



# UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / [www.bluegrassdiveclub.com](http://www.bluegrassdiveclub.com)

February 2014

Volume 44, Number 2

## February's Club Meeting

**Date:** Tuesday, February 11th

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

**Location:** The Racquet Club  
3900 Crosby Rd.

**Program:** San Salvador Riding Rock

## President's Message

*By Tracey Combs*



The cold winter days that we are experiencing are great reminders that we need to go diving!! A group of 16 BGDC divers just returned from the warm and cozy waters and white sandy beaches of Chuuk and Yap. Be sure to check out our dive calendar to see when you can escape with BGDC soon.

I hope to see everyone at our regular meeting on February 11th. If you have ideas regarding future trips or want to share information regarding one of your past trips, please contact Doug Geddes or a member of the Dive Committee. Be careful and Stay warm! 🚩



## The Editor's Notes

*By John Geddes*



The pics this month are by Noel Hall from the Yap/Truk trip. 🚩



## 2014 BGDC Officer's

|                                  |          |
|----------------------------------|----------|
| Tracey Combs, President          | 621-4066 |
| Corrine Mulberry, Vice President | 913-0892 |
| Mike Sullivan, Secretary         | 266-4516 |
| Dan Miller, Treasurer            | 948-5133 |
| Doug Geddes, Trip Director       | 224-3197 |
| Rick Stephan, Safety Info Dir.   | 223-3719 |
| Mike McCann, Webmaster           | 255-3937 |
| John Geddes, Newsletter Editor   | 223-7926 |

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## Vice President's Report

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By Corrine Mulberry



The Program for the February BGDC meeting will feature San Salvador Riding Rock, a trip planned for June.

The Program at the January meeting featured coral reef restoration efforts in the Florida Keys. Please visit the websites for the Coral Reef Restoration Organization Foundation and the Adopt-A-Coral program to learn more about the volunteer activities and the success of regenerating Elkhorn and Staghorn corals.



Great work and inspirational to see their progress. Also, learned about the relationship of Diadema (spiny sea urchins) and hard corals. Not only are Diadema herbivores (consuming macro algae that are negatively impacting coral), the motion of these critters (the Diadema) cleans and scrapes the limestone substrate stimulating settlement of hard coral spores. Cool. Ted Nedimyer (with Coral Reef Restoration) and the National Marine Sanctuary Advisory Council conducted an experiment with Diadema where they transplanted At-risk-juveniles into a stressed hard coral system. (They also had a "control" – with no transplanted Diadema system to compare it to). The results were amazing. The control site showed a 25% reduction in hard corals and the experimental area (with the introduced Diadema) showed a 59%

increase in hard corals. Gotta love science and biology!

If you have diving information or destinations (past or potential future trips) that you would like to present at a Club meeting, I would love to hear from you. Please contact me so that we can put you on the calendar. 913-0892 or [mulberryc1@gmail.com](mailto:mulberryc1@gmail.com)

At last month's meeting, we welcomed **Stephenie Swope** and **Jennifer Clifton** to their first BGDC meeting. **Stephenie** heard about us through New Horizons Dive Shop and located us via a Google search. Stephenie is a software engineer and lives here in Lexington. She is Advanced Open Water and Nitrox Certified. She has 2 divers in her family (college age daughter) and has about 26 dives under her belt. She likes to travel, especially to warm climates, and is interested in more travel and diving experiences. **Jennifer** heard about us via Stephenie! Jennifer is Open Water Certified, has about 6 dives under her belt and is hoping to dive more regularly. She would like to take dive trips to tropical locations during the winter. Yes!! Jennifer works in granite sales (hmmm...I need to talk to her...) and lives in Lexington. We look forward to seeing you both again soon. [P.S. for everyone else.... Stephenie and Jennifer won ALL the door prizes! Beginners luck!



The July 12<sup>th</sup> & 13<sup>th</sup> Dale Hollow Dive Trip is posted on the web. Mark your calendars and sign up today. This is a fun and relaxing weekend on the lake and an opportunity for local and inexpensive diving. \$20.00 per

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## Vice President's Report Cont.

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person/per day secures you a spot on the pontoon boat.

There is a maximum capacity of 12 people on the 10' x 30' double-decker pontoon boat. The BGDC will reserve **ONE** pontoon boat in early January. If trip sign-ups exceed the boat capacity, another pontoon boat will be reserved IF IT IS AVAILABLE. We have 2 reservations, so only 10 spots remain. Sign up early to ensure you have a spot on the boat.

In terms of lodging, I have made reservations at the Dale Hollow State Park Campground for Friday July 11 and Saturday July 12<sup>th</sup> at site L0002 for me and my little tent. I would encourage you to make campground reservations (L Loop) or lodging reservations at the State Park NOW if you are interested in this trip. (Lodging reservation cancellations are quite liberal, so it doesn't hurt to sign up now while you can get a room. By March or April, all rooms will likely be booked.



Rebecca Singer and I are putting together plans for a Costa Rica trip in June 2015. This trip is in the planning stages and has not yet be finalized nor approved by the Board. If you have interest or input on the specifics of this trip, don't hesitate to contact me. The trip will involve more land-based adventures than diving as diving conditions can be quite variable. We will definitely dive, but do not intend to dive every day. 🚩

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## From The Secretary 2014

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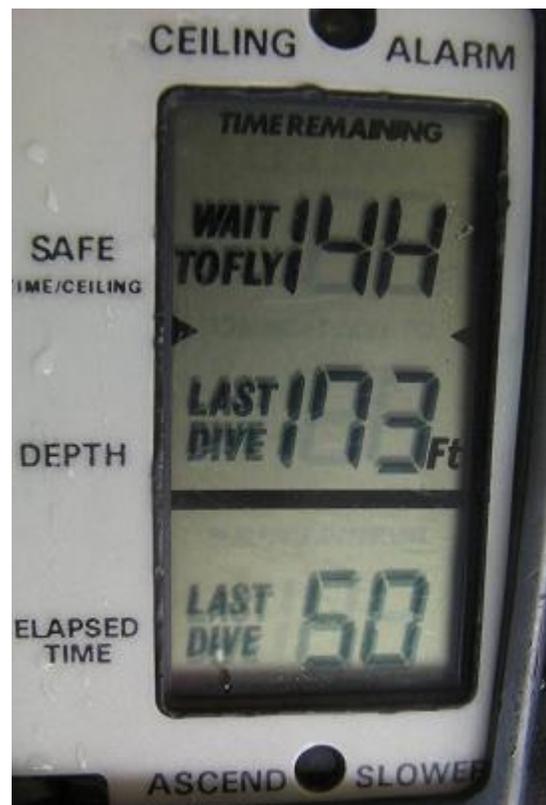
By Mike Sullivan



February 14<sup>TH</sup> 2014  
REGULAR MEMBERSHIP MEETING

Meeting was attended by seven people including Corrine Mulberry, Vice-President, and John Geddes, Newsletter Editor. Corrine presented both November and December's Treasurer Reports in the absence of Dan Miller.

Corrine additionally conducted the Trip Reports in Doug's absence for San Salvador, Dale Hollow, East End of Grand Cayman, and Costa Rica (not yet official). A cake was presented to Kris Harn as a well deserved thank you for her time as Club Secretary. 🚩



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## From the Treasurer

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By Dan Miller



### 2014 Membership Dues

|                                       |         |
|---------------------------------------|---------|
| Student (High School or College ID).. | \$10.00 |
| Single & Family (1 diver) .....       | 30.00   |
| Family (non divers).....              | 30.00   |
| Family (2 or more divers).....        | 40.00   |

**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](#). 🚩



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## Trip Director's Report

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By Doug Geddes



### TRUK/ YAP WRAP UP

Well it is hard to believe that we have already come and gone on this awesome trip. The diving was great at both locations. The highlights of both trips are the 35-40 shark dive in Yap and the 165' dive on the San Francisco Maru in Truk Lagoon. I think most of the divers would concur.

Unfortunately we did have a couple divers have to leave us before the Odyssey because of illness, but it was still a great trip. I am sure we will have a program soon on this trip. The videographer on board made us a great video that I am sure someone will bring to show. This was another great successful dive trip for the Bluegrass Dive Club.

### SAN SALVADOR BAHAMAS 2014

We need to get some people signed up to make this trip a go. Please go to the website to check it out and then fill out the reservation. This is one of the best places our club has dived at in the Bahamas. Do not buy your airfare just yet, we have a charter plane for the last leg and you need to match up times with us.

### EAST END CAYMAN 2014

I believe this be another great trip to the Grand Cayman. Please go to the website and sign up. We already have several persons signed up, so this trip will be a go. We had a great trip there last year to the same resort and had a great time. Come on and sign up asap. 🚩

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## Safety Corner

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By Rick Stephan



**Note:** By the time you read this, our group of intrepid adventurers should be back from Yap/Truk. Hopefully there will be no dive incidents or accidents.

I came upon this article, from the Broward County, Florida Sun-Sentinel. Interestingly, it is from 1985. It describes an in-depth (no pun intended) scuba rescue course with real-life scenarios played out to test and train the students. We all hope there are no accidents on any of our dives. But, sooner or later, there will be. Will you be ready to react appropriately?

Rescues are almost always effected on the surface, so making sure the victim is safely there is a priority... Ditch the weights! Make sure you know if your dive buddy's weights are integrated and how to release them.



Consider taking a rescue course. One of the best courses I ever took (scuba or otherwise) was the Scuba Lifesaving and Accident Management (SLAM) course offered by Billy Forbess through the YMCA many, many years ago. Diving at the Lexington reservoir out by Richmond Road was a real eye-opener, although we couldn't see anything – even our hands in front of our masks! Several scenarios were played out, even to the point that somehow Billy convinced the Ky Air

National Guard to fly in a helicopter to simulate an air evacuation.

I hope you never have to do a rescue, but I hope you will be ready if the need occurs – especially if you are my buddy!



*Remember, safe diving is fun!*

### **First-hand Experience Scuba Divers Learn From Real-life Rescue Course**

By Craig Davis, Outdoors Writer

A scuba diver bobs to the surface, gasping for air and flailing his arms and legs. His buddy, surfacing nearby, tells him to release his weight belt.

“No,” says the struggling diver, “I’ll be OK. I just have to catch my breath.”

But the more he flounders, the more desperate he becomes. Finally he agrees to pass the belt to his companion, who immediately drops it to the bottom. “We’ll get it later,” he says, leading the exhausted diver toward their boat...

It wouldn't seem to be much of a dilemma: to save a \$15 weight belt or your life. Nonetheless, studies of scuba diving accidents have shown that a surprising number of victims, with air remaining in their tanks, are found with weight belts strapped securely in place. Taking frugality to the extreme, some divers are inclined to put themselves in peril rather than discard a piece of equipment.

“Most people are overly concerned about their equipment. They would die in order to keep a weight belt,” says diver rescue instructor Walt “Butch” Hendrick.

So when Hendrick sets up an emergency scenario such as the one above for his

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## Safety Corner Cont.

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Lifeguard Systems class, he doesn't merely tell his students the proper response is to discard the weight belt. He takes them offshore and insists they actually drop it. And, if necessary, their tank, mask and fins. That is what sets Hendrick's course apart from most diver safety programs. "We're not just talking rescue, we're doing rescue. This is the only course I'm aware of that goes into this much depth," said Ed Kasten, service representative of the National Association of Underwater Instructors (NAUI).

Hendrick, who travels around the world teaching offshore emergency procedures to sport-divers and government agencies, presented his real-life rescue course for the first time in Florida earlier this month on the beach at Lauderdale-by-the-Sea.

During an evening and two daytime sessions spanning 24 hours, a group of 28 divers ran the gauntlet of life-saving techniques from CPR to use of a rescue throw bag containing 75 feet of rope that unravels as it is thrown to a person in the water. During the final afternoon, full-scale rescue operations were staged in which designated victims were retrieved from the bottom offshore, taken to the beach, administered first aid and evacuated.

The motto of the course is "I survived," which is applicable to those who complete the demanding program as well as lives they may someday save.

"If they work through the whole thing, they've survived. We had a couple people walk away today," Hendrick said. "Most divers don't want to address the subject of rescue. They don't want to put in the effort that it takes."

Hendrick, 39, has been involved in scuba instruction and water rescue since he was a teen-ager prowling the beaches of Puerto Rico. His father, Walt Sr., started training divers there 27 years ago and is currently the national training director for NAUI.

Walt Jr. said he has participated in 57 rescue cases, and notes proudly that 51 of the victims were alive when he walked away. His students have saved a few more.

During the past five years, he has taken his traveling rescue course around the world, training more than 3,000 divers in Australia, South Africa, Hawaii and both U.S. coasts. Hendrick also teaches helicopter rescue and on-water rapid deployment techniques to police and fire departments.

"I'm here because this guy is primo. He's the best as far as (diver) rescue," said Rick Fernandez, who teaches scuba in Miami.

The course was developed out of a concern that many divers, instructors included, were not adequately prepared to handle emergency situations. Those who took it here ranged from novices to dive masters, including an instructor who traveled from Louisiana to participate. To impress his students that they may not know as much as they think they do, Hendrick sets up situations for them to respond to, critiques their efforts and then demonstrates proper techniques.



"We spend an enormous amount of time allowing them to make mistakes. Most of the time they don't know what to do. They've been told if this happens, do this, but they've never actually done it," he said.

In Hendrick's class, they practice until they get it right. Using mannequins and each other, they learn the right way to remove a fellow diver from the water and perform CPR and mouth-to-mouth resuscitation. They all have

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## Safety Corner Cont.

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an opportunity to utilize the items in a first aid kit.

“We have created a program that is total hands-on. Every person has a minimum of 30 minutes working on a mannequin. In an average course of 5 1/2 hours, they are lucky if they spend seven minutes on a mannequin,” he said. “I’m not putting down what some other people are doing in the classroom. All we’re doing is taking it into the street. It’s all real life.”

Hendrick has been known to arrange for a diver not involved in the class to surface offshore and call for help just as his students are packing to leave. There is no indication whether the emergency is authentic or a hoax until after the person has been rescued and whisked away in an ambulance.

The message is that there is no time to question, only to act when a diver is in peril. Hendrick trains his students that it is totally up to them to do what is necessary to save a life.

That may mean dealing with someone who is unconscious or struggling in panic on the surface. Panic is one of the most common sport-diving predicaments. It can be triggered by a cramp, water in the mask or running low on air, and complicated by carrying an excessive amount of lead weight. Hendrick stresses the importance of getting the person to relinquish the weight belt and any other equipment that may be a burden.

“If you’re making a rescue, your equipment doesn’t mean anything,” said Bob Good, who has been a student and instructor in the Lifeguard Systems course. “The most important thing this program did is not just show what you would do if this happened, but rather to say that this is happening, now do it. And that means actually taking the equipment off and getting rid of it. We ditched equipment over and over again, and we didn’t lose one piece all weekend.”

In that respect, the course is as valuable as an example of common sense in the face of distress as for the sophisticated methods it conveys.

“Every diver should go through a course like this to become a safer diver. It’s very beneficial. It gives me confidence that I can go diving and if my buddy gets in a bad situation, I can save him ... and myself,” said Jeff Sterner of Margate.

However, it isn’t easy to convince all divers of the need for such intensive instruction. The deaths of three divers and a snorkeler in Broward and Palm Beach counties this past summer would seem reason enough. But no one wants to believe he might get into a situation he couldn’t handle. Besides, it is more fun to spend the weekend exploring the reefs and wrecks than wrestling mannequins on the beach.

“It’s not an end-all program. At its best, we’re going to make them adequate at handling an in-water situation. We want them to get a feel for what a real- life situation is all about and realize they don’t know it all. We try to build on certain things so they’ll retain some of those skills six months from now,” Hendrick said.

According to Kasten, a major flaw in diver education is that many instructors fail to stay abreast of changing rescue procedures. Their students get a cursory introduction to the basic techniques and tend to forget them. Kasten recommends periodic refresher courses - once a year for instructors. 



# Bluegrass Dive Club 2014 Calendar

## February

11, Tuesday Dive Club Meeting  
25, Tuesday Board Meeting

## March

11, Tuesday Dive Club Meeting  
25, Tuesday Board Meeting

## April

8, Tuesday Dive Club Meeting  
29, Tuesday Board Meeting



Our two guess from the January Meeting,  
Jennifer and Stephanie

## May

3, Saturday Club's Derby Party  
13, Tuesday Dive Club Meeting  
27, Tuesday Board Meeting

## June

7, Saturday Bahamas  
10, Tuesday Dive Club Meeting  
24, Tuesday Board Meeting

## July

8, Tuesday Dive Club Meeting  
12, Saturday Dale Hollow Diving  
29, Tuesday Board Meeting

## August

12, Tuesday Dive Club Meeting  
16, Saturday Club Pig Roast  
26, Tuesday Board Meeting

## September

9, Tuesday Dive Club Meeting  
13, Saturday Grand Cayman  
30, Tuesday Board Meeting



Kris' Cake

## October

14, Tuesday Dive Club Meeting  
28, Tuesday Board Meeting

## November

11, Tuesday Dive Club Meeting  
25, Tuesday Board Meeting

## December

13, Saturday Club Christmas Party



Our Members at the January Meeting