibration, jumps from heights, obesity and poor physical condition.

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## When Not to Exercise

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Most therapists agree that it is not useful to begin exercises during the acute period when you have just suffered a back injury or have begun to experience pain. It is best to wait until the pain (and perhaps inflammation) has begun to subside, usually from seven to 10 days from the time that the pain has significantly improved. If you are controlling your back pain with pain medication, you must be particularly careful to wait to begin exercises until instructed by your physician or therapist.

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## Back-Saving Tips for Divers

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Specific prevention measures for divers include:

When lifting any heavy objects, bend at the knees, not forward at the waist. This is particularly relevant when handling tanks and heavy luggage.

When donning a tank, let someone help you. Some persons like to lift a tank up over the head to slide it down their back so that they can slip their arms into the attached buoyancy compensator (BC). This puts extra strain on the back and neck, risks dropping the tank, and is much less stable than sitting or standing and having the tank carried into position by another person.

When wearing a tank, move very carefully when walking, particularly on a boat. It's easy to lose your balance and fall or wrench your back. Try not to bend forward more than is necessary to maintain balance. Always hold on to something to maintain stability.

Be very careful ascending and descending ladders, particularly when wearing a tank. Do a few stretching exercises before donning dive equipment before each dive.

Avoid sitting for prolonged periods. This is the anatomical position that is least favorable for low back strain, especially for those with chronic back problems. ❏

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## 2008 BGDC Officer's & Staff

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