



# UNDERCURRENTS

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

March 2013

Volume 43, Number 3

## March's Club Meeting

**Date:** Tuesday, March 12th  
**Time:** 7:30-PM (business)  
 Social at 7  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** Diving in Yap

## President's Message

*By Tracey Combs*



The winter is still holding on and the snow is falling but, I am excited about some of our warm destinations of the future. We have a group ready to ascend onto East Grand Cayman and enjoy some fantastic diving. Let's keep them in our thoughts as they travel and I for one look forward to the pictures and videos.

New Horizon's Dive Shop is moving March 1<sup>st</sup> – 2<sup>nd</sup>. Their new location is 2549 Regency Road. Stop by and see their new, larger showroom and as always they offer a variety of classes, equipment and service.



Everyone is welcome!! I hope to see you there. 🚩

## The Editor's Notes

*By John Geddes*



The pics this month are from the last meeting and if I make it back from Grand Cayman, we will see some from there. 🚩



## 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



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## Vice President's Report

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By Corrine Mulberry



Spring is so near. I can feel it. Even though there are a few snowflakes falling right now, the daffodils are up and wanting to burst into bloom. I am looking forward to more sunshine and warmer temperatures. For those headed off to East Grand Cayman, you will be soon be immersed in sunshine and warmth. Bring some home for me!



March's program is presented by member Mike Sullivan and will feature diving in Yap. The BGDC has a trip to Truk, with a side trip to Yap, in early 2014. While the trip is full, we have had several folks on the waiting list make it on the official trip list as a result of cancellations. If you have any interest in this wonderful opportunity, fill out a reservation form and get on the waiting list. The trip is a year from now, so, who knows....you might get a spot on this trip!

If you have diving information that you would like to present at a Club meeting (past or potential dive trip, etc.), we would love to hear from you. Please contact me so that we can put on the calendar. 913-0892 or scubagirl07@insightbb.com

**New Members:** It was wonderful to meet new member, Terri Anderson, at the last BGDC meeting. I am looking forward to hearing her tales about the East Grand Cayman trip! 🚩

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## Trip Director's Report

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By Doug Geddes



### CAYMAN 2013

Another trip has come and gone. Hopefully we will be in the Caymans by the time you are reading this article. Wish you were with us. Please keep us in your prayers as we finish out our trip and head back home. We should have some great photos and videos.

### KEY WEST 2013

We should have this trip on our web site soon. The dates are June 8<sup>th</sup> – 15<sup>th</sup>. Gordon has already set up his housing and his air. The club will be booking only the diving portion of the trip. Every will be responsible for getting their own rooms and mode of transportation. We will be diving in Key West and Key Largo. Once we see who is interested, we will decide how many days in each location and then we will set up the final arrangements.

### MYSTERY TRIP 2013

Yes it is still a mystery. We probably won't know until early to mid-summer where we will be going. Keep your fall dive schedule open. If you hear of a good deal, please pass it along to me.

### TRUK LAGOON 2014

Well unexpectedly, we have lost a couple more people. I hope the trend doesn't continue. If you have been putting off signing up for the waiting list, now might be the time to do so. We still have a couple of people on the waiting list but it would be nice to know we have several more persons on the list. The Yap portion of the trip should be on the web site soon also, if not by the time you read this article. Air travel will be available very soon and we are hoping to be able to get a group rate. Please do not do your air on your own

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## Trip Director's Report Cont.

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unless you have check with Laura at UDT first. This is not an easy route to set up online. I will be sending out an email once I find out what Laura has found for us. Please let me know if you decide to get your air on your own. One of our travelers is trying to set up so additional side trips if anyone is interested. He is going to do Yap, but is looking to maybe do Palau or another close by island. Once I get his info, I will pass it along for your consideration. This will be over and above our trip and probably will be billed separately. 🚩

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## From the Treasurer

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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](#). 🚩

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## Safety Corner

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By Rick Stephan



**Note:** This month's article is taken from a number of articles about safety stops. Most every trip I've been on recently has the dive guide telling us to remember to take a safety stop before surfacing. Some do put out drop lines or bars to help divers stay at the right depth for a 10-15ft stop. But, most divers I see go straight to the surface and skip this safety step. Even if you've had a shallow dive and aren't staying down 80 minutes, it is always good to give yourself some safety margins.

It's a good habit to maintain, and while you're waiting for your stop to be done, you can practice your shallow water – end of tank buoyancy control. I know, your \$600 computer says you can surface. Well, that's comforting, but even your fancy computer works on a generalized algorithm that doesn't (and can't) take into account your general health or how many mai tais you had the night before. Consider taking just a few more minutes to stop, relax, and give yourself some safety margin. You might even see some lurking barracuda or see one of your dive buddies do something stupid. Like I say...



Safe diving is fun!

[Scuba Safety Stop: Minimizing](#)

[Decompression Risks](#)

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## Safety Corner Cont.

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### What is a Safety Stop?

When breathing compressed air underwater, we accumulate nitrogen in our blood and tissues. Deeper and longer dives mean there will be more nitrogen absorbed. As we begin our ascent, excess nitrogen starts to dissolve from our tissues, as a result of decreased pressure applied on us by the surrounding water.

Confused? Imagine a soda bottle opened up. Changes in Pressure allow carbon dioxide to leave the liquid. Our body, in a much smaller scale, acts the same. Ascending, we reduce the ambient pressure on our tissues, allowing nitrogen to come out. If we ascend too fast we risk forming bubbles in our tissues and blood vessels as a result of excessive pressure differential, much the same was as when shaking the soda bottle before opening it up. These bubbles trapped in our body are dangerous and lead to Decompression Sickness.



A safety stop is simply a stop on the way to the surface where you can still enjoy your dive, as long as you stay around 15 ft for the last 3 minutes of your dive.

By staying shallow for a while, we will start off-gassing, though at a much slower rate than at the surface. Back to the soda bottle example, instead of opening it rapidly we only twist the cover a bit, allowing some gas to escape.

So, in essence a safety stop is a decompression stop you complete without being in a state of decompression.



### When to complete a safety stop?

It is highly recommended to perform a safety stop at the end of each dive, no matter how deep or long. But when you dive to 100 ft or more, you must complete a safety stop.

If a diver is already at the surface, there is no point in sending him back for a safety stop, even if there is a risk of DCS.

### Safety Stop Equipment

In high seas or when a diver isn't comfortable with his buoyancy it is recommended to use a line or a horizontal bar to be able to hold onto,

and stay at the desired depth for the duration of the safety stop.



On deep dives, it's recommended to hang an extra tank at the safety stop depth. The tank is turned on, and then off, leaving some air in the regulator attached to it. The idea is to

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## Safety Corner Cont.

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have air available to divers who are running out of air so they can safely complete their safety stops. This tank's valve shouldn't be left opened as the regulator might free flow when flipped upwards. When a diver reaches the tank there should be enough air still trapped in the regulator to be good for one breath of air, leaving enough time to open the tank's valve and breathe normally.

We tend to be more buoyant at the end of the dive, with a near empty tank, in shallow water. Some Scuba Instructors and Dive masters may grab some extra weights just for that, but you may also place extra weights secured to the ascend line or safety stop bar.

Attach a Waterproof Strobe or Light Stick to indicate the location of the line and the desired depth for a safety stop at low visibility or at night.



### Safety Stop Tips

A Safety stop is a good practice for every dive. Make the best of it and swim to the shallows, where more light allows more colors, corals and fish than deep water do.

It's always easier to complete a safety stop with some reference, such as shallow reefs. Check for a reference point at 15ft and refer to it instead of your depth gauge.

There's generally more water movement at shallow water. High seas might jerk you up

and down. If you're struggling to stay at the same depth, use a line; make sure you allow your hands to move with the line as your body stays level to avoid depths changes. Remember at the end of your dive to slowly ascend at a rate no faster than 60ft per minute. 🚩

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## From The Secretary

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*By Kris Harn*



BOARD MEETING  
01/22/13

Meeting called to order at 7:30. Tracey, Doug, Mike, John, Rick, & Corrine were in attendance. Tracey opened meeting. Corrine will be contacting new members. Touch base with dive shop & will show Noel's video at next Regular meeting. Rick article will be about Dive briefings. John asked for articles to be turned in by 01/31/13. Doug went over upcoming trips. Mike is working on Trip page template.

Regular Meeting  
02/12/13

Meeting called to order at 7:35pm. 15 people were in attendance. Tracey updated us on Ralph's condition. Corrine announced the new members. Dan went over Treasurer's report. Mike announced that waiver is up on website. John needs pictures for the newsletter and asked for everyone to send pictures. Rick went over his newsletter article on dive briefings. Doug went over upcoming trips. DVD program was on Isle De Sorcora. Meeting ended at 9:15pm. 🚩

## Bluegrass Dive Club 2013 Calendar

### March

9-16, **Grand Cayman Dive Trip**  
 12, Tuesday Dive Club Meeting  
 26, Tuesday Board Meeting

### April

9, Tuesday Dive Club Meeting  
 34, Tuesday Board Meeting



### May

4, **Saturday Club's Derby Party**  
 14, Tuesday Dive Club Meeting  
 28, Tuesday Board Meeting

### June

11, Tuesday Dive Club Meeting  
 25, Tuesday Board Meeting



### July

9, Tuesday Dive Club Meeting  
 13, **Saturday Dale Hollow Diving**  
 30, Tuesday Board Meeting

### August

13, Tuesday Dive Club Meeting  
 17, **Saturday Club Pig Roast**  
 27, Tuesday Board Meeting

### September

10, Tuesday Dive Club Meeting  
 24, Tuesday Board Meeting



### October

8, Tuesday Dive Club Meeting  
 29, Tuesday Board Meeting

### November

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

### December

14, **Saturday Club Christmas Party**

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## Dale Hollow Lake

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Mark this date, July 13-14th, 2013

This is a great trip for divers and non-divers alike. We have a pontoon boat reserved for Saturday and Sunday.

Enjoy a weekend of lake diving, swimming, relaxing and a pot-luck dinner on Saturday evening. The cost for participants is only \$20.00 per person per day for the pontoon boat users. Stay tune, more info to come. 🚩