



UNDERCURRENTS

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

February 2012

Volume 42, Number 2

February's Club Meeting

Date: Tuesday, February 14th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: Grand Cayman East

President's Message

By Tracey Combs



We have made it to February and spring is just around the corner. We have several dives scheduled this year, so check the Calendar and join us. A group will be going to Philippines in March and we wish those safe travels and wonderful diving. Cozumel is just around the corner in June, so sign up if you haven't already. If you have suggestions for future trip locations, please contact Doug Geddes or one of the Dive Trip Committee Members.

Our next meeting is Tuesday, February 14th – Valentine's Day. So bring your sweetie to the dive club meeting for scuba fun. 🚩



The Editor's Notes

By John Geddes



For this month we will finish the Christmas Party pics and for March we have our guest speakers from the January meeting. Happy Valentines' Day! 🚩



2012 BGDC Officer's

Tracey Combs, President	621-4066
Corrine Mulberry, Vice President	913-0892
Kris Harn, Secretary	278-4246
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



Vice President's Report

By Corrine Mulberry



The February meeting Program will focus on the Grand Cayman East, Cayman Islands dive trip planned for March 2013. Our Treasurer, Dan Miller, recently vacationed there and he will bring us diving and resort (Compass Point) details. Thanks Dan!



If you have diving information you would like to present at a Club meeting (past or potential dive trips, etc.), please contact me so that we can schedule you in! 913-0892



New Members: We have two new members to welcome to the Club this month – **Perry and Penny Meade**. We look forward to meeting and diving with you both. Welcome to the BGDC. 🚩

Trip Director's Report

By Doug Geddes



PHILIPPINES 2012

Well it is finally time to go. Yes, it has been almost two years since we booked this trip and now it is less than a month away. We ended up with 17 persons going on this awesome trip. This will be a trip well worth the money for those of us that choose to take advantage. The final cost after discount was around \$2000 for both weeks and we still will get some money back, once we get home. At least most of us have cameras, so we should have some great programs to show you all once we sort through all the video. Don't ask to go now, it is too late. Your loss. Please keep us in your prayers during our travels.

COZUMEL 2012

What's up with people not signing up for this one? We have around 4 persons at the moment and I expected it to be about full already. We still have time and room to add a bunch more to this trip. If you are planning on going on this one, it is time to sign up. We need to get a good idea of the numbers wanting to go. Check out the website for more details.

MYSTERY TRIP 2012

We will be putting together a trip in the fall. We will be waiting for some great deals to come to us around June or July. Once we see those, then we will decide which of those is our best deal and safest location for that time of the year. Keep watching for more information on this one.

TRUK LAGOON 2014

This boat is full already and we don't even know the price, WOW...we do have a waiting list, so if you are thinking about going to need to add your name. No monies required to do so. Check the website for more information. 🚩

From the Treasurer

By Dan Miller



2012 Membership Dues

Student (High School or College ID).. \$10.00
Single & Family (1 diver) 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.](#) 🚩



Safety Corner

By Rick Stephan



Note: This month's article year is from about.com.

One of the very few dive "incidents" I've had the misfortune to witness happened many years ago while diving in Key West. I was one of the experienced divers going on a check-out dive trip with Billy Forbess and his group of students. We were loaded on the boat when two girls showed up and begged the captain to let them go too. He deferred to Billy and Billy gallantly said okay, after understanding that the girls were certified and experienced divers. They said they lived in Florida and had been diving for several years. Being from land-locked Kentucky, we assumed that meant they went often.

As we approached the dive site, we started gearing up. We noticed that the girls did not have wetsuits or even dive skins. They actually put on jeans and sweatshirts over their swimsuits before putting on weightbelts and BC's. When the first one took her giant stride into the water, she sunk like a rock. She struggled back to the surface, inflated her BC, and then passed out. With a light surface current present, she started drifting away. The captain was on the flying bridge and the mate was already under the water on the bottom with the beginner divers. One of the other experienced divers in our group hadn't suited up yet, so he jumped in and towed the girl back to the boat. We got her back on board and the captain gave her oxygen.

Basically, she had over-exerted herself while struggling back to the surface in an overweighted state and then she hyperventilated. She recovered very quickly, and her buddy actually dived the second dive, but only after we had recommended her diving without the jeans and sweatshirt, and reduced the weight on her belt to an appropriate amount. Turns out they had only

Safety Corner Cont.

dove in the ocean twice, the last time over a year prior. (Note: watch out for other divers and unsafe actions – even if they are not your buddy... their actions can affect your dive!)

Everything worked out well, but things could have been much different. This article discusses hyperventilation and how to handle it if it comes up during your dive.



Remember, safe diving is fun!!!

How to Deal with Hyperventilation When Scuba Diving

Tips to Prevent Shortness of Breath Caused By Hyperventilation Underwater

By Natalie Gibb

I could tell that my student was hyperventilating – huge clouds of bubbles burst from his regulator every few seconds and I could hear him gasping for breath. He was overexerting himself, and was so focused on deploying a reel and swimming that he couldn't gain control of his breathing. Before I could signal him to stop playing with the reel and calm down, he signaled me that he had a problem and we ascended carefully to the surface. "I couldn't breathe!" He sounded surprised.

Hyperventilation is a common problem in scuba diving. When a diver hyperventilates, he fails to exhale the used air completely from his lungs. When he tries to inhale, he can only inhale a partial breath because a portion of the space in his lungs is occupied by the un-exhaled air. This leads to the feeling of shortness of breath. I have witnessed divers hyperventilating in a variety of situations, such as when they focus on a difficult task, when they exert themselves by swimming against a current, and when they are nervous.

Sometimes the divers are so focused on a goal, such as reaching a portion of the reef or photographing a turtle that they fail to realize the problem. However, the most common situation in which I observe divers hyperventilating is on the surface before descent when they are anxious about a dive and fail to exhale fully. Any diver can find himself unexpectedly overexerted or short of breath during a dive, so it makes sense to have a plan to deal with hyperventilation. Here is what I suggest doing:



1. Recognize that you have a problem. It is easy to be so focused on an activity or goal that you do not notice a problem immediately. The first step is to notice that you are hyperventilating and to decide take action.

2. Signal your buddy. As with any problem, it is important to make your dive buddy aware of the difficulty so that he can assist you or at least remain with you while you deal with it.

3. Check your air pressure gauge. Sometimes, the breathing resistance increases when the tank is almost empty of air. Be certain that this is not the case before proceeding.



Safety Corner Cont.

4. Stop. Cease all activities, stop swimming, and relax your body. If possible, find a safe anchor point, such as a rock or ascent line to grab, or make yourself negatively buoyant and kneel on the floor if it is an appropriate depth. The idea is to anchor yourself so that you do not have to focus on your buoyancy, swimming, or position in the water.



5. Exhale fully. Until you can empty all the dead air from your lungs, there will not be space to draw a full breath. Therefore, you must fully exhale to make space for fresh air. Slowly and completely exhale the air from your lungs, and then inhale as calmly as possible. Repeat this process until you feel your breathing rate return to normal and you can breathe easily and comfortably.

6. Decide whether or not to continue the dive. Depending upon the cause of the hyperventilation, a diver must decide whether it is appropriate to continue the dive. If he was over exerting himself by swimming after a turtle, he can avoid this action and continue to safely dive. However, if, for instance, a strong current or anxiety caused the problem, it may best to end the dive before the problem occurs again.

Hyperventilation can make a diver feel that he is unable to breathe, a very scary feeling underwater. However, once a diver recognizes the situation, he can implement techniques to slow his breathing, reestablish control, and regain his comfort underwater. 🚩

Dale Hollow Lake

Our fabulous Dale Hollow Lake trip is “on” for the weekend of July 14th – 15th. This is a great trip for divers and non-divers alike. We have pontoon boats reserved for Saturday and Sunday to transport us on the lake for fun, sun and diving.

We will enjoy a weekend of lake diving, swimming, relaxing and a pot-luck dinner on Saturday evening. Thanks to financial assistance from the Bluegrass Dive Club, the cost for participants is only \$20.00 per person per day for pontoon boat users. For members that bring their own boats, there is no fee; however, registration and waiver forms must be completed for each person.



Overnight accommodations are up to you----pitch a tent and camp, reserve a rustic cabin or stay at the State Park Lodge. Our pot-luck dinner will be held in the State Park Campground. Campers are encouraged to utilize campsites near cabin site C006 such as K008, K007, K006 and L001 and L003. (I've got campsite L002 reserved for me and my little tent).

First come, first served – get your reservations and payments in as soon as possible to secure your spot! Visit the BGDC Website and sign-up now for the Dale Hollow Lake Trip so you don't miss out. 🚩



From The Secretary

By Kris Harn



REGULAR MEETING 01-10-12

26 people in attendance. Tracey opened meeting at 7:35pm. George gave Treasurer's report for November and December. Dan gave report for the Treasurer position he took over from George. Corrine talked about hats, license plates, sticker, business cards, & directories available to the membership.



Corrine also welcomed Guests Kim and Tyler to the meeting. Kris wished everyone a Happy New Year. John let membership know that the newsletter is out. Mike will have new info up on the web page. Rick let membership know that article is about buoyancy control. Doug went over upcoming trips to Cozumel, Dale Hollow, Mystery Trip, Grand Cayman, & North Carolina. Program by Alex and Donna Thor on Panama. 🚩



Bluegrass Dive Club 2012 Calendar

February

14, Tuesday Dive Club Meeting
28, Tuesday Board Meeting

March

3-17, Philippines Eat and Dive Trip
13, Tuesday Dive Club Meeting
27, Tuesday Board Meeting

April

10, Tuesday Dive Club Meeting
24, Tuesday Board Meeting

May

5, Saturday Club's Derby Party
8, Tuesday Dive Club Meeting
29, Tuesday Board Meeting

June

12, Tuesday Dive Club Meeting
16, Cozumel Dive Trip
26, Tuesday Board Meeting

July

10, Tuesday Dive Club Meeting
24, Tuesday Board Meeting

August

14, Tuesday Dive Club Meeting
18, Saturday Club Pig Roast
28, Tuesday Board Meeting

September

11, Tuesday Dive Club Meeting
25, Tuesday Board Meeting

October

Mystery Dive Trip
9, Tuesday Dive Club Meeting
30, Tuesday Board Meeting

November

13, Tuesday Dive Club Meeting
(Elections)
27, Tuesday Board Meeting

December

??, Saturday Club Christmas Party