



# UNDERCURRENTS

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

November 2018

Volume 48, Number 11

## November's Club Meeting

**Date:** Tuesday, November 13th  
**Time:** 7:30-PM (business)  
Social at 7  
**Location:** **Urban Squirrel Storage**  
**203 Lisle Industrial Ave**  
**Program:** Elections

## President's Message

*By Tracey Combs*



It is ELECTION time again. If anyone is interested in joining the Board, please contact Charlie Denham (621-8655) as soon as possible. You can also nominate a willing participant or yourself at the meeting prior to the election. We have a few spots to fill on the Board, so if you have been considering joining, now is a GREAT time. Elections will be held Tuesday, November 13, 2018.

Our annual Christmas Party will be held Saturday, December 8th, 2018 at 6:00 pm at Mark & Stella Kidd's home. The club will provide ham, rolls, and soft drinks, anything else is BYOB. Please bring a dish to share with 10-12. The address and directions are on the website. Mark your Calendar!

Our next meeting will be Tuesday, November 13 at 7:30 pm at the Urban Squirrel. Guests are always welcome. I hope to see you there! 🚩

## The Editor's Notes

*By John Geddes*



Here we go with more Pics from Roatan, Enjoy, I never get tired of these! 🚩

## Election Committee

*By Charlie Denham*



November is election month for the club.

If you would like to serve on the Board, we have two opening and nominees can be taken from the floor election night. Contact Charlie at 621-8655. 🚩

- President - Mark Kidd
- Vice President – Kris Harn
- Secretary - Open
- Treasurer - Dan Miller
- Trip Director - Open
- Safety Information Director - Bart Bertetto
- Newsletter Editor - John Geddes
- Webmaster - Alex Fassas

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## Vice President's Report

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By Mike Sullivan



The door prizes were won by Alex Fassas (Canes gift card), and Maryanne O'Canna (Jasons' Deli). We need some members to step up and take some of the Board positions in the November elections. 🚩



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## From The Secretary

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By Kris Harn



10/09/18

General membership meeting

A general membership meeting was held on 10/09/18 at the Urban Squirrel. 15 people were in attendance. Presentation was a DVD of Barbados.

10/30/18

Board of Directors meeting

A board of directors meeting was held on 10/30/18 at Beaumont Branch Public Library. Reviewed reports, trips, new and unfinished business. 🚩

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## From the Treasurer

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By Dan Miller



### 2018 Membership Dues

Student (High School or College ID) ..	\$10.00
New Diver (First year only).....	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 Steve Gahafer



### Little Cayman

This should be a great trip with valet diving at your service. If you have never been to Little Cayman now is your chance to go. The dates are May 25<sup>th</sup> – June 1<sup>st</sup>.

You can find out more about this trip on the web site at [Little Cayman 2019](#). If you have any questions please email me.



We are headed to Barbados next year February 22<sup>nd</sup> – March 1<sup>st</sup>. We will be staying at the Coconut Court Hotel Barbados. Barbados is a great place to visit and not just for the diving. There is plenty to do for non-divers on this trip as well. Here is a link of a few touristy [things to do](#) while not diving.

Go to our web page [Barbados 2019](#) to get all the details. If you have any questions please email me.



### Papua New Guinea

This trip will be one that people will be taking about for a long time.

We start out at the [Rapopo Plantation Resort](#) September 4<sup>th</sup>-12<sup>th</sup> 2019. This part of the trip includes 5 days of 2 tank dives. On the last day, while letting our equipment get good and dry, we have arranged for a full day tour consisting of some of the local World War II sites. Some of the sites include Mt. Tarvurvu Volcano, Admiral Yamamoto's Bunker, and the Japanese Barge Tunnel. These are just three of the several sites we will visit.

The second part of the trip is optional and starts at the end of the dive portion of the trip. It is a 5 day/4 night tour September 12<sup>th</sup> – 16<sup>th</sup> that include two full days with VIP Passes to the [Goroka Festival](#).

We will also travel to the village of the [Asaro Mudmen](#) to spend the day with them.

Alex will be getting more details and pricing on the trip up on the web page soon so you can sign up and join us on the great trip.

We are always looking for new places to go so if you have any suggestions, let me know. 🚩

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## Safety Corner

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By Rick Stephan



**Note:** *This month's article is from [divein.com](http://divein.com) and deals with something that we normally don't think about in the late fall – overheating. The article takes the stance of “hey, it's summer” but the same thing could happen when you take that winter trip to Barbados, and suddenly your pale, cold body is exposed to tropical sun, and you've brought your 5 mil full wetsuit, and the person in the back of the dive boat has problems with their gear and doesn't jump off right away. Sound familiar? It happens...*

*Remember that being properly hydrated can really help out also – “properly” meaning water or juice – not alcoholic drinks! As the weather gets colder, and we crave that tropical warmth, remember to bring the proper exposure suit – not too much, and certainly not too little. Make sure you know the typical water AND air temperatures for your destination and time of year. Then, you will be prepared to be a safe diver, and of course -*



*Safe diving is fun!*

### **Beat The Heat: Overheating While Scuba Diving**

**By Thomas Grønfeldt Senger**

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#### **How to deal with the heat while scuba diving in the summer!**

Summer is here, and with it, many people take to the water to swim, surf, and our all-time favorite: scuba diving. But with summer also

often comes higher temperatures (one of the motivators for heading to the shore in the first place), and the risk of overheating while diving, or hyperthermia.



#### **Here's how to avoid it.**

##### ***What is Hyperthermia***

Most people know the term hypothermia as an expressions for being very, very cold. In fact, in Greek, *hypo-* means “below”, and *thermia* means temperature, as in the body's temperature.

So hypothermia is when the body's core temperature is below what it should be, and is a serious conditions that goes beyond simply being cold.

*Hyper* means “above”, so *hyperthermia* means the opposite of hypothermia, and refers to when the body's core temperature is above its normal, healthy level. And again, it is a potentially serious conditions that goes beyond simply feeling warm.

Hyperthermia is more than just a warm feeling when diving

##### ***Effects of Hyperthermia***

Hyperthermia happens when the body's core temperature exceeds its normal 100.9°F/38.3°C.

And even a rise to 104°F/40°C can be life threatening, due to organ failure. But before

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## Safety Corner Cont.

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that, sluggishness, erratic behavior, convulsions, and loss of consciousness can all occur.

### **Hyperthermia and Scuba Divers**

Normally, the body is very good at regulating its temperature. But if we put too much pressure on our internal thermostat, we may risk hyperthermia setting in. And because divers often head for warm, tropical areas in pursuit of their favorite activity, it is a risk we need to take seriously.

And because the oceans are rarely as warm as the air, and because it transport heat much more effectively than the air, we often need to wear various forms of exposure protection, even in the tropics. Because of this, most hyperthermia cases with scuba divers happen while on the boat or shore and often because of overheating while wearing a wetsuit and waiting to get in the water.



Divers wearing a wetsuit and waiting to get in the water are prone to Hyperthermia

### **Avoiding Hyperthermia While Diving**

Luckily, there are a few simple things that we can do to prevent overheating.

#### **Drink and Sweat**

Sweating is our one of our body's primary defenses against overheating. By sweating and having that sweat evaporate on our skin, our body cools itself. So make sure you have

plenty to sweat, and that means drinking enough.

Drinking cool drinks can also help regulate the body's temperature. Extremely cold drinks do tend to give some people stomach cramps, so if you experience that, make sure the drinks are a bit more temperate. And don't believe the old wives tale that a hot drink helps your body "cope" with the heat.



Cool drinks regulate the body's temperature

### **Wait For It...**

Probably the most important advice is to wait until the last minute to change into your wetsuit. Put together all your gear and get ready for the dive, but leave the wetsuit until the last possible moment.

And even then, consider only putting it on your legs and torso, and leaving your torso exposed to cool you. Once you're ready to put on your scuba unit, and only then, do you put it all the way on and zip up.

### **Get Wet To Avoid Overheating**

As soon as you're in your wetsuit, get in the water as soon as possible. Unless there's a current or some other reason, getting in the water and waiting for your buddy or buddies there is a much better choice than waiting on land.

If for some reason you're delayed in getting to the water, pour some water over yourself, and inside your suit, to cool you off a bit.

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## Safety Corner Cont.

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Getting wet to avoid overheating

### Stay In the Shade

With or without (but especially with) a wetsuit on, try and get out of the sun. The difference in temperature between sun and shade can be many degrees, so finding a breezy, shady spot to gear up is definitely preferable.

Taking a few precautions can go a long way with preventing hyperthermia. But if it does set in, you need to act quickly. 🚩



## Bluegrass Dive Club 2018 Calendar

### November

13, Tuesday Dive Club Meeting  
27, Tuesday Board Meeting

### December

8, Saturday Club Christmas Party

