



UNDERCURRENTS

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

May 2017

Volume 47, Number 05

May Club Meeting

Date: Tuesday, May 9th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program: Lexington Fire Department

President's Message

By Tracey Combs



Talk Derby to Me! It is time for the Derby Party. Great friends, food, hats and of course some friendly wagering on the ponies!! I want to send a big Thank You to Doug and Susan for hosting the party this year. Their generosity and willingness to open their home to us is most appreciated.

We have a few trips that have been approved by the board that will be on the website soon! If you have trip ideas or suggestions, please contact Doug Geddes with the information. We value your desires to see new places and we want to hear from you. I hope to see everyone at **Derby Party is May 6th**. Please bring a dish to share and a few dollars to place your bets.

Our next meeting will be May 9, 2017 at the Racquet Club. You do not have to be a member to attend, everyone is welcome!! I hope to see you there.



The Editor's Notes

By Steve Gahafer



I hope everyone is doing well and planning on attending this years Derby Party on Saturday hosted by Doug and Susan Geddes. Details about the party can be on the web site at [Derby Party info](#). If anyone has any pictures they would like included in a newsletter please send them to me at sagahafer@gmail.com. I will be looking for some taken at the Derby Party for next months newsletter.

2016 BGDC Officer's

Tracey Combs, President	621-4066
John Geddes, Vice President	223-7926
Mike Sullivan, Secretary	266-4516
Dan Miller, Treasurer	948-5133
Doug Geddes, Trip Director	621-3178
Rick Stephan, Safety Info Dir.	223-3719
Kim Hudson, Webmaster	614-937-1955
	Khudson4974@yahoo.com
Steve Gahafer, Newsletter Editor	229-9408
	sagahafer@gmail.com



Vice President's Report

By John Geddes



Congratulations to Linda Freudenberger for winning the door prize to Bronto Bistro and Corrine Lowe for BGDC membership.

And as always, Thanks to Noel Hall for sharing his pics of his latest trip which were from Little Cayman and Cayman Brac.

Some Door Prizes coming for May's Meeting will be a certificate to Five Guys and one for the Olive Garden, so good luck and remember you got to be there to win!

The program for May will be some guess from the Lexington Fire Department, they are from Station 9, Richmond Road. This group are the Divers for Rescue and Recovery, so get your questions ready.

Something else on my mind - It takes a little time to put together a program with guest and I hope this is what you like to see at the meetings. So, if you know of someone or group and would like to have them as a guest for a program, just let me know and I will make the inquiry.

With the LFD coming out to this meeting, I would like to see a lot of warm bodies out at the meeting and let's show them our appreciation for being there for us. 🚩



Dale Hollow Dive Trip

By John Geddes



July 22nd is the date for the Dale Hollow Dive. 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 secures you a spot on the pontoon boat and these are new boats. Wow!

There is a maximum capacity of 12 people on the double-decker pontoon and 4 spots are already taken. The BGDC has reserved one pontoon boat only. Sign up early to ensure you have a spot. Some people like to bring their own boats too and no charge for that, Ralph?

In terms of lodging, I have made reservations at the Dale Hollow State Park Campground for Friday, July 21st and Saturday, July 22nd at site CC001, this is a cabin with AC. I would encourage you to make campground reservations in the L Loop, this is the best for shade after coming back from a day on the lake. Lodging at the State Park Lodge is always full, but you can keep calling to get in, Noel always gets a room. Lodging reservation cancellations are quite liberal.

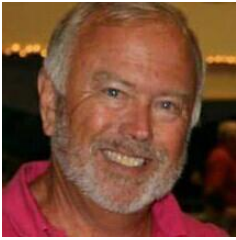
Breakfast is on your own, sometime we meet at the Lodge and bring your lunch and drinks for the boat. Also, bring something for the Saturday night potluck, we will plan that later.



And remember, Flo says go! 🚩

Trip Director's Report

By Doug Geddes



DALE HOLLOW 2017

We have a date and a pontoon rented for July 22nd weekend. We will dive on Saturday only with a cookout following the dive. We have two people already signed up to go on this trip, but space is limited, so you need to sign up as soon as you can. Check out details at [Dale Hollow](#)



BELIZE 2017

We have close to a full group 21 going this September trip to Ramon's. If you are considering going on, you need to sign up soon so you don't get left out. Go to the website and check out all the choices that are offered for this trip. Not saying we can't get more rooms, but do not put it off too long as the resort might fill up. You can find more detail at [Belize](#)



CURACAO 2018

This trip is yet to be up on our website, but should be soon. Dan has found a great resort closer to town and yet far enough for great diving. This trip will be around the end of February and should be a great tune up for our Africa trip goes. Prices are around what is normal for Caribbean diving. Keep your schedule open for this fabulous trip.



AFRICA 2018

This trip is shaping up greatly. We have 13 persons that are signed up and we are still looking for more. Our trip agent is saving a couple of rooms for anyone that might want to add on, but don't count on this too long. Once the resorts get a need for these rooms, we won't be able to accommodate any request. Check this once in a lifetime trip planned for June 10 to two day safaris and one week of diving. Doubt this trip will ever be offered again, so you need to take advantage of it now.. More details on the website at [Africa](#)



From the Treasurer

By Dan Miller



2017 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



BLUEGRASS DIVE CLUB GENERAL MEETING

Tuesday, April 11, 2017

- I. CALL TO ORDER 7:32 PM
 - a. There are 20 members present.
- II. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Treasurer Report as of March 31, 2017.
 - b. VICE PRESIDENT JOHN GEDDES
 - i. The program this month was a DVD of Little Cayman by Noel Hall.
 - ii. The drawings were won by Linda Freudenberger and Corrine Lowe.
 - c. SECRETARY SULLIVAN
 - i. No Comments.
 - d. TRIP DIRECTOR GEDDES
 - i. Fifteen people have signed-up and paid the required deposits for the Africa trip scheduled June 10-23, 2018. There are still an additional 3 rooms on hold.
 - ii. The trip to Belize scheduled for September 23-30, 2017 currently has 13 people signed-up.
 - iii. The trip to Curacao is approved by the Board and is currently scheduled for 17-24 February 2018.

- iv. The trip to Dale Hollow is scheduled for one day only on July, 22, 2018.
 - e. WEBMASTER HUDSON
 - i. The new website is still under construction but is becoming functional.
 - f. NEWSLETTER EDITOR GAHAFAER
 - i. Absent
 - g. SAFETY INFORMATION DIRECTOR STEPHAN
 - i. This months article is about buoyancy control and proper weighting.
 - h. PRESIDENT COMBS
 - i. Please send get well cards to Richard Rabek.
 - ii. The Club Derby Party will be held at Doug and Susan Geddes house on May 6, 2017 beginning at 3:30 PM. See the website for directions. Bring a dish to share with 12 people. The Club will furnish the meat and soft drinks.
- ADJOURMENT 8:32 PM

**Board of Directors Meeting Minutes
Tuesday, April 25, 2017**

MEETING MINUTES

- III. CALL TO ORDER COMBS
 - a. Meeting began at 7:40 PM
- IV. APPROVAL OF AGENDA SULLIVAN
- V. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Treasurer Report as of April 25, 2017.
 - b. VICE PRESIDENT J GEDDES
 - i. The Lexington Fire Department will present a program on Dive Rescue

- and Recovery at the May meeting.
 - c. SECRETARY SULLIVAN
 - i. No comments.
 - d. TRIP DIRECTOR D GEDDES
 - i. Absent
 - ii. The Club trip to Belize 23-30 September of 2017, and currently has 21 people signed-up.
 - iii. Africa trip in 2018 currently has 13 people that have paid the required deposit.
 - iv. The dates for the Curacao trip may be moved up a week to 10-17 February 2018 to offer better airfare and reduce the amount of travel time to get there.
 - e. SAFETY INFORMATION DIRECTOR STEPHAN
 - i. The article this month is about seven things not taught in diving classes that can harm you when you are not prepared.
 - f. NEWSLETTER GAHAFAER
 - i. Articles are due Friday.
 - g. WEBMASTER HUDSON
 - i. The new website is getting close to becoming active
 - VI. NEW BUSINESS COMBS
 - i. The Board will meet May 23, 2017.
 - ii. The Club Derby Party will be held May 6, 2017 at Doug and Susan Geddes house beginning at 3:00 PM. Don't forget to bring a dish to serve 12 people. Soft drinks and meat will be furnished by the Club. See the website for directions.
- MEETING ADJOURNED AT 8:45 PM

Safety Corner

By Rick Stephan



Remember, safe diving is fun!

Note: This month's article is from thehappytalent.com blog site. I don't know how much the author really knows about dive safety, but the top level items ring true, many of them from my own experience. For instance, my Boy Scout lifesaving course used the saying, "Throw, row, go" to give the priority a lifesaving individual should use to rescue a drowning person. Throw a rope, a buoy, or extend a pole if the victim is within reach (or throwing distance). If nothing is available to throw or extend, get a boat and row out to the victim. They can grab onto the gunwale of the boat and you can row them in. If all else fails, and you are trained AND capable, swim out to them. Don't let them grab you, you grab them, and firmly. If needed, surface dive and come up behind them. If they try to climb you – as the article suggests they will – go underwater as hard as you can. The panicked individual will definitely let go.

I have definitely seen a lot of people be overcome with gadget fever", as suggested in item 2. Preoccupied divers will not pay attention to their buddies or their own safety as much as an unencumbered diver. Scooters, cameras, other items are fun, but make sure you make safety first in your priority list.

I also found out – as in item 3 – that a bristle worm is not fuzzy and cute, well, at least not fuzzy! There's no reason to pet any critter underwater, but if you do, make sure you know it is safe.

The underlying theme of the whole article seems to be: be prepared, be prudent, and be aware when you're diving. That can help you be a safe diver, and, as I keep reminding you: safe diving is fun!

7 Scuba Safety Tips You Won't Learn in Dive Training

By Eva

As everyone who reads The Happy Talent (hopefully) knows, I do some really cool life coaching and college consulting work at my company, Paved With Verbs. Sometimes, when brainstorming ideas for college essays, a student will ask me, "What did you write about? How did you stand out when you applied to Stanford?"

The answer... is scuba diving. I've loved diving ever since I was old enough to pass as a 12-year-old (the minimum age to participate in Discover Diving programs). So maybe since I was nine? I got certified as soon as I was old enough for a PADI Junior Open Water Diver Certification, and began spending summers at ActionQuest, a summer camp in the British Virgin Islands, where I earned my Advanced Open Water Diver, Underwater Naturalist, Underwater Navigator, Search and Recovery and Rescue Diver specialties (in addition to Red Cross CPR for the Professional Rescuer, DAN Oxygen Administrator, and other first aid certs).



Best. Summer camp. EVER.

When I returned to school in the fall, I was still thinking about diving. Just for fun, I ordered The Encyclopedia of Recreational Diving... and read the whole thing, cover to cover. I loved chemistry, and spent at least a few minutes of every class thinking about whether and how what I'd just learned could apply to scuba diving (it always comes back to $PV=nRT$). When my friends would work on crosswords or flip

through the New York Times over a lazy Sunday brunch, I was calculating how much air I'd have to put in a lift bag to raise objects of hypothetical densities off the ocean floor.

Since then, I've been diving all over the world... And I recently realized that I've been diving almost 68% of my life.

Which is my long-winded way of saying that I am full of scuba and snorkel safety tips. The lesser-known of which I am going to share today:

1. Free dive BEFORE scuba diving. (Or, don't free dive after scuba diving.)

If you're planning to snorkel and dive on the same day, this is important. Why?

After scuba diving, you'll have residual gas bubbles in your blood. This is fine -- they go away on their own, in time. BUT. If you free dive with these bubbles in your blood, they will contract and expand, contract and expand, as you dive down deep and return to the surface ($PV=nRT$). This can cause an air embolism, which is serious.

Free dive first, then scuba dive.

(Likewise, it is inadvisable to sit in the hot tub after scuba diving. Because $PV=nRT$.)



2. Don't task overload.

In the age of digital photography, everyone has a fancy camera. And everyone has super fancy, cool gear to take diving with them. Which is great -- if you're diving someplace familiar, in familiar conditions, and you're an experienced diver.

But you want to know how people die scuba diving? It's not shark attacks, it's not equipment malfunction and it's not running out of air. It's task overloading.

When someone goes diving with too much gear to deal with -- a camera, a strobe, some fancy extra tank thingy -- it causes a tiny bit of stress. It's a distraction. And it makes all your dive training go out the window. Next thing you know, you've got a little water in your mask, and you can't remember how to clear it, and your hands are completely full of stuff, and you start freaking out, breathing faster... and bolting to the surface. And then your lungs explode.

It's super exciting to have a dive certification -- but remember that, the more you dive, the better you'll be at it. Save the fancy equipment for dives you know well. If the conditions are tricky, consider leaving the camera behind (chances are, you'll be more present that way, anyway). If you're a new diver, use a GoPro or other small camera to document your dives. When you've got experience, THEN invest in a more professional kit.



Keep it simple, stupid! Here's the GoPro Scuba setup I'd recommend for beginners -- and it's only \$29!

3. If you don't know what it is, don't touch it.

This advice is just as, if not more, important for experienced divers as it is for noobs. Noobs tend to have a healthy respect for the ocean... but experience can give even the best of us a big head.

FOR EXAMPLE. A buddy of mine posted a GoPro video he made of a shore dive in Point Lobos, CA, recently. To my horror, he had taken a selfie with a ray he saw while diving. But not just any ray -- a Pacific electric ray, which is thought to be responsible for many fatal, unexplained diving accidents.



Pacific electric ray. Photo courtesy of the Monterey Bay Aquarium -- which, by the way, is doing amazing work to protect and preserve our oceans. If you haven't already, donate now. I did!

Likewise, I -- super scuba girl extraordinaire bla bla bla -- was shore diving with my boyfriend, Justin, in Hawaii recently. Someone at the dive shop had told us to watch for helmet snails once we got down to 60 feet on this particular dive. I didn't know what a helmet snail looked like, so when I got to 60 feet, I assumed the first mollusk I saw was a helmet snail. I picked it up and swam over to Justin, who immediately crossed his wrists in front of him (the scuba hand signal for "danger"). It turns out I'd picked up a cone snail -- which is venomous, and capable of stinging humans. I was extremely lucky I didn't get stung.



NOT a helmet head.

4. Don't believe the hippies -- eels are dangerous!

A few weeks back, a video was circulating on social media. It featured a female scuba diver and an eel, who was swimming around the diver in a way that looked very cuddly and affectionate. There was some nonsense caption about love and peace and hippies and nature... and it made me angry.

This eel is not her lifelong friend! Eels are dangerous! They have very bad vision, and navigate mostly through smell. This eel wasn't trying to *cuddle* the woman -- he was trying to decide whether or not she was edible!

Still want to mess with eels? Here's another fact that might change your mind: You know that super creepy scene in Alien with the protruding jaws?



Totally, completely real and earthly. The idea came from eels, who have a second set of jaws called pharyngeal jaws that work just like that.

Pharyngeal jaws launch into the mouth, bite down hard, and pull food into the eel's stomach. (Watch the guy getting his thumb eaten again to see it in action.)

So unless you want to fly to Thailand for an experimental surgery in which a doctor amputates your toe and sews it where your thumb used to be... leave the eels alone. Show some respect. You are a visitor in their home.

But if you still insist on messing with mother nature...

5. If you're carrying fish food, keep your hands where you can see them.

First of all, please don't feed the fish. It disrupts the natural ecosystem, and isn't always completely healthy for the fish. I'll always remember visiting Hanauma Bay as an impressionable youth and learning about how feeding the fish (and overuse of the beach, in general) was destroying the balance of life and causing a shift in animal populations.

But if you must, keep in mind that the fish will bite at the food, whether it's tucked in your hand or floating in the water. If you swim around with food in your hands and you're not paying attention, you might get bit. It's usually just an unnerving nibble -- but a bite from a parrot fish, which is accustomed to eating coral, can really hurt!

Also keep in mind, if you're going to feed fish... the smell of the food stays on your hands (and any part of you that your hands touch) long after the food is gone. I went diving in Stingray City in the Cayman Islands when I was young. As part of the tour, the guide gave each of the divers a bit of squid to feed the stingrays. I fed mine to the rays and thought that that was that. Several minutes later, I mindlessly scratched my leg. Next thing I knew, my leg was burning, right where I'd itched. A stingray had smelled the eel on my leg, and given me the hugest hickey anyone's ever had.

All things considered, these are pretty minor dangers to you. (Unless we're talking about eels, thumbs and sausages.) But the

implications can be pretty severe for the fish. So can you maybe just not feed the fish?



Just go to Cabo Pulmo, and you won't need any fish food.

6. Never underestimate the power of eye contact and human touch.

If I had to forget everything I ever learned in all of my Rescue Diver and first aid training except one thing, it would be this.

People don't get hurt because their equipment fails. People don't drown because they don't know how to swim. Disasters happen because people panic. Often over something as trivial as a leaky mask or minor buoyancy issue. If you're on a dive and you notice your buddy is looking a little panicked... approach them calmly. Make eye contact. Put your hands on their elbows -- firmly, but not constrictingly -- and look them in the eyes for several seconds. Think calm thoughts. I'm here. Slow down. Everything is fine. Let's figure this out. We can do this. Breathe. This will usually do the trick.

The number of people I've saved through chest compressions, oxygen tanks, stabilizing spines and stopping the bleeding is zero -- though I did end up using the Heimlich Maneuver once. However, I have prevented several disasters which could have led to any of these procedures several times. It is easily the most useful thing I learned during my rescue training.

Indeed, in practice, 90% of "rescue diving" is preventing panic, and anyone can do that. It's

always better to calm someone down before something goes wrong, than it is to airlift them to a hospital after. Which is why, when a buddy began to panic during an abalone diving trip last weekend and his girlfriend dropped his weight belt, I didn't feel a bit bad when we were unable to recover the weights. She did the exact right thing. There's no telling what might have happened had she hesitated or let the panic continue, unchecked -- and I'm glad we didn't have to find out.



7. Approach drowners from behind.

First of all, only attempt to rescue a drowner if you feel certain it is safe for you to do so. If you have no lifeguard training, it's probably not be safe. Saving someone from drowning is dangerous, and drowners are very unpredictable. Even if you have training, you could still be putting yourself in harm's way -- especially in the open water. If you end up getting hurt attempting to rescue someone, you've just made the safety situation twice as difficult -- now, instead of saving one person, rescuers are going to have to save two people.

Second, if at all possible, rescue a drowner either by throwing them a floatation device or extending a long stick, rod or pole to them. Approach them in the water only as a last resort.

But if you've assessed the scene and think it is safe for you to attempt a rescue and you have no other option but to do it in the water, approach the drowner from behind.

The thing about drowning is, if you're drowning, you want to get out of the water. Right now. And how do you get out of the water? You push

down on anything you can, trying to push yourself up.

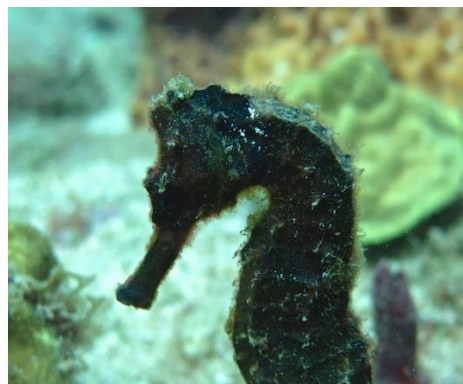
The other thing about drowning is, you're panicking, and nothing you do makes sense. If the "thing" you're pushing under water is another human... you don't care. You don't stop. All you care about is getting out of the water. And as long as that person you're pushing underwater is providing any sense of buoyancy to you (which, since they're struggling to stay afloat and get some air, they will), you will keep grasping that person and pushing them underwater.

Kind of scary, huh?

This is why lifeguards always approach victims from behind -- and why, when they make physical contact, they grab victims hard, from behind, under the arms. Drowners often try to flip around and drown their rescuer. Don't let it happen to you.

And if it does somehow happen that a drowner grabs onto you and pushes you underwater... there's pretty much only one way to make them let you go. And it's going to be the most counter-intuitive thing you'll ever do. Push them upwards -- thereby driving yourself further underwater. If the drowner thinks you are sinking, they will let go of you.

I spent a lot of time learning how to be a Rescue Diver, and I had an amazing time doing it. However, in an ideal world, I will never have to use anything I learned in anything but a hypothetical scenario.



Bluegrass Dive Club 2017 Calendar

- January 10 General Meeting
- January 31 Board Meeting

- **February 2-11 Dominica**
- February 14 General Meeting
- February 28 Board Meeting

- March 14 General Meeting
- March 28 Board Meeting

- April 11 General Meeting
- April 25 Board Meeting

- **May 6 Derby Party**
- May 9 General Meeting
- May 30 Board Meeting

- June 13 General Meeting
- June 27 Board Meeting

- July 11 General Meeting
- July 25 Board Meeting

- August 8 General Meeting
- **August 12 Annual Pig Roast**
- August 29 Board Meeting

- September 12 General Meeting
- **September 23-30 Belize**
- September 26 Board Meeting

- October 10 General Meeting
- October 31 Board Meeting

- November 14 General Meeting
- November 28 Board Meeting

- December TBD **Christmas Party**

- **June 2018 10-23 Africa**

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

