



# UNDERCURRENTS

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

January 2009

Volume 39, Number 1

## January's Club Meeting

**Date:** Tuesday, January 13th  
**Time:** 7:30-PM (business)  
 Social at 7  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** Mexican Riviera Maya Video

## President's Message

By Dan Miller



### Message from the Deep

I hope you all had a safe and joyous Christmas holiday season to close out a great year of BGDC diving. With trips to Utila, Belize, Dale Hollow Lake, Florida & Galapagos the club offered varied trips in price range, time of year and region. The program at the January 13<sup>th</sup> club meeting will consist of a 23-minute video of my diving experience in Mexico's Riviera Maya cenotes over the New Year's holiday. I offer my congratulations to Ritchie Stephan's who just attained the lofty Boy Scout rank of Eagle Scout.

Thanks to Mark & Stella Kidd for hosting a wonderful Christmas party during very trying times in their family. Regrettably, Stella's Mother passed away the week before the party so we feel deeply for her loss while at the same time greatly appreciate the Kidd's for still hosting the party.

As we look back on all the fun times from 2008, remember that 2009 is a year to make new memories and friends during our trips to Curacao, St. Croix & Indonesia (and maybe Cozumel). With such a weak economy it will be a tough year

financially for many of us but life goes on so let's keep those chins up with regulators in mouth and go diving! 🚩

## The Editor's Notes

By John Geddes



The Pic of the Pics for this month will come from the Dive Club Christmas Party, so if you missed the party, here we were making Merry. The staff from the Newsletter, Me, Myself and I, would like to wish a Happy New Year to You and Yours. 🚩

Helen Denham working the keys with Kris and Susan



## 2009 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 New Year fellow divers! I hope you have all had a good holiday and are ready for a new year of fun, fellowship, and diving with the Bluegrass Dive Club. This past month has been quiet in terms of new memberships but current members enjoyed a wonderful Christmas party again this year. Thanks to the Kidd's for opening their home to us once again. It was a great success.

We're in for another great year of diving so be sure to encourage your friends to join the club and come diving with us. 🚩

Mark and Rebecca with Douglas



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## From The Secretary

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By Maryanna O'Canna



### General Meeting Minutes

No meeting in December.

### Board Meeting

12-29-08

Present: Mike, George, John, Rick, Maryanne, Doug

The treasurer's report was given. George presented a proposed budget for 2009 based on the budget from 2008.

A motion was made to accept the budget, it was seconded and all approved. 🚩

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## Trip Director's Report

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By Doug Geddes



### CURACAO 2009

Bills should be going out soon for this spring trip. If you have not signed up it is not too late to be added to this one. You would have to get your own air, but that shouldn't be a problem. Check the website for more information. T-shirt orders have been received and will be processed as ordered. If you did not order one, it may not be too late, but you better act fast. These would have to be paid for separately.

Carol, Maryann with Helen



### INDONESIA 2009

We have had a few more persons cancel out on this trip. We now have 5 openings. If you know of anyone that would like to go on this trip of a lifetime to one of the best rated diving areas in the world, then have them check out this trip on our website. I will be getting a better look at the final numbers real soon and should be able to get a closer cost out to you. I will be having a local meeting for those that can attend to discuss any side trips and get a better grasp of what everyone wants to do. I will contact everyone on the list to set a time in the next few weeks. Please look at the website and check out Bali and Singapore for possible side trips. 🚩

Rebecca with Barbara and Autumn



## From the Treasurer

By George Fleischmann



### 2009 Membership Dues

Student (High School or College ID) .....\$10.00  
Single & Family (1 diver)..... 30.00  
Family (2 or more divers) .....40.00

Anna and Dan



**Renewal:** Please send payment to the address listed below, 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. .

Mark, Mike and Mike, but where's Charlie



## Safety Corner

By Rick Stephan



**Note:** Happy New Year! 2009 promises to be another great year for the BGDC. While you're working on your personal resolutions, how about working on some diving resolutions?

I found this article online, and it seemed to be pretty straightforward. Diving, or at least how most of us sport divers practice diving, is fairly simple. We check our air and our gauges, make sure we go up and down slowly, always breathe, and stay under the deco limits. But, the difference between just 'diving' and being a good diver are pretty evident.

Ever go on a trip and wonder how those guys always have lots of air left? How on earth do they stay in one spot to do their safety stops when everyone else has to grab on the down line or deco bar? Why do they just seem to look smoother in the water? Well, most of those answers are given in this month's article. As always, practice is the best way to get there. Consider checking out a refresher course or learn something in a new specialty course before your first trip in 2009. Make sure you feel comfortable before your next dive.

Gary and Lynne guarding the Table



*Remember, safe diving is fun!*

New Year's Dive Resolutions--5 Steps to Better Diving

By Linda Gettman

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## Safety Corner Cont.

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### Get Fit To Dive

Now that we've all been carbo loading since Thanksgiving, it's time to get fit to dive! Although scuba diving appears easy as you drift weightless along the reef, it is anything but. An hour of diving burns 852 calories and demands a whole-body fitness program. Improve cardiovascular fitness with any type of aerobic exercise (swimming, running, walking, aerobics, cycling) at least 30 minutes 3 times a week. Strength training is essential for your legs (to swim distances or against a current), stomach (the body's support center), lower back (to support that heavy equipment), and arms and shoulders (to lug the dive bag and tank around). With a little commitment you can get yourself in diving shape in 6 weeks and enjoy these benefits:

- Consume less air
- Retain less carbon dioxide
- Stay warmer
- Fewer muscle cramps
- More energy
- Relieve stress

This is for you Charlie, here's Susan and John



### Get Control of Yourself

Divers are encouraged to increase their awareness of fragile coral reef eco-systems and refine their diving skills. No-impact diving on coral reefs and wrecks requires control of buoyancy, equipment, fins, and your attitude toward the underwater world. DON'T TOUCH ANYTHING. Float above the reef at a safe distance and in close quarters, kick shallowly or not at all. Keep your body and gear under control at all times. The number of dives made is not necessarily an indicator of how good a diver you are. Be aware of your limitations and respect the marine environment and its inhabitants to become a no-impact diver.

### Ditch the Weight

Yes, those extra holiday pounds need to go--but so does that extra lead you pack on your weight belt. Perform a buoyancy check to find the least amount of lead that allows for a safety stop at 15 feet with only 500 psi in the tank. The biggest cause of reef damage and lack of diver control is overweighting. It's difficult to maintain neutral buoyancy, practice good breathing techniques, and maintain a streamlined swimming position when loaded down with too much lead. Where you wear the few weights you need can dramatically affect your comfort and fatigue in the water. Place weights forward of the hips, not across your back. The diver who wears weight across his back experiences the need to kick to keep the legs up and trunk level to counteract the tendency of back weights to roll him over.

There's part of Charlie with Rick and Mike again



### Streamline Your Gear

The key to equipment is the same for other aspects of no-impact diving: Keep it simple. The less equipment the better. There is no excuse for dangling gauges and gear. Nothing attached to you should come in contact with the reef. Streamline all your gear. Be sure your mask fits properly so it and your regulator stay dry in the proper head-down fin-up position. Masks and regulators that flood can prevent proper buoyancy and body control over the reef.

Tracey, Krisy and Jason



## Safety Corner Cont.

### Know Where Your Feet Are . . . Always

Make a New Year's Resolution to keep your fins from touching anything but water. Observe your dive masters and instructors who seem motionless and can put themselves in almost any position with hardly the flutter of a fin. It's harder than you think--Practice and concentrate so you know exactly where your fin tips are in relation to the coral reef and fellow divers . . . always. Happy New Year Diving! 🚩

Leigh Ann and Kris



## Bluegrass Dive Club 2009 Calendar

### January

13, Tuesday Dive Club Meeting  
27, Tuesday E.C. Meeting

### February

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

### March

10, Tuesday Dive Club Meeting  
24, Tuesday E.C. Meeting  
28, Saturday Curacao thru 4/4  
Mark our Host checking out the spread



### April

14, Tuesday Dive Club Meeting  
28, Tuesday E.C. Meeting

### May

2, Saturday Club's Derby Party\*  
12, Tuesday Dive Club Meeting  
26, Tuesday E.C. Meeting

Richie and Gordon



### June

9, Tuesday Dive Club Meeting  
30, Tuesday E.C. Meeting

### July

14, Tuesday Dive Club Meeting  
28, Tuesday E.C. Meeting

### August

11, Tuesday Dive Club Meeting  
22, Saturday Club Pig Roast\*  
25, Tuesday E.C. Meeting

Ralph and Charlie again



### September

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

### October

13, Tuesday Dive Club Meeting  
27, Tuesday E.C. Meeting

### November

10, Tuesday Dive Club Meeting  
(Elections)\*  
24, Tuesday E.C. Meeting

### December

12, Saturday Club Christmas Party \*

NOTE \* Pending Board Approval