



# UNDERCURRENTS

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

June 2023

Volume 53, Number 3

## June Newsletter and July Club Meeting

June 13<sup>th</sup> Newsletter

**Meeting:** Tuesday, July 11th  
**Time:** 7:30-PM (business)  
Social at 7:00

**Location:** Roosters  
**Program:** TBA

## President's Message

*By John Geddes*



It was a beautiful day for the Derby and the Party with the Dive Club.

I would again like to Thank Sherry McCann for opening her home for the club, I did not do a head count but I know all the food was gone and a few people were winners in the cash pools.

The board had talked about putting on a local dive, but this did not mature, but the local dive shop has a great calendar of events, so check it out in the back of our newsletter.

The pics are from the Derby Party. 🚩

## Vice President Report

*By Kris Harn*



Would anyone like to host the Pig Roast or the Christmas Party? Let me know if you would like to!

Hope to see you at the July meeting at Roosters on the 11th. If you have any requests on programs or door prizes you would like to see offered this year, let me know your ideas. 🚩



## 2023 BGDC Officer's

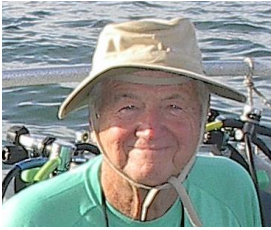
John Geddes, President	608-0682
Kris Harn, Vice President	333-6911
Charlie Denham, Secretary	621-8655
Dan Miller, Treasurer	948-5133
L. A. Bowe-Geddes, Trip Director	553-6251
Kathryn Bowers, Safety Info Dir.	619-0166
Alex Fassas, Webmaster	582-1600
Newsletter Editor, VACANT	

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## Secretary's Report

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*By Charlie Denham*



The Derby Party, as usual, was a great get together. Thanks to Sherri McCann for hosting it and to John and Alex for putting it together.

Things are pretty quiet, so we didn't have a board meeting this month.

Of course Alex has been hard at work, putting things together for the Roatan trip. I have even begun to hear murmurs about a winter trip to Little Cayman. If you haven't paid your dues, remember you can do it over the internet, see the web page for details. 🚩



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## Trip Director Report

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*By Leigh Ann Bowe Geddes*



Here we are, on the verge of summer and our Roatan, Honduras dive trip fast approaches. At last notice we learned that there were still several vacancies at Anthony's Key Resort.



This is always a fun resort, with lots of great undersea life, comfortable rooms (for a dive resort), and all-inclusive food that does not disappoint. So, check that your passports are up to date, and get yourself on the list for this trip. We can promise beauty both above and below the surface of the water. 🚩





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## From the Treasurer

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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 to include your mailing address and phone number, and it is essential that we also have your current email address.



**Contact / Mail to:** Bluegrass Dive Club c/o  
Dan Miller  
824 Gunpowder 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



Tales From The Watery  
Web

### ***Anthony's Key, Roatan, Honduras – Time to Get off the Fence and into the Water***

Spring 2023 is giving way to summer, and those registered for the dive trip to Anthony's Key on Roatan, Honduras have 10 weeks until our trip departure on August 26<sup>th</sup>. This trip continues through September 2, 2023. At last check, there is still room to add to our numbers on this trip. Currently we have 8 divers on this trip. If you are wanting to go, please visit the trip page for details at [Anthony's Key Resort, Roatan, Honduras club dive trip – 8/26 to 9/2/2023 | Bluegrass Dive Club](#). The Trip Registration link is located on that page. If you have questions reach out to the Trip Leader, Alex Fassas, at [webmaster@bluegrassdiveclub.com](mailto:webmaster@bluegrassdiveclub.com) or (859) 582-1600.



### ***Longtime club members moving to South Carolina***

Mike and Judy Sullivan are making plans for a move to South Carolina. As they are no

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## Webmaster Cont.

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longer diving, they wanted to let friends of the club know that their gently used and cared for BCD's and regulators are for sale. If you have interest in any of this equipment please reach out to Judy Sullivan at [zeph48@gmail.com](mailto:zeph48@gmail.com). We wish them well on their next adventure.

### *Did Someone Share This Newsletter With You?*

Are you reading someone else's copy of our Undercurrents newsletter? If you would like to have your very own copy delivered directly to your inbox, [please subscribe using this link](#). The newsletter is FREE.

### *The Club is Now Accepting Online Payments*

For your convenience, the club is now accepting [online payments](#) for dues, merchandise, and trip deposits. Yes, we still accept bank checks and our club treasurer has even given receipts for cash payments too. 🚩



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## Safety Information Dir.

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*By Kathryn Bowers*



### **The Do's and Don'ts of Getting Reacquainted with SCUBA**

I hope everyone is getting excited about our upcoming trip to Roatan. Our trip is still a few months away so we have time to start thinking about what we should be doing to get ready for diving and make this a safe and enjoyable trip. Our June topic is from "Divers Direct". Hey! I see it's been a while since you've been scuba diving. We get it, no problem. Times have been unprecedented, and life is a thing that happens. Well, whatever you've been up to lately, we're glad your path led you back to the sea and back to nature. Since you've been on hiatus from the world of scuba diving, there are some things we should probably go over. Don't worry - this'll just be a quick overview.



### **The Don'ts**

Let's start with what NOT to do. If it's been a significantly long time since you've been diving (maybe six months or more), and you're looking at your BC or reg set up and wondering which button is which and which side to put what... that means you probably shouldn't just jump in anyway and figure it out on the way down. That's our biggest no-no;



## Safety Info Director Cont.

basically, **don't** ignore what you don't remember and try to go for it anyway. If you forgot how to brake on a motorcycle, you wouldn't jump on and just go without some re-learning, same with scuba. We need to know at least some basic safety stuff.

It's nice to have a helpful friend, but **don't** go diving without a buddy. This is a great rule of thumb regardless of how frequently or infrequently you dive. Having a dive buddy is the safest way to go diving.

At the same time, **don't** just have your friend set up all your gear for you - it's best to know how to do it yourself so you're confident with your gear.

Here's a big one, **don't** go all in on your first dive back. Start slow! If you've been diving 140 ft below but it's been ten years since then, let's not start with that kind of depth on your first dive back.



**Don't** go diving if you're not feeling confident in your knowledge and abilities. This is really just to reiterate what we said at first (because it's that important!). You need to remember your basic safety skills, know how to set up your gear, and know some basic underwater communication before jumping back in. We mention all these for not only your safety but also for the safety of your dive buddies.

### The DO's

**Take a refresher course!!** If it's been at least six months since your last dive and you're feeling a little nervous about jumping back in, take a quick refresher course! This is the best

"to-do" you can do for yourself and others when it comes to diving after a hiatus.

**Put your gear together yourself.** Sure, have your more knowledgeable dive buddy look it over and make sure all is in order, but get in the habit of knowing what's what and where it all goes.



**Start with an easy shallow dive** (maybe 30 ft or less). Get reacquainted with the feeling of diving first, and then build your way to greater depths later if you choose.

**Remember to clean your gear afterwards!  
Relax and Have Fun!**



### FAQs

**What's the most important thing to do when diving for the first time in a long time?**

The safest, most efficient way to get back into diving after a hiatus is to take a refresher

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## Safety Info Director Cont.

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course. If it's been more than six months since your last dive, we highly recommend taking a scuba dive refresher course to boost your confidence in the water.

### **What's covered in a Refresher Course?**

A scuba diving refresher course will go over all the scuba diving skills and knowledge training you had in your original Open Water Certification.



### **What should be your Max Depth your first dive back?**

You probably shouldn't dive any deeper than 30 ft on your first dive back to get used to the feeling of diving again.

### **Why is it important to know how to put your dive gear together? Why can't your dive buddy do it?**

It's important to know how your gear works, how it connects, and which side everything goes on. You'll be able to check on your own work and have a dive buddy check for you. Your dive buddy will have their own gear to set up, too. If they're more experienced than you, it could be beneficial to have them talk you through it and follow along with what they do, then have them check your work. 🚩

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## Local Diving

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New Horizons/Diventures, Lexington, KY  
Call them to inquire at (859) 277-1234

### *Mermet Springs*

September 2-3

### *Laurel Lake*

July 1

July 29

August 12

October 7 (Underwater Pumpkin Carving)

### *Pennyroyal Scuba Center*

June 17-18

July 15-16

August 26-27

September 23-24





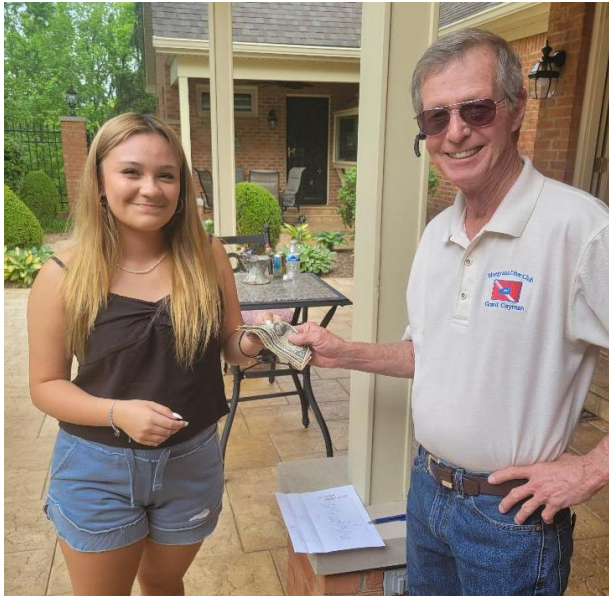
# Bluegrass Dive Club 2023 Calendar

## 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  
26, Roatan Dive Trip  
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

## November

14, Tuesday Club Meeting (Elections)  
28, Tuesday E.C. Meeting

## December

10, Saturday Christmas Party

