



UNDERCURRENTS

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

May 2016

Volume 46, Number 05

May Club Meeting

Date: Tuesday, May 10th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: John Thomson Memorial
 Philippines Part II

President's Message

By Tracey Combs



Bring on the Derby Party! Great friends, food, hats and of course some friendly wagering on the ponies!! I want to send a big Thank You to Doug and Susan for hosting the party this year. Their generosity and willingness to open their home to us is most appreciated.

The Dive Trip Committee met in early April to plan some future trips. We have a trip to Dominica approved by the board and you will be seeing the details soon! 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.

We have two more trips on the calendar for 2016. St. Lucia is in June and the Grand Cayman trip is in November. For those of you still looking for a dive trip, check out the website for more details.

I hope to see everyone at **Derby Party is May 7th** bring a dish to share and a few dollars to play the games. Mark your calendar for the Pig Roast August 13th. Please note the venue changes for both parties. Our Meeting Social is July 12th at the Racquet Club.

Our next meeting will be May 10, 2016 at the Racquet Club. You do not have to be a member to attend, everyone is welcome!! I hope to see you there. 🚩

The Editor's Notes

By Bart Bertetto



Hi everyone. Well its Derby Party Time for the club which is always a great time. Send me your best party photos at: amx1bdb10@gmail.com for inclusion in next months newsletter. No trip photos this issue because I don't have any new ones. Which brings me to a new Trip Report Section I'd like to add to the newsletter. On future trips I'll ask a trip participant to send be a brief summary of the trip highlights and photos. There are always good stories from the trips which we'd all like to hear. Next I'd like to add a Classified Section where club members can list dive and photo equip for sale or trade, or wanted. It's always better to pass unused equipment to members who can use it. So starting now, send me a good description of stuff you'd like to sell, trade, or wanted and I'll post it. 🚩

2016 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	621-3178
Rick Stephan, Safety Info Dir.	223-3719
Mike McCann, Webmaster	255-3937
Bart Bertetto, Newsletter Editor	502-299-3656

Vice President's Report

By Corrine Mulberry



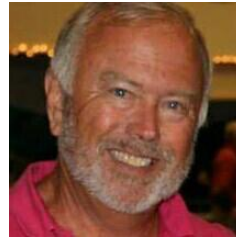
Program: In tribute and recognition of John Thomson, a memorial photo show will be presented before the meeting. Our regular program will feature Philippines Part II as introduced and provided by Noel Hall.

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 get you on the calendar. 913-0892 or mulberryc1@gmail.com

Door Prizes: I snuck away from my Mom & Dad's to get in a couple dives last week in the upper Keys. (I fed the fish again. I am not liking this sudden onset of motion sickness. First Costa Rica, now the Keys...hmmm. Guess I'd better try Dramamine. Never used it before.) Anyway, I picked up some door prizes in Quiescence Dive Shop in Key Largo Florida for ya'll. Found sunscreen that is NOT toxic to coral. Yea. 🚩

Trip Director's Report

By Doug Geddes



St. Lucia 2016

Getting ready to travel to this beautiful island within a month. 14 persons have signed up and paid for this great trip. For some reason if you are able to make it, we can always check it out for you and see if any space is available. Don't purchase air just in case.

Grand Cayman 2016

Still waiting for the 8 persons that said they are signing up for this fun trip during Pirates week. If you are planning on going, we really need you to sign up so we know how many rooms we need. Go to the website to sign up today.

Dominica /Saba 2017

The board has approved a return trip to Dominica in February of 2017. We are trying to set it up around Carnival week if possible and then dive in Saba as a 10 day package deal. More details once we confirm dates and costs. 🚩

From the Treasurer

By Dan Miller




2016 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 Mike Sullivan



General Meeting Minutes Tuesday, April 12, 2016

- I. CALL TO ORDER
7:46 PM
- a. There are 22 members present.
- II. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Dan reviewed the Treasurer's Report as of 31 March 2016.
 - ii. Refund checks for Covington and Green were mailed.
 - b. VICE PRESIDENT MULBERRY
 - i. Corrine recognized new members Lili & Jeff Graue and Lisa & Mark Witt..
 - ii. Happy birthday wishes for Mike Cobb and Mike McCann.

- c. SECRETARY SULLIVAN
 - i. No Comments.
- d. TRIP DIRECTOR GEDDES
 - i. Rob Foster was Open Water Certified in Bonaire.
 - ii. St. Lucia trip has 14 members for 11-18 June 2016.
 - iii. The Grand Cayman trip 12 – 19 November 2016 still has plenty of slots open for members.
 - iv. The Dive Committee will meet next Tuesday at 6:30 PM in Doug's office.
- e. WEBMASTER McCANN
 - i. No comments
- f. NEWSLETTER EDITOR BERTETTO Absent
- g. SAFETY INFORMATION DIRECTOR STEPHAN
 - i. The newsletter article this month is on dive safety and preparation for dives.
- h. PRESIDENT COMBS
 - i. Door prizes were won by Lili Graue, Mike McCann, and Alex Fassas.
 - ii. A DVD of the 2016 BGDC trip to Puerto Galera, Philippines was shown courtesy of Noel Hall.
 - i. c. The Derby Party will be held on May 7, 2016 at Doug Geddes house at 807 W. Brannon Road, Nicholasville. See website for directions.

ADJOURNMENT 8:50 PM

Board of Directors Meeting Minutes Tuesday, April 26, 2016

- I. CALL TO ORDER COMBS
 - a. Meeting began at 7:34 PM

- II. APPROVAL OF AGENDA
SULLIVAN
- III. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Treasurer's Report as of 4-26-2016.
 - ii. A note will be sent to all members that have not paid their annual dues.
 - b. VICE PRESIDENT MULBERRY
 - i. Absent
 - c. SECRETARY SULLIVAN
 - i. No comments.
 - d. TRIP DIRECTOR GEDDES
 - i. St. Lucia trip currently has 14 people.
 - ii. The Board approved a trip to Saba/Dominica for February 2017.
 - e. SAFETY INFORMATION DIRECTOR STEPHAN
 - i. A safety Quiz will be taken by all members.
 - f. NEWSLETTER EDITOR BERTETTO
 - i. Absent
 - g. WEBMASTER McCANN
 - i. Absent
- IV. NEW BUSINESS COMBS
 - a. A suggestion was made to include trip reports in the newsletter.
 - b. The May video will be a John Thomson Memorial.
 - c. The Club Derby Party will at Doug's house on May 7th , 807 W. Brannon Rd, Nicholasville, KY.
 - d. The Club Social will be July 12th.
 - e. The Annual Pig Roast will be August 13th at the McCann's home.
- V. MEETING ADJOURNED AT 8:30 🚩

Safety Corner

By Rick Stephan



Remember, safe diving is fun!

Note: *This month's article comes from the DAN website.*

Try to answer the questions before looking at the answers. I'm sure most of you will figure each one out, but there may be some surprises. I included some extra details on the "P" phenomenon, since I've heard a lot of comments about this on recent dive trips. I hope the quiz helps you think about safety, and some things that may affect you.

Remember, safe diving is fun!

Dive Safety Quiz

1. True or False: My dive computer factors my thermal status into my decompression sickness (DCS) risk.
2. Symptoms of DCS typically occur within:
 - a. 12 hours of surfacing
 - b. 1 week of surfacing
 - c. 1 month of surfacing
 - d. 1 year of surfacing
3. True or False: Decompression illness (DCI) is just a "bubble disorder."
4. If my dive buddy experiences symptoms of DCI I should....
 - a. Monitor vitals and activate local emergency medical services
 - b. Contact DAN
 - c. Start emergency oxygen first aid
 - d. Go directly to the nearest hyperbaric chamber
 - e. Answers A, B, and C
 - f. Answers B, C, and D

Safety Corner (con't)

5. What measures can I take to help mitigate my risks?
 - a. Dive only when well rested, nourished, and hydrated
 - b. Avoid heavy exercise before, during, and immediately after diving
 - c. Stay fit for diving, and adjust your diving according to your level of fitness
 - d. Know when to call a dive, and don't be afraid to do it
 - e. All of the above
6. True or False: Feeling like you have to urinate underwater is due to increasing pressure of deeper water.
7. True or False: Diving is a good cardiovascular workout.
8. True or False: Staying hydrated is not a sure-fire way to prevent decompression sickness.
9. Which of the following is true about sports drinks?
 - a. Sports drinks will dehydrate you
 - b. You must dilute sports drinks
 - c. You should drink only a small amount of sports drinks when doing physical activities
 - d. None of the above
10. True or False: Only strong swimmers and exceptional athletes can be divers.

Dive Safety Quiz Answers

1. **False.** While some computers can measure water temperature, they cannot account for other factors that would affect your thermal status such as your exposure protection or body size.
2. **12 hours of surfacing.** Symptoms of DCS typically occur within 12 hours of surfacing. DCS is less likely to be the cause if any new symptoms appear after 24 hours. If the diver flies after diving, it is possible for delayed symptoms of DCS to occur during flight. The following guidelines are the

3. consensus of attendees at the 2002 Flying After Diving Workshop. They apply to air dives followed by flights at cabin altitudes of 2,000 to 8,000 feet (610 to 2,438 meters) for divers who do not have symptoms of decompression sickness (DCS). The recommended preflight surface intervals do not guarantee avoidance of DCS. Longer surface intervals will reduce DCS risk further.
 - **For a single no-decompression dive**, a minimum preflight surface interval of **12 hours** is suggested.
 - **For multiple dives per day or multiple days of diving**, a minimum preflight surface interval of **18 hours** is suggested.
 - **For dives requiring decompression stops**, there is little evidence on which to base a recommendation and **a preflight surface interval substantially longer than 18 hours** appears prudent.
4. False. DCI involves more than just bubbles, which initiate a cascading effect of physiological and biochemical events. Medical treatment for DCI often involves more than simply dealing with bubbles.
5. Answers A, B, and C. It is not advisable to take an injured diver directly to a chamber. The closest chamber may not be open, operating, staffed or properly equipped to meet the injured diver's needs. DAN maintains a continually updated database of chambers in order to determine the most appropriate chamber for treatment. Contact DAN prior to taking a diver directly to a chamber, and DAN will coordinate medical transport, if necessary and ensure help is waiting upon your arrival.
6. All of the above. **Note: Review past articles in "The Safety Corner" for more information.**

Safety Corner (con't)

7. False. The increased need to urinate underwater is a phenomenon called immersion diuresis, also known as the "P" Phenomenon, which occurs whenever the body is emerged in water. Immersion, along with a water temperature that is colder than air, causes narrowing of the blood vessels in the extremities. This vasoconstriction occurs primarily in the skin and superficial tissues of the body as well as in the muscles of the arms and legs. The result: An increased volume of blood is sent to the central organs of the body such as the heart, lungs and large internal blood vessels.

The hormone that controls the production of urine by the kidneys is called antidiuretic hormone (ADH). It controls when and how much urine your kidneys make. The increased blood volume to the major vessels is interpreted by your body as a fluid overload. This overload causes ADH production to stop, which in turn allows the kidneys to immediately produce urine to lower the centrally circulating blood volume - the body's automatic response to preserve blood volume.

Once you exit the water, circulating blood volume returns to near normal - less the fluid taken to produce urine, which is quickly replaced as the body draws fluid from body tissues, such as muscles. Unfortunately, you probably will also leave the water with a full bladder.

Since we are all subject to the same phenomenon underwater, this is probably your normal response to immersion. If this situation causes problems like urinary tract infections, see your doctor. If your coffee is caffeinated, you may wish to switch to a

8. decaffeinated brand, as caffeine is a known diuretic that also interferes with the production of ADH.
9. False. While diving certainly has physical components, the act of diving itself does not provide the cardiovascular exertion needed to increase and maintain general fitness. Most diving guidelines and techniques are designed to minimize the physiological impact of diving, so if you find yourself out of breath underwater, stay calm, breathe as slowly and regularly as you can, and end the dive as soon as it's safely possible. If your breathing and heart rate do not quickly return to normal after the mitigating factors are removed, seek immediate medical attention. It's important to practice heart healthy eating and exercise habits to maintain fitness levels for safe diving.
10. True. Similar to fatigue, dehydration has been suspected of contributing to an increased DCS risk, but depth and time are by far the most important risk factors. Drinking water throughout any day you're diving is a good practice, and definitely recommended, but there are no magic bullets against decompression sickness. Make hydration a regular practice, but don't rely on hydration to protect you from DCS.
11. None of the above. Many sports drinks do contain high levels of sugar and are high in calories, but they are designed to keep a person hydrated and in electrolytic balance. When it comes to hydration, water is the best method; however, if you prefer the flavor of sports drinks, just make sure to keep an eye on your caloric intake.
12. False. To dive, you need to be physically and medically fit and have a certain level of comfort in the water, but you do not have to be an Olympic swimmer in order to explore the underwater world. 🚩

Bluegrass Dive Club 2016 Calendar

- January 10 Board Budget Meeting
- January 12 General Meeting
- January 26 Board Meeting
- **Jan 23-Feb 6** **Philippines Trip**

- February 9 General Meeting
- February 23 Board Meeting

- March 8 General Meeting
- **March 13-20** **Bonaire Trip**
- March 29 Board Meeting

- April 12 Board Meeting
- April 26 Board Meeting

- **May 7** **Annual Derby Party**
Doug and Susan
807 W. Brannon Road,
Nicholasville

- May 10 General Meeting
- May 31 Board Meeting

- June 14 General Meeting
- **June 11-18** **St. Lucia Trip**
- June 28 Board Meeting

- July 12 General Meeting
- July 26 Board Meeting

- August 9 General Meeting
- **August 13** **Annual Pig Roast**
- August 30 Board Meeting
-
- September 13 General Meeting
- September 27 Board Meeting

- October 11 General Meeting
- October 25 Board Meeting

- November 8 General Meeting
- **Nov 12-19** **Grand Cayman Trip**
- November 29 Board Meeting

Dive Committee Members

Doug Geddes – Chairman	621-3178
Tracey Combs	621-4066
Ralph Covington	621-3862
Mike Sullivan	266-4516
Ed Sullivan	C@Meeting
John Geddes	223-7926
Corrine Mulberry	913-0892