



UNDERCURRENTS

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

November 2016

Volume 46, Number 11

November Club Meeting

Date: Tuesday, November 8th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program: 2017 Club Officers Election

President's Message

By Tracey Combs



I hope everyone had a SPOOKY Halloween. We have some upcoming trips on our calendar for 2017 and 2018, but we need your help to plan future destinations. If you have ideas of new locations, please let us know! Our November 8th meeting will include our Elections. If you are interested in a position on the board, please contact Corrine or any Nomination Committee Member. Nominations will also be accepted from the floor at the meeting.

Our annual Christmas Party will be held instead of the regular meeting in December. The party will be on Saturday, December 10th at 6:00 PM. Please visit the website for more information.

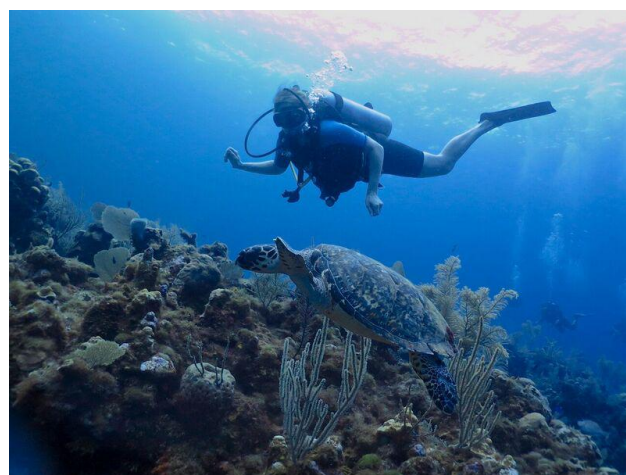
One of the added benefits of being a member of Bluegrass Dive Club is the connections and friendships that we form. Our next meeting will be Tuesday, November 8th at 7:30 at the Racquet Club. Guests are always welcome. I hope to see you there! 🚩

The Editor's Notes

By Bart Bertetto



Hi everyone. Sorry for the late delivery again. I'm back in California visiting my mom and hacking on a ten year old computer (without MS Word!). The club officers have been working diligently on all kinds of stuff, mostly in the background, to keep this club moving in all kinds of exciting directions. Be sure to show your appreciation at this year end as we elect new officers. After a two year stint, I'll be turning over the Newsletter Editor job to a new person. Photos this issue are again from the recent Roatan trip courtesy of Noel Hall. Cheers 🚩



Nice shot Noel! Whoever this is has gotta frame it.

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

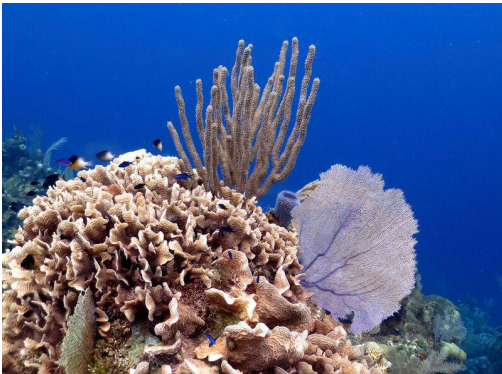


Program

We will have our annual election of officers at our November. We're also planning a surprise Member Recognition. See you at the meeting!

Election of Officers for BGDG 2017

Voting for 2017 Elected Officers for the Bluegrass Dive Club will occur during the November meeting. The Nominating Committee (Charlie Denham, Tamara Williams, Steve Gahafer and Corrine Mulberry) developed a slate of proposed nominees for elected Board positions which was presented to the BGDC Board during the Board's October meeting. The slate of nominees, with a short bio, as follows:



For President



Tracey Combs

"I was certified in 2004 in the Florida Keys. I received my Advanced certification in 2011. Diving for me is peace and relaxation. I have been a member of BGDC since May 2006. I was appointed President, from Vice-President, in 2011. I will be glad to continue to serve as President in 2016."

For Vice President



John Geddes

"Join the Club in 1972 after I was certified. Was the Newsletter Editor way back then for 2 years, came back to the Club in 1996. Was a Vice President and President and have served as Newsletter Editor for eleven years. After a 2 year break I am ready to serve again and carry on the current VP's work and add to it with everyone's help. And by-the-way I can spit a watermelon seed 15 feet and 2 inches." (*editor: underwater I presume*)



For Secretary



Mike Sullivan

"I have been retired for 11 years and diving for about 15 years. I am a Master Scuba Diver Trainer (MSDT) and have gotten to like diving in the Pacific best, but the trip distances are becoming too long. I have been the Club Secretary for two years and during this time I have organized all the previous written material into yearly and category specific files. I maintain the Club Reports, take monthly minutes at the Board meetings and General Membership meetings and forward these minutes to the Newsletter Editor to be included in the Monthly Newsletter, and make Name Tags for new members. I really enjoy being more closely involved in the Club activities."

For Treasurer



Dan Miller

"Got book/pool certified at New Horizons with ocean checkout dives in Dominican Republic in 2001. Joined club in 2002 with first club trip to St. Thomas in April 2003. Certified in open water, advanced open water, nitrox and rescue diver. Served in following offices for BGDC: co-VP with Carol Call for 2 years, 1 year as VP, 2 years as President, in 3rd year as Treasurer. I have 632 logged dives to date. My (non-local) club trip participation is as follows: (2003) St. Thomas; (2004) Little Cayman & Bonne Terre lead mine; (2005) Florida Springs, Cozumel, North Carolina & Bonne Terre; (2006) Roatan; (2007) Bonaire & Ft. Lauderdale; (2008) Utila, Belize & Galapagos; (2009) Curacao & St.

Croix; (2010) Little Cayman; (2011) Fiji; (2013) Grand Cayman; (2014) Truk/Yap. Graduated UK with degrees in accounting and political science. Worked at Trane the past 14 years. Live in Lexington with wife Anna and 3 cats."

For Trip Director



Doug Geddes

"Got certified in 1972 and a member of the club ever since. Have served as President and Dive Master (as it was called 30 years ago). Currently serving as Trip Director and have been for the past many years. Knowledge of working with travel agents and planning trips has been one of my strengths and did so alone for many years until current by-laws required a dive committee. Still have a few good years to devote to the position if elected, but will to step aside if someone desires this position and will work it as I hard. New blood is never a bad thing."

For Safety Information Director



Rick Stephan

"BGDC history: 35 year member, past President, Vice President, Treasurer, Dive Coordinator. Occupation: Full time BGDC Safety Information Director. Seriously, my intent is to help keep our safety record spotless. I try to find pertinent information and articles and share this with the club in concert with current club activities. While diving today is so much easier than in the past, it is important to remember it can be a dangerous sport if training, preparation, and planning is not done properly."

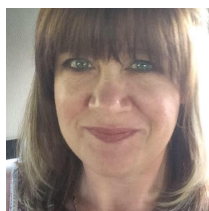
For Newsletter Editor



Steve Gahafer

"I am a lifelong Lexington resident. I grew up swimming competitively and always wanted to dive. I finally had the opportunity to get certified in 2003 and joined BGDC 2004-2005. I earned my PADI Dive Master certification in 2009 and enjoy working with students teaching them about what I love to do. I have attended meetings off and on since joining the club until the past couple of years when Shannon and I have been attending on a regular basis. We joined the Roatan band wagon of divers on the trip last year, we had such a good time that we suggested to the Dive Committee that we go again this year. We have made good friends in the club and I decided it was time to give back to the club. Thank you for consideration to be the Newsletter Editor."

For Webmaster



Kim Hudson

"I got certified to dive in 1994 after my dad, Kit, started diving a few years before that. Most of my diving adventures have been with BGDC—from the Caribbean to liveaboards in far flung paradises—with a few family trips diving with Kit and his brother Johnny. As a sales and marketing professional, I've built and maintained several websites and social media pages. I hope to refresh the solid foundation of our website and integrate it with social media. My goal is to create a dynamic online presence that will attract new members to the club and enhance user experience. I currently work as a Custom-Branded Apparel Consultant." 🏴‍☠️

Trip Director's Report

By Doug Geddes



CAYMAN 2016

We have a small group heading to Grand Cayman East End in a few weeks. Please keep them in your prayers as they travel to and from and party at Pirates Feast in the South End, LOL. Too late to add to this one, should have done so, months ago.

DOMINICA 2017

We are starting to pick up numbers for this trip and we have around 14 – 15 persons signed up and paid deposits. The price dropped around \$300 so a lot of people are jumping on board. Great location and a great place to dive. Don't wait too long to get on this one. Check out the website and sign up as soon as you can. This trip leaves in February. 🏴‍☠️



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, October 11, 2016

- I. CALL TO ORDER 7:43 PM
 - a. There are 18 members present.
- II. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Treasurer Report as of September 30, 2016.
 - ii. The emails will go out this week for refunds on the Roatan trip.
 - iii. The Dominica trip cost has been reduced.
 - b. VICE PRESIDENT MULBERRY
 - i. There are no new members this month.
 - ii. The Club elections will be held in November. See the members of the election committee if you are interested in running for a Board position.
 - iii. Door prizes this month were won by Susan Geddes, Mike McCann, and Ralph Covington.
 - iv. The program this month is a DVD on Dominica by Doug Geddes.
 - c. SECRETARY SULLIVAN
 - i. No Comments.
 - d. TRIP DIRECTOR GEDDES
 - i. The Grand Cayman trip is closed-out and the trip is paid in full with 4 people signed-up.

- ii. The Dominica trip has new flights available if anyone is still interested in going on this trip.
- iii. The Africa trip will be on the website soon. A down payment of \$1,100 is due in November, and \$550 is due in February 2017.
- iv. A Dive Committee meeting will be held Tuesday, October 18th at 6:00 PM at Geddes Fence Co.
- v. There is some preliminary interest in a trip to Belize.
- e. WEBMASTER McCANN
 - i. No comments.
- f. NEWSLETTER ED BERTETTO
 - i. Absent
- g. SAFETY INFO DIR STEPHAN
 - i. This months article is about the Zika virus.
- h. PRESIDENT COMBS
 - i. The Christmas Party will be at Stella and Mark Kidd's house on December 10th at 6:00 PM.

ADJOURNMENT 8:43 PM



Board of Directors Meeting Minutes Tuesday, October 25, 2016

- I. CALL TO ORDER COMBS
 - a. Meeting began at 7:40 PM
- II. APPROVAL OF AGENDA GEDDES
- III. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Treasurer Report as of 10/25/16.
 - ii. Roatan Report is complete.
 - iii. Dominica has 11 people signed-up.
 - b. VICE PRESIDENT MULBERRY
 - i. The slate of nominees for November Club election is complete.
 - ii. November – election
 - iii. December – Christmas Party
 - iv. January – Roatan video
 - v. February – Cayman video
 - vi. March – Saba/St. Kitts video
 - vii. April – Dominica video
 - c. SECRETARY SULLIVAN
 - i. No comments.
 - d. TRIP DIRECTOR GEDDES
 - i. The Grand Cayman has 4 people signed and paid.
 - ii. The Dominica trip has 11 people signed-up.
 - iii. The Club is looking at a trip to Belize in the Fall of 2017.
 - iv. Africa trip – 2018 – Doug will be contacting past clients of Tour Operator to determine satisfaction with services and reliability.
 - e. SAFETY INFO DIR STEPHAN
 - i. Article this month is about Safety Stops.
 - f. NEWSLETTER ED BERTETTO
 - i. Absent

- ii. Articles are due Friday.
- g. WEBMASTER McCANN
 - i. No Comments.
- IV. NEW BUSINESS COMBS
 - i. The Board will meet November 29, 2016 for its last meeting of the year.
 - ii. The Club Christmas Party will at Stella and Mark Kidds on December 10, 2016 at 6:00 PM. See website for directions. Bring a dish to feed 12 people. The Club will furnish the meat and soft drinks.
- V. MEETING ADJOURNED AT 9:16 🚩



Safety Corner

By Rick Stephan



Remember, safe diving is fun!

Note: This month's article is a basic reminder that safety stops are a good thing. Many experienced divers cut these short or ignore them, as they haven't had problems in the past. Well, it only takes one time before it IS a problem, and potentially a very big one. This article is taken from the rather aptly named website – justgottadive.com.

While the calculation of safety stop depth seems sort of overkill, it mirrors what our dive computers recommend for deep dives. On a very deep dive in Truk Lagoon, my computer had me do multi-stage safety stops, beginning a lot deeper than the hang bar at 15 feet. Since I had air, and was in no rush, I took its advice and hung out. By the time I had reached the hang bar, I had no longer time to wait than anyone else, but I felt more confident in my stops, since I know that the smallest bubbles had more chance to leave my bloodstream by doing the extra stops.

Your safety is your own responsibility, so please consider the need to refresh yourself on this important safety practice. Remember, safe diving is fun!

Beyond Basics: An In-Depth Look At Scuba Safety Stops

If you're new to diving or if it has been some time since your last scuba adventure, you may be looking for more information about safety stops. A safety stop is a method for eliminating nitrogen from the body's bloodstream and tissues to reduce the potential for

decompression sickness. Here, we'll take an in-depth look at safety stops and discuss their importance.

Why Make a Safety Stop?

Unfortunately, divers often skip safety stops because they feel they're just not necessary. Nothing could be further from the truth. Since nitrogen accumulates in the bloodstream and tissues even during fairly shallow dives, the body needs a way to safely eliminate the excess nitrogen. With a safety stop, you eliminate excess nitrogen by allowing its pressure to remain higher than that of the surrounding environment; this ensures that the excess is processed out of the lung tissue and is exhaled along with spent breathing gas. Without a safety stop, your risk of developing DCS increases markedly.

Though most major training organizations teach divers to take safety stops lasting between 3 and 5 minutes at a depth of 15 to 20 feet, practices vary widely among certified divers – particularly those who dive on their own or with a buddy. Many feel that safety stops are not mandatory, and among those who prefer to take them on every dive, opinions vary as to what depth is best for effectiveness. In the past, experts recommended that recreational divers take a safety stop at a depth of ten feet; today, depths vary from one dive profile to the next. No matter what the depth, a three to five minute stop is the norm. If you'd like to be extra careful, you can take more than one stop. Studies have shown that a longer stop at a deeper depth, combined with a short stop closer to the surface is more effective at eliminating excess nitrogen than a single stop is.

Calculation of Safety Stop Depth According to Dive Profile

While a safety stop at the depth of ten feet is definitely better than nothing, you may find you feel best after diving – and enjoy less risk of DCS too – if you carefully calculate your safety stop depth. Don't worry if math isn't your best subject; this is a really simple calculation to make. Take your maximum depth and divide it by half. If the number you come up with is not a multiple of ten, round it to the nearest multiple of ten; i.e. if your number is 47, you would

round it up to 50. Take your first safety stop at a depth of 50 feet, and stay there for two minutes. Ascend, taking one-minute safety stops every ten feet until you reach a depth of 20 feet. Once you reach 20 feet, conduct another safety stop, this time for a duration of two to five minutes, or even longer if desired. Slowly ascend, taking 30 seconds to make your through the final ten feet of your ascent. Making a very slow, controlled ascent in this manner might seem like overkill, but it is the best way to almost completely eliminate the potential for decompression sickness.

Safety Stops and High Altitude Diving

Some of the nicest dive sites in Europe and other areas are in high mountain lakes. If you plan to dive in lakes at altitudes of greater than 300 meters above sea level, your dives are to be considered as high altitude dives, and your depths and durations will be different from the dives you make at sea level. Atmospheric pressure at altitude is lower than it is at sea level, and fresh water has a lower density than salt water. Both of these factors combine to reduce the potential for decompression sickness; however that does not mean that safety stops should not be factored into your dive plan. Be sure to follow high altitude dive tables, and protect yourself further by ensuring that you wait for twelve hours after arrival at altitude before commencing a dive.

Shallow Dives and Safety Stops

If you're like most divers, you rely on a dive computer that recommends you conduct a safety stop regardless of the maximum depth you attained while diving. For shallow dives in water ten meters deep or less, safety stops are not imperative, but taking them will certainly not harm you. In addition, avoid diving to shallow depths, surfacing without making a safety stop, and then diving again repeatedly. This will almost certainly lead to decompression sickness. If you are doing repeat dives, then be absolutely sure to take safety stops each time, and be sure that you ascend slowly, pausing for another few seconds when you reach a depth of three to four feet.

Technical Divers and Safety Stops

If you are planning to become a technical diver, you'll discover that the depth and duration of your decompression stops will vary widely depending on the depth of your dives as well as on the type of breathing gas which you use. Most of the time, technical divers utilize deep stops as an added protection against the development of decompression sickness, and of course almost all rely heavily on dive computers for calculating safety stops appropriately.

It's important to remember that your body will experience the greatest pressure change during your ascent through the last fifteen feet of water, so it is absolutely crucial to maintain buoyancy control. Taking a safety stop just before that final ascent will allow you to fine-tune your buoyancy and make a controlled ascent much easier to execute. You can also check your dive statistics against your dive plan during this time, ensuring that you have not exceeded the parameters of your planned dive. You can also use these moments to scan the surface for boat traffic and other hazards before making your final ascent, and if you're at a scenic dive site, you can certainly use the time spent on your safety stop to take one last look at the beautiful environment you've just explored. 🚩



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 |
| ▪ 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 |
| ▪ December 10 | Christmas Party |

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



There you are....