



UNDERCURRENTS

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

August 2024

Volume 54, Number 7

July Club Meeting

Date: August 13th Tuesday,

Time: 7:30-PM (business)
Social at 7:00

Location: Roosters

Program: Medley of Caribbean Diving

President's Message

By Kathryn Bowers



Greetings from your
President,

Goodness, how did we get to August already? I feel like I just saw everyone at Roosters yesterday.

I'm really excited seeing all the new friends every month at our club meetings. I'm so pleased to get to meet so many scuba enthusiasts from Lexington. I can't wait to get some trips on the books and start traveling and making great memories with you all.

Speaking of trips, if you want some input on where we travel in the future I encourage you to join the Dive Committee and help our Trip director Natasha plan our future adventures. Having input on the committee helps ensure you get the trip you want. Please contact Natasha, the BGDC Trip Director, directly at

tripdirector@bluegrassdiveclub.com or use our [Contact Us](#) form (please indicate TO: Trip Director)

Our next get together will be our annual "Pig Roast" at the home of long time club member Sherry McCann. Sherri and her late husband Mike have been so gracious in hosting gatherings at their lovely home over the years. The club will be providing meats, pulled pork and smoked turkey, soft drinks, and waters. Everyone is requested to bring a side dish or desert (enough for 10 or 12 people) and invited to bring any other (less soft) drinks of their choice. The pool will be available for anyone interested and children are welcome.



I look forward to seeing everyone on August 17th at the Pig Roast, located at 3557 Gloucester Dr
Lexington KY, 40510

Remember, meetings are the second Tuesday of every month except December and we have a Christmas Party)

If you are ever in doubt just check our website ([Club Calendar](#) | [Bluegrass Dive Club](#)). 🚩

The Editor's Notes

By John Geddes



The pics for this month are from Doug in Chuuk and Tracey in BVI. If you have some photos you like to share, just send them my way. 🚩



Vice President Report

By Kris Harn



Hope to see you at the August meeting at Roosters on the 13th. If you have any requests on programs or door prizes you would like to see offered this year, let me know your ideas. 🚩



Trip Director Report

By Natasha Bowers



Unfortunately the proposed October trip to Mexico fell through. I am disappointed but still exploring other potential options for the fall. I am also looking into a trip to the Cayman Islands for the summer of 2025.

The Bluegrass Dive Club is seeking interested members to join our Dive Committee. The Trip Director is working on trip planning and needs a committee to provide trip ideas and feedback. The committee will be limited to about 6 people. Currently there are 0 members. This is your chance to shape the future of BGDC travel.



The time commitment will be limited to periodic zoom meetings and researching dive trip destinations.

If you are interested in serving on the dive committee or have questions regarding being a member of the Dive Committee, please contact me directly at tripdirector@bluegrassdiveclub.com or use our [Contact Us](#) form (please indicate TO: Trip Director). 🚩

Secretary's Report

By Charlie Denham



The Bluegrass Dive Club met at ROOSTER'S Restaurant on Richmond Road in Lexington, KY on June 11, 2024. The meeting was called to order at 7:30 pm by President Kathryn Bowers.

The Zoom participants were introduced, followed by self introduction of those present. The President then called for Officers reports.

Vice President Kris Harn conducted a door prize drawing with John Geddes winner of a \$20 Dollar gift certificate from Rooster's.

Secretary Charlie Denham read the minutes from the previous general membership meeting and they were accepted.

Treasurer Dan Miller had returned from Grand Cayman and reviewed the current financial statement. There has been a lot of activity recently with deposits for the Dominica trip. He pointed out \$109.00 expenses for the Christmas party, and an increase in total funds held due to Dominica deposits.

He reminded those going to Dominica that September 1 the next payment is due, with the balance due on December 1.



Trip Director Natasha Bowers reported that her activity has been nil due to a recent back operation.

Safety Director Bert Bertetto discussed taking precautions with your gear to insure that everything you take on your dive stays with you. He suggested that dive buddies should check each other's gear just prior to beginning the dive.

Webmaster Alex Fassas stood in for our Trip Director and reported that we have obtained 6 more rooms for Dominica and there are no more currently available, but we will accept deposits for additional rooms that might become available.



The Cozumel trip is currently waiting on contract terms. This is an adult only Hyatt Hotel. The dates are October 12-19, 2024. 5 days 2 tank diving. Does not include nitrox, dock usage, Marine Park 1 fees, or excise taxes. It does include non alcoholic and local alcoholic drinks. Estimated airfare is \$592.

He pointed out that we are a booking agent for Aggressor Fleet and can get a 15% discount. Also, if booking an individual trip through Ultimate Dive Adventures, club members can get a 10% discount.

New members David Carr and Carol -Rushing Carr of Mt Sterling were noted.

The meeting was adjourned at 8:35 pm. 🚩

From the Treasurer

By Dan Miller



Student with ID, New Diver, First Year **\$10.00**

2024 Membership Renewal \$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](#). 🚩



Webmaster

By Alex Fassas



[Tales from the Watery Web](#)

Dominica 2025 Trip Update

There has been no update on additional room availability or diver space availability as of the time of this writing. Our trip is full and no additional space available at the Fort Young Hotel. Currently we have 26 people confirmed on the trip, 19 of which are divers. We have 2 people on the wait list (registered & deposit paid). As we get closer to our travel date of 8 March, 2025 there will likely be some space released by other groups and the opportunity for more of our members to get on this trip.



The second trip deposit of \$500.00 per person is due by September 1, 2024. You can [pay online](#) (there is a 3.1% processing fee added) or by mail to our Treasurer at Bluegrass Dive Club Inc., c/o Dan Miller, 824 Gunpowder Dr., Lexington, KY 40509-1754.

You will receive a final invoice from the Treasurer in advance of the final payment due date of December 1, 2024.

A Few Good People

A great club is about more than just going on dive trips. It is made great by a combination that includes social gatherings, educational and entertaining programs, and the dive trip

Webmaster Cont.

trio of planning trips, going on trips, and great stories about trips. Your dive club needs **you** to step up and help us be that great club. There are opportunities throughout the year to nominate yourself for a leadership position, be a member of the Dive Committee, provide suggestions for trip destinations, or provide a meeting program.

Nominations are open for our 2025 club officers. Elections are held at the November club meeting. We need a few good people to step up. There are several of the current officers that are not interested in continuing after 2024. Reach out to the President, Kathryn Bowers or Vice President, Kris Harn with your interest.

It is your club and you can help it continue to be a great one.

Open Call for Meeting Programs

Open casting call for meeting programs. Do you have an educational topic that would be a benefit for the club members? Maybe a video or photograph slideshow of a dive or marine trip worth sharing. A group activity suitable for a club meeting. Contact the President, Kathryn Bowers to get on the schedule. 🚩



Safety Information Director

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:*

IMMERSION PULMONARY EDEMA (IPE)

IMMERSION PULMONARY EDEMA (IPE) MAY WELL BE THE CAUSE OF A SIGNIFICANT PROPORTION OF SCUBA DIVING FATALITIES, AND PEOPLE WITH HIGH BLOOD PRESSURE ARE PARTICULARLY AT RISK.

Immersion Pulmonary Edema, a build-up of fluid in the lungs caused by immersion in water which makes it difficult – eventually impossible – to breathe. IPE is thought to be responsible for a significant percentage of scuba diving fatalities, but little is known about the condition among the global scuba diving community.



Safety Info Dir Cont.

Signs and symptoms of IPE in scuba divers:

1. Breathing difficulties including rapid, heavy or uneven breathing, or coughing uncontrollably. Overexertion may trigger the event. For example: long swim, rough seas, strong current, deep dive, equipment malfunctions, and buoyancy or equalization struggles.
2. Confusion, swimming in the wrong or a random direction
3. Inability to carry out normal functions, while appearing to have to concentrate on breathing
4. Belief that a regulator is not working properly, or indicating one is out of gas when they have an adequate supply
5. Rejecting an alternate air source
6. Indication of difficulty of breathing at the surface.
7. Uncontrollable coughing at the surface accompanied by frothy sputum which may contain blood

The Silent Killer

The primary cause of Immersion Pulmonary Edema is high blood pressure, also known as hypertension, a very common condition but one that is very much misunderstood. It is not solely the preserve of the obese and the unhealthy; it affects both men and women in equal measure; and many people have no idea that they have it. A common misconception with blood pressure is that it causes symptoms. Unless it's very, very high, it's completely asymptomatic. And so, therefore, it's seen as this "silent killer".

The risk that a person will have a heart attack while scuba diving is no greater than the risk that they would have one at the surface, but the outcome is likely to be much worse if they do. The victim may aspirate water and drown, first aid is virtually impossible until the diver is removed from the water, and medical services may be several hours away.

'Acute cardiac events' are among the most prominent causes of scuba diving fatalities.

The Divers Alert Network (DAN) 2019 Annual Diving Report lists 228 scuba and breath-hold diving-related fatalities during 2017. Of the 29 (20 scuba, nine breath-hold) for which autopsy data were available, ten scuba and six breath-hold deaths were recorded as acute cardiac events.



Immersion Pulmonary Edema is increasingly being considered as a likely culprit in many diving fatalities – perhaps, even, the most common killer of scuba divers and swimmers in the world!

How It Kills

IPE occurs when an increase of pressure in the pulmonary capillaries forces fluid into the alveoli, the microscopic air sacs in the lungs where gas exchange during respiration takes place. That pressure increase is caused by immersion in water, especially cold water but even in water that is not so cold, and is made worse by pre-existing hypertension.

When you get into the water, you divert blood from your legs and periphery centrally, so that puts up the capillary pressure just by virtue of you being immersed in water. But also, when you're breathing underwater – or with your head out but your chest below water – you're actually breathing with a greater suction, to suck fluid into the alveoli.

Those two things tend to cause IPE, but the risks go up with age and high blood pressure, and if you've taken excess fluid on board before the dive. In short, IPE is caused by a buildup of fluid in the lungs. A build-up of fluid in the lungs can lead to the body being starved of oxygen.

Safety Info Dir Cont.

The Problem

There are several problems related to Immersion Pulmonary Edema which make it difficult to detect, both in the aftermath of a fatality and during the incident leading up to it. Since IPE forces the fluid into the lungs, if a diver should succumb to IPE underwater and be rendered unconscious, it is likely their lungs will fill with water and their death attributed to drowning. Signs that a diver is suffering from IPE include shortness of breath, excessive inhalation and bubbles, and a mistaken belief they are having an out-of-air incident, which may be attributed at the time to an equipment malfunction, rather than a medical emergency.

Unfortunately, these signs and symptoms are rarely taught to the general public, and they can happen to anyone, regardless of personal level of fitness. Overexertion during a dive will raise the blood pressure of even the fittest individual, but a diver who is unfit and overweight will become overexerted more easily; is more likely to be hypertensive and at greater overall cardiovascular risk; and therefore having to fight against an unexpected current or excess negative buoyancy can become life threatening for that individual.



Steps Towards Prevention

First and foremost, encouraging divers to check their potential cardiac risk. Many very experienced and well trained divers, don't know they're at high risk. The message to those divers is not trying to stop them from diving, but for them to continue diving with

their eyes open, to know their risks and be able to mitigate those risks.



The average age of diver fatalities has risen as a large cohort of divers certified in the 1980s and 1990s get older. These divers are the ones who are susceptible to cardiac issues. Ongoing research into IPE is altering the recommended limits for 'safe' blood pressure.



The current recommended maximum blood pressure reading at which divers are advised to seek treatment is now 135/85mmHg, where previously anything up to 160/95 might have been considered acceptable for an established diver. There are some who think this is too low, because it falls under the standard limit of 140/90 for the medical definition of high blood pressure. However, the impact of immersion, gives the lower level more significance.



Safety Info Dir Cont.



Checking your blood pressure can be done easily by yourself or your GP. But a single reading is not necessarily informative, and blood-pressure readings taken in clinics are often elevated due to 'white coat hypertension' caused by worry or nervousness of patients in a medical setting.



A one-off reading isn't hugely important, because your blood pressure goes up and down according to how much adrenaline you've got in your body, how stressed you are, whether you've had some caffeine that morning, etcetera. It's your blood pressure with an average of measurements that is relevant.

High blood pressure is treatable, and having it does not necessarily mean an end to diving – but it is wise to seek the guidance of a diving referee, make changes to your lifestyle and diving environment to mitigate the risk, and understand that there may be underlying conditions which do indeed call time on your diving career. 🚩

Bluegrass Dive Club 2024 Calendar

August

13, Tuesday Dive Club Meeting
17, Saturday Club Pig Roast
27, Tuesday E.C. Meeting

September

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

October

8, Tuesday Dive Club Meeting
22, Tuesday E.C. Meeting

November

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

December

14, Saturday Christmas Party



2024 BGDC Officer's

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

