



UNDERCURRENTS

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

June 2026

Volume 56, Number 06

This Month's Meeting

Meeting: Thursday June 11, 2026
Time: Social 7:00PM, Meeting 7:30
EDT

Place: Roosters on Richmond Rd.
Program: Divers First Aid - Splints

President's Message

By Kathryn Bowers



This will be the first of a two-part series about my feelings before and after my experience on the liveaboard.

In approximately 10 weeks, Alex and I will be leaving for the Turks and Caicos liveaboard. I am, in equal parts, excited and apprehensive about this trip.

I very much enjoy almost all parts of a dive vacation! I like being with everyone, I love being in an exotic tropical location, and I like the diving. I have generally been all about another dive trip but very reluctant to agree to a liveaboard. I like diving. Sometimes I even love diving. However, what most of you may or may not know is that I have been bent. That experience (and the 5-hour ride in a decompression chamber to complete a US Navy Diver Treatment Table 6) is not an experience I care to repeat. I was bent in Belize after 5 days of 3 dives a day and performing numerous "swim throughs" without ever going into even a cautionary state (according to my dive computer). Apparently, my computer was wrong. I have since made the parameters on

my dive computer a little more conservative. I have also made a few lifestyle changes, and I now know enough to tell myself, "if you're having questionable symptoms, it's best not to ignore them, even if Dr. Google says they not what you think they could be and are nothing to be alarmed about." Be alarmed. Tell someone else what you suspect and are concerned about.

According to the doctor that I saw when I was diagnosed as having DCS "your computer is based on the US Navy dive tables. Those tables were built from data on very fit young men, and that is not you". He said it a little nicer than that, but that was really what he meant. My over 50 body did not clear nitrogen and recover during repetitive dives the same as a 23-year-old navy seals would have. I'm well aware of this fact now and accept it. That has fueled my belief that two or three dives a day is really quite enough for me. I do not need the five dives a day of a live aboard.



(Dining Room aboard the Turks and Caicos Aggressor II)

President Cont.

However, after becoming acquainted with Priscilla Mellott I have decided to re-examine my decision about not going on a live aboard. Priscilla is a non-diver. But she's married to Butch a very avid diver and they go on live boards all the time. Priscilla seems perfectly happy going on a liveaboard while not diving at all. I have been on many sailboat trips and very much enjoy living on a boat. Most of those trips involved little to no diving. So this is going to be my experiment with setting my own diving boundaries when everyone else is constantly jumping in the water and deciding if, and when I do. As my mother often said "if all your Jump friends jumped out the window (or into the ocean) would you go too?" Probably sometimes, but maybe not every time.

More to come on how the experiment turns out... 🚩

The Editor's Notes

By Scott Newby



15 Steps for a Safer, Worry-Free Vacation

Article by the American Red Cross

Summer is the most popular time of year for vacations, with peak travel season running from late June through early August — and July being the busiest month of all. Many travelers already have trips booked. But have they taken the right steps to help ensure those travels are safe and worry-free?

The American Red Cross offers 15 steps to help travelers safely enjoy their trips:

BEFORE YOU GO

1. Download the free Red Cross Emergency app for weather alerts, open Red Cross shelter locations and safety steps for different emergencies. Find all of the Red Cross apps in

smartphone app stores by searching for American Red Cross or going to [redcross.org/apps](https://www.redcross.org/apps).

2. Let family and friends know your itinerary and how to reach you. Include where you will be visiting, staying, and be sure to let them know if your plans change.

3. Make copies of your travel documents and keep electronic copies as backups.

4. Make sure the people in your group know everyone's cell phone number and other emergency contacts. Select an out-of-area person to contact in case your group is separated during an emergency and cell service or internet access is disrupted.

5. Find out what natural disasters may occur at your destination and how officials notify everyone about an emergency.

WHERE ARE YOU STAYING? Safety is just as important when people are away from home. If you are staying in a hotel or motel:

6. Stay in places that have hard-wired smoke alarms and an automatic fire sprinkler system in each guest room.

7. Read the evacuation plan carefully.

8. Find the two closest exits from your room.

9. Count the number of doors between your room and the exits. This will help if you need to get out in the dark.

10. Find the fire alarms on your floor.

Do your plans include a vacation rental?

11. Make sure everyone knows the address where you are staying.

12. Check that there are working smoke alarms in every sleeping room, outside each separate sleeping area and on every level of the home.

13. There should be working carbon monoxide alarms on every level as well.

14. Everyone should know two ways out of every room if there is an emergency.

15. Make sure you can open all doors and windows that lead outside.

BONUS TIP — ARE YOU DRIVING? Be well rested and alert, use your seat belts, observe speed limits and follow the rules of the road. If you plan on drinking alcohol, designate a driver who won't drink. Let someone know where you are going, your route and when you expect to get there. If your car gets stuck along the way, help can be sent along your predetermined route. 🚩

Vice President Report

By Butch Mellott



Hello all,

It has been an interesting month to say the least. Hope to see all in the water at sometime this year.

We have had several new members to welcome to the club

Please welcome:

Jacob & Taylor Nalley of Murfreesboro Tennessee

Shane Bennett of Georgetown

Jessica McCoy of Georgetown

Chris Sullivan of Lexington

Todd & Jenny Lovins of Danielsville GA

It is great to see interest in the camaraderie we all share and our passion for diving. Be good ambassadors and Happy Bubbles. 🏊

Trip Director Report

By Priscilla Mellott



Vacation???? 2026
How about Cozumel in October (26-31) AND/OR Playa Del Carmen from October 31-November 7th

Also....

It's not too early to sign up for the trip of a lifetime to Fiji in 2028 (June 3-10)

Check out the BGDC website for details!
Sign up soon!

Join us for the next BGDC meeting on Thursday June 11th at 7:30. Kris Tapp from

Pennyroyal Dive Center in Hopkinsville Ky will be introducing us to Pennyroyal Dive Center and answering any questions we may have. We are looking to schedule a BGDC trip to Pennyroyal in the near future.



Secretary's Report

By David Carr



BGDC Board Meeting 05/28/2026

Board Members present:

Kathryn Bowers President,
Bill "Doc" McGrady Safety Information Director,
David Carr Secretary
Alex Fassas Webmaster
Scott Newby Newsletter Editor.

Butch Mellot Vice President, Priscilla Mellott Trip Director and Dan Miller Treasurer were unable to attend.

-Meeting occurred over the Zoom and called to order by Kathryn Bowers at 7:14 pm with a quorum present. The Agenda was approved.

-Minutes from 04/23/30367 meeting reviewed and approved.

-Financials presented by Alex, attachment of same included with emailed agenda to all members.

-Cayman Brac trip fully paid for and a rebate pool of \$4211.

- Fiji trip required \$5400 payment creating a negative balance on the future trips funds (\$1400).

Secretary's Report Cont.

-April/May We Travel fees of \$222 and \$357 were incurred.

-Turks and Caicos trip fully paid with \$2213 in rebate pool.

-Outstanding for each of the Mexico trips is \$1000ea.

- Club bank account balance 17,831.34.

-President reports no new business.

-Safety Information Director reports future topics to include building the skills and knowledge base for first aid, splinting June 11 Club meeting. Man overboard procedures, and Maldives accident analysis July and August meeting topics.

-Newsletter Director needs submissions by June 1st.

-Newsletter consideration given to more fluid information dissemination rather than a once monthly occurrence.

-Webmaster related updates on website announcing 2 Mexico trips and the 2027 Fiji trip.

-Alex explained the features of We Travel and Caradonna as tools and services to the club.

-There is need for members to understand communication of changes to travel and accommodations, or requests for same, through relevant board members as these could impact contracts/agreements/payments with service providers.

-New Business addressed raising the future trips funds from \$6000 to \$10,000 to more relevantly cover current expenses. Alex moved to approve and Scott 2nd.

-John Schimmoeller has offered to host the July Pig Roast at his home centrally located in Lexington.

Meeting Adjourned at 8:53P



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 Gunpowder 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

Peace Returns To The Homestead

My apologies for over sharing in last months newsletter article. Sometimes when you are in the middle of a storm it is hard to find your way out and you do not know just how emotionally spent you are. Just like being disoriented in a diving situation; STOP, be still, gather yourself, and watch which way the bubbles are rising, then proceed calmly and safely.

A sense of peace and order have returned to our home life. Now we will help my sister navigate her next steps in a measured and thoughtful way. She is beginning to smile again, as she navigates her grief and the realities of a future without her husband.

Group Travel 201

In a previous newsletter article, I gave a glimpse into what goes into putting together a group trip in our club, just like many other travel groups around the world. As quick recap, there are numerous interactions between your Trip Director and a Travel Wholesaler before a trip is even proposed. Your Trip Director is part savant and messenger, trying to get input and consensus on specific destinations, resorts, and future travel dates from the dive committee and club members. Then the presentation to your board for discussion and approval by the trip director. The execution of a contract and payment of a deposit from club funds by the treasurer. Then the trip gets published for your information and registration by the webmaster.

Your club has signed a group travel contract for each trip with several deadline dates; room

release deadlines, refund deadlines, final payment deadlines, final rooming list with traveler information deadlines. Group contracts, many times have minimums for qualifying for the group rate, commission, and comps. If someone is interested in going on a trip, it is always better to sign up earlier rather than wait until the last minute. Early sign ups create excitement and generate more sign ups; a win – win. Anything booked after room release date is pending resort availability.

HINT: We have upcoming trips and nobody signing up.

A last note on trip registrations. If you make changes among yourselves with regard to rooming situations (single occupancy to double occupancy) or roommates, you must communicate those promptly to the Trip Director. We have to make those same changes for our group billing and for the resort and sometimes deadlines apply for no penalty changes.

Dive Accident & Travel Insurance

Your club is an affiliate partner with Divers Alert Network (DAN) and with Dive Assure. You must use our hyperlinks to begin your online purchase or renewal to benefit your club, at no additional cost to you. More information about the club's partners and links at <https://bluegrassdiveclub.com/dive-travel-insurance/> .

Do you have news or a program to share?

Your dive club has a fabulous email list with which to share news and information that would be of interest to its members and friends. If you have something to share forward it along to webmaster@bluegrassdiveclub.com or use the [Contact Us](#) web form



Here is a brief list of current trips, # booked, and deadlines:

Trip Destination & Travel Dates	# Travelers & Rooms Reserved	# Registered On Trip	Room Release Date	Cancel/Refund Date	Final Payment Date
Cayman Brac, 1-8 Aug 2026	26 travelers, 13 rooms	13 travelers, 7 rooms	15 May 2026	1 May 2026, 0% Penalty	1 May 2026
Turks & Caicos Aggressor II, 22-29 Aug 2026	Sold from Aggressor inventory	5 travelers, 3 rooms SOLD OUT	None, no room block reserved	23 May 2026, 20% Penalty After 100% Penalty	10 May 2026
Cozumel, Mexico, 24-31 Oct 2026	24 travelers, 12 rooms	0 travelers, 0 rooms	10 Aug 2026	31 Jul 2026, 0% Penalty, After up to 100% Penalty	31 Jul 2026
Play Del Carmen, Mexico, 31 Oct – 7 Nov 2026	24 travelers, 12 rooms	0 travelers, 0 rooms	17 Aug 2026	7 Aug 2026, 0% Penalty After up to 100% Penalty	7 Aug 2026
Bega Lagoon, Fiji, 1-10 June 2028, 7 nights at resort	32 travelers, 18 rooms	0 travelers, 0 rooms	16 Nov 2027	All deposits and final payments 100% Penalty	2 nd Dep. 6 Nov 2027, Final 6 Mar 2028



Safety Information Director

By Bill "doc" McGrady



Safety Corner.....

LOOK-POINT-SHOUT.....THROW!!

So I will defer to and write about the Maldives scuba accident in August since there are details that have not been released by several authorities and which will have great impact to the cause of this tragic accident. This month, I will keep it short and spicy in anticipation of summer.

So do you know what to do if you hear "Man-Overboard!"?? Two assumptions before we proceed further. One, Gender-neutrality: yes it should be "person-overboard" as 50% of the population are ladies!!! However this has been

drilled into sailors for centuries as "Man-Overboard" and works the same!!! As acknowledgment, I will make both the victim and rescuer ladies in the explaining. Second presumption: This scenario will involve NOT a sailboat or commercial vessel but for context a multi-scuba diver boat with most of clients in the back/stern.



So, the phrase is **LOOK....**

When person falls overboard, the **MOST IMPORTANT** factor is getting eyes on them in the water no matter what. Humans in the water are like mushroom hunting, ..if you see the victim, **DO NOT LOOK AWAY!!!!!!** This is the **MOST IMPORTANT** and almost Biblical

Safety Cont.

commandment! The first boat person to see the victim in the water that spots the victim, do NOT LOOK AWAY from HER!!! She could slip under water and/or the bouncing waves can block view and if the person is struggling to stay afloat, you can approximate where she slipped under the water.

As the rescuer spots the victim, she **POINTS** with arm outstretched to the victim and keeps the eyes and arms outstretched pointing while **SHOUTING** "Man-Overboard!" and can shout it several times loud-NEVER LOOKING AWAY and keeping her arm pointed at the victim. At this point, several OTHER divers in the back can run up and hopefully 1- or 2 more can spot and outstretch their arms as well.... They are also obeying the **LOOK/POINT/SHOUT**.....

Now additional folks can do 2 things. One will run up to the crew and activate MAN-OVERBOARD! And the crew will execute turning maneuvers and GPSs marking protocols on their Nav systems. Several other divers in the back will find flotations and **throw** them in the water towards the victim, even if they are several hundred yards away.

Flotation lets the crew see how the current and therefore how the victim is at surface current. Also allows a directional so don't hesitate to empty a cooler of ice and snacks, close it and toss in water in direction of victim..... you can pick it up later. Same goes for a dry bag, empty a bright dry bag, let it be full of air and toss into water. Again, can pick up after recovering the victim.

And so that's it!!! But speed and the initial rescuer never taking eyes off victim and keep pointing-outstretched arm is KEY!!!! Remember, our victim can slip under the waves in an instant and they are pointing in the general direction and distance!

That's it! Happy June! -Doc



Bluegrass Dive Club 2026 Calendar

June

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

July

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

August

13, Thursday Dive Club Meeting
??, Saturday Club Pig Roast
27, Thursday E.C. Meeting

September

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

October

15 Thursday Dive Club Meeting
29 Thursday E.C. Meeting

November

12 Thursday Club Meeting (Elections)
26 Thursday E.C. Meeting

December

??, Saturday Christmas Party

2026 BGDC Officer's

Kathryn Bowers, President	859 619-0166
Butch Mellott, Vice President	859 621-5160
David Carr, Secretary	859 585-5105
Dan Miller, Treasurer	859 948-5133
Priscilla Mellott, Trip Director	859 553-0739
Bill McGrady, Safety Info Dir.	713 259-9701
Alex Fassas, Webmaster	859 582-1600
Scott Newby, Newsletter	859 559-5105

Hookah Diving: A Tankless Way to Explore Underwater

Ever wondered what it would be like to breathe underwater without the bulk of a scuba tank? Hookah diving might be the answer! It's a fantastic option for shallow dives, boat maintenance, underwater repairs, and a fun way to introduce friends and family to the underwater world. Let's explore the world of hookah diving, its benefits, limitations, and how to get started.

What is Hookah Diving?

Hookah diving, also known as tankless diving or surface-supplied air diving, is a method of diving where the diver breathes air supplied from a compressor on the surface, rather than from a tank strapped to their back. Imagine you're 15 feet down, clearing debris from your boat's propeller, with the freedom to move without a heavy tank. This is the beauty of hookah diving. It bridges the gap between snorkeling and traditional SCUBA, offering a simplified way to explore underwater.

How Does Hookah Diving Work?

A hookah diving system typically consists of an air compressor, a long hose, and a regulator. The compressor, powered by electricity or a gasoline engine, pumps air through the hose to the regulator. The regulator then delivers the air to the diver at a breathable pressure. Think of it like a really long snorkel, but instead of you providing the air, a compressor does the work for you! One of the great things about these systems is their portability. Many hookah systems are designed to be compact and easy to transport, making them ideal for use on boats or at remote dive sites. This ease of use can be a real game-changer, especially when compared to the setup and breakdown involved with scuba gear.

Benefits and Limitations of Hookah Diving

Hookah diving offers several advantages. Hookah diving, also known as tankless diving, offers several advantages that make it appealing to both new and experienced divers. One of the biggest benefits is not having to carry heavy scuba tanks, making your gear easier to transport, set up, and enter the water with. Without a tank on your back, you'll also enjoy greater freedom of movement and less fatigue underwater, which can make longer dives more comfortable and enjoyable. Plus, it's a great option for those

who might feel claustrophobic with a tank on their back.

However, there are limitations. Hookah diving is generally limited to shallower depths, typically no more than 30-40 feet, depending on the system and training. Some systems offer extended hose options for a longer tether and deeper dives, like the [Air Line Add-A-Diver Hookah Expansion Package, 100 ft](#), but proper training and a clear understanding of safe diving practices are essential before exceeding recommended depths. It also requires a buddy on the surface to monitor the compressor and hose, and divers need to be aware of potential hazards like entanglement or running out of hose.

Essential Equipment for Hookah Diving

A complete hookah diving system is your starting point. When choosing a system, consider the compressor power, hose length, and regulator quality. A good regulator will deliver air smoothly and reliably, ensuring a comfortable dive.

Beyond the basic system, you'll want a comfortable and adjustable harness or vest to secure the hose and regulator. A dive flag is also essential to alert boaters to your presence. All our hookah systems come with this essential equipment. All you have to do is not forget your mask, fins, and snorkel!

Do I need an Open Water certification to use a Hookah Diving System?

No, you do not need a scuba certification to use a hookah diving system, though proper training and dive experience are strongly recommended for safety. When you purchase a Brownie's Third Lung system from us, proof of a scuba certification is required. Brownie's also provides a recommended training course with your purchase, and we strongly encourage all users to complete it before diving for the safest experience possible.

Hookah Diving vs. SCUBA Diving: Which is Right for You?

So, how do you decide if hookah diving is right for you? If you're looking for a convenient way to explore shallow waters, perform boat maintenance, or introduce others to diving, hookah diving is an excellent option. However, if you plan on diving deeper or exploring more challenging environments, SCUBA diving might be a better fit. It really comes down to your individual needs and preferences.

Article Published by Divers Direct @ www.diversdirect.com courtesy of Dan Miller