



UNDERCURRENTS

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

APRIL 2025

Volume 55, Number 3

Club Meeting

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

Location: Roosters
Program: Dominica Pics by Noel Hall

President's Message

By Kathryn Bowers



As I meandering along the beautiful beach and basking in the balmy breeze and bathwater sea of Barbados, (a completely unplanned side trip) it occurs to me that traveling to Dominica is not just an adventure. It's an Odyssey. I'll explain that more later.

This is an update to the article I mostly wrote (very late) last month. Yes, there was no newsletter last month largely because I did not send my article in a timely manner. I'll attempt to stitch this into something coherent since it's been composed over a month and a half, in 4 different locations, and on a continent and 2 Islands I began in south Florida. Alex and I had spent February in our newish winter home in Bonita Springs Florida. I never anticipated being a condo dweller, but I could probably get used to it (that's if the hurricanes could pick someplace else to come ashore). I get to

listen to the surf all night after watching a beautiful sunset, and I can take my daily walk on the beach!

I usually find lots of surprising little treasures left by the tide. Those are my usual walks and the ones I love. There was about a week when I wasn't loving my gifts from the tide so much. I was seeing all my favorite reef fish, not in the reef but lying dead on the shore. This was my first experience of Red Tide. There wasn't a huge abundance of fish, but the variety was heartbreaking. Spotted cow fish, frog fish, porcupine puffers, spade fish, and angelfish.



I had heard of red tide but I hadn't ever experienced the associated fish kill. I also never thought about it affecting all the cool fish I love seeing on the reefs. Apparently, this red tide was fairly far offshore, this explains the dead reef fish instead of game fish or a bunch of mullets. We made our way back to Kentucky and began our odyssey to Dominica

President's Message Cont.

and back. We had unplanned night's stay in San Juan and were able to enjoy a dinner at one of my old haunts The Metropole and made it to Dominica a day late, oh well, that's why we carry travel insurance.

Long pause, I thought I'd be finishing this in Barbados, where we began but I'm back in Kentucky again. We completed the dive trip and I'm happy to report all the cool reef fish were still living their best lives in Dominica. The reefs were vibrant with healthy coral and all my beloved fish along with a whole bunch of really cool eels. Little did I know the odyssey was far from over.



Around Wednesday or Thursday all of us flying Silver Airlines were informed we needed to find an alternate means of beginning the travel home as they were no longer flying to Dominica. I won't bore anyone with the twists and turns of our voyage home. It took us 2 days and 2 nights in Barbados, many trips to and from airports, and so many delayed and canceled flights I would be hard pressed to recount them all (I'll figure it out when we file our complaint with Delta and report to our travel insurance provider).

We made it home around the time of the rescheduled meeting but were exhausted and had all our gear in the back of the truck so we took ourselves home and zoomed in. I look forward to seeing everyone at the next meeting. 🚩

The Editor's Notes

By John Geddes



The pics are from the the recent Dominica trip, looks like everyone has a super time with diving! If you have some pictures you would like to share in the Newsletter you can send them to me at Gateop51@aol.com 🚩

Vice President Report

By Kris Harn



Hope to see you at the April 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



Happy to report the Dominica went off with minimal issues. The Diving was fabulous and the Fort Young Dive Shop/staff treated us well! Unfortunately several of us were trapped in paradise due to Silver Airways filing for bankruptcy and cancelling all of their flights out of Dominica.



At least five of us ended up spending an extra night in Dominica and/or extra days on other island while we rerouted ourselves back to the states. Never again will I travel internationally without trip insurance!

The Cayman island trips in July are on the website and ready for more members to register! Reminder that the Little and Grand Cayman trips are back to back to allow people to attend both if they wish or to do simply one of the trips. 🏴‍☠️



Secretary's Report

By Amy Hiatt



Hello Bluegrass Dive Club Members!

Here's a quick recap of our latest Board of Directors meeting, where we covered trip updates, upcoming events, and club planning.

Club Business & Announcements.

Derby Party – May 3rd!

Hosts: Alex & Kathryn, Alex will provide: Meat, ice, and cutlery
Potluck Style: Bring sides & adult beverages!

Trips & Travel Updates

Dominica Recap

Highlights & Challenges:

Despite flight issues, the trip went well overall.
Post-Dominica T-Shirts: Natasha is designing shirts featuring the Dive Masters' daily saying.

Upcoming Dive Trips

Grand Cayman (Compass Point)

12 divers are required for the group rate—currently, six divers and two non-divers are signed up. Deadline: Unbooked rooms must be released by April 12th.

Little Cayman Beach Resort once nine divers are fully paid, the 10th diver is comped! Deadline: Unbooked rooms must be released by April 19th.

DEMA Show – November 11-14, 2025
(Orlando, FL)

The club qualifies as a Dive Travel Buyer, giving us access to exclusive industry events and deals.

Club Operations & Member Updates

Looking for a New Travel Agency

With Laura from UDT stepping away after the

Secretary's Report Cont.

Cayman trips, we're exploring new options.

Meeting Adjourned at 9:10 PM ET.

That's it for now, stay tuned for updates, and we'll see you at the Derby Party on May 3rd!



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

Sun, Sand, Surf, Friends (people & sea life), and Diving

This article was written over a period from early February to the end of March in 2025. As I am beginning this article my wife and I are enjoying the warmth of Southwest Florida and the lapping of the waves on the beach from the newly renamed Gulf of America. Had someone asked me 10 years ago if I would seek haven from the cold weather of winter to fly South and become a part of the Snowbird Nation, I would have scoffed. Well times change.

Even with this respite from the Winter Blues, I still long for our next diving adventure. On March 8th I will be able to scratch that itch as we travel to Dominica for the club's trip. I look forward to blowing bubbles, sharing good times and laughs with friends both new and old.



It is now March 15th, and I am writing the rest of my article from the beach on the island of Barbados in the Caribbean. I wasn't supposed to be in Barbados on my dive trip to Dominica with the Bluegrass Dive Club. But as airlines

Webmaster Cont.

make changes and don't fulfill promises, sometimes you must go with the flow.

Kathryn and I have just left the 27 members of the dive club who spent a week together, enjoying each other's company, the people, the food, the absolutely beautiful and healthy coral reef, sea life and the mountains with fresh clear water that is Dominica. The weather was good. No one received an injury and everyone enjoyed the diving. We concluded the week with a photo slideshow prepared by Noel Hall of the weeks underwater finds. Noel and his sense of hospitality are a true gift to the Bluegrass Dive Club.

Only after having gotten to Dominica and having begun to dive, or end my long surface interval, did I realize just how much I really needed this. Club Partnerships for Dive Accident & Travel Insurance



Your club has professional partnerships for membership and insurance with both Dive Assure and the Divers Alert Network (DAN). When you use our club's partner referral weblink to access these services you are benefiting your club and helping to keep dues costs down, while not costing you anymore for membership or premiums. Use the links found on this page for our partner weblinks:

[Dive & Travel Insurance | Bluegrass Dive Club.](#)

I personally find that the Dive Assure annual travel insurance, for both travel and dive accident protection, is a better value for us. It

used to be than the DAN annual travel and dive accident insurance was the better value. It appears that the DAN rates increase more steeply with age than the Dive Assure plans. YMMV.



Upcoming Club Trips

It is time to get you and your dive /travel buddy signed up for one or more of these upcoming trips

DEADLINE: We will be releasing unbooked rooms by April 12 and 19 for the upcoming Cayman trips.

- [Compass Point, East End, Grand Cayman Island, July 12 – 19, 2025](#) (6 divers, 8 total registered to date)

- [Little Cayman Beach Resort, Little Cayman Island, July 19 – 26, 2025](#) (6 divers, 8 total registered to date)



Webmaster Cont.

- [Iberostar Waves Cozumel Resort, Cozumel, Mexico club dive trip – 25 October to 1 November 2025](#) (6 divers, 8 total registered to date)



Care and Maintenance

I have now given all of our dive gear the requisite warm soak that they deserve after a week of being in the Caribbean Sea. Our wet suits also received a bath along with an enzyme product to keep them fresh. Everything is hanging and dry. Batteries out of flashlights. Silicone grease or spray where needed. Don't forget proper servicing of regulators.

Our Richmond, Kentucky home and yard are also receiving our attention as the Spring temperatures beckon us to spend some time outside.

Club Derby Party, 2025 Edition

This year's Club Derby Party will be on Saturday, May 3rd, 2025 from 4:00PM to 7:30PM EDT at the home of Kathryn Bowers and Alex Fassas, 602 Apricot Dr., Richmond, KY 40475. Details can be found here: <https://bluegrassdiveclub.com/event/2025-club-derby-party/> 🚩

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:*

Pool Practice and Refresher



Note from Bart: I recently joined some fellow club members at the new Louisville Dive Center 35 foot deep training pool. One of their dive instructors dove with us as is their standard practice for the open pool sessions. The instructor was very competent and available to help or assist us with anything we

Safety Info Director Cont.

needed. Some of us had not dove in a while and others had some new equipment to checkout and practice with. Everything worked out great. We had a wonderful dive and felt it was a very valuable and worthwhile experience. All the major dive agencies and safety organizations continually stress the importance of staying current with your diving and pool practice is an easy and effective way to do that. Especially if you have an upcoming scuba trip. Here are some of the benefits of a pool visit.

Familiarity with New Equipment

Scuba diving in a pool allows you to get used to any new equipment without the added stress or distractions of being in open water. When you are diving with a new piece of gear, it can be overwhelming to try and remember everything you just read in the manual. But by starting in a pool, you can take the time to get comfortable with the gear and learn how to use it properly. This includes everything- your wetsuit, diving mask, fins, BCD, regulator, and computer. Also, don't forget anything else you are going to be diving with- lights, camera, knife/scissors, safety sausage, etc. Everybody requires practice with their equipment to gain the necessary competence and confidence to dive with it safely.



Developing or Refreshing Your Scuba Skills

Once you're comfortable with all your equipment, you can start to focus on developing or refreshing your skills.

A pool is an excellent place to practice both basic and advanced techniques. This could include buoyancy control, clearing your mask, and sharing air with a buddy. These skills are essential for safe diving and will come in handy when you're exploring open water.

By practicing these skills in a controlled environment, you'll be more prepared and confident when you venture out to an open body of water.

Learn at Your Pace

Another benefit of scuba diving in a pool is that it allows you to learn at your own pace. Everyone learns differently, and some people may need more time to feel comfortable in the water.

In a pool, you can take all the time you need to get used to the equipment and practice your skills without feeling rushed. You can also take breaks whenever you need to, which is not always possible in open water.

Safety Risks

It's important to note that scuba diving in a pool is not without its risks. Scuba diving requires proper training and certification, and it's crucial to follow all safety protocols, even when diving in a pool. Anytime you're scuba diving –whether in a pool, or in open water– you'll need to remain on high alert and ensure you're following all necessary safety precautions. Be especially aware of the risk of air embolism in a pool. Never hold your breath and make slow controlled descents and ascents.

How to Practice Scuba Diving in a Pool

Practicing in a pool is a great way to learn and improve your scuba diving skills in a controlled and safe environment. Here are some of the ways you refine your skills:

1. **Equipment Setup and Safety Check:** Before each dive, you should check and set up your equipment properly. Ensure all connections are secure, and all the equipment is working correctly.
2. **Buddy Checks.** Practice giving and receiving it.

Safety Info Director Cont.

3. Weighting Baseline. The pool is an excellent opportunity to establish your weighting baseline but understand that salt water will be more buoyant than fresh water. You will have to add a pound or more when in salt water depending on your wetsuit and equipment setup.

4. Descending and Ascending: Practice descending and ascending in the pool by controlling your buoyancy, using just your fins and breathing techniques.

5. Equalization Technique. Strive to make it as effortless as possible. Make repeated descents and try different methods.

6. Buoyancy Control: One of the essential skills for scuba diving is buoyancy control. You can practice this skill by hovering motionless underwater and maintaining your depth without moving up or down. Practice buoyancy control using breath alone. Practice using all features of your BCD such as operating the different air dump valves and methods for different body attitudes.



7. Mask Donning and Clearing: Practice removing and redonning your mask. Assure that you have a good seal. Clear water from your mask by using correct technique, tilting head, and blowing through your nose to remove the water.

8. Regulator Recovery and Clearing: In the event that you lose your regulator, you need to

know how to recover and clear it. Practice this skill by intentionally dropping your regulator and retrieving it from behind your shoulder. Quick regulator purge to clear the water.

9. Safety Stop; By yourself and with others. Utilizing a rope (anchor chain) and in open space.



10. Buddy Breathing: Another important skill in scuba diving is sharing air with a buddy. Practice this skill by making proper communications (hand signals) and passing the alternate second stage octopus. Communicate and ascend together, making the necessary safety stop.

11. Deploy and inflate your safety sausage. Finally, practice and refresher in a pool will add much to your fun and enjoyment of scuba diving. When you are prepared, competent, and confident, your diving will be stress free and any issues will be handled with ease. You can focus on the underwater world around you and the friends you are sharing it with.

See ya down there 🚩

2025 BGDC Officer's

Kathryn Bowers, President	859 619-0166
Kris Harn, Vice President	859 333-6911
Amy Hiett, 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

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
12-19, Grand Cayman Trip
19-26, Little Cayman Trip
22, Tuesday E.C. Meeting



August

12, 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
25 -11/1 Cozumel Trip
28, Tuesday E.C. Meeting

November

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

December

13, Saturday Christmas Party

