



UNDERCURRENTS

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

December 2016

Volume 46, Number 12

Club Christmas Party

Date: Saturday December 10th
Time: 6:00 PM
Location: Mark & Stella Kidd's

President's Message

By Tracey Combs



Happy Holidays fellow divers. I hope everyone had an extraordinary Thanksgiving feast and is getting excited for Christmas. Our Christmas party is December 10th and is always a festive event. I appreciate the hospitality of the Kidd's for hosting the event again this year. The details are available on the website. Remember to bring a dish to share with 10-12. The club will supply the ham and soft drinks.

I personally want to thank the board members for serving BGDC. Our officers help make our club successful. I appreciate their hard work and dedication to the club. They make my position as President easier. Our officers for 2017: President: Tracey Combs, Vice President: John Geddes, Secretary: Mike Sullivan, Treasurer: Dan Miller, Trip Director: Doug Geddes, Safety Information Director: Rick Stephan, Newsletter Editor: Steve Gahafer, Webmaster: Kim Hudson.

A special thank you and heartfelt gratitude go to Michael McCann, Corrine Mulberry, and Bart Bertetto. Mike has been on the Board serving as Webmaster since 1999! Corrine has served as Vice President since 2011! Bart Bertetto joined us last year as our Newsletter Editor. They have been dedicated to make the Bluegrass Dive Club a success and we will miss them. Thank you all. Please take a moment to look at our dive calendar and plan your next trip with the club! We have some amazing trips planned for 2017. Contact the trip leaders, if you have questions. The Dive Committee always wants new ideas, so please let them know if

you have been to a wonderful destination and want to revisit or if there is a location you have always wanted to visit,

Our next regular meeting will be January 10th, 2017. Please feel free to join us and bring friends and family who are interested in diving. Everyone is welcome. 🚩

The Editor's Notes

By Bart Bertetto



Hi everyone. This is my last newsletter and I'm sitting with Steve G, your new editor, turning the job over to him. I've really enjoyed being editor these two years and I've made some great friends along the way in addition to some awesome diving. Steve is enthusiastic and has some new ideas to improve your newsletter reading experience. Please get to know him and contribute to his efforts. Thanks everyone and keep splashing. Cheers, Bart

Pictures this issue of recent Grand Cayman trip courtesy of John Geddes and Jim Lacy. 🚩



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: No Club meeting this month. However....I'll see you at the Christmas Party! Woot Woot!

Visitors: We welcomed **Dale Anderson** at our November meeting. Dale is a retired pilot with Open Water Certification. He's enjoyed diving in Little Cayman and Utila and is looking for more opportunities to get under water. It was great to meet you Dale. Hope to see you at the Christmas Party!

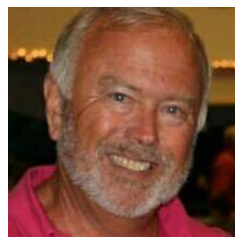
Farewell: This is my 67th and last BGDC newsletter article; my first was in May 2011. I'm relocating and will join the growing group of out-of-state BGDC members. I'm looking forward to diving with you all in Belize and Africa! I leave you in the very capable hands of John Geddes. TaaTaa 🚩



Star gazing in Costa Rica

Trip Director's Report

By Doug Geddes



Dominica 2017

Check out the new prices on our website for this trip. They have lowered a few hundred dollars, making this even a better trip. There were several good options for air, if you can't find them, let me know. We have around 12 people so far and it will be a great trip.

Belize 2017

The BGDC Planning Committee has a put together a great, affordable trip for September 2017 to Ramon's Village Resort on Ambergris Caye. If you haven't been to Belize, you are MISSING out! Details on the trip webpages

San Pedro, Belize
Ambergris Caye
September 23 - 30, 2017
\$1,423
(Double occupancy/diver)

ACCEPTING SIGN-UPS ON WEBSITE. This trip is being offered at 2016 rates. Deposits and reservation required to lock into these rates. \$200 deposit required by December 15th, 2016. Sign-ups (deposits and reservations) after December 15, 2016, subject to 2017 price increase.

Africa 2018

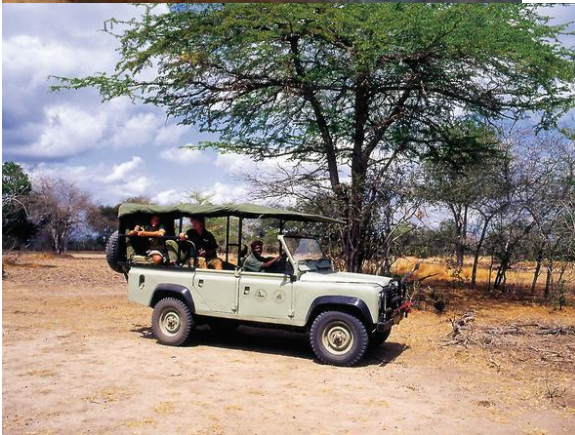
This trip is also on our website. Please check it out. We have 5 persons already signed up. After February prices could change, so you need to book early. Trip details as follows:

TANZANIA, AFRICA



June 10 – June 23, 2018
 13 night dive/safari combo
 \$5,100
 (double occupancy/diver)

Safari



- 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).

Zanzibar Diving



- 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>

ACCEPTING SIGN-UPS ON WEBSITE. This trip is being offered at 2016 rates. Deposits and reservation required to lock into these rates. \$1,100 initial deposit/sign-up. \$550 due 02/10/17. Sign-ups (deposits and reservations) after February 10, 2017, subject to 2017 price increase.

We already have 5 members signed up. This is going to be fabulous! Don't miss out 🚩

From the Treasurer

By Dan Miller



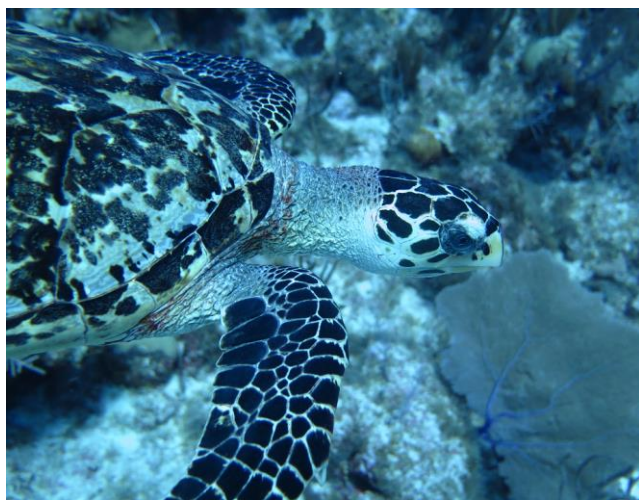
2016 Membership Dues

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, November 8, 2016

- I. CALL TO ORDER 7:40 PM
 - a. There are 24 members and 2 visitors present.
- II. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Treasurer Report as of October 31, 2016.
 - ii. Roatan emails went out this week for refunds on the trip.
 - b. VICE PRESIDENT MULBERRY
 - i. There are two visitors this month, Dale Anderson and Kathryn Bowers.
 - ii. The Club elections were held and the proposed slate was approved by the membership:
Tracey Combs – President
John Geddes – Vice-President
Mike Sullivan – Secretary
Dan Miller – Treasurer
Doug Geddes – Trip Director
Rick Stephen – Safety Information Director
Steve Gahafer – Newsletter Editor
Kim Hudson – Webmaster
 - iii. Door prizes this month were won by Russ Tucker, Kris Harn, and Kim Hudson.

- iv. The January program will be a video of the Roatan trip.
- 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 17 people currently signed-up.
 - iii. The Africa trip for June 2018 is on the website. A down payment of \$1,100 is due on November 11th, and \$550 is due in February 10, 2017. This is 30% of trip cost.
 - iv. A trip to Belize is planned for 23-30 September 2017. A deposit of \$200 is due 12/1 and the balance due in June 2017.
- e. WEBMASTER McCANN
 - i. No comments.
- f. NEWSLETTER ED BERTETTO
 - i. No Comments
- g. SAFETY INFO DIR STEPHAN
 - i. This months article is about the importance of Safety Stops and where the depth should be and the length of time for each stop.
- h. PRESIDENT COMBS
 - i. The Christmas Party will be at Stella and Mark Kidd's house on December 10th at 6:00 PM. See the website for location and directions.

ADJOURNMENT 8:35 PM



Board of Directors Meeting Minutes Tuesday, November 29, 2016

- I. CALL TO ORDER COMBS
 - a. Meeting began at 7:40 PM
- II. APPROVAL OF AGENDA D. GEDDES
- III. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Treasurer Report as of 11/29/16.
 - ii. Money for the Africa trip will be moved to the Treasurers Report from the On-Account to reflect the number of people signed-up.
 - b. VICE PRESIDENT MULBERRY
 - i. January – Roatan video
 - ii. February – Cayman Brac video
 - iii. March – Saba/St. Kitts video
 - iv. April – Dominica video
 - c. SECRETARY SULLIVAN
 - i. No comments.
 - d. TRIP DIRECTOR GEDDES
 - i. The Grand Cayman members reported a great time on the trip.

- ii. The Dominica trip has 19 people signed-up.
 - iii. The Club trip to Belize in the September of 2017. Deposit required by December 15, 2016.
 - iv. Africa trip in 2018 currently has 5 people signed-up.
- e. SAFETY INFO DIR STEPHAN
 - i. Article this month is about Drinking and Diving.
- f. NEWSLETTER BERTETTO
 - i. Articles are due Friday.
- g. WEBMASTER McCANN
 - i. Mike will continue to do the Club taxes after he leaves the board as webmaster.
- IV. NEW BUSINESS COMBS
 - i. The Board will meet January 31, 2017.
 - 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.
 - iii. A 2017 Financial Review will be held January 15, 2017 at 4:30 PM at Mike McCann's house.
 - iv. New board members elected for 2017, Steve Gahafer, John Geddes, and Kim Hudson attended the meeting.
 - v. Kim Hudson gave a short briefing about upcoming changes proposed for the website.
- V. MEETING ADJOURNED AT 8:57 PM



Safety Corner

By Rick Stephan



Remember, safe diving is fun!

Note: *This is the season of peace on earth, good will to men. And also, partying, overeating, and perhaps over-drinking. We see lots of PSA's about not drinking and driving, so it reminded me that it is also a good thing to remember to not drink and dive.*

These articles are from scubadiving.com and describe the effects of alcohol that can be dangerous for divers. Tonight's drinks can affect tomorrow's dives. Many of the BGDC's destinations are in exotic locales, with local alcoholic beverages being served. Most of the time, we don't know the ABV (alcohol by volume) of these drinks, so they can sneak up on you. And of course, our good judgment will be impaired as to whether we should have another drink, or get some sleep before tomorrow mornings deep dives... something to think about.

Anyway, I hope all of you have a very happy, and safe, holiday season. Hope to see you on some upcoming trips. Remember, safe diving is fun!

Ask an Expert: Is it OK to Drink After a Dive?

Long after that drink, alcohol can be a gateway to a host of problems

By Natalie L. Gibb

Hot sun. Turquoise water. Palm trees. Most divers' preferred destinations are tropical and come complete with umbrella-laced cocktails and ice-cold beers. Alcohol is available in most

dive locations, but drinking after a dive is not always advisable.

Although no studies have linked post-dive alcohol consumption to an increased risk of decompression sickness, a Divers Alert Network accident-analysis report states that up to one-third of divers with decompression sickness consumed alcohol within 12 hours of diving. Consider the following:

1. Alcohol is a diuretic and causes dehydration. Drinking one beer after a dive won't cause a severe state of dehydration. However, drinking every day after diving — in combination with heat, cold water and immersion diuresis, and the dehydrating effect of breathing dry air — might cause chronic dehydration over the course of a dive trip. Dehydration is thought to be a risk factor for decompression sickness.

2. Alcohol consumption reduces glucose levels. Reduced blood-glucose levels lower a diver's energy. Diving is a tiring activity, and divers might find that alcohol consumption makes them even more fatigued. Furthermore, extreme exhaustion after a dive is one of the most overlooked symptoms of decompression sickness. Alcohol consumption after a dive might lead to confusion when diagnosing a possible case of decompression sickness.

3. Alcohol exits the bloodstream slowly. Blood-alcohol levels reduce by about 0.015 percent each hour, but the effects of alcohol consumption might last for up to a day after drinking. These effects include impaired judgment, reaction time and concentration. Underwater, the effects of even a small amount of alcohol in a diver's bloodstream might be amplified by the additive effects of nitrogen narcosis and other factors.

4. Alcohol might increase susceptibility to cold. A diver who has alcohol remaining in his blood from last night's drinking might find he gets cold easily. Alcohol is a vasodilator and causes the blood vessels near the surface of a diver's skin to dilate, increasing his heat loss. Cold is another predisposing factor to decompression sickness.

5. Alcohol's effects might be felt long after it exits a diver's bloodstream. Even when a diver has no alcohol left in his bloodstream, the effects of alcohol — such as reduced attention span, awareness and judgment — might linger. Some studies have noted the effects of alcohol up to 24 hours after a night of drinking. Regardless of a diver's blood-alcohol content, a diver who feels exhausted or cannot think clearly after drinking should not be diving.

When deciding whether to drink after diving, a diver should use moderation, consider his personal alcohol tolerance and drink plenty of water. Time any after-dive drinks so the alcohol has exited the bloodstream before diving, and never dive with a hangover. Over the course of multiple dive days, avoiding drinking after diving will help to avoid dehydration and lethargy, and ensure that a diver gets the most out of his dive trip.

If you can't escape it — or don't want to — relax and enjoy, in moderation.

By Paul Cater Deaton

Let's face it. On dive trips, especially to tropical destinations, there are practices that are almost predestined. It's pretty much in the regulations that every band must play Jimmy Buffett and Bob Marley, Facebook posts will show someone's feet in a hammock and every restaurant will claim that its jerk chicken is the best anywhere.

And people are going to drink.

Not surprising, most of the dive-safety community frowns on mixing alcohol with scuba-diving activities. DAN advises to, "think twice before combining alcohol and diving." An ounce of prevention is preferred over an ounce of rum.

In the Caribbean, they are very proud of their rum. Almost every island has its own, and degrees of refinement run from rotgut to sublime. Not only is consumption of alcohol accepted there, it's expected. In fact, it's vigorously promoted. Every place has its own "national drink" or favorite local libation. It's almost *de rigueur* to cap off a day's diving by

popping a few cold ones at the nearest beach bar. Says one veteran course director, "Nothing — I repeat, *nothing* — tastes better at the end of a dive than a cold beer!"

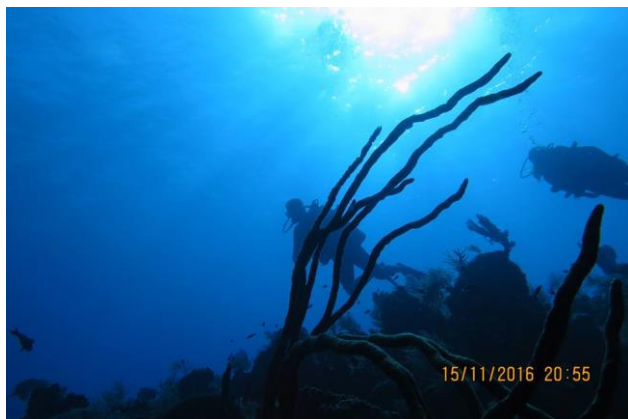
So long as moderation is exercised, I have a hard time finding anything wrong with enjoying a few drinks as the sun sets after the last dive of the day has been made.

Yet on vacation, "moderation" can be elusive. In the Virgin Islands, we see our share of tourists who think that because they are vacationing in a "foreign country," anything goes. There is almost a perception of "diplomatic immunity" as revelers file into the rum shacks and start drinking with impetuous abandon.

The multitudes of "overserved" are quickly forgotten — those who party responsibly are remembered longer, and far more kindly. They do not pose a threat to themselves or others around them. They wake up hangover-free and can usually recall the events of the night before without cringing.

Diminished capacity on land is bad enough. Consequences range from embarrassing moments to a night in jail. When one takes alcoholic impairment underwater, things can go from nice to nasty in no time at all.

The moral is to exercise common sense. Be as prudent on a dive trip as you would at home. Enjoy a measure of libation but with a double shot of good judgment. 🚫



Bluegrass Dive Club 2016-2017 Calendar

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| <ul style="list-style-type: none"> ▪ March 8 ▪ March 13-20 ▪ March 29 | <ul style="list-style-type: none"> General Meeting Bonaire Trip Board Meeting |
| <ul style="list-style-type: none"> ▪ April 12 ▪ April 26 | <ul style="list-style-type: none"> Board Meeting Board Meeting |
| <ul style="list-style-type: none"> ▪ May 7 ▪ May 10 ▪ May 31 | <ul style="list-style-type: none"> Annual Derby Party General Meeting Board Meeting |
| <ul style="list-style-type: none"> ▪ June 14 ▪ June 11-18 ▪ June 28 | <ul style="list-style-type: none"> General Meeting St. Lucia Trip Board Meeting |
| <ul style="list-style-type: none"> ▪ July 12 ▪ July 26 | <ul style="list-style-type: none"> General Meeting Board Meeting |
| <ul style="list-style-type: none"> ▪ August 9 ▪ August 13 ▪ August 30 ▪ | <ul style="list-style-type: none"> General Meeting Annual Pig Roast Board Meeting |
| <ul style="list-style-type: none"> ▪ September 13 ▪ September 27 | <ul style="list-style-type: none"> General Meeting Board Meeting |
| <ul style="list-style-type: none"> ▪ October 11 ▪ October 25 | <ul style="list-style-type: none"> General Meeting Board Meeting |
| <ul style="list-style-type: none"> ▪ November 8 ▪ Nov 12-19 ▪ November 29 | <ul style="list-style-type: none"> General Meeting Grand Cayman Trip Board Meeting |
| <ul style="list-style-type: none"> ▪ December 10 | <ul style="list-style-type: none"> Christmas Party |
| <ul style="list-style-type: none"> ▪ January 10 ▪ January 31 ▪ | <ul style="list-style-type: none"> General Meeting Board Meeting |
| <ul style="list-style-type: none"> ▪ February 2-11 ▪ February 14 ▪ February 28 | <ul style="list-style-type: none"> Dominica General Meeting Board Meeting |

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

