



# UNDERCURRENTS

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

MAY 2024

Volume 54, Number 4

## May Club Meeting

**Date:** May 14th Tuesday,  
**Time:** 7:30-PM (business)  
Social at 7:00

**Location:** Roosters  
**Program:** Dominica

## President's Message

*By Kathryn Bowers*



A Note from the President

I hope everyone has been enjoying the warmer weather. Alex and I really have as we made several trips to our beach condo and got to soak in some much needed Vitamin Sea.

We hosted Kristen and Natasha in April and all enjoyed some nice sunsets and got to swim in the ocean. The water was nice and warm, but maybe too early in the year. I enjoyed the swimming but the temperature concerns me.

If you remember my plug for the learning opportunity on KET (our local public television station) last month I want to report Alex and I watched the April 24th Coral Special. It was extremely concerning but also presents some

reasons for hope. If you missed it you can still find the series titled Changing Planet on KET direct or Amazon Prime. I have watched several episodes but the Coral Special is outstanding!



The Changing Planet crew travels to the Maldives to focus on coral reefs and the urgent efforts to help them survive climate change. The camera work is breathtaking and the advances in science that border on science fiction (playing the sounds of fish on a healthy reef to encourage coral spawn to attach to a specific location) will blow your mind.

As you may remember the Board decided in March we would move back to monthly meetings but weren't able to get Roosters for April. We will be moving back to monthly in person meetings this month! Our next in person meeting will be May 14 and every second Tuesday of the month after that. If you are ever in doubt just check our website ([Club Calendar](#) | [Bluegrass Dive Club](#)).

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## President's Message Cont.

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I want to thank Tracy and Alan for so graciously hosting the Derby Party this year! I hope everyone had a great time. As usual the food was outstanding. I was a little late but I did get to see a few people. Our next event will be the Pig Roast but more to come on that at a future meeting. I hope to see everyone at Roosters next Tuesday. 🚩



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## 2024 BGDC Officer's

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Kathryn Bowers, President	619-0166
Kris Harn, Vice President	333-6911
Charlie Denham, Secretary	621-8655
Dan Miller, Treasurer	948-5133
Natasha Bowers, Trip Director	651-786-9574
Bart Bertetto, Safety Info Dir.	502-299-3656
Alex Fassas, Webmaster	582-1600
John Geddes, Newsletter	608-0682

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## The Editor's Notes

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*By John Geddes*



I will be taking orders for the new BGDC hats as shown in the Newsletter last month. Orders will taken until the closing of the May meeting Tuesdat night. The hat cost will be \$22.00 each. Text or Call,

859-608-0682. Colors will be of White or Khaki. 🚩





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## Vice President Report

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*By Kris Harn*



Hope to see you at the May meeting at Roosters on the 14th. If you have any requests on programs or door prizes you would like to see offered this year, let me know. 🚩



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## Secretary's Report

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*By Charlie Denham*



No report from the Board Meeting. 🚩



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## From the Treasurer

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*By Dan Miller*



### 2024 Membership Dues

FIRST YEAR MEMBERSHIP    **\$10.00**  
SECOND YEAR and there after    **\$20.00**

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](#). 🚩

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## Webmaster

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By Alex Fassas



### Tales From The Watery Web

#### 1 Dive Trip Posted & 2 More Soon

Exciting times again for the Dive Club. Your club Board has approved a dive trip to Dominica that should be open for registration by the time you are reading this. Trip dates are March 8-15, 2025.

Our Trip Director is nailing down details for a fall dive trip to Cozumel, Mexico. Plans are also firming up for a dive trip to the West Palm Beach, Florida area. Seeing awesome critters around the Blue Heron Bridge is on the menu for there. We hope to see more about these trips soon.



The club is planning for some pool refresher dive training. Be on the lookout in the near future for this opportunity to refresh your skills. Rust and corrosion do not belong on or in either our equipment or our divers.

#### Dive Accident & Travel Insurance Update

A follow up to last month's article about Dive Accident and Dive Travel insurance. I wanted to make you aware that the club's dive insurance partner, Dive Assure, has made some changes in their coverages since



October 2023. Dive Assure Dive Accident insurance NOW covers dive accidents that occur both domestically and internationally.



The previous lack of coverage for domestic accidents was a shortcoming for Dive Assure. Dive Assure Travel Insurance still only covers international travel.

The Bluegrass Dive Club also has an affiliation with Dive Assure and receives a commission on any purchases made using our weblink:

<https://diveassure.com/en/home/?pid=752> 





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## Safety Information Director

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By Bart Bertetto



### **I Got a Taste of Diving** **Safety from This SAFETY BITE**

*My mission is to provide you relevant safety information for your use. Each article will be a bite size portion of 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 **SAFETY BITE** is:*



### **Buoyancy Control by Breathing**

Buoyancy control by breathing is a wonderful and essential skill for any scuba diver looking to maximize their dive experience, their diving pleasure, and their diving safety, you can effortlessly maintain your position in the water column at any depth by just breathing slowly and deeply. Poor buoyancy control while scuba diving is very serious safety risk for many reasons and perfecting your breathing technique will help you avoid it.

Before you can exercise proper breathing buoyancy control however, you must be properly weighted. It is a fact that the majority of divers are overweighted.

To test if you have the correct weights for your set up follow these steps. Gear up with everything you will have on for the dive, now get into the water and stay at the surface. Take a normal breath in and hold it. Deflate your BCD fully. You should float at eye level with half your mask in, and half your mask out of the water. If you are sinking, remove weights, if you are bobbing up too high on the surface then add weights. Then exhale all your breath and hold it and you should sink very slowly. Make sure you record the amount of weight you need for this equipment set up to make the process quicker for your next dive. And remember that changing anything in your dive equipment kit can also change your weight requirements and you may have to repeat this weight calibration again.

Here are some things to consider about being properly weighed.

If you are positioned like a seahorse, constantly fins down, it's a telltale sign that you are over weighted.



If you find yourself constantly kicking or swimming underwater, there is a good chance you are overweighted. A flailing diver is a terribly overweighted diver.

## Safety Information Dir. Cont.

Another indicator is the amount of air you need to become neutrally buoyant and your position changes drastically with normal breathing that means you have too much air in your BC which is compensating for too much weight.

At the start of your dive when you dump your BC and descent to your depth, immediately achieve neutral buoyancy with **short quick incremental spurts** of air into BC. Try to absolutely minimize the amount of air needed. Allow time for any air changes to take effect. Don't chase it; nail it the first time. Being impatient will only prolong your journey to neutral buoyancy.



Focus immediately on your breathing. Make full normal slow relaxing breaths, being careful to fully exhale. Throughout the dive, recognize if you enter into a shallow breathing pattern and stop and focus on your breathing. If you don't descend when you expect to you may be holding too much air in your lungs. Of course, remember to never hold your breath whenever diving.

Strive to maintain a horizontal position throughout the dive. The frog kick, with legs lifted and out to the side is very conducive to maintaining a horizontal position. (This technique also lessens the chance of kicking the reef or ruining the visibility for other divers around you.)

Buoyancy control by breathing is all about breathing normally, focusing on slow relaxing breaths, then using large inhales and exhales to change your position in the water. You are basically increasing and decreasing the volume of air in your lungs to ascend and descend.



Seek the pleasurable feeling of weightlessness, like an astronaut. Pride yourself by using your breath to descend right down on top of something and then rising up away from it while motionless and without disturbing anything or anyone around you.



Finally, good buoyancy control by breathing takes practice, practice, and practice. Try to incorporate it into every dive. You will surprise yourself how much more it can add to your diving experience. 🚩

## Trip Director Report

By Natasha Bowers



A club trip to Dominica has been approved for March 8-15, 2025. Like previous trips we will be staying at the Fort Young Hotel. It has been fully renovated due to a hurricane since the club was last there in 2017 and it looks even more fabulous than it did before! Dominica is not the easiest place to arrange travel to and from and the hotel did not have much availability left for 2024. So, the decision was made to book this trip for 2025 to allow for ample planning time. I was also able to lock in the 2024 room rates for trip. Full details and pricing will be on the website next week.

Details about an October 2024 Cozumel trip are still in the works and I hope to have the final information about that trip in the next month. 🇲🇽



## Bluegrass Dive Club 2024 Calendar

### May

14, Tuesday Dive Club Meeting  
28, Tuesday E.C. Meeting

### June

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

### July

9, Tuesday Dive Club Meeting  
23, Tuesday E.C. Meeting

### August

13, Tuesday NEWSLETTER  
??, Saturday Club Pig Roast  
27, Tuesday E.C. Meeting

### September

10, Tuesday Dive Club Meeting  
24, Tuesday E.C. Meeting

### October

8, Tuesday NEWSLETTER  
22, Tuesday E.C. Meeting

### November

12, Tuesday Club Meeting (Elections)  
26, Tuesday E.C. Meeting

### December

14, Saturday Christmas Party