



UNDERCURRENTS

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

May 2014

Volume 44, Number 5

May's Club Meeting

Date: Tuesday, May 13th
Time: 7:30-PM, Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program: St. Vincent Diving

President's Message

By Tracey Combs



By the time our May newsletter is available, we will have already met for the Derby Party. And we want to send a big Thank You to Mike and Sherry McCann for hosting the party again this year. Their generosity and willingness to open their home to us is most appreciated.

The Dive Trip Committee will be meeting in early May to plan some future trips. If you have trip ideas or suggestions, please contact Doug Geddes with the information. We value your desires to see new places and we want to hear from you.

Our next meeting is Tuesday, May 13th. Everyone is welcome. We hope to see you there! 🚩



The Editor's Notes

By John Geddes



Pics for this month are from the Derby Party and will continue with the Truk Trip on board the boat next month. 🚩



2014 BGDC Officer's

Tracey Combs, President	621-4066
Corrine Mulberry, Vice President	913-0892
Mike Sullivan, Secretary	266-4516
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 May program will feature diving in St. Vincent – a possible BGDC Trip in the future. Thanks goes to Noel Hall for thinking of us and snagging this DVD.

If you have diving information or destinations (past or potential future trips) that you would like to present at a Club meeting, 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



A \$50.00 donation was made to the Coral Reef Foundation's Adopt a Coral Program on behalf of the Bluegrass Dive Club. (The Florida Keys coral reef restoration work was presented at the January 2014 meeting.) I appreciate your contributions and will forward the Newsletter when it arrives. They are doing good work down there! I'm hopeful that the Staghorn and Elkhorn corals can make a come-back. 🚩

From The Secretary

By Mike Sullivan



25 March 2014
BGDC Board of Director's Meeting

The meeting was called to order at 7:37 PM. Doug mad a motion that the Agenda be approved.

In attendance were: Tracey Combs, Corrine Mulberry, Mike Sullivan, Dan Miller, Doug Geddes, Rick Stephan, and John Geddes.

Dan went over the March 25th Treasurer's Report. A Final copy of the 2014 Budget was distributed. All old membership forms that Dan had were given to Corrine. Board reviewed Yap/Truk final billing and approved Dan to email refund letters to the 16 trippers.

Corrine will check with the Racquet Club to see if lights will be working for the next membership meeting in April. Two new members have joined last meeting, Don Mitchell and Lisa Bradley. The video for April will be the 2012 Philippines Trip. The video for May will be St. Vincent.



Mike Sullivan has received the name tag software file and is able to make name tags.

From The Secretary Cont.

Rick indicated the safety article for the newsletter will be "Diving and taking Prescription Drugs."

John indicated he will need articles by Thursday for the next newsletter.

Doug reviewed the trip to San Salvador that was cancelled due to lack of interest and sign-up. He also indicated that a date for the Dive Committee meeting will need to be made soon. A date will have to be determined for the BVI trip since Costa Rica is scheduled for the summer of 2015.

Dan has not been able to get the tax information to Mike McCann but will do so by the time that Mike returns from his current trip. Mike Sullivan discussed the membership retention graph prepared and took comments for adjustments to be made.



Tracey asked if Rick would be getting the ham, Corrine the Keeneland rolls, and John for the soft drinks for the Derby Party. A motion was made by Doug to adjourn the meeting.

There being no further business, the meeting was adjourned at 9:07 PM.

GENERAL MEMBERSHIP MEETING 8 April 2014

Meeting called to order at 7:34PM. Sixteen people in were in attendance. Dan went over the current Treasurer's Report as of 3/31/2014 including the refunds to members that made the Yap/Chuuk trip.

Corrine briefly indicated that a process was being started to review the voting procedures of the Club to elect officers. The voting process is on hold for now due to us filing for our tax status this year and a change in voting would require a change in our bylaws. Mike Cobb needs a name tag to be made.



Doug said the signups for Grand Cayman trip are beginning to pickup. Corrine encouraged everyone to sign up for the Dale Hollow trip. John indicated that those members not receiving the monthly newsletter need to accept the "Yahoo Group" to ensure the delivery by email.

Rick reminded everyone that good planning of medications required by members should be reviewed and started if necessary before going on dive trips.

Tracey reminded everyone of the Derby Day party and to bring a dish and money for the pools. Any questions about the party can be answered by going to the Club website. Door prizes were won by Don Mitchell, Corrine, and Bart Bertetto.

A DVD made by Doug was shown of the 2012 trip to the Philippines. Meeting was adjourned at 8:35PM. 🚩



From the Treasurer

By Dan Miller



2014 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](#). 🚩

Trip Director's Report

By Doug Geddes



GRAND CAYMAN 2014

Once again you guys cease to amaze me. We have gone from 5 persons on this trip to close to 20. We even had to add an extra 4 person condo just in case we get more people. If you have been thinking about this one, it is time to book it now or lose out. The resort is about booked and we can't get any more rooms. Please go the website and check it out, then check on the air fare costs. The pricing has been jumping all over the place. Fill out the reservation form and join us. It will be a great week and the water will be warm, so no wet suit if you don't want to wear one. Don't miss out on this one.



DIVE COMMITTEE

The dive committee will be meeting to add a couple of trips for the upcoming years. Several that have been mentioned are Costa Rica, Dominica, Saba and the Philippines. If you have others, please let us know. 🚩



Dale Hollow Dive Trip

By Corrine Mulberry



The July 12th & 13th Dale Hollow Dive scheduled and details are posted on our website. Mark your calendars and sign up early. This is a fun and relaxing weekend on the lake and an opportunity for local and inexpensive diving. \$20.00 per person/per day secures you a spot on the pontoon boat.

There is a maximum capacity of 12 people on the 10'x 30' double-decker pontoon boat. The BGDC has reserved one pontoon boat. If trip sign-ups exceed the boat capacity, another pontoon boat will be reserved if it is available. Sign up early to ensure you have a spot on the boat. Deadline for signing up is June 11th.

In terms of lodging, I have made reservations at the Dale Hollow State Park Campground for Friday July 11 and Saturday July 12th at site L0002 for me and my little tent. I would encourage you to make campground reservations (near the L Loop) or lodging reservations at the State Park now, if you are interested in this trip. (Lodging reservation cancellations are quite liberal, so it doesn't hurt to sign up now while you can get a room. By April, all rooms will likely be booked.) 🚩



Safety Corner

By Rick Stephan



Note: I recently had the opportunity to meet a lot of new people, and in chatting about ourselves, found that many of them had no concept of what scuba diving was about. Some were amazed that someone from Kentucky would be doing this, others scoffed, and a few were actually interested. But most asked the simple (and pertinent) question: "Isn't that dangerous?"

I think anyone reading this column knows the answer – it depends. Like the old saying goes: "There are old divers and there are daring divers, but no old, daring divers." So, if you'd like to read on and get a perspective on just how dangerous our sport is, this article might help you answer the question if you ever get asked. The article is from About.com.

I hope the BGDC continues its record of safe diving and never adds to the statistics.



Remember, safe diving is fun!

Is Scuba Diving Safe or Dangerous?

By Natalie Gibb

Is scuba diving dangerous? As with any adventure sport, some risk is involved. Humans are not built to breathe underwater, which means that every time a diver descends, he is completely dependent upon his equipment, skills, and emergency training to ensure that he surfaces safely. This truth, while it may sound frightening, should not

Safety Corner Cont.

discourage prospective divers. However, it should encourage divers to approach the sport with an appropriate amount of respect. Scuba diving is not dangerous as long as a diver seeks thorough training, follows safe diving guidelines, uses proper gear, and dives within his experience level.



How Likely Are You to Die Scuba Diving?

Let's cut to the chase and answer the biggest, scariest question first: How likely are you to die scuba diving? According to the "Diver's Alert Network (DAN) 2010 Diving Fatalities Workshop Report", a diving fatality occurs in 1 out of every 211,864 dives. Whether this seems risky to you or not is a matter of personal opinion, but let's put this number in perspective by looking at the fatality rates of some other activities.



The Risks of Scuba Diving in Comparison With Other Activities:

1 out of every 211,864 dives ending in a fatality does not seem so great a number when compared with the fatality rates of other activities. For example:

- 1 out of every 5,555 of registered drivers in the US died in car accidents in 2008 (www.census.gov).
- 1 out of every 7692 pregnant women died from pregnancy complications in 2004 (National Center for Health Statistics).
- 1 out of every 116,666 skydives ended in a fatality in 2000 (United States Parachuting Association).
- 1 out of every 126,626 marathon runners died of sudden cardiac arrest while running a marathon between 1975-2003 (National Safety Council)



Statistically, diving is safer than driving, having a kid, skydiving, or running a marathon. Of course, this is a generalization. All the dates are from different years, and I am writing about diving fatalities, not injuries. My goal is simply to lend some perspective to the diving statistic.

When we consider why divers die, we discover that for a responsible diver who seeks training and dives within his limits, the risks of diving are even lower.

Safety Corner Cont.

What Are the Most Common Factors Contributing to Diver Fatalities?

The top three root causes leading to diver fatalities (DAN Diving Fatalities Workshop Report) are:

1. Pre-existing disease or pathology in the diver
2. Poor buoyancy control
3. Rapid ascent/ violent water movement

All three of these are completely avoidable. In fact, if a diver respects the safe diving practices taught during scuba diver training, none of these factors should be a problem.

For example:

Before beginning dive training, prospective scuba divers are given a scuba diving medical questionnaire, which, if answered truthfully, should bring up any medical problems that could predispose a diver to injury or death, such as lung diseases or heart issues. Of course, some divers do lie on these medical release forms and ignore the warning not to dive with contraindicated conditions. Furthermore, a diver may develop a medical condition that is contraindicated for diving after certification. Review the scuba diving medical questionnaire periodically and take it seriously, even after becoming a certified diver.



Poor buoyancy control is an issue with many divers. Who to blame for this issue is debatable - the divers who have poor buoyancy control or the instructors who certified them. In either case plenty of certified divers no longer (or never did) understand how a buoyancy compensator (BC) works or how pressure changes on descent and ascent affect buoyancy. If this subject is unclear, or if a diver simply hasn't developed the physical ability to control his buoyancy properly, he needs practice and a scuba diving refresher course before attempting to dive again.

Rapid ascents are frequently due to poor buoyancy control. In some cases, divers simply panic and rocket to the surface. This is simply unacceptable. If water in a diver's mask makes him panic, he should practice flooding and clearing his mask in a pool until it becomes routine. If a buddy constantly strays so far that he is impossible to alert in an out-of-air emergency, get a new buddy. A diver who checks his pressure gauge and surfaces with a reasonable reserve of air in his tank is unlikely to run out of air. If the water is so rough that water movement is going to be an issue, don't dive or end a dive the moment the difficult current/surge/chop is experienced.

DAN's report goes on to explain that some of the leading contributing factors to diver fatalities are buddy separation and inadequate

Safety Corner Cont.

training for the dive being attempted. Both of these are violations of the standard safe diving guidelines.



The Take Home Message about Scuba Diving Risks:

Is scuba diving dangerous? It all depends upon a diver's attitude. Divers who treat their scuba training as a "do it once and be done" course and fail to review dive theory and practice basic scuba skills after periods of diving inactivity (and I mean after a short period of diving in activity, such as 6 months) are more at risk of a diving injury than divers who keep their skills current. Similarly, divers who embark on dives that are beyond the parameters of their training level are also at a higher risk than divers who take their training limitations seriously. For example, most open water certifications qualify a diver to go down to 60 feet, no deeper. If a diver wants to go deeper, there are courses for that -- he should take one! For divers who approach diving with an attitude of respect and conservatism, the risks of diving are minimal. 🚩



Bluegrass Dive Club 2014 Calendar

May

3, Saturday Club's Derby Party
13, Tuesday Dive Club Meeting
27, Tuesday Board Meeting

June

10, Tuesday Dive Club Meeting
24, Tuesday Board Meeting

July

8, Tuesday Dive Club Meeting
12-13, Saturday Dale Hollow Diving
29, Tuesday Board Meeting

August

12, Tuesday Dive Club Meeting
16, Saturday Club Pig Roast
26, Tuesday Board Meeting



September

9, Tuesday Dive Club Meeting
13-20, Saturday Grand Cayman
30, Tuesday Board Meeting

October

14, Tuesday Dive Club Meeting
28, Tuesday Board Meeting

November

11, Tuesday Dive Club Meeting
25, Tuesday Board Meeting

December

13, Saturday Club Christmas Party