



# UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / [www.bluegrassdiveclub.com](http://www.bluegrassdiveclub.com)

June 2021

Volume 51, Number 3

## June's Club Meeting

**Date:** Tuesday, July 27  
**Time:** 7:30-PM (business)  
Social at 7:00

**Location:** TBD

**Program:** TBA

## President's Message

*By John Geddes*



The Board is talking and looking to in-person meetings again; it's a big puzzle with lots of small pieces, but I'm sure it will come soon.

Meanwhile, we will try to have some more virtual guest speakers, and even so with in-person meetings.

It looks like off shore places are starting to open up for business or announcing opening dates.

I went back in my photos over the past years to pull my pictures of Stella Kidd. She was always a gracious host, always willing help set up at any other event. So this will be my personal and as President tribute to share this celebration of life of Stella Kidd. 🚩

## The Editor's Notes

*By Terri Anderson*



**Stella Kidd**

**November 8, 1949 – May 9, 2021**

It is with great sadness we extend our condolences to Mark Kidd, Stella's beloved husband, and her children. As we share in their sorrow, we also celebrate her life, her passions, her love of travel and her dedication to her family and friends.



## Remembering Stella Kidd

*By VP Kathryn Bowers*

I never made a dive or took a trip with Stella. She danced at my wedding, we had lunches

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## The Editor's Notes Cont.

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and dinners out with Mark and Alex. We messaged on Facebook and discussed the dive club, where we wanted to travel, but mostly we discussed gardening. Stella was passionate about many things, and the one we had in common was gardening. If you ever visited Mark and Stella's home you couldn't help but see the evidence of her artistic eye and sense of balance, symmetry, and simplicity. Nothing looked overdone or ornamental.



Everything was exactly where it ought to be. That perfection extended to the extensive gardens that surrounded their home. Stella's gardens started with irises around her mailbox; her front door was framed by hostas, hydrangeas, and more irises. Roses bordered her driveway all the way back to the bricked patio with baptisia, roses, and irises, irises, and more irises all the way to the pond.



Stella gifted me and Alex with a beautiful Wine and Roses hydrangea for our wedding. It bloomed earlier this year and will continue to



bloom every spring. I will think of Stella every time I see those pink and white blooms. I will remember and think of Stella often, but always in the spring when our pink hydrangea blooms and my irises burst into joyous color.



The Bluegrass Dive Club has made a gift in memory of Stella Kidd, in the amount of \$50, to Church under the Bridge. Stella was a founder of the Church under the Bridge mission project. You may contact or contribute to them at:

<http://ChurchUnderTheBridge.net>

Church under The Bridge P.O. Box 11805  
Lexington, KY 40578





## Vice President Report

By Kathryn Bowers



### ***Diving Daydreams***

I made my last Dive March 6, 2020 in Beautiful Bonaire. Then the bottom dropped out of the dive and travel industry. I have yet to try my hand at underwater photography, so all I have now are other people's photos and my memories. One of my favorite memories was the first occasion I was lucky enough to "find Nemo" in the wild waters off the coast of Papua New Guinea.

Anemonefish inhabit the warmer waters of the Pacific and Indian Oceans, Red Sea, and Great Barrier Reef. Anemonefish typically live at the bottom of shallow seas in sheltered reefs or shallow lagoons. None are found in the Atlantic, which is why I never saw any in the Caribbean.



Anemonefish are smallish, 6.7 to barely 2.8 inches in length. Depending on species, 30 are recognized, they are overall yellow, orange, or a reddish or blackish color, and many show white bars or patches. They are omnivorous and can feed on undigested food from their host anemones. Fecal matter from the anemonefish provides nutrients to the sea anemone.

Anemonefish and sea anemones have a symbiotic mutualistic relationship, each

providing many benefits to the other. Anemones protect the anemonefish from predators. In return, the anemonefish defends the anemone from its predators and parasites.



The anemone also picks up nutrients from the anemonefish's excrement. The nitrogen excreted from anemonefish increases the number of algae incorporated into the tissue of their hosts, which aids the anemone in tissue growth and regeneration. The activity of the anemonefish results in greater water circulation around the sea anemone.



Bleaching of the host anemone can occur when warm temperatures cause a reduction in algal symbionts within the anemone. Bleaching of the host can cause a short-term increase in the metabolic rate of resident anemonefish, probably as a result of acute stress.

Several theories are given about how they can survive the sea anemone poison:

- The mucus coating of the fish may be based on sugars rather than proteins. This would mean that anemones fail to

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## Vice President Cont.

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- recognize the fish as a potential food source.
- The coevolution of certain species of anemonefish with specific anemone host species may have allowed the fish to evolve an immunity to the nematocysts and toxins of their hosts.

Anemonefish are sequential hermaphrodites, meaning they develop into males first, and when mature, become females. Anemonefish lay eggs on any flat surface close to their host anemones. In the wild, anemonefish spawn around the time of the full moon. Depending on the species, they can lay hundreds or thousands of eggs. The male parent guards the eggs until they hatch about 6–10 days later, typically two hours after dusk.



The reproductive cycle of anemonefish is often correlated with the lunar cycle. Rates of spawning for anemonefish peak around the first and third quarters of the moon. The timing of this [spawn](#) means the eggs hatch around the full or new moon periods.

The pictures in this article are courtesy of my fellow traveler Noel Hall. If you are interested in learning more about anemonefish and would like to see pictures of the different species check out my reference article at: <https://en.wikipedia.org/wiki/Amphiprioninae>



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## Secretary's Report

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*By Kris Harn*



The Bluegrass Dive Club had a board meeting on April 13, 2021. Minutes are available upon request.



On May 25, 2021, we had a regular meeting on Zoom. Thirteen people attended. It was nice to get to see and talk to everyone. A great program was presented by Tammi Warrender regarding SCTLD in Grand Cayman.



The Bluegrass Dive Club had a board meeting on June 8, 2021. Minutes are available upon request. 🚩





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## Trip Director Report

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By Leigh Ann Bowe-Geddes



Prospects for dive travel are improving. This August eight members of the Bluegrass Dive Club will be enjoying the dive life for a week on a live-aboard in Belize.



Cayman Islands' government announced on June 16<sup>th</sup> that they are working on developing a phased reopening plan. While they cautiously stated that they cannot confirm any details at this time, they are optimistic that they may be able to begin the phased reopening around mid-September. In light of the lifting of restrictions, the BGDC board of directors is considering a spring trip to the Cayman Islands.



Any members who would like to offer input regarding potential club destinations may do so by emailing the trip director through the club website, [Bluegrassdiveclub.com](http://Bluegrassdiveclub.com). Click on the "Contact Us" link. 🚩

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## From the Treasurer

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By Dan Miller



### 2021 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](#). 🚩



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## Webmaster

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By Alex Fassas



### Watery Thoughts from the Web

*"Blue skies smiling at me."* (credit to Irving Berlin, and I hear Willie Nelson's rendition in my head)

#### Freshly serviced regulators and ...

Having retrieved our freshly serviced regulators and checked all of our dive gear, we are just waiting on some upcoming trip dates to arrive. Not so fast, I think it may be time for a refresher of my dive knowledge, fitness, and skills. Check out your Safety Information Directors article for a guide on returning to diving safely.



There are lots of resources for that refresher dive to make sure that you have not forgotten how to safely breath underwater. From a freshly filled rental air tank to a skills refresher dive. Central Kentucky has the following resources:

- Robert Crovo, Lexington Dive Services, Lexington, KY, telephone 859-552-4252 or <https://www.facebook.com/LexingtonDiveServices>

- Dean Littrel, Divers Den, Somerset, KY, telephone 606-561-4536 or <https://www.facebook.com/diversden1>
- New Horizons Dive Center, Lexington, KY, telephone 859-277-1234 or <https://www.facebook.com/DiveNewHorizons> or <https://www.newhorizonsdiving.com/>

### Member Survey about return to in-person meetings and such

As the United States begins to emerge from the 15 months of lockdown in its various forms, we find ourselves longing to return to social contact. Your Club Board would like your input to help us thoughtfully plan for a return to in-person club meetings. Please complete this short survey to help us <https://bluegrassdiveclub.com/survey>.



We understand that our club membership expands far beyond the borders of the Commonwealth of Kentucky, so we will continue to include a virtual meeting element as well for the foreseeable future.

### Please update your email subscription

Since December 2020, when we setup the new email newsletter list, we may not be getting club news to everyone's email inbox. Please update, so that you do not miss any news. Go to this weblink to update or subscribe:

<https://bluegrassdiveclub.com/subscribe> . 🚩





## Safety Information Director

*By Bart Bertetto*



### I Learned About Diving Safety From That

My mission is to provide you relevant safety information for your use. Each article will focus on a specific safety risk. I will draw from my experience, hopefully yours, and the dive community to highlight real risks that we must be aware of. So, if you see or hear of something that we could all learn from, please pass it to me. There is nothing like first-hand experience to drive a point home. This month's lesson is:



**Note from Bart: Right now, Return to Diving Safely, is a major impetus in our sport, industry, and community. Lives saved, or lost, will be the measure of how successful or not we are. Please, before you start diving again, make sure you have fully assessed yourself and you're diving to ensure that your return is a super one. You owe that to yourself and your loved ones. Personally, I will be diving the city pool or the local quarry with my new equipment and more than once.**

DAN is leading this effort and has identified the critical issues of: Inactivity, Health Status, Fitness, Equipment, Diving Skills, and Travel Plans. The following material comes from their presentation.

**This issue, we will cover Inactivity, Health Status, and Fitness. Next issue we will cover Equipment, Diving Skills, and Travel Plans**

### Period of Inactivity

Personal obligations and commitments, illnesses and injuries, global health and travel hazards, and many other reasons and circumstances may keep divers out of the water. The main steps for returning to diving will be the same regardless of the reasons for not diving, but the focus may vary.

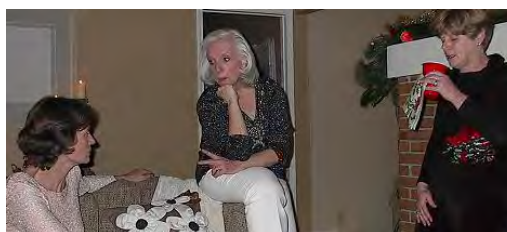


### What Kept You Away From Diving?

If your absence was due to twists and turns in your life journey, and you are still healthy and fit, you will want to focus on your skills and equipment. If you were out because of illness or injury, a review of your health will be important. If you couldn't dive because of the pandemic, focus on public health and travel guidance from the proper authorities.

### Did illness or injury keep you away?

While acute illnesses are not compatible with diving and even the common cold could keep you out of the water temporarily, some illnesses may affect your physical activity for a prolonged period or even permanently. If you were severely ill, had [COVID-19](#) or have a chronic illness, consult your physician about your plan to return to diving. DAN is available to consult with your physician about the health requirements of diving, or we can refer you to a doctor trained in diving medicine.



## Safety Info Director Cont.

### How does inactivity affect your return to diving?

Diving requires special skills learned during training and maintained through practice. “Use it or lose it” is especially true in diving. While skills will degrade somewhat with as little six months of inactivity, most dive educators and instructors consider inactivity of one to two years sufficient to warrant refresher training.

### Return-To-Diving Tips for Specific Periods of Inactivity

If you have not been diving in a long time, consider how much you may have changed and what changes may have occurred in the diving world. You may need to take action in multiple areas and should thus devise a personalized return-to-diving plan. Even if you are an experienced diver, you should not skip these steps. And keep in mind there’s more to this than just diving skills; you may need to refresh your first aid skills, too.

Period	Health	Fitness*	Skills	Equipment
Up to 12 months	RSTC medical form as a guide	Personal activity history; self-assessment	Refresher dive	Regular maintenance
1 to 3 years	Annual medical	Swimming pool test	Pool refresher / Skills update	Professional service
3-10 or more years		Supervised fitness test	Comprehensive refresher course	
10 or more years	Entry-level fitness-to-dive evaluation		Full open water course	Consider an update

\* If your physical fitness is not optimal, you should devise a plan and begin exercising to achieve adequate fitness for diving.

### Health Status Overview

As you know, having an acute illness is not compatible with safe diving. Even the common cold will keep you out of the water temporarily — not only does it affect your ability to

equalize the pressure in your ears and sinuses, it also affects your ability to exercise. Gastrointestinal distress can cause dehydration and electrolyte imbalance, which may be life-threatening underwater. Some illnesses can affect your ability to exercise even after the acute phase. Illness and prolonged bed rest cause decline in cardiovascular fitness and loss of muscle mass. Even with a complete recovery, return to your pre-illness level of physical activity gradually, and understand that it may take weeks or longer.

COVID-19 is an illness that in severe cases requires a prolonged convalescent period and may significantly affect one’s ability to exercise.



### Follow the DAN Guidelines for Lifelong Fitness to Dive

Whether you were inactive for weeks or years, when planning your next trip, consult the one-page [DAN Guidelines for Lifelong Medical Fitness to Dive](#), which will help you make the safest decision for yourself. If you are healthy and have recently been evaluated by a doctor, you may be directed to simply fill out the Diver Medical Participant Questionnaire (formerly known as the RSTC medical screening form). However, if you have been kept away by illness, have certain risk factors, or are over age 65, the self-evaluation will not be enough.

### Follow the Diver Medical Participant Questionnaire

The standard medical screening form used in diving was recently updated by the Undersea



## **Safety Info Director Cont.**

and Hyperbaric Medical Society (UHMS) with contributions from DAN and other organizations and endorsements by many World Recreational Scuba Training Council (WRSTC) members. The new [Diver Medical Participant Questionnaire](#) is a part of [The Recreational Diving Medical Screening System](#), which also includes the Diver Medical Physician's Evaluation Form and the Diving Medical Guidance to the Physician. These are available on the DAN and UHMS websites.

The Diver Medical Participant Questionnaire inquires about major health issues that may affect your fitness to dive. It is in your best interest to answer all questions honestly, as this is a tool that helps with your self-evaluation and is designed to keep you safe. Healthy divers and divers with well-controlled chronic illnesses may get a quick pass. Divers with other conditions may require evaluation by a medical professional. The questionnaire will help you identify those conditions and take the necessary next steps.



### **See Your Physician When Indicated**

If the Diver Medical Participant Questionnaire indicates that you need to consult a physician (or if you simply wish to), do so. If your physician is not sure about how your health status or medical condition might affect your fitness to dive, check with DAN. We can offer advice, a consultation, or a referral to a dive medicine expert in your area.

### **Dive Fitness Overview**

Even if you're healthy from a medical standpoint, you'll still need to consider your physical fitness, which is of utmost importance for safe diving. The level of exertion required for various diving conditions ranges from light to heavy. You should be familiar with both expected and possible conditions at your dive site and consider how your exercise capacity aligns with demand in various situations.



### **Are You Physically Fit For Diving? Period of Inactivity**

During the time you weren't diving, you may have been less physically active in general, you may have gained weight, or you may just be older and have yet to learn your new limits.

### **Fitness Evaluation**

DAN can advise you on how to self-evaluate your fitness and when you should seek evaluation by a medical professional. If your fitness needs improvement, make a plan and stick to it. Start as soon as possible to allow enough time to achieve your goals.



## Safety Info Director Cont.

### Age-Related Considerations

There is no age limit for diving, but aging is often associated with chronic diseases and declining physical fitness. Health risks associated with diving vary with age, as do health and fitness maintenance requirements. It takes more time for sedentary older people to improve their physical fitness, but the effort is worth it to improve quality of life.



### Venous Bubbles

Older divers are more prone to developing venous gas bubbles after diving. If they get decompression sickness, healing may take longer and be incomplete. That being said, we see proportionally fewer older divers getting DCS because most older divers dive more conservatively.

### The Eyes

The eyes tend to age consistently across the population. Cataracts, glaucoma and surgical corrections of vision are quite common and may affect your ability to dive (or may require modifications). Assess your ability to read gauges without glasses in dim light.



### Prostate Health

Older male divers may have developed prostate issues that require adjustments in diving or lifestyle. You should learn about possible interactions of some common drugs with an enlarged prostate (be aware of some seasickness drugs), and how to regulate frequent urges to urinate.

### Medications

If you are taking prescription medications, ask DAN or your physician how these might interact with diving. Even over-the-counter drugs should be considered since some of them may cause complications.

### Refresher Tips by Age Group

Getting older doesn't have to mean giving up on diving, but divers over 50 should be aware of common medical issues that may affect dive safety.



#### 18-35 Years Old

- Health
- Consult UHMS RSTC form
- Fitness
- Personal activity history
- Skills
- Supervised skill drills
- **Procedures**

#### 36-45 Years Old

- Health
- Annual medical
- Fitness
- Self test
- Skills
- Supervised skill drills
- **Procedures**
- Increase safety deco margin



## Safety Info Director Cont.

### 46-65 Years Old

- Health
- Annual medical
- Fitness
- Supervised test
- Skills
- Refresher course
- **Procedures**
- Dive conservatively



### 66+ Years Old

- Health
- Entry-level medical evaluation
- Fitness
- Medically supervised test
- Skills
- Refresher course
- **Procedures**
- Avoid decompression dive, dive conservatively
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See everyone down there. Let's all make this a great Return to Diving by the Bluegrass Dive Club. 🚩



## Bluegrass Dive Club 2021 Calendar

### June

24, Newsletter

### July

13, Tuesday Board Meeting

27, Tuesday Club Meeting

### August

24, Newsletter

**The Calendar may change so read your emails**

**September to December TBA**



## 2021 BGDC Officer's

John Geddes, President	608-0682
Kathryn Bowers, Vice President	619-0166
Kris Harn, Secretary	333-6911
Dan Miller, Treasurer	948-5133
Trip Director - L. A. Bowe-Geddes	553-6251
Bart Bertetto, Safety Info Dir.	502-299-3656
Alex Fassas, Webmaster	582-1600
Terri Anderson, Newsletter	502-791-4088