



# UNDERCURRENTS

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

FEBRUARY 2025

Volume 55, Number 2

## Club Meeting

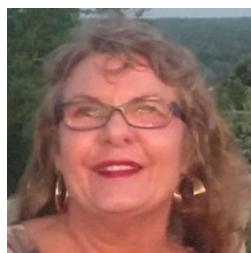
**Date:** Tuesday, February 11  
**Time:** 7:30-PM (business)  
Social at 7:00

**Location:** Due to Weather Zoom Only

**Program:** Bill McGrady

## President's Message

*By Kathryn Bowers*



I'm listening to the surf crash as I write this month's newsletter article and can't help but be reminded that in just about a month many of us will be heading to Dominica for our first dive trip of 2025. I'm excited and a little nervous. I haven't been diving since Roatan in October of 2023. I do try and stay fit but I have to admit freezing weather and the social whirl of the holidays (okay mostly the cold) have disrupted my fitness routine a bit. The good news is a month is plenty of time to turn that around. Also, maybe a trip will be just the incentive to get you started on a fitness plan that will continue long after the trip is over.

With that said I'm kind of getting into Bart's lane but I'm hoping you guys will excuse me. I know keeping fit makes everyday activities easier and life more comfortable as we age. I

try to get out for a walk every day. I'm not a morning person but, a morning walk is a great way to start your day (whenever morning is for you). Walking is an easy way to get some fairly high quality exercise. I looked up the benefits of walking and found these:



### Cardiovascular Health:

Improves heart function and blood flow, Reduces risk of heart disease, stroke, and high blood pressure

### Weight Management:

Burns calories and helps maintain a healthy weight, Increases metabolism and fat burning

### Bone Health:

Increases bone density, reduces risk of osteoporosis, and Stimulates joint lubrication.

### Mental Health:

Reduces stress and anxiety, Improves mood and cognitive function, and Promotes relaxation and sleep quality.

## President's Message Cont.

### Other Benefits:

Improves digestion and bowel function, Boosts the immune system, Increases energy levels, Reduces risk of certain types of cancer, and Promotes social interaction and community engagement.

Note: The intensity and duration of walking can influence the magnitude of these benefits. Aim for at least 30 minutes of brisk walking most days of the week.

Well, those all sound like a good start but what about planning for my dive trip?

With that in mind I went searching the web and found an article titled "How to get fit for diving" on SCUBA DIVING.COM

I'll add the link at the bottom of this article but here's an overview.



### Walk it Off:

Here we are starting with walking again. Research shows people who walk four hours a week, just over 30 minutes a day--weigh nearly 20 pounds less in midlife than those who don't exercise regularly. Regular walkers are half as likely to develop heart disease. You don't even have to do all your walking at once to get benefits. Three 10-minute walks a day will help you shed fat and strengthen your heart.

### Warm Up:

A good warm-up boosts circulation and lubricates your joints and muscles so you can shimmy into your wetsuit, hoist your tanks, and get up and down the ladder with ease. Perform a couple of simple squats. Do push-ups against a wall. Put your hands on your hips, and twist your torso left and right. Make easy windmills with your arms. Pay attention to places in your body that feel tight and give

them a stretch. That's it. With just two minutes of easy activity, your muscles and joints are ready for the rigors ahead.

### Make Some Muscle:

We start losing up to a half-pound of lean muscle tissue a year 30th birthday. That means less strength and, because muscle fuels your calorie-burning metabolism, more fat. Turn the tide with a little strength training. U.S. Navy research shows you can replace two pounds (nearly five years' worth!) of lean muscle tissue and shed four pounds of fat by doing just four strength training exercises three times a week.

Do these four core moves (three sets of 10 repetitions) starting today:

### Simple squat:

Stand, holding dumbbells at your sides. Squat down like you're sitting in a chair until your thighs are nearly parallel to the floor (don't let your knees jut past your toes). Return to start.

### Chest press:

Lie on your back holding dumbbells over your chest with arms extended. Lower the weights until your upper arms are even with your chest. Press back to the start.

### Bent-over row:

Stand, holding dumbbells. Bend forward from your hips until your back is nearly parallel to the floor, with your arms hanging down, palms back. Pull the dumbbells to your chest, and then lower.



### Criss-cross crunch:

Lie on your back, knees bent 90 degrees and legs lifted so calves are parallel to the floor. Place your hands behind your head. Lift your right shoulder off the floor and curl toward your left knee as you extend your right leg. Switch sides.

## President's Message Cont.

### Drink Up:

Dehydration increases your risk for DCS. Hydration experts recommend drinking half your body weight in ounces, especially on the days leading up to a dive. All liquids count (well, except booze), but water works best.

### Be Careful of Un Fluids:

Alcohol is well known for its dehydrating effects.

### Flex Your Feet:

Most of us don't routinely spend an hour or so pointing our toes and flexing your feet other than when finning. The result can be painful foot cramps. The best way to avoid them is to perform "Toe grabs". "This simple move can strengthen the muscles that support your arch, so they're less likely to fatigue and cramp up on your next dive." Do it twice a week.

**Sock pickup:** With bare feet, grab a sock with the toes of your right foot and, keeping the heel planted, lift it off the floor. Hold for one second. Release and repeat until your foot fatigues. Repeat with the left foot.

### Strengthen Your Support System:

Weak back and Ab muscles open the door to low back pain, especially for divers who spend so much time bowed like a U as their legs drift up behind them. Ab crunches can prevent some pain by strengthening the muscles that support your torso. But research shows the fullest protection comes from flipping over and working your spine supporters through their entire range of motion. Do crunches and extensions (described below) twice a week.

**Back extension:** Lie face down with your arms bent and hands folded underneath your forehead. Lift your head, shoulders and torso off the floor as is comfortably possible. Return to start. Repeat eight to 12 times.

### Breath Deep:

If you don't practice yoga, get similar benefits by stretching your chest muscles, which helps open the chest cavity, and practicing deep breathing to expand your active lung capacity. You can even do it right at your desk: Raise your arms out to your sides and pull them

back as far as possible. Hold that position and take five or six deep, full breaths. Relax. Repeat daily.



### Calm Your Calves:

Like your feet, your calves are prime territory for dive-wrecking cramps. Keep those muscles calm with a little exercise, strong calves make finning easier, and fitter muscles have better circulation. Both help reduce your

risk of cramping." Here's a great move to perform twice a week.

### "Seated" calf raise:

Lean against the wall with legs bent 90 degrees as if sitting in an invisible chair. Rise slowly onto the balls of your feet. Slowly lower yourself until your heels just touch the floor. Repeat until your calf's fatigue. Finish with a good stretch.

### Calculate Your Risk:

Heart disease is responsible for nearly half of in-water diver deaths. Avoid ending up in that grim statistical pool by knowing your risk. The National Institutes of Health has developed a Heart Attack Risk calculator that will rate your risk. Go to [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) and click on "Health Assessment Tools." A risk of less than 10 percent is considered good. Anything higher warrants a trip to your family doc to keep your pump primed for the sport.

### Stock and Re-Stock Your Stores:

An hour-long dive can burn about 500 calories as many as a 10-mile bike ride. Fuel up with slow-burning carbs, like a banana and whole grain toast, before taking your first plunge of



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## President's Message Cont.

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the day. Afterward, rehydrate and restock some of your glycogen (carb) stores with a sports drink like Gatorade.

### Train Your Brain:

In a sport that demands gear assessment and occasionally high-pressure problem solving, mental fitness is a must. You can train your brain to respond coolly to high-stress dive situations through visualization. Mentally rehearse upcoming dives, including any emergency procedures that might arise. Pause at key points during the dive (such as before descending, once arriving at the bottom, etc.) for a quick assessment. Relax, breathe, and check yourself, your gear, your buddy and your surroundings. Then dive on.

### Hit The Pool:

The more time you spend submerged, the easier it becomes. If you don't dive frequently, consider signing up for some swim sessions at your local community pool. Water workouts not only strengthen your heart and lungs and burn about 600 calories an hour, but they'll also make all that surface swimming feel like second nature.

Well, there you have a dive fitness plan in a nutshell. Check out this full article with advice from Cameron Martz, veteran cave diver and author of *Fitness for Divers*. 🏊

[How To Get Fit for Diving | Scuba Diving](#)

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## The Editor's Notes

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*By John Geddes*



Pics are from the Dive Club trip of Dominica 2003. If you have some pictures you would like to share in the Newsletter you can send them to me at Gateop51@aol.com 🏊

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## Vice President Report

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*By Kris Harn*



As of press time we will be doing a Zoom meeting. If you have any request on programs or door prizes you would like to for us to have, just let me know. 🏊

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## Trip Director Report

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*By Natasha Bowers*



If you're going to Dominica, start getting excited because it's just around the corner! Watch out for an email from the trip leader and please provide the requested information. If it has been a while since you last dove consider whether or not your equipment needs servicing and consider familiarizing yourself with your gear.

I can't wait to get underwater and break bubbles with so many new club members! 🏊

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## Secretary's Report

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*By Amy Hiett*



**Greetings, Bluegrass Dive Club Members!** Here's a quick recap of our latest Board of Directors meeting, held on January 28, 2025, via Zoom. We covered several important topics, including financials, upcoming trips, and club events.

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## Secretary's Report

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### Club Business & Announcements

**New Meeting Location?** We're exploring new venues for in-person meetings! Alex and Kathryn will check out a Mexican restaurant near Roosters as a possible alternative. Stay tuned for updates!

**2025 Budget Approved** The board reviewed and approved the 2025 budget. We'll reassess club finances mid-year to ensure we stay on track.



### Membership Dues Reminder

**Single Diver or Family Membership:** \$20  
**Student or New Diver Membership:** \$10  
if funds run low, adjustments may be considered at our mid-year review.

### Trips & Travel Updates

**Dominica Trip – March 2025** 13 out of 27 attendees are brand-new club members—welcome aboard! Preparations are underway for an exciting dive experience

**Cayman Trips – Decision Time!** Grand Cayman Compass Point trip requires 12 divers for the current pricing. So far, we have six divers and two non-divers. If you're considering this trip, now is the time to commit! Natasha is confirming resort requirements for Little Cayman.

**Fun Dive at Louisville Dive Center** Bart is working on generating interest for a fun day trip—especially for newer members looking to get involved.

### Club Operations & Member Updates Website Enhancements on the Horizon

We're considering improvements to our club website, including:

- ✓ Online payments
- ✓ Member ID tracking
- ✓ Trip management tools
- ✓ Budget tracking

Stay tuned for updates on these exciting changes!

**Safety Corner – Looking for Ideas!** Bart is gathering topics for upcoming safety discussions. If you have suggestions, let him know!

### Upcoming Events & Reminders

□ **Dive Bucks Expiring** – John Geddes, Leigh Ann Bowe-Geddes & Kris Harn's Dive Bucks expire on January 31, 2025. Use them before they're gone!

□ **New Dive Destination?** – The Red Sea has been proposed as a potential future trip. Interested? Let us know!

**February Board Meeting 25<sup>th</sup> at 8:00 PM ET.** Stay connected for updates on upcoming meetings and club activities. That's all for now! Happy diving, and we'll see you at the next meeting or in the water! 🤿



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## From the Treasurer

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By Dan Miller



Student with ID, New Diver, First Year **\$10.00**

**2025 Membership Renewal** **\$20.00**

Student with ID  
Single & Family (1 diver)  
Family (non divers)  
Family (2 or more divers)

**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](#). 🚩

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## Webmaster

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By Alex Fassas



Tales from the Watery Web

### On Being a Snowbird

As I am writing this article my wife and I are enjoying the warmth of Southwest Florida and the lapping of the waves on the beach from the newly renamed Gulf of America. Had someone asked me 10 years ago if I would

seek haven from the cold weather of winter to fly South and become a part of the Snowbird Nation, I would have scoffed. Well times change.

Even with this respite from the Winter Blues, I still long for our next diving adventure. On March 8<sup>th</sup> I will be able to scratch that itch as we travel to Dominica for the club's trip. I look forward to blowing bubbles, sharing good times and laughs with friends both new and old.

### Club Partnerships for Dive Accident & Travel Insurance

Your club has professional partnerships for membership and insurance with both Dive Assure and the Divers Alert Network (DAN). When you use our club's partner referral weblink to access these services you are benefiting your club and helping to keep dues costs down, while not costing you anymore for membership or premiums. Use the links found on this page for our partner weblinks:

[Dive & Travel Insurance | Bluegrass Dive Club](#)

### Upcoming Club Trips

It is time to get you and your dive /travel buddy signed up for one or more of these upcoming trips

- [Compass Point, East End, Grand Cayman Island, July 12 – 19, 2025](#) (8 people registered to date)

- [Little Cayman Beach Resort, Little Cayman Island, July 19 – 26, 2025](#) (4 people registered to date)

- [Iberostar Waves Cozumel Resort, Cozumel, Mexico club dive trip – 25 October to 1 November 2025](#) (8 people registered to date)  
*Dominica Bound*

The Dominica trip, March 8 – 15, 2025, is currently full with 27 travelers and 19 divers in 14 rooms. Our reserved space on this trip is sold out. Those traveling to Dominica with the club have received their dive waiver and

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## Webmaster Cont.

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immigration form information, a sure sign that the trip is near. It is time for those packing lists and equipment checkouts.

### ***Louisville Dive Center Fun Dive & Dominica Prep***

Bart Bertetto has put together an opportunity on Saturday, February 15, 2025 to experience the dive centers new 35 foot deep fresh water pool, refresh your skills, and check out your equipment old and new. There will be a dive professional to supervise for everyone's safety. Lunch in the Louisville area for those that wish to partake.

**What:** Fun Dive and Dominica Prep Outing  
Air and Weights provided. Rental Gear available.

Event Leader: Bart Bertetto, Club Safety Information Director



**Cost:** \$75 Each Person, payable to the Louisville Dive Center

**Where:** Louisville Dive Center (New 35 Foot Pool)  
1303 Durrett Ln, Louisville, KY. Close to Louisville International Airport.

**When:** Saturday February 15, 2025, 11:00am - 2:00pm  
Followed by Lunch in Louisville (optional and at your own expense).

Please email or text your participation to

Bart Bertetto at: [amx1bdb10@gmail.com](mailto:amx1bdb10@gmail.com) or 502-299-3656.

Bart will advise of the advanced online signup information that is required.

Those wishing to carpool from Lexington, plan on an 8:30am departure. 🚩

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## Safety Information Director

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*By Bart Bertetto*



### **I Got a Taste of Diving Safety from This SAFETY BITE**

*My mission is to provide you relevant safety information for your use. Each article will be a bite size portion of a specific safety risk. I will draw from my experience, hopefully yours, and the dive community to highlight real risks that we must be aware of. So, if you see or hear of something that we could all learn from, please pass it to me. There is nothing like first-hand experience to drive a point home. This month's **SAFETY BITE** is:*

### **Performing a Boat Check Or**

### **Where the heck is the boat??**

Every safe diver must know how to and comfortably perform a Boat Check using his compass. A boat check is what you do when you are unsure of the boat's position and/or distance underwater. This can commonly occur even when you are on a guided dive. For example, returning to the boat with plenty of air and you were previously ok'd to continue diving unguided in the shallows in the vicinity of the boat. During a boat check you ascend to the surface, take the compass bearing on

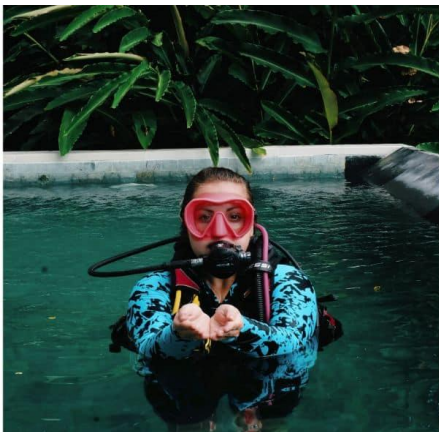


## Safety Info Dir. Cont.

where the boat you need to return to is, and then descend back underwater to follow the heading which you took on the surface. This is a critical skill and an essential part of underwater compass navigation. But first communicate. If you are in a group, establish who will go to the surface to locate the boat.

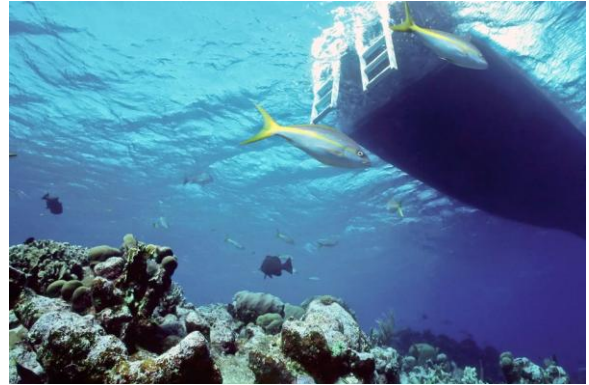
### Boat Hand Signal

Used to communicate when navigating back to boat underwater.



**Hand Signal Explained:** Cup your hands together with palms slightly open as if you are giving someone a present in your hands. Also think shape of a boat hull.

### So how do I perform a boat check using my compass?



If you ever feel lost or unsure about your position, **provided that there is not a strong current** then you can perform a boat check. The idea is to go to the surface, take the heading of where the boat is, and then return underwater and swim in the direction of the boat. The reason for returning underwater is because by doing so you avoid stronger currents, waves and wind, and other boats that may be on the surface. Physically, it will usually be much easier.

### To perform a boat check you'll need to follow these 6 simple steps:

Ensure that you and/or the group have completed your safety stops.

Make sure that there are no running boats in the area before ascending to surface to perform a boat check. If you hear the sound of an engine, wait for it to go away. Sound travels 4 times faster underwater than it does on land so establishing where the sound is coming from is impossible while diving. Consider deploying your safety sausage if warranted.

Determine who will be the dive leader. This is the person who will be taking a bearing leading the group back to the boat.

Ascend to the surface slowly to check for the position of the boat.

Inflate your BCD and begin scanning the horizon for the dive boat. You may need to do a full circle sometimes before locating the dive boat.



## **Safety Info Dir. Cont.**

Once you've located the dive boat, point your compass in its direction and take note of the bearing by looking through the side window. You can use the bezel to lock in the reading you just took. Utilize proper compass technique ensuring the compass is level and compass card is free to rotate. Also gauge your distance.

Deflate your BCD and descend back to the reef. If in open water, maintain a shallow depth around 15 feet. Any deeper may require another safety stop so monitor your computer as well.

Swim back to the dive boat while following the heading that was taken on the surface. Again, use proper compass technique of extending your arms far out in front of you and swimming horizontally and straight in the direction of your bearing, keeping the compass card level and free.



That's all there is to it. Like any skill, it takes practice. Try it on your next dive and build your confidence. You'll find it can add to your diving capabilities and enjoyment. See ya down there! 🏊

## **2025 BGDC Officer's**

Kathryn Bowers, President	859 619-0166
Kris Harn, Vice President	859 333-6911
Amy Hiatt, Secretary	303 815-8375
Dan Miller, Treasurer	859 948-5133
Natasha Bowers, Trip Director	651 786-9574
Bart Bertetto, Safety Info Dir.	502 299-3656
Alex Fassas, Webmaster	859 582-1600
John Geddes, Newsletter	859 608-0682

## **Bluegrass Dive Club 2025 Calendar**

### **February**

11, Tuesday Dive Club Meeting  
25, Tuesday E.C. Meeting

### **March**

11, Tuesday Dive Club Meeting  
8-15, **Dominica Trip**  
25, Tuesday E.C. Meeting

### **April**

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

### **May**

3, **Saturday Club's Derby Party**  
13, Tuesday Dive Club Meeting  
27, Tuesday E.C. Meeting

### **June**

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

### **July**

8, Tuesday Dive Club Meeting  
12-19, **Grand Cayman Trip**  
19-26, **Little Cayman Trip**  
22, Tuesday E.C. Meeting

### **August**

12, Tuesday Dive Club Meeting  
??, **Saturday Club Pig Roast**  
26, Tuesday E.C. Meeting

### **September**

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

### **October**

14, Tuesday Dive Club Meeting  
25 -11/1 **Cozumel Trip**  
28, Tuesday E.C. Meeting

### **November**

11, Tuesday Club Meeting (Elections)  
25, Tuesday E.C. Meeting

### **December**

13, **Saturday Christmas Party**