



UNDERCURRENTS

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

February 2020

Volume 50, Number 2

February's Club Meeting

Date: Tuesday, February 25th
Time: 7:30-PM (business)
 Social at 7

Location: Bronte Bistro
 Lexington Green

Program: TBA

President's Message

By Mark Kidd



Spring is just around the corner and so is the trip to Bonaire and then Belize this July on one of the great live aboard dive boats.

Too many club members, longtime divers who have traveled around the globe to get our diver fix, these locations are familiar places with U/W sights we pleasantly recall.

As mentioned last month, 6 of us recently sailed the BVI for 8 days. Our group included 3 experienced divers, 2 non divers, and my son Adam's friend Anna who completed a resort course while sailing with us.

I asked her to write down her experience to help us recall our own first dive experiences and energize us to invite more family, friends, and acquaintances to share our special hobby and way of life. 🚩

The Editor's Notes

By John Geddes



This months pics are from Doug Geddes after a little work on installing an anchor screw for a new mooring at Port Royal.

Hope I get some pics for next month from the Aquarium Trip. 🚩



2020 BGDC Officer's

Mark Kidd, President	221-7104
Kris Harn, Vice President	333-6911
Kathryn Bowers, Secretary	619-0166
Dan Miller, Treasurer	948-5133
Trip Director - Open Position	
Bart Bertello, Safety Info Dir.	502-299-3656
Alex Fassas, Webmaster	582-1600
John Geddes, Newsletter Editor	608-0682

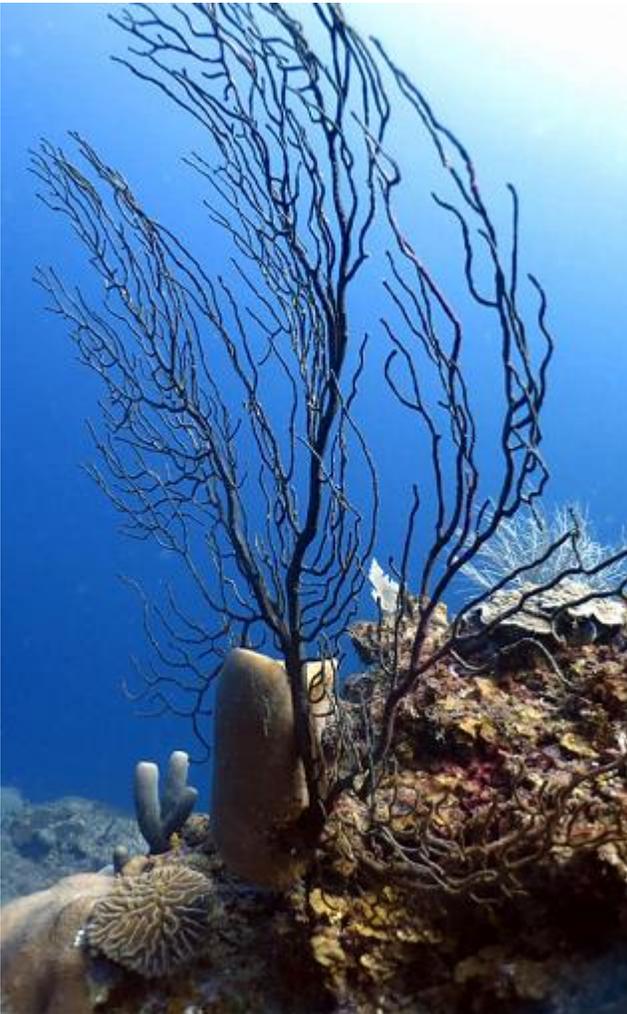
Vice President's Report

By Kris Harn



I look forward to seeing you all at our February meeting at Bronte Bistro. We will have appetizers/snacks at the meeting. You will love the door prize this month!!!

If you have information on a potential dive trip, we would love to hear from you. Please contact us or come to a meeting and let us know what kind of trip you would like to go on. 🚩



From The Secretary

By Kathryn Bowers



Meeting minutes are on File. 🚩



Up Coming Trips

By Alex Fassas



As this edition of the Undercurrents newsletter is going to press,

Up Coming Trips Cont.

our club has members enjoying a unique rebreather dive experience with whale sharks and manta rays in the Georgia Aquarium in Atlanta, Georgia. The diving, fellowship, food, fun and sites will be a welcome break. It will also be a bucket list checkoff item for those of us who have never dove with a closed circuit rebreather.

The final arrangements have been made and 8 club members are going to Don's Habitat Resort in Bonaire for the week 2/29 - 3/7, of world class Caribbean diving.



There is still time and room available for the summer liveaboard dive trip in Belize. The club will be boarding the Belize Aggressor IV from 7/4 to 7/11 to be pampered while being put right on top of some of the most exciting dive sites. Liveaboards give access to outstanding dive sites that are just too far for a shore based dive boat to comfortably get to and back again. Comfortable accommodations, attentive staff, no wants for food or beverage and literally dive as little or as much as you want each day. Check out this trip as the club has great rates for this trip. For more information, check out trip info on the website at

<http://bluegrassdiveclub.com/2019/12/belize-liveaboard-2020-trip/>. Dan Miller is the trip leader and his contact info is on the trip information page if you have any questions. Dan specifically crated this trip aboard this ship because it offers individual beds for divers that are NOT bunk beds. You do not have to book an entire cabin, just a bed. 🚩

Guest Writer

By Anna Nicole

I found the idea of scuba diving, being underwater without a way to breathe naturally, absolutely terrifying. So why did I do it? I really enjoy looking at fish.

After completing the most basic of instruction on the beach we put equipment on and jumped in the water. We began with "snorkeling" to get used to the equipment and quickly moved to safety exercises where I promptly failed at clearing my regulator bobbing back to the surface. After some more instruction I began getting more comfortable with the equipment. Off we went to the dive sight. At this point I felt fairly comfortable and I reasoned with myself that I have always been a competent swimmer and we were only going 40ft down. As I descended the designated rope towards the sandy sea floor clearing my ears all the way down I thought this isn't so bad.

Upon reaching the bottom I made the mistake of looking up and seeing how far away the surface was. Conveniently I have done a fair bit of rock climbing and decided that if I wasn't afraid of being way up in the air why should I be afraid of going the opposite direction.



Guest Writer Cont.

I really enjoyed seeing all the fish and quickly became distracted by all the life around me. Having fish swim right next to me was next level compared to snorkeling! We came across some very grumpy lobsters that had no intentions of coming out of their holes in the reef along with a puffer fish and many other species I cannot name. I reflected on the way to the surface that I could've stayed down there all day! After getting past my initial fears I found the experience quite enjoyable maybe even a bit relaxing and I can't wait to go again! 🚩

From the Treasurer

By Dan Miller



2020 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](#). 🚩

Webmaster

By Alex Fassas



The club is interested in sharing news from its members with the membership. If you have a celebration, a change in work or life situation, illness or death in the family that you wish to share with your extended club family, please email the Webmaster at webmaster@bluegrassdiveclub.com so that we, your club family, can be with you in these times.



As I compose this article, I am in Atlanta, Georgia for a weekend with other club members to experience a Rebreather Dive with Gentle Giants in the Georgia Aquarium. I have traveled for a week long dive trip to Utila, Honduras during the season to hopefully dive with a whale shark and never saw a single one. This weekend is a for sure experience to dive with whale sharks and giant manta rays in a 6 million gallon aquarium exhibit. Also, a little bit of schooling will be had in how to dive safely with Poseidon SE7EN, closed circuit rebreather equipment. Our dive experience will be with No Bubbles!! 🚩

Safety Information Director

By Bart Bertello



I Learned About Diving Safety from That

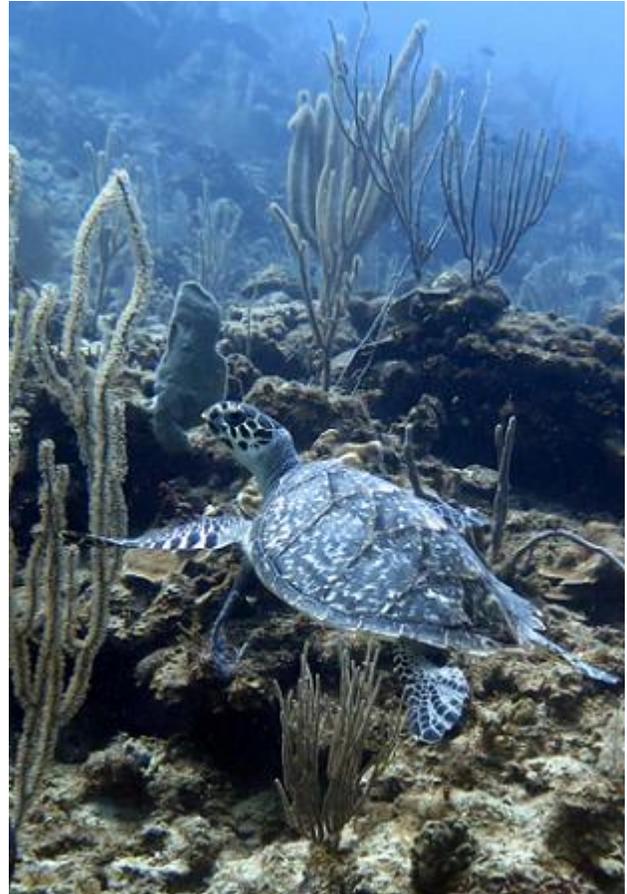
My mission is to provide you relevant safety information for your use. Each article will focus on a specific safety risk. I will draw from my experience, hopefully yours, and the dive community to highlight real risks that we must be aware of. So, if you see or hear of something that we could all learn from, please pass it to me. There is nothing like first-hand experience to drive a point home. This month's lesson is:

Older Diver Health

In reviewing the usual waiver and liability release package for the upcoming Georgia Aquarium Re-breather Experience, there was a copy of *Guidelines for Recreational Scuba Diver's Physical Examination*, published by the World Recreational Scuba Training Council. I was immediately reminded of the countless dive fatality studies that have found older diver health to be the greatest precipitator and common denominator of older diver fatal accidents.

I found the *Guidelines* to be a very thorough but easy to read explanation of the many health issues that can directly impact diver safety. I have therefore, attached a link to it at the end of this article. I recommend that everyone make a copy and review it at least once a year, possibly with your doctor, and certainly before any dive trip.

Almost any pre-existing medical condition or health factor can affect a diver's safety. Common examples include, obesity, heart disease, high blood pressure, breathing difficulties (temporary or chronic), gastrointestinal issues, diabetes, ear and sinus, orthopedic/mobility, a general lack of fitness, and what is often overlooked- pre-existing injuries or prior surgery.



Today, diving is open to people with a host of medical conditions that a decade or so ago would have prohibited them from participating in the sport. However, if you have one of these conditions, it is important that you have your health regularly monitored and that you manage your medical situation properly. Treated and controlled high blood pressure, for example, may not create nearly the risk factors as uncontrolled high blood pressure.

Safety Info Director Cont.

Temporary health conditions like colds and severe allergies can also be problematic. Whether permanent or temporary, any health condition that impedes your ability to be alert, to recognize and respond to environmental conditions, and otherwise safely plan and complete a dive should contraindicate diving. Even after you recover from your illness or your chronic condition is back in check, your body needs time to recover from the effects of your medical complication. For example: Your cough may be gone, but it may take time for your chest congestion to clear. Rushing into the water before you're physically able to breathe deeply can leave you starved for air, which may lead to panic. In this situation, trying to breathe deeply when the body just is not able to causes you to feel as though you cannot get any air at all. This leads to stress, which can lead to poor decision-making or worse, full-scale panic.

Here it is. *Guidelines for Recreational Scuba Diver's Physical Examination*, published by the World Recreational Scuba Training Council:

<http://wrstc.com/downloads/10%20-%20Medical%20Guidelines.pdf>

Stay healthy, stay safe. 🚩



Bluegrass Dive Club 2020 Calendar

February

11, Tuesday Board Meeting
25, Tuesday Dive Club Meeting
29-7 Bonaire Trip

March

10, Tuesday Board Meeting
24, Tuesday Dive Club Meeting



April

14, Tuesday Board Meeting
28, Tuesday Dive Club Meeting

May

2, Saturday Club's Derby Party
12, Tuesday Board Meeting
26, Tuesday Dive Club Meeting

June

9, Tuesday Board Meeting
23, Tuesday Dive Club Meeting