



UNDERCURRENTS

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

March 2012

Volume 42, Number 3

March's Club Meeting

Date: Tuesday, March 13th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: Sharks / Africa by M. McCann

President's Message

By Tracey Combs



Even though it has been a mild winter, let's go diving. I want to thank everyone for joining us for the Valentine's Day meeting. I hope you enjoyed your donuts!! We have some wonderful dives scheduled this year, so check the Calendar and please join us for some great fun. A group is currently in the Philippines, so please keep them in mind and wish them safe travels and diving. Our trip committee will be meeting soon. 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, March 13th at the Racquet Club. Everyone is welcome, members and those who may be interested in joining the club. 🚩

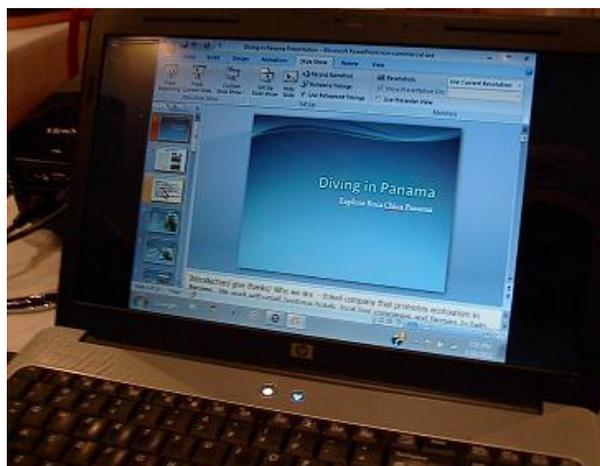
The Editor's Notes

By John Geddes



This month's pics are from the January meeting. Our guess speakers was Alex and Donna Thor with Explore Boca Chica Panama. They presented diving and eco-tourism opportunities in Panama.

Next month we hope to have some of the pics from the Philippines, they look pretty good. 🚩



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 March program will be presented by BGDC member and webmaster, Mike McCann -- "Encounters with Great White Sharks – Africa". We are definitely looking forward to hearing about his adventures.

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

Caps: We only have a few BGDC baseball-style caps left. \$12.00 each, Adjustable. 🚩

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](#). 🚩

Trip Director's Report

By Doug Geddes



PHILIPPINES 2012

Well after two years of planning, this trip is finally underway. As you are reading this article 17 of your club members are enjoying probably the best diving of their lives. At least, that is what we are hoping for. Please keep all of us in your prayers as we continue to dive and then on our journey's home. Hopefully we will have plenty of good videos and photos for you to see. Maybe even a few on facebook, if wifi is cheap.

COZUMEL 2012

Well it looks like we will be adding a few more to our current 8 divers for this trip. This is a great location for divers and families. The diving this time of the year will be great and the water temperatures will be awesome. No cold water diving here. Check out our website for updated pricing and information. Don't miss out on this one. We will have to release some rooms soon, so please sign up as soon as you can.



MYSTERY TRIP 2012

Yes it is still a mystery! We really won't know until around July where we will be diving. Just keep you October weeks open if you want to go diving in the fall. We had some many great opportunities that we received late in the year, that we decided to hold off until mid-summer

Trip Director's Report

and see what is the best deal and location for us. If you see any or hear of any great deals, let me know. To be continued...



GRAND CAYMAN 2013

This trip should be up on the website by the time you read this article. This is a fabulous dive location and you need to consider going on this one with us. Great condos, great diving and best of all, the best people to dive with, so you need to sign up as soon as it comes online. Dan showed us a brief program on the resort and diving and it looks awesome.



TRUK 2014

This trip is still in the holding pattern. We have deposit for a full boat, but don't even know the price yet. If you are considering this trip at all, you might want to put your name on the waiting list to reserve your spot, just in case one should open up. It doesn't cost you anything until you are contacted about an opening. A couple of people have asked me about side trips and I have a couple of people looking into them. This should go up on our website soon. 🚩

Safety Corner

By Rick Stephan



Note: This month's article is from scubadiving.com. It is from their series-*Lessons for Life*.

One of the things I try to do each month is to find articles that are pertinent to our dive club and that might help identify problems before they happen. In this story, the diver is really excited about diving (very common during the "honeymoon" phase – right after certification), and wants to do as many dives as possible on every trip. Note: the "honeymoon" phase can and often does last many years!

So, you've spent your money and now you want to get your money's worth of bottom time. Even if you have a computer, remember that the computer is only figuring your decompression limits based on averages. It has no way of knowing your physiology – your age, height, weight, fitness, or whether you set a new record for tequila shots at the local bar last night.

You are responsible for understanding and adhering to the diving limits for YOU. Pay attention to your body. If you are tired, rest up. If you are sore, especially in a joint, check it out.

We have many divers in our group that are not in perfect health or fitness (much less age or weight). If your buddy is complaining about something, don't make fun of him, talk with him, help figure out how to avoid something that could be very bad for him, and the rest of the group. I'm not saying this will happen, but in case it does – always err on the side of caution.



Remember, safe diving is fun!

Safety Corner Cont.

Lessons for Life: A Painful Reminder

By Eric Douglas

Leon had been certified only a few months and made only four dives, but he was making up for lost time. On his first real dive vacation, he was diving a couple of times each day and loving every minute.

Something was amiss, though. The previous night, Leon felt achy and tired. He reasoned that it was due to two full days of diving, and chalked it up to carrying gear and his body position in the water. Now on day three of the trip, it was time to get back to the boat, and nothing would stop him from logging more bottom time. This was going to be his last day at the resort, he had already paid for the dives, and he wasn't going to pass this up.

The Diver

Fitness was a way of life for Leon. He took good care of himself, exercising regularly and staying active. Leon didn't smoke and had no health problems. He was 36 and didn't take any medications either. Leon was certified to dive six months before, and it was all he could think about since then. He loved the way it made him feel, floating weightless in the water. He also knew that he had a long way to go and a lot to learn about diving. Still, he was excited to learn. Taking this dive trip had been a friend's idea, and Leon was glad that he'd accepted the invitation. He wasn't pushing his limits but could already tell his dive skills were improving with each dive.

The Dives

Leon was staying at a resort that catered to divers. He had the option of making beach dives every afternoon, but he didn't want to push things. He chose to relax or go sightseeing after his diving was done. He did get up every morning to make the boat dives, though.

On Leon's first day, he made three dives: one to 75 feet, 45 feet and a night dive to 30 feet.

On his second day, he made two more dives: one to 80 feet and 60 feet. All the dives were well within no-decompression limits with surface intervals of at least an hour between each one. Leon and his buddy made safety stops after every dive too. And while Leon hadn't bought a dive computer yet, he believed that following his buddy in the water and staying beside her was all right — he just stayed within the dive times her computer was giving.

Feeling tired, Leon decided to skip the night dive on the second night and went to bed early. In spite of his fatigue, he had trouble sleeping because his left shoulder and his neck hurt, and he couldn't get comfortable.

On the third dive day, Leon showed up for the boat still feeling a little stiff and sore. That morning he enjoyed two more dives to 80 and 50 feet. Leon noticed he felt better on both of these dives, but assumed it was simply being in the water that was helping his soreness. Afterward, his neck and shoulder hurt again, but he ignored the pain.

The Accident

This dive accident is a dramatic one, but it took a while to be noticed. It actually started on day two of the trip and continued into day three. Leon drove home from the resort still feeling sore. After he got home, he took NSAID pain relievers for three days before it occurred to him that his problems might be dive related. Finally, after talking to a friend at the dive shop about his trip and mentioning that he was still sore, the friend suggested he contact the DAN emergency hot line.

Leon received a referral to a hyperbaric unit, well versed in treating divers, at a local hospital. After a thorough examination by the diving physician, he was treated with a U.S. Navy Treatment Table 6. During the four-hour-and-45-minute treatment, his symptoms improved. He received two additional treatments over the next two days, and by the end of the third treatment in the hyperbaric chamber, Leon's symptoms — pain in his neck and shoulder — had disappeared.

Safety Corner Cont.

Analysis

Leon's dives weren't especially challenging, and he wasn't violating the no-decompression limits. But the dives were certainly enough to build up a nitrogen-gas load in his body.

The key point to remember with decompression illness is there's no absolute depth limit, one that if you stay below you're safe and if you go beyond it you're always going to get hurt — there's simply too much individual variability in the human body. On a regular basis, divers make risky dives and walk away with no problem, while others make what would be regarded as simple or easy dives and suffer decompression illness. The only real way to avoid all risk is to stay out of the water completely. Failing that, it's best to be conservative when planning and making your dives. Just because your dive computer says it's OK to make a dive doesn't mean your body will agree.

Leon was lucky. He did several things wrong, but after treatment he was able to walk away from the chamber with no ill effects. He got himself into trouble by not planning his own dives and not taking responsibility for his dive profiles. Following his dive buddy and staying "right next to her" isn't a solution to dive planning.

The bigger issues for Leon are also common. He failed to recognize that the symptoms he was feeling might be dive related and didn't seek treatment. By continuing to dive after the symptoms began, he only made the situation worse. He was adding more nitrogen into his body when there was already too much of it!

Leon also ignored two key indicators (beyond the symptoms themselves): When pain in a joint doesn't change with movement, and when the symptoms are relieved by returning to pressure — that is, going back underwater — it's a good indication the symptoms are dive related. While neither of those is a surefire indication of decompression illness, both reinforce the potential problem.

By not seeking treatment for three days after diving, Leon also potentially made the

problems worse. As with any injury, treatment as soon as possible is better than waiting.

Lessons for Life

1. Plan your own dive and follow it. Don't rely on a buddy's dive computer.
2. Learn the basic signs of decompression illness and be suspicious if: a) you've been diving recently; and b) those symptoms appear.
3. If you're concerned that you have decompression sickness, call DAN (919-684-9111) for advice or seek medical attention from a physician trained in diving medicine.
4. Do not return to diving until your symptoms have been resolved.

Signs and Symptoms of Decompression Sickness

These are basic indications of DCS, but this is not an exhaustive list:

- * Pain in joints and/or muscles, arms, legs or the torso;
- * Numbness, tingling;
- * Dizziness, inability to maintain balance while walking or standing;
- * Coughing spasms;
- * Unusual fatigue;
- * Paralysis, weakness;
- * Collapse or unconsciousness;
- * Shortness of breath;
- * Skin itch or rash.

Note: Signs and symptoms usually appear within 24 hours after surfacing; but in severe cases, symptoms might appear before surfacing or immediately afterward. Delayed occurrence of symptoms is rare, but it does occur, especially if diving is followed by altitude exposure. 🚩

Dale Hollow Lake

By Corrine Mulberry



July 14th-15th, 2012

The Dale Hollow Lake dive/eat/swim/float-around-in-the-lake trip is 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



Board of Directors Meeting
1-31-12

Tracey called meeting to order at 7:32 pm. In attendance are Tracey, Dan, Corrine, Kris, Doug, Rick, John and Mike. Dan gave Treasurer's report. Corrine went over new members and possible programs for regular meetings. No Secretary report from Kris. Rick explained that article will be on Hyper Ventilation. John asked that articles be turned in on Thursday. Doug reviewed upcoming trips to the Philippines, Cozumel, Dale Hollow, North Carolina, & Mystery Trip. Corrine to send updated new member form to Tracey. Rick to have aid for trip leaders at next board meeting. Doug announced that Derby Party is to be held at Jimmy & Lisa house in Midway. Meeting adjourned at 8:17 pm.

Regular Meeting
2-14-12

21 people in attendance. Tracey called meeting to order at 7:32pm. Dan gave Treasurer's report. Corrine went over new members, Dive Club hats for sale, and that the program tonight would be on Resort Cayman. Kris asked to everyone sign in. Doug went over upcoming Trips to the Philippines, Cozumel, Dale Hollow, North Carolina, Mystery Trip, Cayman and Truk. John stated that newsletter is out and copies were available. Rick went over article on hyper ventilation. Announcement on new location of Derby Party. Discussion about Dive insurance. 🚩



Bluegrass Dive Club 2012 Calendar

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

