



UNDERCURRENTS

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

JANUARY 2025

Volume 55, Number 1

Club Meeting

Date: Tuesday, January 14

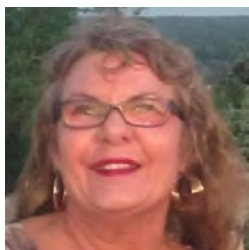
Time: 7:30-PM (business)
Social at 7:00

Location: Roosters

Program: Slide Show with Noel Hall

President's Message

By Kathryn Bowers



Greetings from
your President,

As 2024 comes to a close I want to thank you all for your support of the Blue Grass Dive Club. We had a successful election last November and have one new and several returning officers for 2025. I want to thank Charlie Denham for his service as Secretary for the past 2 years. Charlie has done a wonderful job keeping an accurate record of our meetings and reminding those of us on the board what we did and when we did it. The current board is printed below.

2025 Board

President – Kathryn Bowers

Vice President - Kris Harn

Secretary – Amy Hiett

Treasurer – Dan Miller

Trip Director – Natasha Bowers

Safety Information Dir. - Bart Bertetto

Webmaster – Alex Fassas

Newsletter Editor – John Geddes

I really appreciate Sherry McCann opening her lovely home for us. I was unable to attend but I know you all have a wonderful time. The club was providing the ham and soft drinks.



I need some input from everyone and since I may not see you all for a while I'm asking here. In the past the club has had shirts made up for trips we have taken. Since we have so many who seemed very excited about the upcoming Dominica trip, how many of you would be interested in a T Shirt? If there is sufficient interest I will look into developing a design and finding somewhere to have them fabricated as well as get a price. Shoot me an e-mail if you're interested in a shirt and or working on getting one. If this is something people want we have other trips coming up.

President's Message Cont.

Remember, everyone is invited to join the Dive Committee and help Natasha plan our future adventures. Please contact Natasha, the BGDC Trip Director, directly at tripdirector@bluegrassdiveclub.com or use our [Contact Us](#) form (please indicate TO: Trip Director).

See you all in January at Roosters.

Meetings at Roosters 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

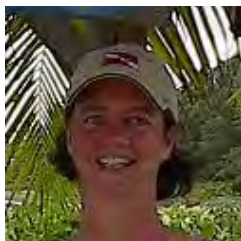


Happy New Year!

Here are some Pics from the Christmas Party. Thanks to Sherry McCann for hosting. Hope to see you at the meeting and Welcome aboard Amy Hiatt. 🚩

Vice President Report

By Kris Harn



Hope to see you at the January 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 your ideas. Thank you for letting me be your Membership Vice President this year!!! 🚩

Trip Director Report

By Natasha Bowers



- Dominica: Fort Young – March 8-15, 2025
- Grand Cayman: Compass Point 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 Amy Hiatt



Hello, I'm Amy Hiatt! I am excited to join the BGDC Board as the club Secretary in 2025. I currently live in the Denver Metro area with my Husband of 3 ½ years, Jack and our three dogs, Deuce 14, Lucy 6, and Tucker 2. I spent an extraordinary week meeting and diving with several members of BGDC in Roatan, Honduras, last August, and I promptly joined the club in the following months. I have been a diver for almost 10 years and have logged over 120 dives. I am excited to continue to get to know everyone in 2025 and embark on the Grand Cayman trip in July. Let's do DIVING! 🚩

From the Treasurer

By Dan Miller



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

2025 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](#)
Latest on Trips and Their Status

[The Dominica trip, March 8 – 15, 2025](#), is currently full with 26 travelers and 19 divers in 14 rooms. The final payment deadline of 12/1/2024 has been pushed back because we have been held up on getting a final invoice from Fort Young Hotel. We have also requested to see if there are any additional rooms and dive spots available. We will communicate to those registered with a final invoice when we hear back from Fort Young. Cross your fingers that they may have some additional rooms. We still have 2 people/1 room on the waiting list.



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](#) 6 people registered

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

- [Iberostar Waves Cozumel Resort, Cozumel, Mexico club dive trip – 25 October to 1 November 2025](#) 4 people registered to date

Webmaster Cont.

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

What is deeper than a swimming pool?

The new dive pool at the Louisville Dive Center. It is 35 feet deep. Two of our members just visited and dove in this new pool recently. I can't wait for Travis Land and Butch Mellot to share about their visit with the club. We will be working towards a program at a future meeting from the Louisville Dive Center about all that they have going on and offer. Yes folks, Travis Land went diving again for the first time since his run in with the COVID-19 virus. An early Christmas present for Travis. 🚩

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:*

OVEREXERTION

Overexertion is a very common precursor to dive accidents, especially for older divers. Yet many divers overexert themselves by not being prepared physically for the dive conditions, finning or swimming too hard, fighting currents, poor buoyancy control and/or improper weighting, excessive equalization effort, managing equipment (such as carrying a camera or light and diving one-handed) etc. The list goes on and is different for every diver and every dive. Overexertion leads to rapid air consumption, fatigue, stress, and the inability to think clearly and follow your training to manage any issues or events that may occur. Panic can result.

Overexertion must be avoided.

How to Avoid It:

Realize that diving will always require some exertion. How much exertion is necessary will vary for every diver and every dive. Just preparing for a dive can be exhausting. The simple act of breathing underwater takes more effort. (As we descend, the gas is compressed, density increases, work of breathing increases and CO2 elimination is reduced. The greater the depth, the greater the effort. You must also overcome the air resistance of the regulator mechanism itself.)

Dive according to your physical condition. What is your fitness level? How is your health? Are you adequately rested? Are you adequately nourished and hydrated? Have you had much alcohol to drink that week? Be honest with yourself.

Begin prevention at the surface. Don't enter the water winded or tired. We all know squirming into a tight

Safety Info Dir. Cont.

wetsuit can sometimes be a strenuous process, so give yourself a minute to get your breathing to a normal pace and feel at ease. If you're feeling tense or more nervous than usual, take a step back and pause before hitting the water. Consider what's making you anxious and whether or not you need to call the dive.

Dive according to the dive conditions and plan accordingly: Consider the water temperature, visibility, currents, wind/swell, dive depths, etc. If currents are strong, plan to drift with them rather than fight against them. Diving in conditions that are beyond your skill level increases the likelihood of overexertion, so don't be afraid to end or skip a dive if the conditions are not right for you.

Concentrate on your breathing: Slow, relaxed controlled breathing will not only conserve air but also help you stay calm and improve your buoyancy control.

Stay relaxed and use efficient finning techniques: Avoid fast or choppy fin strokes. Use long, slow kicks to move through the water efficiently. The frog kick or modified flutter kick are great options for minimizing exertion.

Use proper weighting: Carrying too much weight can cause you to overexert yourself, as you'll have to kick harder to stay buoyant. Always do a weight check at the surface before you start your dive.

Master your buoyancy control
Master your equalization
Maintain an exertion reserve!

Chasing after a beautifully colored fish or a graceful ray can cause you to exceed your physical limits, increasing your respiration until you find yourself gasping

for breath much in the same way as if you'd just run up several flights of stairs. What if something happens and you have a long kick back to the boat. What if your buddy's tank comes loose. Do not wait till you are exhausted during a dive. If you start to get tired or find yourself breathing hard, it's time to slow way down and recover. If you cannot recover adequately, consider ending the dive. Many dive accidents occur because this decision was not made.

Finally, Know Your Limits:

Stay within your certification and experience levels, especially when dealing with unfamiliar environments.

Don't dive in conditions that make you uncomfortable. 🚩



2025 BGDC Officer's

Kathryn Bowers, President	859 619-0166
Kris Harn, Vice President	859 333-6911
Amy Hiatt, Secretary	303 815-8375
Dan Miller, Treasurer	859 948-5133
Natasha Bowers, Trip Director	651 786-9574
Bart Bertetto, Safety Info Dir.	502 299-3656
Alex Fassas, Webmaster	859 582-1600
John Geddes, Newsletter	859 608-0682

Bluegrass Dive Club 2025 Calendar

January

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

February

11, Tuesday Dive Club Meeting
25, Tuesday E.C. Meeting

March

11, Tuesday Dive Club Meeting
25, Tuesday E.C. Meeting



April

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

May

3, Saturday Club's Derby Party
13, Tuesday Dive Club Meeting
27, Tuesday E.C. Meeting

June

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



July

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

August

13, Tuesday Dive Club Meeting
??, Saturday Club Pig Roast
26, Tuesday E.C. Meeting

September

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



October

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

November

11, Tuesday Club Meeting (Elections)
25, Tuesday E.C. Meeting

December

TBD, Saturday Christmas Party