



UNDERCURRENTS

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

November 2013

Volume 43, Number 11

November's Club Meeting

Date: Tuesday, November 12th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: Pics from Mike Cobb

President's Message

By Tracey Combs



I hope everyone had a SPOOKY Halloween and is enjoying the colorful fall leaves. Summer may be behind us, but that doesn't mean that we won't be diving. We have a few upcoming trips on our calendar and the dive committee will be meeting soon, so if you have ideas of new locations let us know!

Our November 12th meeting will include our Elections. If you are interested in a position on the board, please contact Corrine or any Board Member. Nominations will also be accepted from the floor at the meeting.

Our annual Christmas Party will be held instead of the regular meeting in December. The party will be on Saturday, December 14th at 6:00 PM. Please visit the website for more information.

Don't forget the local dive shop, New Horizons, if you are shopping early for Christmas. With a large equipment inventory

and a variety of classes New Horizons has something for every scuba diver on your list.

I hope to see you at the next meeting. Please feel free to bring your family and friends who are interested in diving. Everyone is welcome. 🚩

The Editor's Notes

By John Geddes



We still have some pics from the Pig Roast and here they are. 🚩



2013 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 Program for the November BGDC meeting will feature underwater photos from member Mike Cobb. Mike's photos cover various locations including Roatan, Bonaire and Utila. Thank you Mike for sharing your pics!

If you have diving information that you would like to present at a Club meeting (past or potential dive trip, etc.), 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



New Members: We gave a brief welcome to **Will Robinson** in our last newsletter and I am pleased to be able to share a little more information about our new member! Will took his basic Openwater class with the YMCA in 1972 in Plattsburgh, New York while still in high school. Due to a shortage of funds and the lack of places to dive while going to college in Texas, he did not do any additional diving until he moved to California. While there he became involved with a very active dive club called Vaqueros Del Mar (Cowboys of the Sea). The club was formed more than fifty years ago by divers that supported the study of underwater effects of the nuclear

weapons testing that took place in the South Pacific. The club now focuses primarily on diving the Pacific coastline. He repeated his Openwater class and obtained Advanced NAUI certification from the club, and became very active in diving the "North Coast" and Monterey areas. Will says the diving was very challenging as the water temperature averaged around 55 degrees and they frequently had to deal with surge conditions along the Pacific coastline. His favorite activities were abalone diving, spear fishing and photography.

Will returned to Texas and again, because there weren't too many places to dive around TX, he stopped diving. His sister-in-law, Kathryn Parks, who is also a BGDC member invited Will and his daughter on a dive/sailing trip to BVI. While there he met several other BGDC members, and renewed his diving interest. So far, he has been on three dive/sailing trips with this group. (He's also done some diving in Hawaii.) Will said he is looking forward to doing more diving with the BGDC starting with **Truk Lagoon!** Welcome Will!



Election of Officers for BGDG (2014): Voting for 2014 Elected Officers for the Bluegrass Dive Club will occur during the November meeting. The Nominating Committee (Corrine Mulberry (Chair), Charlie Denham, Tamara Williams and Noel Hall) developed a slate of proposed nominees for elected Board positions which was presented to the BGDC Board during the Board's October meeting. The slate of nominees is as follows:

Vice President's Report Cont.

- President Tracey Combs
- Vice President Corrine Mulberry
- Secretary Kris Harn
Mike Sullivan
- Treasurer Dan Miller
- Trip Director Doug Geddes
- Safety Information Director Rick Stephan
- Newsletter Editor John Geddes
- Webmaster Mike McCann



Nominations will also be taken from the floor at the November meeting. Nominees for elected positions must be in good standing (dues paid), have been a member for at least one full year and be at least 21 years of age.

BGDC members who are in good standing and eighteen years or older are eligible to vote. 🚩



Trip Director's Report

By Doug Geddes



TRUK/YAP 2014

We have secured a replacement for Corrine and are now full again on this trip. We have about finalized everything and are in travel mode. Final payments are all in, so we will be sending payments to the appropriate people soon. We do not have anyone on the waiting, so if you want to add on if someone drops off, then go to the website and sign up. We are also working on a T-shirt design that will be sent out to all persons. If you are not going, you still can purchase one. The design will be going out soon...



DEMA / DIVE COMMITTEE MEETING

Noel is going to DEMA this month and will be looking into several trip locations for us to consider at our next meeting on Nov. 19th. If you still are just dying to go to a certain location and haven't told any of us, then please let us know so we can look into it for you. We are looking for a 2015 location and beyond. 🚩

From the Treasurer

By Dan Miller



2013 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](#). 🚩

From The Secretary

By Kris Harn



BOARD MEETING 9/24/13

Meeting called to order at 7:50 pm. Tracey, Dan, Corrine, Kris, Doug, Rick, John, & Mike in attendance. Dan gave Treasurer's report. Corrine announced video for October will be about Bonaire. John needs newsletter articles by Thursday. Doug went over upcoming trips. Corrine announced that nominating committee will be Tamara, Charlie, Noel, and Corrine. John presented finding on Greenbo State Park. Meeting ended at 9:26pm.

REGULAR MEETING 10/08/13

Meeting started at 7:37pm. 21 people in attendance. Dan gave Treasurer's report. Corrine announced new member: Will Robinson. Tracey announced Christmas party will be on December 14 at the Kidds' House. Doug went over upcoming trips and announced that scuba diving is allowed at Greenbo State Park. John announced newsletter is out. Mike announced that newsletters have been archived, updates have been made to Web page, and Dive club has a Facebook page. Rick went over His newsletter article. Door prizes were won by Steve, Mary Ann, and Russ. DVD shown was on Bonaire by Rick. Meeting ended at 8:07pm. 🚩



Safety Corner

By Rick Stephan



Note: As we get to the end of another great diving year and look forward to new adventures next year, we should think about how each of us address our diving activities. This month's article is from AlertDiverOnline. It is a great summary of things that all conscientious divers should consider in preparing for diving.

This article was written from a DAN perspective, but the concepts are valid no matter how you get your information or with whom you have dive insurance. As you have read many times in the Safety Corner, YOU are the person most responsible for your own safety. The BGDC has had a remarkable record of safe diving, and we should not just hope this continues – we should work to make sure that happens.

Although the title of the article refers to an emergency plan, the best plan for an emergency is not to have an emergency. So, your plan should be to be prepared for anything. And, as always,



Remember, safe diving is fun!

How Good Is Your Emergency Plan?

By Dan Nord and Brian Harper

Few people actually consider that DAN's emergency on-call staff answers more than 3,500 calls to the DAN® Emergency Hotline each year. Not surprisingly, a considerable number of these calls involve situations that

could have been managed with good planning and a careful eye to preparation.

Although contacting DAN can be a vital part of any emergency plan, DAN's effectiveness as an assistance provider is greatest when it is treated as one component of a larger, more comprehensive plan.



When preparing for emergencies, be ready for a variety of scenarios. It's impossible to anticipate everything, but a good plan can reduce the fear, anxiety and loss associated with an emergency. Not all dive emergency plans are created equal, but all have the same purpose: to list essential considerations and provide a framework for performing key functions in response to an incident. Emergency plans can be divided into three sections: prevention, preparedness and response. How does your plan measure up?



PREVENTION

While it's true that written emergency plans typically start at "the incident," attention to factors that cause dive emergencies can avert them altogether. The best dive emergency is the one that never happens.

Safety Corner Cont.

Physical fitness — Exercise for cardiopulmonary fitness, strength, flexibility and muscular endurance commensurate with your style of diving and the demands of the dive environment.

Medical fitness — Consider both chronic medical issues and short-term health concerns. Congestion increases the risk of ear or sinus barotrauma, and traveling divers often deal with gastrointestinal problems that can affect general health and stamina. Be honest with yourself prior to diving; if you are feeling less than 100 percent healthy, it may be best to postpone diving.



Appropriate training and education — Never stop developing your diving abilities. Continuing education helps refine basic skills and broadens general diving knowledge, both of which increase your ability to prevent or respond to an emergency. Get training for the type of diving you are interested in pursuing, whether it's drift, reef, wreck, mixed-gas or cave diving, and practice skills like buoyancy and navigation.

Proper and well-maintained diving equipment — Divers must understand the capabilities and limitations of their own equipment and their buddy's. This means having your gear inspected and getting appropriate training in its use and maintenance.

Safe and conservative diving habits — Take the time to examine and evaluate your

dive habits and styles. Work to develop a culture of safety for yourself and your group.

Knowledge of local hazards — Familiarize yourself with potential hazards unique to particular dive sites. Consider hazardous marine life, currents and the potential for rapid changes to weather or sea conditions.



PREPAREDNESS

Despite our best efforts to prevent them, emergencies still happen. The better prepared you are to deal with them, the better the outcomes will be. Preparedness is about having the right pieces in place when disaster strikes.



Knowledge of local resources — Develop a written list of facilities and emergency resources in the area, including hospitals and clinics, search-and-rescue providers and transportation or evacuation services. Keep the list up to date by periodically verifying the accuracy of the information, and enter the most important numbers in your phone. Remember that injured divers should always be taken to the nearest medical facility, not

Safety Corner Cont.

the closest chamber. Chambers are not always equipped to receive injured divers directly; an evaluation by a physician must come first.



First aid training — Get trained in basic life support and oxygen administration, and know what training and skills your fellow divers have. DAN offers the Basic Life Support and First Aid and the Oxygen First Aid for Scuba Diving Injuries courses, among others.

Emergency equipment — Have a well-stocked first aid kit and enough oxygen to last at least one injured diver a trip to the hospital. Routinely inspect the contents of your first aid kit to ensure nothing is missing, damaged or expired. Check the hose, O-ring and pressure of your oxygen cylinder.



Information sharing — Tell your buddy about any allergies or medical conditions you have as well as what insurance coverage you have, whether you're a DAN Member and anything

else that might be important in the event you're not able to participate in your care. If you're uncomfortable sharing personal information, write it down, seal it in an envelope, and let your buddy know what and where it is. Also, make sure someone on shore knows where you are and when to expect you back.

Mental readiness — Be an aware diver. Know that even when we do everything right, bad things can happen. Don't be caught off guard when they do. One level head can create calm in the midst of chaos.



RESPONSE

Response is the implementation of the plan. It's the split-second decisions made and the actions taken that affect the outcome of the day's events.

Scene management — During an emergency situation, it is important to have preassigned tasks to specific individuals. Determine who will provide care to the injured, who will call 911, who will manage bystanders and who will secure equipment. Make sure your plan accounts for any divers still in the water.



Safety Corner Cont.

Patient care — Remember that rescuer and bystander safety comes first; don't forget to wear gloves when providing care. Ensure circulation, airway and breathing. Stop any bleeding you find, and provide oxygen.

Communications and logistics — Good coordination of the various parties involved in an emergency reduces everyone's stress. Designate someone to liaise among the caregivers, the captain and crew, emergency services personnel and DAN. This person ensures everybody knows what they need to know.



Documentation — Good notes allow caregivers to observe trends in an injured diver's condition, serve as a reminder of what treatments have been administered and provide legal protection.

Debriefing — Give everyone involved in an emergency the opportunity to discuss what happened. Allow each participant to describe his or her own experiences and ask each



other questions in an environment free from judgment. Formal processing of the event can improve psychological well-being and enhance individuals' ability to respond to future emergencies.

Diving should be a positive experience. Dive with care. Remember that DAN is here to answer any questions you may have about your emergency plan, but we can't create it for you. DAN is a part of your emergency plan, but there are many other parts you must put into place yourself. Incorporating these important elements and promoting good planning to divers of all levels, from novice to instructor, contributes to safer diving for everyone. 🚩



Bluegrass Dive Club 2013 Calendar

November

- 12, Tuesday Dive Club Meeting (Elections)
- 26, Tuesday Board Meeting

December

- 14, Saturday Club Christmas Party

