



UNDERCURRENTS

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

June 2014

Volume 44, Number 6

June's Club Meeting

Date: Tuesday, June 10th
Time: 7:30-PM (business)
Social at 6:30
Location: The Racquet Club
3900 Crosby Rd.
Program: **Cookout at 6:30**

President's Message

By Tracey Combs



Summer is here and I am ready to get in the water with all of these hot temperatures coming our way.

To celebrate summer we will be having a Cookout at our next meeting. The Racquet Club will be grill hamburgers and hotdogs for the Dive Club. The cost is \$6 for an entree, two sides, and a drink. Please join us at 6:30 PM for the wonderful Cookout Social.

I am looking forward to our future trips! Remember if you have any trip ideas or suggestions to please contact someone on the dive trip committee.

Thanks again to Mike and Sherri McCann for hosting the Derby Party last month, much fun was had by all. And thanks to John and Lynn Thomson for organizing the wager boards.

Safe travels and wonderful diving. 🏊

The Editor's Notes

By John Geddes



Pics for this month will continue with the Truk Trip on board the boat. 🏊

2014 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
John Geddes, Newsletter Editor	223-7926



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

Vice President's Report

By Corrine Mulberry



We are having an extended social in lieu of a formal program at our June meeting. Join us at 6:30 for conversation and a cook-out! Hamburgers and such will be available for purchase. Let's spend some time catching up with each other and gathering new trip ideas! I'm looking forward to seeing you all!

If you have diving information or destinations (past or potential future trips) that you would like to present at a Club meeting, 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

We have 2 new members to welcome as result of the Grand Cayman trip in September. A hearty welcome to Barbara Wentz of La Grange, KY and Susan Edgington of Stanford, KY!



A \$50.00 donation was made to the Coral Reef Foundation's Adopt a Coral Program on behalf of the Bluegrass Dive Club. (The Florida Keys coral reef restoration work was presented at the January 2014 meeting.) I appreciate your contributions and will forward the Newsletter when it arrives. They are doing good work down there! I'm hopeful that the Staghorn and Elkhorn corals can make a come-back. 🚩

Trip Director's Report

By Doug Geddes



CAYMAN 2014

This trip is sold out and if you aren't signed up and paid up to date, then you aren't going to make it this time around. We had a large swell of divers and non-divers sign up last month and depleted all of our rooms. We were able to get one more quad room, but it was taken right away also. I have told you, don't wait too long to sign up for our trips or you might get shut out. We have 25 persons that are going this September for a week at the East end of Grand Cayman. If you have an interest, you can put in your reservation and be on a waiting list.



FUTURE TRIPS

The dive committee has met and are sending a couple of trips to the board for approval. They include Dominica in February 2015, Costa Rica in spring 2015 and The Philippines in early 2016. Keep your pocket books ready once these trips are available to put down deposits to lock in your space. Several other trips are being considered such as Saba for next fall? 🚩

From The Secretary 2014

By Mike Sullivan



Board of Director's Meeting
29 April 2014

The meeting was called to order at 7:46 PM. Doug made a motion that the agenda be approved.

In attendance were: Mike Sullivan, John Geddes, Mike McCann, Doug Geddes, Tracey Combs, Rick Stephan, and Corrine Mulberry. Corrine indicated that two new member forms had been received for Don Mitchell and Lisa Bradley.

Tracey will speak with the lady at the Racquet Club about hosting a "hotdog Night" at the June General Membership meeting as the program.



The following programs have been tentatively set for:

- July – Indonesia Trip
- August – Safety Program by Rick.
- September – Dale Hollow, Derby Party, and Pig Roast.

Rick's safety article for May newsletter deals with "Is SCUBA Diving Safe or Dangerous?" John indicated that articles for May Newsletter are due Thursday, May 1st.

A lengthy discussion was held about how the Yahoo Group emails can be improved. Mike

indicated that for the most part Yahoo is working fine but still problems with a few individuals still not receiving the Group emails. Corrine indicated that 8 people have signed-up for the Dale Hollow weekend. Doug indicated that 19 people have signed-up for the Grand Cayman trip.



Corrine has put together a proposal for the 2015 Costa Rica trip but needs some decisions to be made by the Trip Committee. Doug has gotten some information from Laura about locations and costs of a 2016 Indonesia trip that will be discussed at the Trip Committee Meeting.

Corrine pointed-out that the Membership Form date on the agenda should be 02/2014 version.

Mike McCann will file an extension for the 2013 taxes.

There being no further business, the meeting was adjourned at 8:53 PM. 🚩



From The Secretary Cont.

GENERAL MEMBERSHIP MEETING 13 May 2014

The meeting was called to order at 7:45 PM. Sixteen people were in attendance. Dan reviewed the current Treasurer's Report. Corrine made BGSL Stickers and business cards available. She also discussed St. Vincent as a potential future trip.

Tracey informed the group that our next General Meeting on June 10, 2014 will begin with a Cookout Social prior to the meeting. The Social will begin at 6:30 PM with the meeting to follow at 7:30 PM. The cost is \$6.00 for the meal.

Doug reviewed the upcoming trips that are scheduled as well as the trips that were discussed at the Planning Committee Meeting. More information will follow on these future trips. Noel Hall gave an overview of his recent St. Petersburg, FL to Isla Mujeres, Mexico Regatta. A DVD was shown of St. Vincent in the Grenadines. The meeting adjourned at 8:42 PM.



From the Treasurer

By Dan Miller



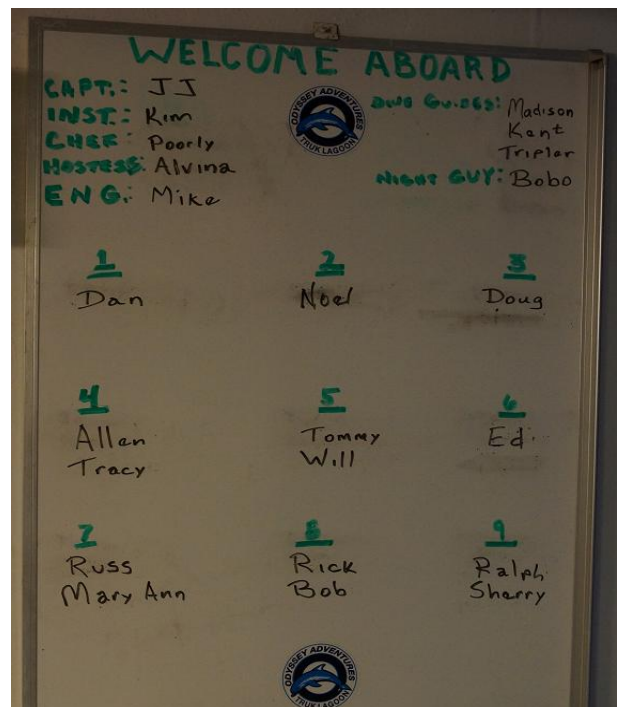
2014 Membership Dues

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](#). 🚩



Dale Hollow Dive Trip

By Corrine Mulberry

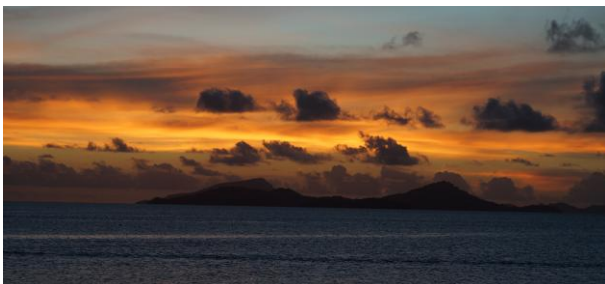


The July 12th & 13th Dale Hollow Dive scheduled and details are posted on our website. Mark your calendars and sign up early. This is a fun and relaxing weekend on the lake and an opportunity for local and inexpensive diving. \$20.00 per person/per day secures you a spot on the pontoon boat.

There is a maximum capacity of 12 people on the 10'x 30' double-decker pontoon boat. The BGDC has reserved one pontoon boat. If trip sign-ups exceed the boat capacity, another pontoon boat will be reserved if it is available. Sign up early to ensure you have a spot on the boat. Deadline for signing up is June 11th.

In terms of lodging, I have made reservations at the Dale Hollow State Park Campground for Friday July 11 and Saturday July 12th at site L0002 for me and my little tent. I would encourage you to make campground reservations (near the L Loop) or lodging reservations at the State Park now, if you are interested in this trip. (Lodging reservation cancellations are quite liberal, so it doesn't hurt to sign up now while you can get a room. By April, all rooms will likely be booked.)

And remember, Flo says go! 🚩



Safety Corner

By Rick Stephan



Note: *I enjoy having a refreshing adult beverage on dive trips. I've noticed that a large majority of the diving community is right there with me. However, there is a real safety concern about the effects of drinking and diving. Even when you don't dive till the next morning, the after-effects of the alcohol can cause problems.*

I remember an event on the Cayman Aggressor back in the late 1980's when a BGDC member successfully (and intentionally) completed 7 dives in one day, and decided to celebrate that night with 7 beers. Several of us felt the need to help him celebrate. The next morning, a grumpy divemaster strongly suggested that anyone participating in the revelry should not dive the morning dives. (I think his attitude was helped by a burnt pot that had been used for popcorn...) We reluctantly, but complacently, complied.

I think that, even then, there was some understanding that a good night's sleep did not remove all traces and effects of the alcohol. So, read on, in this article from scuba-doc.com, and consider your drinking habits on dive trips. I want us all to stay safe and thoughtful planning and actions may help us do just that.



Remember, safe diving is fun!

Safety Corner Cont.

Alcohol and Diving

Beer While Diving?

Some divers insist on drinking beer before, during and after their dives. Is there any danger in drinking alcoholic beverages and diving? The short answer is that by drinking alcohol before and during diving trips a diver severely endangers not only himself but his buddy!

Blood Alcohol Concentration (BAC)

Research has shown that there is a definite reduction in the ability of the individual to process information, particularly in tasks that require undivided attention for many hours after the blood alcohol level has reached 0.0%. This means that the risk for injury of a hung over diver is increased significantly, particularly if high BAC levels were reached during the drinking episode.



The AMA upper limit of the BAC for driving a vehicle in the US is 0.05%. Surely diving with any alcohol on board would be foolish, considering the alien environment (water) and the complex skills required to follow no deco procedures.

Alcohol Impairment

All of the following behavioral components required for safe diving are diminished when alcohol is on board or has been on board in the prior 24 hours:

- Reaction time
- Visual tracking performance
- Concentrated attention
- Ability to process information in divided attention tasks
- Perception (Judgment)
- The execution of psychomotor tasks.

The individual who has alcohol onboard may not feel impaired or even appear impaired to the observer but definitely is impaired and this is persistent for extended periods of time. The use of alcohol, even in moderate doses,



clearly carries a self-destructive aspect of behavior and leads to higher probabilities for serious accidents.

Alcohol causes dehydration (a diuretic) in addition to these dangers is the definite danger of alcohol-produced dehydration. Dehydration is considered to be one of the prime causes of decompression illness. Alcohol in any form has a direct effect on the kidneys, causing an obligatory loss of body fluids.

If your drinking buddy is an intelligent diver, surely he will understand that this is not preaching- a cool beer is appreciated by the author-but by drinking and diving he can turn a safe sport into a nightmare for himself and his family. I'm sure that when he considers that he is also endangering his buddy that he will think twice before drinking alcohol before and while diving.

There have been recent discussions in scuba magazines, chat rooms and scuba forums that

Safety Corner Cont.

it's OK to drink beer between dives during a surface interval.

Dr. Glen Egstrom, PhD, has stated the problem succinctly: He made personal review of over 150 studies on the effects of alcohol on performance has resulted in the following observations:

1. Ingestion of even small amounts of alcohol does not improve performance: to the contrary it degrades performance
2. While there are variables that can speed up or delay the onset of the effects of alcohol, they are minor issues which do not overcome the decrements to the central and peripheral nervous system.



3. Alcohol can be cleared from the blood at a predictable rate, generally on the order of .015% BAC per hour. This does not necessarily mean that the decrements in performance have been completely eliminated in that time.



4. Alcohol is a depressant drug that slows certain body functions by depressing the entire central nervous system. Effects are noticeable after one drink.
5. The effects are mood elevation, mild euphoria, a sense of well being, slight dizziness and some impairment of judgment, self control, inhibitions and memory.



6. Increases in reaction time and decreases in coordination follow the dose/response curve quite well.
7. Alcohol is involved in 50% +/- of all accidents involving persons of drinking age.



8. The deleterious effects of alcohol on performance are consistently underestimated by persons who have been drinking alcohol.
9. Divided attention tasks are found to be affected by alcohol to a greater degree than those tasks with single focus of concentration, i.e. a task such as a head-first dive into shallow water, with many interrelated decisions necessary to a successful dive, will be impacted to a greater degree than lifting a heavy weight. 🚩

Bluegrass Dive Club 2014 Calendar

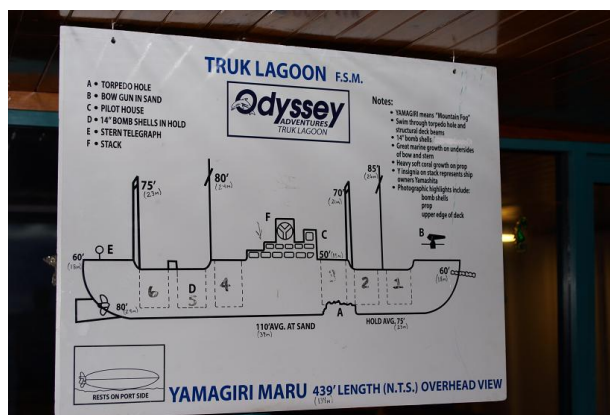
June

10, Tuesday Dive Club Meeting
24, Tuesday Board Meeting



July

8, Tuesday Dive Club Meeting
12-13, Saturday Dale Hollow Diving
29, Tuesday Board Meeting



August

12, Tuesday Dive Club Meeting
16, Saturday Club Pig Roast
26, Tuesday Board Meeting

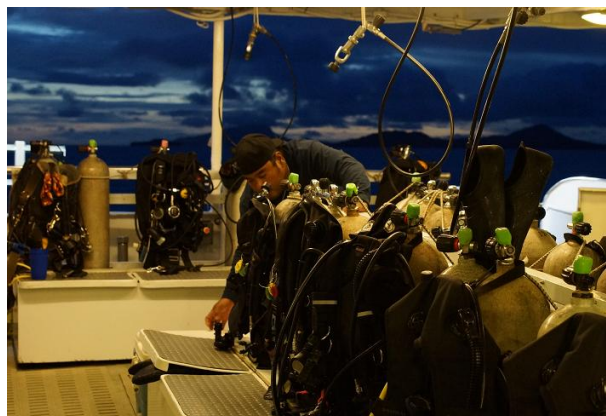
September

9, Tuesday Dive Club Meeting
13-20, Saturday Grand Cayman
30, Tuesday Board Meeting



October

14, Tuesday Dive Club Meeting
28, Tuesday Board Meeting



November

11, Tuesday Dive Club Meeting
25, Tuesday Board Meeting



December

13, Saturday Club Christmas Party