



UNDERCURRENTS

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

January 2015

Volume 45, 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: Costa Rica

President's Message

By Tracey Combs



Happy Holidays!

Hopefully, everyone enjoyed the Christmas Holiday and is ready for the New Year. We have several dive trips scheduled this year, so check the Calendar and join us. Many of these were added recently, so be sure to double check the list so that you don't miss a great trip.

Dominica and Costa Rica are just around the corner, check the website for details. If you have suggestions for future trip locations, please contact Doug Geddes or one of the Dive Trip Committee Members.

A special thanks to Mark and Stella Kidd for hosting the Christmas Party. It was a great event and the food was amazing, as always. I greatly appreciate them for opening their home. Our next meeting is Tuesday, January 13 at the Racquet Club. I hope to see you there. 🚩

The Editor's Notes

By Bart Bertetto



Hi everyone. Actually this is John's last newsletter and I'm sitting here as he walks me through it. After 10 years he's got it down pretty well. I hope my product quality is just close to his and you have a seamless transition. Either way it's gonna be fun. Pictures this month are from the Christmas party compliment of John. Lastly I think we all owe John a rounding thanks (his version: BVI round trip) for his 10 years of editorship. Happy sailing John! 🚩



2015 BGDC Officer's

Tracey Combs, President	621-4066
Corrine Mulberry, Vice President	913-0892
Mike Sullivan, Secretary	266-4516
Dan Miller, Treasurer	948-5133
Doug Geddes, Trip Director	224-3197
Rick Stephan, Safety Info Dir.	223-3719
Mike McCann, Webmaster	255-3937
Bart Bertetto, Newsletter Editor	502-299-3656

Vice President's Report

By Corrine Mulberry



A sincere and hearty thank you to Mark and Stella Kidd for opening their home and hearts to the Bluegrass Dive Club for the annual Christmas Party. It was wonderful to see everyone and to offer Christmas cheer and best wishes. Thank you Mark and Stella!

Program for January will provide additional details and information about our June 2015 "Costa Rica Land & Water Adventure" trip. I'm looking forward to sharing trip details and finding out who will be joining in on this awesome trip!

We will have an old fashioned dive gear Swap Shop for our May Program. Go through your dive gear and set aside stuff you aren't using or don't need (new or used) and bring it to the May meeting to barter or sell.

If you have diving information that you would like to present at a Club meeting (past or potential dive trip, etc.), I would love to hear from you. Please contact me so that we can put you on the calendar. 913-0892 or mulberryc1@gmail.com 🚩



Trip Director's Report

By Doug Geddes



DOMINICA 2015

Well it looks like this trip is finally about here. We have 13 persons that will be traveling to one of the best dive locations in the Caribbean. I just hope we can get enough good video to show at one of the club meetings to make you all jealous and see what I have been telling you for a year. This will be one of our best trips to the Caribbean. Please keep us all in your prayers during the week of Feb. 7th thru the 14th. Hopefully we will be getting some FB pictures posted daily.



MYSTERY TRIP 2015

We are still looking for a location for our fall trip. Maybe Cuba will open up soon? What an opportunity that would be. Keep your fingers crossed. 🚩

From the Treasurer

By Dan Miller



2015 Membership Dues

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



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 / Mail to: Bluegrass Dive Club c/o
Dan Miller
824 Gunpower Drive
Lexington, KY 40509

New Members: Visit the website to fill out an on-line form or to access a Microsoft Word printable form. [CLICK HERE](#). 🚩



From The Secretary

By Mike Sullivan



Board Meeting

November 25, 2014

Meeting called to order at 7:38 pm
Attendees: Tracey Combs, Rick Stephens, Corrine Mulberry, Doug Geddes, John Geddes, Dan Miller, Mike Sullivan

Agenda approval: Doug Geddes

Treasurer: Dan submitted the Treasurer's Report as of 25 November 2014. A check will be mailed next week to UDT for the Dominica trip.



Vice President: There will be no December program since we are having the annual Christmas party on 13 December at 6:00 PM at the Kidd's house. The January program will be on Costa Rica, February program on Fiji by Steve Williams, March program on the Philippines, April program on Dominica trip, and the May program is a planned Swap Shop of dive gear and equipment. Corrine indicated there are still about 10 people interested in the Costa Rica trip. A reminder that July 18-19 2015 for the Dale Hollow trip.

Secretary: Mike asked for an end of year roster in January for the Club Retention Status update.

From The Secretary Cont.

Trip Director: Doug indicated that 14 people have signed-up for the Dominica trip. There is location selected as of this date for the mystery trip.



Safety: Rick continued to stress Lessons for Life and the diver and some emphasis on Decompression Sickness (DCS).

Newsletter: Articles are due to Bart on January 2, 2015.



President: Tracey reminded us that there will be no board meeting in December. The bumper stickers selected will be 4"x4". An initial order of 100 was agreed on by the board for the bumper stickers. A reminder about the Annual Budget meeting on January 11, 2015 at 4:00 pm.

The meeting was adjourned at 8:37 pm. 🚩

Costa Rica

By Corrine Mulberry



June 6-13, 2015



The Planning Committee has put together a great, economical, land & water-based Costa Rica trip for June 2015. This trip involves 2 resorts – 2 nites at the Arneal Volcano area and 5 nites at the pacific coast Villa Sol. Mark your calendar and complete the reservation form to secure your spot on this fabulous trip.



- Standard Room - Diver \$1,243.00/Non-diver \$988.00 (double occupancy)
- 2 night accommodations with **2 breakfasts** at Volcano Lodge in the Arneal Volcano area

Costa Rica Cont.

- 5 night accommodations at Villa Sol – **all inclusive with breakfast, lunch, dinner, snacks, alcoholic and non-alcoholic drinks.**
- Three 2-tank boat dives (Additional dives to Bat Island or Catalinas or other destinations are available.)
- Many land-based activities ziplining, horseback riding, day pass to Hot Springs for massages, relaxation and ultimate pampering, canyoneering, hanging bridge tour, jungle boat tour, etc.
- Includes 3 group transfers - from Liberia Airport to Volcano Lodge; Volcano Lodge to Villas Sol (**with lunch**) and Villas Sol to Liberia Airport. 🚩



Dive Committee Members

Doug Geddes – Chairman	885-2215
Tracey Combs	621-4066
Ralph Covington	621-3862
Mike Sullivan	266-4516
Gordon Green	C@Meeting
Ed Sullivan	C@Meeting
John Geddes	223-7926
Corrine Mulberry	913-0892

Dale Hollow Dive Trip

By Corrine Mulberry



The Bluegrass Dive Club's Planning Committee has set the date for our summer local dive trip – Dale Hollow Lake the weekend of July 18-19th. Go ahead and mark your calendars now and make campground, cabin or state park lodge reservations for this fun-filled summer trip.



More details to follow in future newsletters and on our website. If you are not familiar with this trip, give me a shout and I'll be glad to fill you in! (mulberryc1@gmail.com)



Safety Corner

By Rick Stephan



Note: This month's article is from *Alert Diver Magazine Online*. It is likely the most common topic that gets presented in dive safety, but there is a good reason for that: it is crucial to your diving enjoyment and safety.

The topic: buoyancy control. While everyone has problems now and then – especially after months without diving – we really should prepare for the week-long big trips by taking the first dive to make sure our buoyancy is correct. New gear, new ailments, different physiological capabilities (lost weight, gained weight, etc.) all can make a difference in how much lead you put in your belt. Dive conditions may actually make a difference too. I've heard that some areas are actually more saline than others, adding to the natural buoyancy of the ocean.

Read on then, and refresh yourself on the basic techniques. You'll be a happier diver and hopefully safer too!

And, of course,



Remember, safe diving is fun!

Weight Up!

By Marty McCafferty, EMT-P, DMT, and Patty Seery, MHS, DMT

Early in dive training, students learn that there are three elements involved in buoyancy

control: the buoyancy compensator (BC), weights and lung volume. Although most divers are familiar with the need to be properly weighted, many do not understand all that it entails. Students and experienced divers alike make two common errors when it comes to weighting: diving while overweighted and failing to adjust the amount of weight used in response to changes in equipment and environment.



Don't Work Too Hard

Improper weighting makes it harder to achieve neutral buoyancy. Many divers who wear too much weight do not even realize they are overweighted. The excess weight means that to achieve neutral buoyancy the diver has to put more air into the BC bladders, which can create a more upright profile in the water. The upright position increases drag when swimming, causing the diver to expend more effort and consume more air. Underweighted divers can also become significantly fatigued while trying to stay down. In addition to increasing breathing-gas consumption, extra exertion can elevate decompression stress.

Get It Right

You may have heard a diver say, "This is how much weight I always use." While field testing and prior experience can be useful, this

Safety Corner Cont.

statement shouldn't be the endpoint of a dialogue about weighting. Proper weighting requires thought and practice, and the amount of weight worn is not fixed. Over the course of our lives, we experience change in muscle mass, body fat and physical fitness. Equipment, including wetsuits, wears out and gets replaced. Dive environments differ. All these factors affect buoyancy and require adjustments to the amount of weight used.

To determine how much weight you need, consider your body weight, the exposure protection you will be wearing, the weight of your equipment and the environment in which you will be diving.



Start with weight equivalent to 10 percent of your body weight, which is a good baseline for a 6mm full wetsuit. For a 3mm suit, use 5 percent of your body weight. Remember that these percentages are simply starting points.

Drysuits and thick neoprene necessitate more weight to counter the suits' buoyancy than do thin neoprene or dive skins. Body composition (muscle density, for example) will influence whether more or less weight is needed. Diving with an aluminum tank requires more weight than diving with a steel tank.

Saltwater is denser than freshwater, thus increasing the buoyancy of immersed objects and requiring more weight to descend. Dive training typically begins in freshwater environments such as pools, quarries or

lakes, so new divers should consider that even if they are wearing the same exposure protection they will need to add weight for ocean diving. The exact amount of additional weight needed will vary from person to person. Performing a buoyancy check in each situation will help determine the correct amount of weight to add.

Secure It

There are several options available for how and where to secure your weights. A weight belt is the most common method of wearing weights; there are belts that accept slide-on weights as well as pocket belts that can accommodate either solid weights or soft weights (bags filled with lead shot).



Weight belts are easy to ditch in an emergency as long as you keep other gear clear of the belt. A shoulder harness is sometimes used when the buoyancy of thermal protective suit requires more weight than can comfortably be worn around the waist.

Integrated weight pockets and harness systems offer a couple of advantages over belts: They can be considerably more

Safety Corner Cont.

comfortable, and they offer improved ability to adjust trim. But unlike belts, which have a single point of release, harnesses and integrated systems may have more than one release point. This is crucial information for the diver and dive buddy to discuss prior to diving — and to remember in the event of an emergency. A downside to using weight pockets is that it may be more difficult to add or remove weights if adjustments need to be made.

Stay Trim

In addition to wearing the right amount of weight, make sure it's positioned to optimize underwater trim. Creating a level profile in the water makes you more hydrodynamic. Distribute the weights as equally as possible from side to side; you should never feel as though you are listing to one side while diving.



You should also consider the weight of your scuba tank and the style of your BC when placing your weights. The tank can be moved up or down in the tank band to facilitate optimal body positioning in the water. Back-inflation BCs have a tendency to push the diver forward (face down) in the water, so

placing weights toward the back can help to counter some of this forward pitch, especially at the surface. While weight pockets on the back of your BC can help with trim, they also present a hazard in an emergency because buddy assistance is required to remove them if ditching weight becomes necessary.

Fins can be positively, neutrally or negatively buoyant, and each type may require compensation. Ankle weights can help offset a more buoyant lower body half, but they may be a challenge to ditch, because you have to reach to release them. If your fins are negative and create a downward pull on the lower half of your body, moving weights higher on your body or shifting your tank higher in the band can move up your center of gravity to promote a more level profile.

Reviewing where and how your buddy's dive weights are placed is an essential component of every pre-dive check. Each buddy needs to know how to jettison the other buddy's weights in an emergency.

Learning to determine proper weighting will enhance your enjoyment of dives as well as your safety. Having a good understanding of your baseline weighting needs and the factors influencing your buoyancy will aid you in adjusting to a variety of environments and conditions.

How to Perform a Buoyancy Check

Start in water too deep to stand in, and release all the air from your BC. Inhale a normal breath, and the water should be at eye level. When you exhale, you should sink so that the water is just over your head and then rise to eye level as you inhale normally again.

Adjust your weights in small increments (e.g., two pounds at a time). Consider adding a little extra weight to offset the potentially positive buoyancy of a partially emptied aluminum cylinder at the end of the dive.

If you are properly weighted, you should be able to hover effortlessly at 15 feet at the end of your dive with 500 psi in your aluminum tank and no air in your BC. 🚩

Bluegrass Dive Club 2015 Calendar

January 2015

13, Tuesday Dive Club Meeting
27, Tuesday Board Meeting

February

7-14, **Dominica Dive Trip**
10, Tuesday Dive Club Meeting
24, Tuesday Board Meeting



March

10, Tuesday Dive Club Meeting
24, Tuesday Board Meeting

April

14, Tuesday Dive Club Meeting
28, Tuesday Board Meeting



May

2, **Saturday Club's Derby Party**
12, Tuesday Dive Club Meeting
26, Tuesday Board Meeting

June

6-13, **Costa Rica Dive Trip**
9, Tuesday Dive Club Meeting
30, Tuesday Board Meeting

July

14, Tuesday Dive Club Meeting
18-19, **Saturday Dale Hollow**
28, Tuesday Board Meeting



August

11, Tuesday Dive Club Meeting
25, Tuesday Board Meeting

September

8, Tuesday Dive Club Meeting
29, Tuesday Board Meeting



October

13, Tuesday Dive Club Meeting
27, Tuesday Board Meeting

November

10, Tuesday Dive Club Meeting
24, Tuesday Board Meeting

December

12, **Saturday Club Christmas Party**