



UNDERCURRENTS

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

OCTOBER 2024

Volume 54, Number 8

October Club Meeting

Date: October 8th Tuesday,
Time: 7:30-PM (business)
Social at 7:00

Location: Roosters
Program: TBA

President's Message

By Kathryn Bowers



Greetings from your
President,

I'm not going to start this month's newsletter marveling at the speed time passes, I did that last month right? But it does seem to be zipping right along.

It's been a good year for the club. I really think we seem to be reinvigorating. We have a been getting good showing for meetings. After the meeting Tuesday we will have 3 or 4 trips on the books! The latest addition, Cozumel was approved by the board and you will hear all about it Tuesday. The Dominica trip sold out in 48 hours and there is a lot of interest in the back to back Grand and Little Cayman trips. Obviously people in the bluegrass want to dive!

Our last event, the Pig Roast was a bit underwhelming. Mother Nature did not smile on us to say the least. We had a nice reprieve during the party and Shari had room for everyone inside but traveling there and home was a bit harrowing. I hope everyone escaped the worst of the storms and hail. If you didn't come due to the ugly weather, we missed you and hope you can make it to our next Regular Meeting, Tuesday October 8th at Roosters.



As usual I want to make a plug for club involvement here. Every trip anyone has ever taken has started with an idea. A desire in someone's heart or mind. If there is someplace you have always dreamed of going, or someplace you went and enjoyed enough to go back to, or someplace you return to like a swallow to Capistrano, we want to know. The hardest part of dive trip planning is knowing where people want to go.

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

President's Message Cont.

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

Also club officer elections take place in November. Our Vice President Kris Harn is currently seeking members for the nominating committee. If you are interested in serving on the committee or joining the club board please contact Kris.

Remember, meetings are the second Tuesday of every month (except May, Derby Party, August, Pig Roast, and December, 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 are from the Pig Roast. Sorry we did not have a newsletter last month, I am just the guy that puts it all together and a few people were a little long on the deadline.

Now for some better news, I would like to Welcome some new members:

Carrie, Matthew, Finley and Eliza from the Hays Family and Linda Hines, glad to have you all aboard and look forward to meeting you at a meeting or party! 🚩

Vice President Report

By Kris Harn



Hope to see you at the October meeting at Roosters on the 8th. 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



Hi Y'all!

Here is a list of the current dive trips that have been approved by the board for next year. An email will be sent out notifying members when the trips are up online and available for registration. As of now Dominica is fully booked with four people on the waiting list. I will continue to check and if any additional rooms become available those individuals on the wait list will be notified. As always, reach out if you have any questions.

- Dominica: Fort Young – March 8-15, 2025
- Grand Cayman: Compass Pointe July 12-19, 2025
- Little Cayman: Little Cayman Beach Resort July 19-26, 2025
- Mexico: Iberostar Waves Cozumel October 25 - November 1, 2025 🚩



Secretary's Report

By Charlie Denham



The Bluegrass Dive Club Executive Committee met by ZOOM on September 24, 2024. Vice President Kris Harn presided in the absence of President Kathryn Bowers. The meeting was called to order at 7:40 pm after some difficulty with setting up the ZOOM conference.

The Treasurer, Dan Miller reported that we had acquired new members, one a single lady and the other, a family of four. He noted that the next payment for the Dominica trip is December 1. 25 people are on the list to go with 4 on the waiting list. He discussed in detail the financial statement which was previously forwarded to all members of the Executive Committee and noted that we have \$8,880.49 in unreserved funds, \$19,763.51 in reserved funds, and \$3400.00 in Future Trips for a total of \$32,044.00. He noted that the payments of those on the waiting list were not posted in these totals.



The Trip Director Natasha Bowers and the Treasurer, Charlie Denham had nothing to report.

The News Letter Editor, John Geddes, set a deadline of October 5 for items to be included in the next news letter.

The Web Master Alex Fassas was absent, Vice President Kris Harn reported that no definite members had been selected for the Nominating Committee. All current Officers

except the Secretary, had expressed a willingness to serve again.

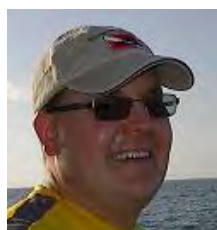
One member, Amy Hiatt has expressed a willingness to serve as Secretary.

At this point, Safety Officer Bart Bertetto joined the meeting and stated he was undecided about his next article. He asked about dual officers in a post and Dan Miller said he had served with Carol Call in a post several years ago. Natasha asked Dan about his recent dive trip and they got into a discussion about manatees. It was decided that Dan would give a program on his recent trip to the Roatan area.

Kris raised a question about who could post on the club website and no one was sure, so she said she would try it. John took orders for several hats. The meeting was dismissed at 8:20 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

Trips, trips, and more trips

My apologies for the delay in getting our newly approved trips posted to our website and open for registration. This will be completed soon and an email notification when trip registrations are open for registration.

Procrastination & Deadlines

Hello, my name is Alex and I am a Procrastinator.

My wife, Kathryn, and I will be departing for a month-long travel on September 16th. As I write this it is September 8, 2024. Before we leave we have to pack for changing seasons in Italy and Greece. Get our 2023 income taxes filed. Get the swimming pool closed for the season. Make sure that the cat and plant sitter has all needed supplies and instructions. With any luck, post the upcoming dive club trips to the website. I am not complaining, this is what procrastinators thrive on. 🚩

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:*

SCUBA DIVING DO-DON'TS

(Thanks much to Dan Miller for suggesting this article. From Divers Direct)



When we sign up for our dive certifications, we often hear “do this, do that” etc. But what *shouldn't* we be doing in order to be the best divers we can be? Let's review some to-don'ts when it comes to scuba diving and why these will make you a better (and safer) diver.

BEFORE

Aside from gathering your gear and filling your tank, there are some ways we need to prepare for our dives, even up to 24 hours before the dive itself. What's cool is there's not really anything extra you need to *do*, but rather, some things you shouldn't do.

Before a dive (including the night before), it's best not to drink heavily, use recreational drugs, or even gorge on heavy, greasy foods. Diving is a pretty athletic activity, so we want to make sure we're not sick to our stomach or lagging in our cognitive abilities while on the boat and underwater.

Don't be tardy to the party. That's right, show up on time. We've seen folks run after the boat on the dock like they've just missed the school bus. Don't be that guy—everyone else showed up on time. You should too.

Safety Info Dir. Cont.

Don't pretend to know more than you do or play the arrogant "too cool for school" game. If you have a question, maybe something you forgot since your last dive, ask it. If it's been a while since you've been diving, don't refuse a helping hand if a dive buddy is trying to extend one. Say, "Hey, guys, it's been a while and I haven't done a refresher (pro tip: do a refresher), do you have any tips/quick run-through that can help me out?" You'll make a lot more friends this way than by getting babysat by your dive buddy because your buoyancy was way out of whack or you kicked him/her or the reef too many times.

Don't take up half the boat with your gear. Try to keep a tidy, concise space when sharing a boat with others. Not only is it considerate to other people's gear and space, but it's ideal for the safety of everyone on the vessel. Do *not* ignore weather or marine advisories. If you're not checking the weather and water reports before you go out, you're just asking for trouble. If you see that it's bad and decide to go out anyway, you're downright delusional. Stay safe and listen when Mother Nature tells you to stay your silly self at home.



Don't assume you or your buddy's gear is fine without checking—you know what they say about assuming. Maybe you just went diving yesterday and everything went swell—great! Check your gear *again* today. It's quick, easy, and amplifies the safety of the dive. Why wouldn't you be checking your gear before

every dive? Exactly. Just check your gear, man.

Don't forget your buddy, or, if your buddy cancels, don't go it alone unless you know you can buddy up with someone on a charter. We're serious, and this is one of the biggest ones and one people often ignore—*Don't go diving alone!* Not to remind you of your mother, but do you want to end up on the news? No. *Don't go diving alone!* Period. Exclamation point!



DURING

There's a lot going on while you're underwater and a lot of things to remember. The good news is that you've integrated most of what you've needed to. So let's add some more! Hopefully, these don'ts for during your dive will be a reminder rather than the first time you're hearing this.

Never ever ever ever ever ever hold your breath while scuba diving. This should have been one of the first things you learned in your dive certification course. Why? Because the air in your lungs would expand under pressure and cause serious injuries that increase the likelihood of death. Think of blowing too much air in a balloon... yeah, brutal. So don't do that.

How to keep in good graces with your dive buddies: Don't kick them. Be mindful of your buoyancy and your surroundings. Many inexperienced divers kick their friends, the

Safety Info Dir. Cont.

reef, and stir up silt and sand in other divers' faces—don't do that. Practice your dive skills, and, if needed, ask your buddies and/or dive master for some advice on how to get better on whatever you may be struggling with most.

Don't touch the reef or animals. The planet doesn't need any more damage, and your interference with wildlife in the ocean could only cause more. Although you may have seen beautiful videos of people gracefully gliding their hands along sharks or stingrays, most of these people are professionals, researchers and scientists, working with these animals. They're aware of the potential harms, how to avoid them, and the behavioral patterns of these animals (which is kind of a big deal for your own personal safety). This includes not stalking animals unless you're spearfishing. So you, recreational diver with potentially little-to-no marine wildlife training, should just keep a respectful distance for your own safety and the safety of the planet.



Don't panic! (This one is really hard, I know). Things happen. Things we can't control. All the time. On land and in the water. In our regular lives and while we're scuba diving. Best thing we can do in any situation where something unexpected or problematic happens is to *not* panic. Panic only causes more chaos. Practice staying calm and moving mindfully through the problem. You know more than you think you do and you have a little more time than you think you do.

If you're smart and you're diving with a buddy, you have support to solve the problem together. You're good. Don't panic.

AFTER

The number one thing to consider when looking at these post-dive don'ts is the dissolution of nitrogen in the body. As scuba divers, you know that nitrogen build up in the body is a thing and if you do these Don'ts, you'll increase the likelihood of bubble formation in the blood and succumbing to decompression sickness. So, these Don'ts are pretty non-negotiable for your own health as a diver.

Don't dive in the morning and hop on a flight in the afternoon. Your body needs to not go from 100 feet in the sea to 30,000 feet in the air (even with the pressurized cabin). Humans aren't really built to handle that kind of shift in pressure and we need some time for the nitrogen in our system from the dive to pass before we start exploring vast and various elevation points. This includes not mountain climbing or driving up and down mountains, etc.

Don't take a hot shower right after a dive—or jump in a hot tub or sauna or take a hot yoga class. We know, you want to relax and a hot bath may sound amazing, but this will cause your tissue to warm before your circulation improves after your dive increasing the chance of decompression sickness.

You know, they say there are two kinds of divers—those who pee in their wetsuits and those that lie about it. Don't empty your pee-filled wetsuit on the boat deck (flush the suit before in the water). Nothing like the smell of urine while munching on some snacks between one dive and another.

If you flush your suit in the water, open a little space at the neck and then at the ankles, it'll keep the pee in the same place as the fishes' pee, in the water. That being said, it's a good idea to be one of the first back on the boat.

Safety Info Dir. Cont.

Don't partake in excessive drinking. Wait, this feels like déjà vu right? Didn't we say this for the Before section too? Yeah, we did. And I know it sounds like we don't want you to have

a blast, but we want you to be safe more than anything. Since drinking causes dehydration, it can cause an increase in the risk of decompression sickness.

Don't go freediving after scuba diving. A bit of snorkeling is fine, but the physical exertion from holding your breath at depth is not a good idea while you still have nitrogen built up in your system. Take some significant time (24 hours is generally a good rule of thumb) before jumping in for some freediving.

For the same reason we don't go freediving right after scuba diving, you should also not do any weight lifting or other strenuous activity either. Just give yourself a break. Let all those little nitrogen bubbles move out of the body before taking on any other kind of big activities.

Scuba diving is fun and leisurely, but it can also be a risky and serious sport. Even if you're partaking in the activity in a more vacation-style mindset, take these To-Don'ts seriously so that you can be a better scuba diver. This will not only help you stay safer and make your experience more enjoyable, but it will also make your dive buddy's experience safer and more enjoyable while keeping the ocean's natural environment as happy and healthy as it can be too.

FAQs

What should I avoid doing if I feel anxious or uncomfortable underwater?

Don't panic! Anxiety and discomfort is not uncommon in the water, even sometimes for experienced divers. If you panic, it will only

make the situation worse. Try to stay calm and breathe and enjoy the experience.

Is there anything specific I shouldn't touch or disturb while exploring the ocean floor?

As exciting as scuba diving may be, it is important to remember that we are guests in the ocean and must respect its delicate

ecosystem. There are certain things you should never touch or disturb while exploring the ocean floor, such as coral reefs, marine life (including fish and plants), and any underwater structures or artifacts. These can

easily be damaged or disrupted by human touch and can have negative impacts on the ocean's balance. Instead, admire these beautiful elements from a safe distance and leave them undisturbed for others to enjoy. Remember, with great adventure comes great responsibility.

Why is it important not to hold my breath while ascending?

As a scuba diver, you may feel the urge to hold your breath while ascending as a way to conserve air or equalize pressure in your ears. However, holding your breath while ascending can have serious and even fatal consequences. When you hold your breath, the expanding air in your lungs can cause lung overexpansion injuries or arterial gas embolisms. This is why it is crucial to always exhale continuously while ascending and allow the expanding air to escape safely. It's better to use up more air and make multiple stops during ascent than to risk injury by holding your breath. Always remember: breathe consistently and never hold your breath while scuba diving.

Should I drink alcohol before a dive, and how can it affect my safety?

As a responsible scuba diver, it is highly recommended that you avoid alcohol consumption before and during a dive. Not only can it impair your judgment and reaction time, but it can also increase the risk of decompression sickness. Additionally, alcohol can cause dehydration and dizziness, which are dangerous conditions to experience while

Safety Info Dir. Cont.

diving. So to ensure your safety and the safety of those around you, it's best to refrain from drinking alcohol before a dive. Instead, focus on hydrating yourself with water and staying alert and aware while enjoying the beauty of the underwater world. Remember, your safety should always be the top priority when scuba diving. 🚩

Bluegrass Dive Club 2024 Calendar

October

8, Tuesday Club Meeting (Nominations)
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



A big shout out to Sherry McCann for hosting the Pig Roast, as always such a gracious host! And I always enjoy seeing my old friend.

Sherry is seated on the right and Carol Call is on the left, I don't know when Carol joined the club, but I remember our first dive together from a live aboard in 1995.

Slate for the November elections is the following:

Kathryn Bowers - President
Kris Harn - Vice President
Amy Hiatt - Secretary
Dan Miller - Treasurer
Natasha Bowes - Trip Director
Bart Bertetto - Safety Info Director
Alex Fassas - Webmaster
John Geddes - Newsletter Editor