



UNDERCURRENTS

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

NOVEMBER 2024

Volume 54, Number 9

November Club Meeting

Date: November 12th Tuesday,
Time: 7:30-PM (business)
Social at 7:00

Location: Roosters
Program: Video on Dan's Roatan trip

President's Message

By Kathryn Bowers



Greetings from your
President,

Alex and I have been back in the States again for a couple of weeks. We had a fantastic trip with no diving but a whole lot of looking at "Old Rocks". We spent a week on the isle of Capri which is probably more time than you need on Capri, but it was a wonderful time.

We did a lot of hiking around, seeing the sites, both manmade and natural and looking at the ocean. We were lucky enough to see a waterspout one cloudy morning. From Capri we traveled by ferry, cab, and high-speed train to Rome, spent a few days looking at more Roman ruins (old rocks) and touring the Vatican, marveling at the treasures there, and sampling delicious food.

We departed Rome by air and had a 2-hour flight to Athens where we met most of the group for the next part of our adventure.

We spent a few days looking at fabulous examples of Roman and Greek ruins in Athens and from there traveled to Zia Mariana to board our home for the next 2 weeks. We spent two weeks on the boat sailing around the spectacularly beautiful Greek islands of the Aegean Sea. At the end of our sail, we traveled to Meteora, the location of the unbelievable Greek Orthodox Monasteries sitting on cliffs high above the city. We left Meteora to return to Athens for one night before heading to the airport and beginning the long flight home. It was a wonderful adventure but we are happy to be home!

For my usual plug for club involvement here I want to remind everyone that our election of officers for 2025 will take place at our next meeting, Tuesday November 12th Social at 7:00, meeting at 7:30. We really need everyone who is able to attend. Elections require 10 members (other than officers) to form a quorum. Our Vice President Kris Harn presented a slate of officers to the board at the last Executive Committee meeting. The approved slate is below however nominations can be made from the floor on the night of the election if any of these positions call out to you.

2025 Board Slate

President – Kathryn Bowers
Vice President - Kris Harn
Secretary – Amy Hiett
Treasurer – Dan Miller

President's Message Cont.

Trip Director – Natasha Bowers
Webmaster – Alex Fassas
Newsletter Editor – John Geddes

We are also always looking for people to join the Dive Committee and help our Trip director Natasha plan our future adventures. Having input on the committee is a great way to dip your toes into club leadership with a minimal time requirement. You can also make direct impact on where the club goes in the future.

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

See you all Tuesday at Roosters.

Remember, meetings 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



It looks like a month for elections, local, state, national and for the Dive Club. While the pay for the Newsletter Editor isn't very good, in fact none at all, I would like to continue being your editor. So I am asking for your vote on November 12th. 🚩

Vice President Report

By Kris Harn



Hope to see you at the November meeting at Roosters on the 12th. If you have any requests on programs or door prizes you would like to see offered in 2025, let me know your ideas., please join us for Elections for the 2025 board! Dues paid members can vote. 🚩

Trip Director Report

By Natasha Bowers



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 met by ZOOM on October 22, 2024, called to order at 7:43 pm by President Katherine Bowers. News Letter Editor John Geddes and Safety Officer Bert Bertetto were absent.

The minutes of the last Executive Committee meeting were reviewed on the screen by participants in the meeting. A motion was made by Trip Director Natasha Bowers, seconded by Vice President Kris Harn and approved by all present to accept them as presented..

Vice President Kris Harn reported that Roosters would be the site of the November meeting. The program will be a 32 minute movie of Dan Miller's recent trip to Roatan.

Treasurer, Dan Miller reported Unreserved funds totaled \$8,880.51, Reserved Funds totaled 20,463.51 of which \$17,412.12 were held for the Dominica trip. The total funds in the bank amounted to \$32,744.02. Trip Director Natasha Bowers reported no new activity but was thinking about Bonaire in the Spring of 2026.

Webmaster Alex Fassas had previously promised to post the trips of next Summer on the web site for signing up, before he left on an extended trip. Tonight he shared a sad tale taking the material with him only to find them being wet twice when he had intentions of posting.

A discussion of the selected slate of Club Officers for the coming year and the method of selection followed. It was pointed out that the list had all ready been released since all current officers with the exception of the Secretary, had expressed a desire to continue and only one member had expressed a desire to be considered for that post and there was no other interest expressed for be considered

for any post. Some other interest posts have been reported since the last meeting and it was pointed out that they could be nominated from the floor at the time of the elections. President Kathryn Bowers stated that the U.S. Dept. of Revenue Form 990 had been extended from May and was due November 15. Web master Fassas stated it would be submitted by the due date.

He stated that he was forwarding to the Woodford Humane Society a memorial gift of \$5.71 in honor of George Fleishman and one in the amount of \$50.00 for Kit Hudson. He set a date of November first as a dead line for submitting items for the next news letter. With the upcoming election, a review of the sections of the bylaws pertaining to valid eligible voters and the requirements of the number of eligible voters in attendance. A policy was established to address voting by members attending by ZOOM.

Natasha Bowers made a motion that ALL MEMBERS ACTIVELY ATTENDING ON ZOOM DURING THE ELECTION MEETING MAY CAST THEIR VOTE BY TEXT MESSAGE TO THE OFFICER CONDUCTING THE ELECTION, AT THE TIME OF THE ELECTION. The motion was seconded by Alex Fassas and passed unanimously. The meeting was dismissed at approximately 8:45 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)

From the Treasurer Cont.

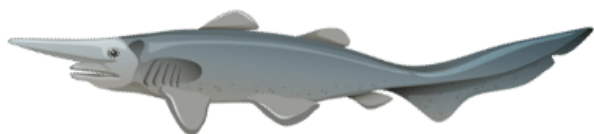
Renewal: Please send payment to the address listed below, please make sure there is a correct indication of your mailing address, phone number and it is very important to indicate an email address.

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](#).

Top 8 Spooky Sea Creatures for a Fun Halloween Scare

Boo! Sorry did we scare you? No? Well if you encounter any of the creatures on this list your heart might skip a beat. We've compiled a spooky list of some creepy critters you can find in our oceans. Some of them might make you think twice before diving into the water again. "Goblin Sharks, Vampire Squids, and more, OH MY!" Let's dive in!



Goblin Shark

The Goblin Shark is a strange and creepy creature with fang-like teeth that extend to catch prey at depths of up to 4,000 feet. These slow-moving sharks can grow up to 18 feet long and have a unique hunting method. Since they aren't fast, they cruise along the ocean floor using their long snout to sense prey. Their snouts are filled with special pores called ampullae of Lorenzini, which help them detect the heartbeat of nearby prey. When ready to strike, their jaws shoot out at over 10 feet per second to snatch and swallow their prey.

[Goblin Sharks](#) are pinkish-purple or gray and are usually found between 400 and 4,000 feet deep, most commonly near Japan and New Zealand, though they've been spotted worldwide, even off Key West. They mostly eat bony fish, squid, and crustaceans. As one of the rarest sharks, you're unlikely to see one, though juveniles sometimes appear near the surface. Much about their lifespan and reproduction remains a mystery.



Giant Isopod

Giant Isopods are like oversized versions of the pillbugs you might find in your garden, but they live deep in the ocean, 550 to 7,000 feet below. These isopods can grow up to a foot long, making them a striking example of deep-sea gigantism. Since they have few predators, they can adapt to the extreme conditions of the deep sea.

As scavengers, [Giant Isopods](#) feed on dead fish and even whale carcasses that sink to the ocean floor. But since food is scarce, they've evolved slow metabolisms and can go long periods without eating—one in captivity survived over five years without eating.

These 14-legged, alien-like creatures use two sets of antennae to search for dead organisms in the dark, thousands of feet below the ocean's surface. The Giant Isopod is just one of over 10,000 isopod species and is thought to live all around the world. In Northern Taiwan, they're even served as a dish alongside rice and are said to taste like lobster. Yum!

From the Treasurer Cont.



Sea Spider

No Halloween is complete without a creepy spider, and the Sea Spider fits the bill! It can grow up to 20 inches long, making it larger than many land spiders. However, Sea Spiders aren't true spiders; they belong to a group of arthropods called pycnogonids. They molt as they grow, and larger Sea Spiders can be found at depths of up to 13,000 feet, while smaller ones live in shallower waters.

You'll notice that [Sea Spiders](#) have long legs and very little body. In fact, their legs carry some vital organs, like their digestive tract. They primarily feed on anemones and other soft-bodied creatures by inserting their proboscis and sucking out the insides, similar to a chunky smoothie—gross! They have a slow metabolism, so they don't need to eat often.

There are over 1,300 species of Sea Spiders found in oceans all over the world. The larger ones tend to live in colder waters near the poles, as well as around South Africa and South America.



Vampire Squid

The Vampire Squid doesn't actually say, "I want to suck your blood," but it sure sounds spooky! Living 2,000 to 4,000 feet deep in the ocean's oxygen minimum zone, where oxygen is as low as 3%, the Vampire Squid survives thanks to its copper-based blue blood, which binds oxygen efficiently. With a low metabolic rate and neutral buoyancy, it doesn't need to eat much or use a lot of energy. As an ancient cephalopod, this "living fossil" has few predators because so little life exists in the deep.

The [Vampire Squid](#) feeds on marine snow—bits of decaying fish, plankton, and even poop—using two retractable filaments. It has large red or blue eyes and grows up to a foot long, with its body covered in light-producing organs called photophores. To escape predators, it releases glowing, sticky mucus from its arms, which can also regenerate if bitten off. Instead of ink, when threatened, the squid flips inside out and hides under its dark webbed arms in a "pineapple posture."



Barreleye Fish

The [Barreleye Fish](#) is one of the strangest and most otherworldly creatures of the deep sea. Found at depths of 2,000 to 2,600 feet, this fish is known for its transparent head, which allows it to look upward through its own skull to spot prey in the darkness above. Its tubular eyes are highly sensitive to light, helping it detect the faint glow of jellyfish and other small organisms. The Barreleye's eyes can rotate, allowing it to focus on potential prey as it swims beneath them. With a small, flat body and fins that help it hover in place; this fish waits for food to drift within reach. Despite its eerie appearance, the Barreleye is a harmless, peaceful predator, surviving in one of the most extreme environments on Earth.

From the Treasurer Cont.

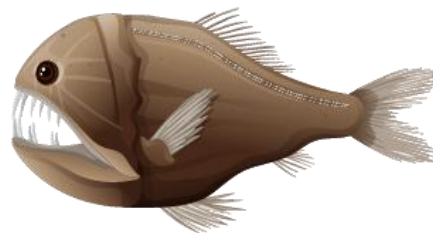
and continuing to puzzle scientists with its unique adaptations.



Lamprey “Vampire Fish”

Lampreys, also known as Vampire Fish, feed like parasites by using their tooth-filled mouths to latch onto victims. Adult lampreys have around 150 cone-shaped teeth, which help them grip onto fish while their tongue bores into the skin through a process called rasping. Once attached, they suck blood and fluids from the host. Lampreys don't have jaws or a bony skeleton—just cartilage, similar to sharks.

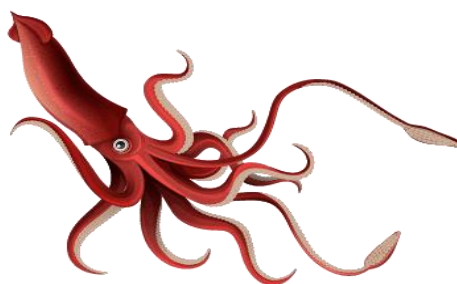
They start life as larvae, buried in freshwater silt and feeding on algae for about 4 years. Then, they transform into carnivorous adults and move to the sea, growing up to 40 inches with 7 tiny gills. While feeding, they usually attach near a fish's heart, slowly draining it without killing it in the ocean. However, freshwater species, like those in the Great Lakes, kill 40-80% of their victims, either from the initial attack or later infections. [Lampreys](#) are found worldwide, including on the U.S. East Coast and in Florida, but they rarely attack humans. Interestingly, they're considered a delicacy in Latvia!



Fangtooth Fish

The Fangtooth Fish is a terrifying predator that stalks the deepest, darkest parts of the ocean, up to 16,000 feet below the surface. With its oversized, needle-like teeth—some of the largest in proportion to its body of any fish—it looks like a creature straight out of a nightmare. Despite being only about 6 inches long, its menacing appearance and powerful jaws make it a fearsome hunter in the abyss.

The [Fangtooth Fish](#) relies on its heightened senses to navigate the pitch-black waters, as its tiny eyes aren't much use in the darkness. It hunts by ambush, waiting in the shadows for unlucky prey to pass by before striking with lightning speed. With its gruesome looks and deadly bite, the Fangtooth Fish is a true terror of the deep.



Giant Squid

Legend has it that Giant Squids are responsible for sinking ships, inspiring tales of monstrous sea creatures lurking in the depths! These mysterious creatures can grow up to 43 feet long and have huge eyes the size of basketballs, helping them navigate the dark ocean. With long, muscular bodies and eight arms lined with powerful suckers, they catch prey like fish and other squid. Their long tentacles allow them to strike from a distance.

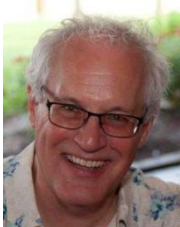
From the Treasurer Cont.

Although they are massive, [Giant Squids](#) are rarely seen, and much of what we know comes from studying their beaks found in sperm whales, their only known predators. They live at depths of over 3,000 feet and can change color and texture for communication and camouflage. With their intriguing behavior and deep-sea habitat, Giant Squids continue to fascinate researchers and ocean lovers alike.

Thanks for reading our Top 8 Creepy Critters of The Deep blog! Diving isn't scary. Whether you are looking to get into diving, or an advanced level diver, stop by one of our 4 dive shops in Florida for everything you need. Our experts have been diving for decades and are happy to get you started, or take your diving to the next level! With that being said, Happy Halloween from Divers Direct! 🚩

Webmaster

By Alex Fassas



[Tales from the Watery Web](#)

Trips OPEN For Registration and Updates

The July 2025 dive trips to the Cayman Islands are live and OPEN for registration.

- [Compass Point, East End, Grand Cayman Island, July 12 – 19, 2025](#) (4 people registered to date)

- [Little Cayman Beach Resort, Little Cayman Island, July 19 – 26, 2025](#) (4 people registered to date)

The October 2025 dive trip to Cozumel, Mexico will be posted and open for registration soon.

- Iberostar Waves Cozumel Resort, Cozumel, Mexico, October 25 – November 1, 2025

[The Dominica trip, March 8 – 15, 2025](#), is currently full. We have one couple on the waiting list currently. It is quite possible that with the final trip invoices and deadlines for final payment to the resort by other travel groups coming due, that some additional rooms or dive spots may open up. Currently there are 26 people registered, 14 rooms, and 19 divers for this trip.

Four nice diving destinations for 2025 on the books. Thanks to our Dive Committee and Trip Director for the wonderful work.

When It Is More Than A Vacation; It Is An Adventure

My wife, Kathryn, and myself have recently returned from a 31 day adventure in Italy and Greece. Our home and business are still intact upon our return. Our two house cats were so bored with only two daily visits for feeding and care; they had invented a few new games to keep themselves entertained.

The Isle of Capri, the Amalfi Coast, and Rome, Italy were a great beginning for our adventures. Then on to Athens, Greece, two weeks on a 45' Leopard sailing catamaran, captained by dive club member, Gavin Gerondale, and first mate, Terri Anderson, from Houston, Texas. Upon returning from our Aegean Sea and Greek island visits we traveled on to Meteora, Greece to visit several of the ancient monasteries and enjoy the local culture and mushroom festival. We are blessed beyond belief to be able to take such an adventure and to have traveled with such wonderful companions, both old and new.

The Holidays Are Upon Us

Expect news about your Club's Christmas Party soon. The Christmas Party is scheduled for Saturday, December 14, 2025 in the evening. All current dues paid members and a guest are welcome to attend the Christmas Party.

The club is still seeking a hosting home for the party. The club provides ham and rolls, soft beverages, ice, plates, cups, napkins, and utensils.

Webmaster Cont.

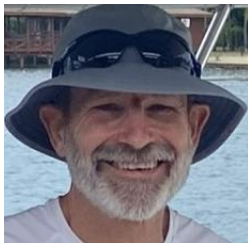
Those attending are asked to bring a side dish or dessert for 10-12 people, plus any other beverage that you might want.

As for the requirements of a hosting home: it is largely a self cleaning party. The host provides a warm space and then stand back and let the party happen.

Please reach out to Kathryn Bowers, club President, her mobile # is 859-619-0166, if you have interest in hosting. 🚩

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:*

EQUALIZATION

Equalization is an absolute essential element of scuba diving. It really is a show-stopper.

And successful equalization is an essential element of safe scuba diving. Do not take your

equalization for granted. Focus on it, expand and practice your equalization skills, master it.



EQUALIZATION TECHNIQUES

Valsalva maneuver (pinch your nose and blow): This is the method most divers learn. Pinch your nostrils (or close them against your mask skirt) and blow gently through your nose. The resulting overpressure in your throat usually forces air up your Eustachian tubes.

Passive (requires no effort): This typically occurs automatically during an ascent.

Voluntary tubal opening (tense your throat and push your jaw forward): This calls for tensing the muscles of the soft palate (the soft tissue at the back of the roof of your mouth) and the throat while pushing the jaw forward and down as if you're starting to yawn; your jaw muscles pull your Eustachian tubes open. This requires a lot of practice, but some divers learn to control those muscles and hold their tubes open for continuous equalization.

Toynbee maneuver (pinch your nose and swallow): With your nostrils pinched or blocked against your mask skirt, swallow. This pulls open your Eustachian

Safety Info Dir. Cont.

tubes, while the movement of your tongue, with your nose closed, compresses air against the tubes.

Frenzel maneuver (pinch your nose and make the sound of the letter “K”): Close your nostrils and close the back of your throat as if you’re straining to lift a weight. Then make the sound of the letter “K.” This forces the back of your tongue upward, compressing air against the openings of your Eustachian tubes.

Lowry technique (pinch your nose, blow, and swallow): This is a combination of Valsalva and Toynbee; while closing your nostrils, blow and swallow at the same time.

Edmonds technique Pinch your nose and blow and push your jaw forward): While tensing your throat muscles and soft palate and pushing your jaw forward and down, do a Valsalva maneuver.

IF YOU HAVE TROUBLE EQUALIZING:

Some divers may occasionally have difficulty equalizing, while others may have persistent difficulty. A re-evaluation of your equalization technique may be a good idea if you have a hard time clearing. To avoid difficulty, be aware of and accommodate acute nasal and sinus problems, as they can lead to inflammation of the delicate tissues in your nose, sinuses, and ears. And take your time — some divers simply equalize slowly; it’s important not to feel pressured or rush, nor to rush other divers. Equalize early and often. And seek medical evaluation if you experience difficulty equalizing every time you dive. DAN medics often get asked if decongestant use is

appropriate for divers. Decongestants relieve congestion temporarily but can mask ongoing problems. In addition, using decongestants for four or five days may result in what’s called rebound congestion, making it more difficult to equalize. But if your physician okays it, decongestant use may be helpful. If you’ve pushed your limits, be alert for ear barotrauma symptoms. Fullness in the ear, ear pain, and tinnitus (noise in the ear) after diving are not normal, and if you experience these symptoms you should be checked by a physician. Persistent vertigo after a dive is an emergency, and you need to be evaluated as soon as possible. Barotrauma damage and inner ear DCS damage have similar symptoms, but the treatments are very different. Recompression helps in cases of DCS but can worsen barotrauma.

EQUALIZATION TIPS

Listen for the “pop”. Before your dive, make sure that when you swallow you hear a “pop” or “click” in both ears. This tells you both Eustachian tubes are open.

Start early. Several hours before your dive, begin gently equalizing your ears every so often.

Equalize at the surface. “Pre-pressurizing” at the surface helps get you past the critical first few feet of descent. It may also inflate your Eustachian tubes so they are slightly bigger.

Descend feet first. Studies have shown a Valsalva maneuver requires 50% more force when you’re in a head-down position than head-up.

Look up. Extending your neck tends to open your Eustachian tubes.

Use a descent line. Pulling yourself down an anchor or mooring line helps control

Safety Info Dir. Cont.

your descent rate. A line also helps you stop your descent quickly if you feel pressure, before barotrauma has a chance to occur.

Stay ahead Equalize often, trying to maintain a slight positive pressure in your middle ears.

Stop if it hurts. Don't try to push through pain. If your ears begin to hurt, ascend a few feet and try equalizing again.

Avoid tobacco and alcohol. Both tobacco smoke and alcohol irritate your mucous membranes, promoting more mucus that can block your Eustachian tubes.

Keep your mask clear. Water up your nose can irritate your mucous membranes, which then increase mucous production 🚩

Bluegrass Dive Club 2024 Calendar

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

VOTE

FOR

JOHN
GEDDES

Newsletter Editor