



UNDERCURRENTS

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

September 2016

Volume 46, Number 09

September Club Meeting

Date: Tuesday, September 13th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program: Swap Shop!

President's Message

By Tracey Combs



Hello fellow divers. We had another fabulous Pig Roast this year. I want to thank Mike and Sherry McCann for their hospitality and hosting the Pig Roast. And as always our members out did themselves with the potluck and a killer volleyball game. If you were not able to join us, please mark your calendars for next year. It is a lot of fun, food, and fellowship.

The Dive Club Trip Committee met and we have some new trips on the books. Be sure to watch your email and check the Upcoming Events Calendar on the website for more details. We always want and need your ideas for future trips. If you have ideas for destinations, please contact Doug Geddes or one of the committee members with the information.

One of the added benefits of being a member of Bluegrass Dive Club is the connections and friendships that we form. If you are interested in receiving additional scuba training, please ask a board member. We can provide you with

a several avenues to further your scuba experience.

Our next meeting will be Tuesday, September 13th at 7:30 at the Racquet Club. Guests are always welcome. I hope to see you there! 🚩



The Editor's Notes

By Bart Bertetto



Hi everyone. Hope you' all have been having a great summer and have splashed or will be splashing soon. Pictures this issue from the awesome Pig Roast at the McCann's. The food was way too good. 🚩

2016 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	621-3178
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



SWAP SHOP: We're having an old fashioned dive gear Swap Shop at our September meeting. We had a good turnout of shoppers, buyers and traders during our last SWAP SHOP in May 2015. Now I know that 'some of ya'll' have upgraded your gear since then, or perhaps put on a few pounds (errr.). Now's the time to let go of that gear that isn't being used. Gather it up and bring it to the meeting. Let's see who has the oldest dive gear or craziest gadget!



If you have diving information that you would like to present at a Club meeting (past or potential dive trip, etc.), we would love to hear from you. Please contact me so that we can put you on the calendar. 859 913-0892 or mulberryc1@gmail.com

New Members: No new members to announce. Help spread the word about the BGDC by picking up some business cards and making a concerted effort to make contact with fellow divers. You never know where you'll be when you spot someone in a dive shirt.

Nominations for BGDG Officers (2017): It is time to recruit 2016 Officers for the BGDC. Our President, Tracey Combs, has appointed a Nominations Committee to develop a slate of proposed nominees for elected Board

positions. The slate will be presented to the Board in October and members will vote during the regular November meeting.

Elected positions include:

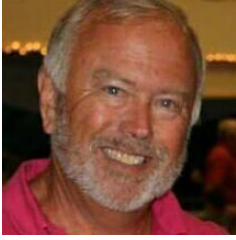
- President
- Vice President
- Secretary
- Treasurer
- Trip Director
- Safety Information Director
- Newsletter Editor
- Webmaster

All elected positions are open to nominations. Nominees for elected positions must be in good standing (dues paid), have been a member for at least one full year and be at least 21 years of age. Please contact the Nominations Committee: Charlie Denham charlesdenham@hotmail.com, Tamara Williams tamaraw@twc.com, Steve Gahafer sagahafer@gmail.com or Corrine Mulberry mulberryc1@gmail.com (859-913-0892) to nominate someone, to nominate yourself or to learn more about Board positions. 🚩



Trip Director's Report

By Doug Geddes



ROATAN 2016

This trip started with a couple of divers wanting to take advantage of the 2nd diver goes for free. We now have 10 people that have taken advantage of this offer. This trip is sold out but it just goes to show you that if you want to go to a dive destination, just ask a member of the dive committee to help you set it up. We have always said "a trip is a trip even if only 2 – 4 go". Please keep all of our divers in your prayers as they head to this favorite dive location.

GRAND CAYMAN PIRATE FEST 2016

We are still looking for a few more pirates to join this trip. We have five persons signed up with a deposit and could use a few more. This will be a great week of diving and partying in Grand during pirate fest week. If you are still considering it, then you need to get your reservation in soon before we close this one out. Check the website for details.

DOMINICA 2017

Our website has been updated to include this awesome trip. We already have good number of people that have signed up. The air seems to be a little tricky because of college students coming back Dominica after Christmas break. Flights out of St. Martin and Barbados seem to be the easiest way to get there on Saturday. If you need help with your air, don't hesitate to ask for help from UDT. I can put you in contact with them. This was one of our best trips in many years, so don't miss out on this one.

TANZANIA AFRICA 2018

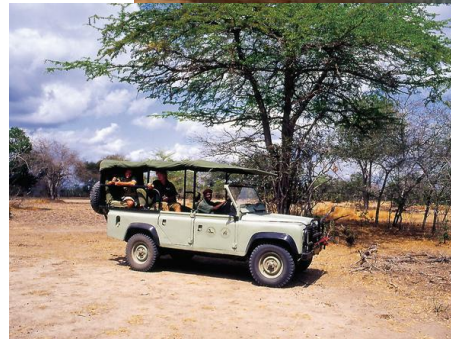
Corrine has been working hard on this one:



June 10 – June 23, 2018
13 night dive/safari combo
\$5,500*

To view the linked itinerary, go to
<http://wetu.com/itinerary/VI/e69c03eb-6b90-b6ac-887f-ad41fd98c806>

- 3 nights in Selous near Selous Game Reserve with all meals and daily options of game drives, boating safaris and game walks (Rufiji River Camp).
- 3 nights in Ruaha near Ruaha National Park with all meals and daily game drives (Ruaha River Lodge).



- 7 nights in Kendwa (Zanzibar Island) with half board (breakfast & dinner) and 15 dives (Gold Zanzibar Beach House & Spa).



Scuba Do Zanzibar. Great Dive Site
 Descriptions @ <http://www.scuba-do-zanzibar.com>

IMPORTANT NOTES!!

First, getting this trip together has been a **team effort** and I truly appreciate everyone's help and guidance with narrowing it down and selecting this trip!

Second, this trip is **not yet official**.

Third, the **price** listed above is a high **estimate** for per person, diver, double occupancy.

Fourth, a significant **(\$1,100) deposit** is needed from each participant by **Nov 11, 2016!!**

We're still wrapping up the final details for this trip; it has been a LOT of work. In order for the

trip to be official and on our webpage the Board needs to approve the final Trip Form details and the contract. Once that's done we will get it up on our website ASAP.

Because this trip requires higher than usual deposits and is a bit expensive, an aggressive payment schedule will be set up as follows: payments of \$550 will be due at sign-up, on 11/11/16, on 02/07/17, on 06/15/17, on 10/15/17, and balance payment 02/15/18.

*** \$1,100 deposit by November 11, 2016 ***

You can begin paying on this trip prior to the webpage being up and running as follows: send money to our Treasurer, Dan Miller, and ask him to put your money "on your account". [On account funds are yours, sort-of-a "slush fund"; the moneys are not tied to anything in particular and are yours which you can back at any time.] **HOWEVER**, once the trip is formally on the webpage, you will need to sign-up for the trip and ask Dan to apply your "on account" funds to the Africa Trip. Once funds are appropriated to the Africa Trip, **30% of total costs are non-refundable**. (However, we can swap people around, so if you have to cancel but you find a replacement person to take your slot, you won't lose any money).

Sorry, but no other trip details will be forthcoming until the trip is formally approved and has been posted on the web for sign-ups. As with other BGDC trips, please do not contact lodges, resorts, travel agents directly. Work through Doug or Corrine.. 🚩



From the Treasurer

By Dan Miller



2016 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



General Meeting Minutes Tuesday, August 09, 2016

- I. CALL TO ORDER 7:32 PM
 - a. There are 19 members present.
- II. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Treasurer Report as of July 31, 2016.
 - ii. The paperwork required from the Dive Operator on Roatan will be mailed this week for members going to Roatan (10 people).
 - iii. Grand Cayman has 4 people signed-up.
 - b. VICE PRESIDENT MULBERRY
 - i. A DVD presentation of the St. Lucia Trip was shown courtesy of Doug and Tracey.
 - ii. Door prizes were won by Ralph Covington, Dan Miller, Doug Geddes, and Charlie Denham.
 - iii. September's meeting will be a swap shop for Dive Items.
 - iv. Nominations for club officers for 2017 are due before the November meeting.
 - c. SECRETARY SULLIVAN
 - i. No Comments.
 - d. TRIP DIRECTOR GEDDES
 - i. One female is looking for a roommate for Roatan,

- ii. and one male is looking for a roommate
- iii. The Grand Cayman trip 12 – 19 November 2016 still has plenty of slots open for members.
- iv. The Dominica trip is scheduled for 4-11 Feb 2017, and Delta is creating a direct from Miami.
- v. Options for the Africa trip planned for June 2018 will be sent-out this week for review.
- vi. A trip to Belize is being considered for September 2017.

e. WEBMASTER McCANN

- i. Absent

f. NEWSLETTER ED BERTETTO

- i. Absent

g. SAFETY INFORMATION

DIRECTOR STEPHAN

- i. The article this month is about prescription drugs and diving

h. PRESIDENT COMBS

- i. The Pig Roast will be held on August 13, 2016 at Mike & Sherry McCann's house at 3557 Gloucester, Lexington at 4:00 PM. See website for directions
- ii. A committee is being formed to solicit nominees for the Club Board Positions in November.
- iii. The Trip Planning Committee will meet August 16th.

ADJOURNMENT

8:44 PM



**Board of Directors Meeting Minutes
Tuesday, August 30, 2016**

- I. CALL TO ORDER COMBS
 - a. Meeting began at 7:43 PM
- II. APPROVAL OF AGENDA GEDDES
- III. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Treasurer Report as of 8/30/16.
 - ii. Waiting for receipts for the Pig Roast.
 - iii. Mid-Year Budget Review postponed.
 - b. VICE PRESIDENT MULBERRY
 - i. The September program will be the Swap Shop.
 - ii. October program will be a Dominica Promotional DVD.
 - iii. November program will be the Club Elections of officers.
 - iv. December will be the Club Christmas Party at the Kidd's house.
 - v. January program will be a Roatan DVD.
 - c. SECRETARY SULLIVAN
 - i. No comments.
 - d. TRIP DIRECTOR GEDDES
 - i. The Roatan trip currently has 10 people.
 - ii. The Cayman trip has 4 people paid.
 - iii. The Dominica trip is on the website. Currently has 4 people.
 - iv. A trip to Belize is being considered for the Fall of 2017.
 - e. SAFETY INFORMATION DIRECTOR STEPHAN
 - i. Article this month is on cardiac arrest.
 - f. NEWSLETTER ED BERTETTO
 - i. Articles are due Friday.

ii.

g. WEBMASTER McCANN

i. Absent

IV. NEW BUSINESS COMBS

i. The Nominating Committee is made-up of Corrine, Tamara, Steve Gahafer, and Charlie Denham.

ii. The Board gave its approval for a proposal to go out as a Pre-Advertising Promotion for the Africa trip in 2018.

V. MEETING ADJOURNED AT 9:42



Safety Corner

By Rick Stephan



Remember, safe diving is fun!

Note: *This month's article is rather short, but timely, as many of our members are more and more concerned about health risks. Published on the DAN website, it explains about possible risks of cardiac events during diving. Since many of the BGDC destinations are in areas where medical support is somewhat lacking, (and quite a few of us are on the sunny side of 50), we should be aware of problems and why they may happen.*

Needless to say, make sure you have at least annual physicals, and get that dive insurance before you go on the trip. Keep two copies of your policy, and the pertinent contact information.

We've been very lucky so far, and it would be great to continue our record of safe diving. Remember, safe diving is fun!

Cardiac Health & Your Risk of Death While Diving

Statistics show that about one-third of all diving fatalities are associated with an acute cardiac event. In a recent study of DAN members, the incidence of diving-related deaths overall was determined to be 16 per 100,000 divers per year, and diving-related deaths due to cardiac causes was nearly a third of that number — 5 per 100,000 divers per year. It is of particular note that the risk of cardiac-related death while diving is 10 times higher in divers over age 50 than in those younger than 50. Indeed, the study of DAN members showed a continuous increase in risk with increasing age. While some suspected cardiac events may be

provoked by dive-specific activities or situations, other cardiac events may not be caused by a dive at all — inasmuch as sudden cardiac death also occurs while engaged in surface swimming or land-based sporting activities of various sorts and even while at rest or during sleep.

Acute myocardial infarctions (commonly known as "heart attacks") that are brought on by exertion — such as while swimming against a current, in heavy waves or under conditions of excessive negative buoyancy — are likely involved in some dive-provoked fatalities. Heart attacks are caused by an insufficient blood supply to the muscles of the heart; diving-related heart attacks typically occur in middle-aged males with undiagnosed coronary artery disease.

Diving (or just immersion) may also provoke acute arrhythmias, or disturbances of the heart's rhythm, that can likewise result in sudden death. Arrhythmias are more likely to cause death in older divers. As Dr. Carl Edmonds explains in his book *Diving and Subaquatic Medicine*, and DAN data confirms, "The victim often appeared calm just before his final collapse. Some were unusually tired or resting, having previously exerted themselves, or were being towed at the time — suggesting some degree of exhaustion. Some acted as if they did not feel well before their final collapse. Some complained of difficulty in breathing only a few seconds before the collapse, whereas others underwater signaled that they needed to buddy breathe but rejected the offered regulator. Explanations for the dyspnea include psychogenic hyperventilation, autonomic induced breathing stimulation and pulmonary edema — the latter being demonstrated at autopsy. In all cases there was an adequate air supply available, suggesting that their dyspnea was not related to equipment problems. Some victims lost consciousness without giving any signal to their buddy, whereas others requested help in a calm manner."

The incidence of sudden cardiac death (SCD) also increases with age. Patterns of SCD are similar among divers and among the general

population; nevertheless, it is important that divers not dismiss the possibility of a causative relationship between diving and SCD. Cases of SCD where there was no obvious external provoking factor occur more frequently in older divers. Postmortem examinations of SCD victims are more likely to reveal signs of previously unsuspected heart disease than a specific precipitating event. The best way to prevent SCD is thus to prevent heart disease and to maintain physical fitness and wellness as you age. 🏊



Dive Committee Members

Doug Geddes – Chairman	621-3178
Tracey Combs	621-4066
Ralph Covington	621-3862
Mike Sullivan	266-4516
Ed Sullivan	C@Meeting
John Geddes	223-7926
Corrine Mulberry	913-0892

Bluegrass Dive Club 2016 Calendar

- | | |
|------------------------|---------------------------|
| ▪ January 10 | Board Budget Meeting |
| ▪ January 12 | General Meeting |
| ▪ January 26 | Board Meeting |
| ▪ Jan 23-Feb 6 | Philippines Trip |
| ▪ February 9 | General Meeting |
| ▪ February 23 | Board Meeting |
| ▪ March 8 | General Meeting |
| ▪ March 13-20 | Bonaire Trip |
| ▪ March 29 | Board Meeting |
| ▪ April 12 | Board Meeting |
| ▪ April 26 | Board Meeting |
| ▪ May 7 | Annual Derby Party |
| ▪ May 10 | General Meeting |
| ▪ May 31 | Board Meeting |
| ▪ June 14 | General Meeting |
| ▪ June 11-18 | St. Lucia Trip |
| ▪ June 28 | Board Meeting |
| ▪ July 12 | General Meeting |
| ▪ July 26 | Board Meeting |
| ▪ August 9 | General Meeting |
| ▪ August 13 | Annual Pig Roast |
| ▪ August 30 | Board Meeting |
| ▪ | |
| ▪ September 13 | General Meeting |
| ▪ Sept 24-Oct 1 | Roatan |
| ▪ September 27 | Board Meeting |
| ▪ October 11 | General Meeting |
| ▪ October 25 | Board Meeting |
| ▪ November 8 | General Meeting |
| ▪ Nov 12-19 | Grand Cayman Trip |
| ▪ November 29 | Board Meeting |

