



UNDERCURRENTS

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

April 2023

Volume 53, Number 2

April Newsletter and May's Club Meeting

April 11th Newsletter

Meeting: Tuesday, May 9th
Time: 7:30-PM (business)
Social at 7:00

Location: Roosters
Program: TBA

President's Message

By John Geddes



Things are picking up as we move into Spring and Summer.

The Derby Party will be Saturday, May 6 and Sherry McCann will be hosting at her home. Club will supply the pulled pork and buns with non-alcohol drinks, so bring your brown bags of your favorite drink. The Party will start at 3:00 PM and the address is 3557 Gloucester Dr, Lexington. That is the Westmorland Neighborhood off of Versailles Road.

Also, I think a proposal for a Dale Hollow trip will be on the agenda at the next Board meeting.

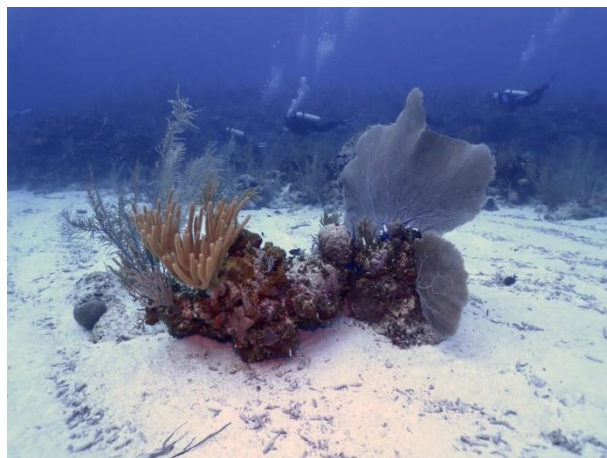
There is a trip to Roatan Honduras planned in August and details are further in the Newsletter, so check it out. 🚩

Vice President Report

By Kris Harn



Hope to see you at the May meeting at Roosters on the 9th! If you have any request on programs or door prizes you would like to see offered this year, let me know your ideas! 🚩



2023 BGDC Officer's

John Geddes, President	608-0682
Kris Harn, Vice President	333-6911
Charlie Denham, Secretary	621-8655
Dan Miller, Treasurer	948-5133
L. A. Bowe-Geddes, Trip Director	553-6251
Kathryn Bowers, Safety Info Dir.	619-0166
Alex Fassas, Webmaster	582-1600
Newsletter Editor, VACANT	

Secretary's Report

By Charlie Denham



Lots of action at the last Board meeting. So much that I wasn't able to fall asleep. Looks like we are going to dive Doug's Dream, as the Board OK'ed locking down a late August trip to Roatan.



In other news, Alex gave the Board a schooling on the inside workings of electronically paying for purchases and the Board decided to initiate electronic payment. We will add the fee for large items such as trips, but the fee will be absorbed on small purchases such as tee shirts.



The annual Derby Party was approved and the Board decided for some reason to have it the first Saturday in May. Looks like it will be at the home of Sherry McCann. 🚩

Trip Director Report

By Leigh Ann Bowe Geddes



Greetings, Dive Buddies! We are pleased to announce that BGDC will be returning to beautiful Roatan, Honduras this summer. We have an exciting trip planned for August 26 through September 2 at Anthony's Key Resort in Roatan. Anthony's Key always treats us well, and this trip will be no different. Included in the trip are:

- Welcome cocktail reception and orientation
- 3 meals daily
- 3 Boat tank dives/day
- 2 Boat tank night dives during the week
- Island Fiesta Night (Party!)
- Shore diving during shop hours
- Access to kayaks and stand-up paddle boards
- And more...



During this trip the club plans to visit the dive site known as Doug's Dream, named in memory of Doug Geddes, and known as his favorite dive site.

For those of you who are non-divers Roatan is a beautiful island with other activities. It is a gorgeous place for hiking and ziplining.

We have been fortunate to secure a very special price, which was to have expired the

Trip Director Report Cont.

end of March. We have been informed that any others who wish to add to our group will still get the discounted price, as long as there are rooms available. But do not delay – final payments must be submitted to Anthony's Key 60 days in advance of the trip. Check out the details and prices on our website at Bluegrassdiveclub.com. Alex Fassas, our webmaster, is the leader of this trip.

You can contact him at webmaster@bluegrassdiveclub.com.



At our last meeting I asked for members to make suggestions of future dive venues, and the room fell silent. I know some of you must have bucket list venues, and we would love to plan a trip to fulfill those dreams. Contact me through the web page or at tripdirector@bluegrassdiveclub.com. Help the dive committee in creating opportunities for some great trips. 🚩



From the Treasurer

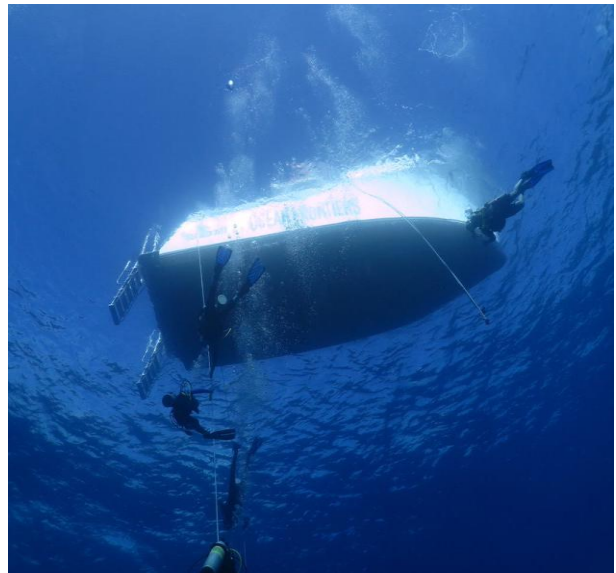
By Dan Miller



2023 Membership Dues **\$10.00**

- Student with ID
- Single & Family (1 diver)
- Family (non divers)
- Family (2 or more divers)

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](#). 🚩

Webmaster

By Alex Fassas



Tales From The Watery

Web

Checklists Are a Good Thing

I am an airplane pilot, a SCUBA diver, a business owner, a traveler, and our club's Webmaster. In all those pursuits checklists abound. The purpose of those lists is oftentimes serving multiple purposes, usually around safety, communication, and being sure to not miss a step or item. I wouldn't think of starting or flying an airplane without the use of my trusted written checklists. The same for diving, although most of those lists are learned and rote. But the time comes when maybe a written list is a good idea for all of us.

I also know that when it comes to getting club news, events, communications out that I rely upon lists to not forget steps and various

media; ✓ website ✓, email ✓, Facebook

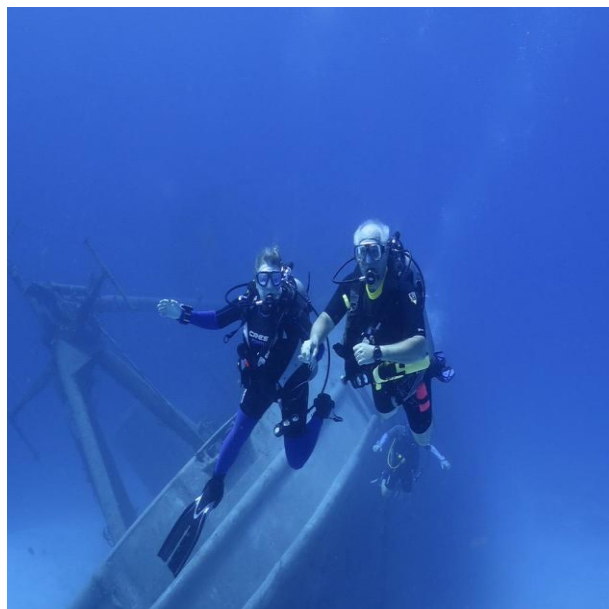
Page ✓, Facebook Group ✓. Signed up for and deposit paid for the club's trip to Anthony's Key Resort on Roatan, Honduras,

August 26 – September 2, 2023 .



Our Club Enters the 21st Century – Online Payments

Your club now accepts [online payments](#) in addition to check or cash. We use the secure Stripe payment processing platform to handle our [online payments](#). We never see, store, or have access to your personal payment information; it is securely sent to Stripe directly from your web browser. We accept payment for club dues, trip deposits or payments, and for merchandise. All trips are shown at the cash price, if you choose to pay with a credit card online there will be a surcharge of 3.1% to offset the club's cost of processing the payment. Dues payments are excluded from the surcharge. Want to pay your 2023 club dues of \$10 (same price individual or family this year) the easy way, use [online payments](#).



Share The Good Things In Life, Like Your Dive Club

Do your club and yourself a favor and feel free to forward a club email to friends or share a club Facebook page post. "Like" and "Follow" the club's public Facebook page (<https://www.facebook.com/BluegrassDiveClub>) and "Like" or comment on the posts; all of these things help other people to find out about your club, its trips, and benefits. 🚩

Safety Information Dir.

By Kathryn Bowers



Our April topic is from "Ask DAN: By [Divers Alert Network](#) Dated March 7, 2023



I thought since so many of us are getting older and for whatever reasons have started diving with NITROX this was a timely article. Since my experience with decompression sickness (not recommended) and adventure in "the Chamber" (also not the most fun way to spend 5 hours and as many thousands of dollars) I have been certified to use and been diving with NITROX. A few of the points are things you should have learned in your NITROX certification course like "learn how to always check your breathing gas with an oxygen analyzer" and ALWAYS check your mixture yourself and adjust your computer accordingly. Good points and a good refresher. Thanks, Divers Alert Network.

Human bodies are adapted to an atmosphere containing 21 percent oxygen. Divers using nitrox or other mixed gases are exposed to elevated partial pressures of oxygen, and thus incur a risk of oxygen toxicity. Oxygen toxicity may occur in divers using nitrox or mixed gases if they exceed the maximum operating

depth for the gas they're breathing. Cold, strenuous exercise, some medications, and other individual and environmental factors may increase the risk of oxygen toxicity. Recreational divers are advised to limit their oxygen partial pressure to 1.4 ATA. In addition, divers should always check their breathing gas with an oxygen analyzer before breathing off any tank.

Signs and Symptoms of Oxygen Toxicity May Include:

- Flashing lights in front of your eyes
- Tunnel vision
- Loud ringing in the ears (tinnitus)
- Confusion
- Lethargy
- Nausea and vertigo
- Numbness or tingling Muscular twitching (especially lips)

If you experience any of these symptoms, alert your buddy and promptly make a controlled ascent to the surface. While these signs and symptoms are not inherently harmful, they may precede a convulsion. Therefore you should begin your ascent (and, if applicable, switch to a breathing gas with a lower fraction of oxygen) as soon as possible. The most serious symptom of oxygen toxicity is a convulsion, or seizure. This may occur without warning and is dangerous underwater as it will likely lead to fatal drowning. If you witness a diver experience a seizure, do the following:

Release their weights. If they are in a drysuit, leave their weights in place if it will keep them face-up on the surface.

Leave their mouthpiece in their mouth and hold it in place. If it is not there, do not attempt to replace it.

Grasp the diver around their chest and make a controlled ascent to the surface, maintaining a slight pressure on the diver's chest to assist exhalation.

Inflate the diver's [BCD](#) as needed on ascent. Do not release your weight belt or inflate your BCD. At the surface, inflate their BCD if you haven't already.

Safety Information Dir. Cont.

Signal for emergency pickup.
Tilt their head back to open the airway once the convulsion has subsided.

Ensure they are breathing. A trained provider can initiate mouth-to-mouth breathing if necessary.

Monitor for signs of decompression illness and respond appropriately.

The main goal while the injured diver is in the water is to keep them from drowning. Next is to ensure that the airway is open after the convulsion stops by keeping the neck extended.

Look for foreign bodies in the trachea. A diver can bite off parts of the mouthpiece during a convulsion, which can block the airway. In these cases, the injured diver will begin coughing as they return to consciousness or may try to breathe but not get any air into the lungs. A trained provider should respond to this foreign-body obstruction of the trachea.

Because of the seizure risk, central nervous system (CNS) oxygen toxicity is of the greatest concern to divers. Pulmonary oxygen toxicity is not of concern except in very long technical dives (extended cave or rebreather dives, for example) lasting six to 12 hours or more. Prolonged dives within the safe limits for CNS oxygen toxicity may cause ocular toxicity, which manifests as a narrowing of the visual field and myopia.

During hyperbaric chamber treatment divers may be exposed to much higher oxygen pressures than would be safe to use while diving. The oxygen pressure used during treatment represents a balance between the expected benefit and the potential risk. In general, oxygen is better tolerated in dry, resting conditions than in wet conditions while exercising. In addition, there is no risk of drowning in a dry hyperbaric chamber, which is the major concern with oxygen toxicity in diving. I can also attest from personal experience that a trained medical professional

will be with you at all times if you are in a chamber.

Be aware that oxygen toxicity is unpredictable. Divers have experienced convulsions at shallow depths under conditions where most experts would not have expected them to occur. Keep in mind that what you get in your cylinder may be different from what you expect. Make sure you have a method of analyzing the amount of oxygen in the tank, independent of the filling station.

Consider your risks when using nitrox. Training, experience and thorough knowledge of nitrox diving by everyone involved are essential. 🚩

Bluegrass Dive Club 2023 Calendar

April

11, Tuesday NEWSLETTER
25, Tuesday E.C. Meeting

May

6, **Saturday Club's Derby Party**
9, Tuesday Dive Club Meeting
30, **Tuesday E.C. Meeting**

June

13, Tuesday NEWSLETTER
27, Tuesday E.C. Meeting

July

11, Tuesday Dive Club Meeting
25, Tuesday E.C. Meeting

August

8, Tuesday NEWSLETTER
??, Saturday Club Pig Roast
29, Tuesday E.C. Meeting

September

12, Tuesday Dive Club Meeting
26, Tuesday E.C. Meeting

October

10, Tuesday NEWSLETTER
24, Tuesday E.C. Meeting