



UNDERCURRENTS

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

September 2018

Volume 48, Number 9

September's Club Meeting

Date: Tuesday, September 11th
Time: 7:30-PM (business)
Social at 7
Location: **Urban Squirrel Storage**
203 Lisle Industrial Ave
Program: T/B/A

President's Message

By Tracey Combs



Summer is ending, and it is time to start planning your escape to scuba diving during the winter months. Please check the calendar and watch your emails for information on upcoming trips.

There are a few Board Members that will not be returning next year to serve. If you have interest in becoming a board member or if you want more information, contact Mike Sullivan.

Have you been watching the travel channel or reading you dive magazines and have trip ideas or suggestions? Always feel free to contact someone on the dive trip committee or Steve Gahafer. If you have been somewhere wonderful or have a location on your bucket list, please feel free to share. Contact Mike Sullivan if you would like to present a video or have a location of interest at the general meeting.

Our next general meeting is Tuesday, September 11 at the Urban Squirrel. You do not have to be a member to attend. Details are on the website. I hope to see you there! 🚩

The Editor's Notes

By John Geddes



A BIG Thanks to Mike and Sherry McCann for hosting the Pig Roast, as always Guys, Great Job!!

Speaking of the Pig Roast, the Pics for this months Newsletter are, you guessed it, the Pig Roast! 🚩



2018 BGDC Officer's

Tracey Combs, President	621-4066
Mike Sullivan, Vice President	327-8906
Kris Harn, Secretary	333-6911
Dan Miller, Treasurer	948-5133
Steve Gahafer, Trip Director	229-9408
Rick Stephan, Safety Info Dir.	223-3719
Alex Fassas, Webmaster	582-1600
John Geddes, Newsletter Editor	608-0682

Vice President's Report

By Mike Sullivan



The door prizes were won by Dan Miller and Ralph Covington.

There will not be a program in September. 🚩



From The Secretary

By Kris Harn



General Meeting
8-14-18

A general membership meeting was held on 8-14-18 at the Urban Squirrel. 17 people were in attendance. DVD of Africa was shown.

Board Meeting
8-28-18

A board meeting was held on 8-28-18 at the Beaumont Public Library. Reviewed reports, trips, new and unfinished business. 🚩

From the Treasurer

By Dan Miller



2018 Membership Dues

Student (High School or College ID) ..	\$10.00
New Diver (First year only).....	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](#). 🚩

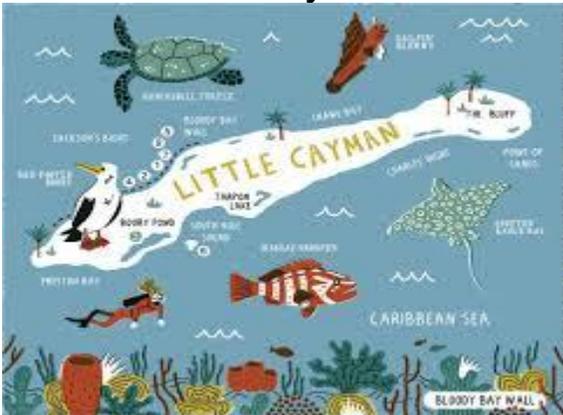


Trip Director's Report

By Steve Gahafer



Little Cayman



We have received more reservations so get yours in before it fills up. This should be a great trip with valet diving at your service. If you have never been to Little Cayman now is your chance to go. The dates are May 25th – June 1st. You can find out more about this trip on the web site at [Little Cayman 2019](#). If you have any questions please email me.

Barbados



So, after a few hiccups and having to rethink a couple of things we now have Barbados booked. We will be staying at the Coconut Court Hotel Barbados. We will be going to Barbados next year February 22nd – March 1st. Barbados is a great place to visit and not just for the diving. There is plenty to do for non-

divers on this trip as well. Here is a link of a few touristy [things to do](#) while not diving.

Alex is working on get the web page updated to reflect the changes that were made and will have it up soon.

Thanks to everyone for your patience while we reworked this trip to make it even better.

The Board also discussed another trip that I have been working on for a couple of months. This trip is a once in a lifetime opportunity. So, stayed tuned... Hopefully we will have it all worked out by the meeting or at least the next newsletter.

We are always looking for new places to go so if you have an idea let me know. 🚩



Dive Committee Members

Steve Gahafer – Chairman	229-9408
Tracey Combs	621-4066
Ralph Covington	621-3862
Mike Sullivan	266-4516
John Geddes	608-0682

If you would like to be on the Dive Committee, contact Steve Gahafer, 229-9408

Safety Corner

By Rick Stephan



Note: This month's article was recommended by one of our international members (that sounds pretty cool – doesn't it?) and comes from the aptly named *Internationaldivermag.com*. Although the title and subject matter was particularly focused on freedivers, the warnings and recommendations apply to scuba divers as well. Hyperventilating was something I tried in doing the underwater swims for my basic scuba class, and back when I was a kid. Turns out that isn't a good thing to do. Surprise! I keep wondering how we all survived...

The other topics are in staying off the reef and not harassing the marine life, two things most of us I think try to do, but sometimes fail. The underwater world is really being bombarded by humans: toxic runoff, innumerable pieces of plastic, and overfishing just to name a few problems. Let's be good stewards of the deep and keep it beautiful (and safe) for generations to come.

Because of course -



safe diving is fun!

3 Things You Should Never Do While Freediving

By Joshua Chaffee

Freediving gives you a certain sense of freedom. There you are, seemingly weightless, in another world, exploring what the sea has to offer. Many, even self-taught

freedivers, commonly reach depths over 10m [about 32 feet], and once you reach a reef, you have a lot of options. Unfortunately, not all of them are the ones you should choose.



In areas with a lot of interesting coral formations, beautiful marine life, caves, and locations with a healthy current, freedivers can be especially tempted to do things that can hurt the environment, and even themselves. Whether you are carrying a camera or a speargun, here are some not-so-subtle suggestions to keep yourself safe — and more importantly — the earth.

1: Never Hyperventilate Before a Freedive: Or Else

Hyperventilating before a breath-hold is typically performed by amateur freedivers because they are told that it “increases the oxygenation of the blood”, so they think it will help them to stay longer underwater.

While hyperventilating can technically help you to keep yourself underwater for longer, it's not because your blood is more oxygenated. The science behind hyperventilating is a little unexpected.

So why does it help you stay under?

The real reason is that the bodily mechanism that triggers your “need to breathe” comes from high CO₂ levels, not low oxygen levels, and hyperventilation helps keep your CO₂ level below what is natural.

Safety Corner Cont.

In all reality, hyperventilating gives you little to no oxygen benefit. Even with normal breaths, the oxygen saturation of your blood is near 100%.

So, what is the result?

You will run out of oxygen but not know it. This is because your body's CO₂ levels won't trigger your need to breathe until well after it has been deprived of necessary oxygen. This leads to divers experiencing a [shallow water blackout](#) on ascent, once they finally feel that urge to breathe.



And why is this so dangerous?

If you are diving alone, it means that you will certainly drown and die. Please never hyperventilate before a dive, even if you have a partner. There is always a chance they won't notice that you have blacked out until it is too late.

2: Keep Your Grubby Hands Off The Reef

We get it; this magazine's community is made up of passionate divers of all kinds, and we

know that everyone makes mistakes and can inadvertently come into contact with the reef

from time to time, but we can't let it become a practice.

Kneeling on the reef to get a good shot, or grabbing the reef to pull yourself forward or

hold yourself still, can be very tempting ideas, but at what cost?

We have seen many groups of amateur SCUBA divers and freedivers grab onto pieces of valuable reef and accidentally break off a piece. What might go unnoticed, though, is the many years that it may take to grow back that piece of reef.



Another thing that may not go noticed right away is the fact that some organisms that make up a reef can't handle losing a chunk of their ecosystem, even if it seems small to you, and end up dying completely.

We are losing enough reefs every year due to other causes; please don't be part of the problem.

A Dangerous Contributor to Reef Loss

An unexpected friend turned enemy: dive gloves. A dive glove's main purpose is to protect your hands from harm during a dive, but what is it usually used for? For holding onto the reef during a dive. That's right; the very existence and use of this product make divers, spearos, and freedivers alike more likely and more comfortable to grab onto the reef and use it as leverage for their movement. As discussed earlier, though, this can have detrimental effects on the ecosystem.

This is why some countries have banned the use of dive gloves, not to make diving more difficult for you, but to make sure that the dive

Safety Corner Cont.

sites are worth seeing for many years to come.

If you or one of your buddies commonly relies on grabbing onto the reef to keep themselves stable, then they need to work on their buoyancy and balance. Habitually touching the reef is never OK.

3: Don't Harass Marine Life — Even if You are NOT Hunting it

Many freedivers are spearos as well, and we understand that you likely respect the site you are diving, and you respect the fish that you are hunting. Unfortunately, though, many freedivers have been caught severely harassing marine life.

Touching, squeezing, grabbing, or lifting marine life out of the water, could seem harmless to you, but these things have been recognized as causes of unnecessary death and disturbances of marine life in dive sites all over the world.

In Bocas Del Toro, Panama, one particular beach called “Playa Estrella” or “Starfish Beach” has been almost completely ruined by tourists lifting the starfish from the water to take a picture. Year after year the starfish slowly died or left the area for good, and now “Starfish Beach” boasts little starfish. In fact, you are lucky to see more than two in a single visit.

SCUBA divers and freedivers alike have had their diving certification revoked when found to be mistreating marine life — and for good reason. Divers, and dive instructors especially, are the ambassadors between the general public and marine life. This means that the way we treat marine life reflects to the rest of the world. Being able to interact with marine life, like threatened species of sharks, without incident is a key in changing public perception of them. This promotes conservation of misunderstood species. However, if we mistreat marine life, the public will follow suit.

The Danger to Marine Life

- When a sea cucumber is harassed, it expels its intestines. This can be deadly to the delicate animal, especially if performed multiple times in a row.
- When lifted from the water, the delicate structure of a starfish can be damaged, potentially causing its death.
- By touching fish, we can alter their protective barrier of mucous and spread disease to them incidentally.
- Forcing a pufferfish to inflate can kill them.



Beyond this short list of the damage that you can personally cause, the biggest damage you can do is display to the public that these actions are OK.

Dive Smart — Keep the Ecosystem Healthy

Always understand that, even if you aren't actively spreading the word about correct diving etiquette, your actions can speak louder than words. If you dive responsibly, people will notice and follow suit. 🚩



Bluegrass Dive Club 2018 Calendar



September
 11, Tuesday Dive Club Meeting
 25, Tuesday Board Meeting



October
 9, Tuesday Dive Club Meeting
 30, Tuesday Board Meeting



November
 13, Tuesday Dive Club Meeting
 27, Tuesday Board Meeting



December
 TBA, Saturday Club Christmas Party