



# UNDERCURRENTS

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

March 2017

Volume 47, Number 03

## March Club Meeting

**Date:** Tuesday, March 14th  
**Time:** 7:30-PM (business)  
 Social at 7  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** Seaweed Divers

## President's Message

*By Tracey Combs*



I want to thank everyone for joining us for the Valentine's Day meeting. We have some wonderful dives scheduled this year, so check the Calendar and please join us on a trip. The trip committee meeting was last month and we have a few new trips on the horizon. They will be advertised soon. If you have suggestions for future trip locations, please contact Doug Geddes or one of the Trip Committee Members. Our next meeting is Tuesday, March 14th at the Racquet Club. Everyone is welcome. I hope to see you there!



## The Editor's Notes

*By Steve Gahafer*



As I write this it is 73 degrees outside in the first part of March. I do not want to jinx it but I think Winter is in the rear-view mirror and Spring is coming in strong. This will give us all an opportunity to get outside and enjoy the weather. The Dive Committee has been working hard looking at places to go and the board approved Curacao for February 2018. As always, we are looking for new and exciting places to go diving. If you have any ideas let someone on the Dive Committee or the Board know. I can always use pictures for the newsletter. If you have any pictures you can send me, please email them to me or send me a link where I cannot get them off of the web. This month's pictures are from Noel Hall from the recent Dominica trip.



## 2016 BGDC Officer's

Tracey Combs, President	621-4066
John Geddes, Vice President	223-7926
Mike Sullivan, Secretary	266-4516
Dan Miller, Treasurer	948-5133
Doug Geddes, Trip Director	621-3178
Rick Stephan, Safety Info Dir.	223-3719
Kim Hudson, Webmaster	614-937-1955
	Khudson4974@yahoo.com
Steve Gahafer, Newsletter Editor	229-9408
	sagahafer@gmail.com

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## Vice President's Report

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By John Geddes



Congratulations to Judy Sullivan, for she was the winner of the "Tuck-away" door prize from the Outback Steakhouse. If Mike can't go, Judy, call me.

A big thank you to Dan Miller for the program in February on his trip to Cayman Brac. The DVD looked great, and I don't think the club has been there as a full week of diving. We did jump over for a dive on the Tibbetts (Russian Frigate 356) one day from Little Cayman when it was in one piece. That was a great dive!

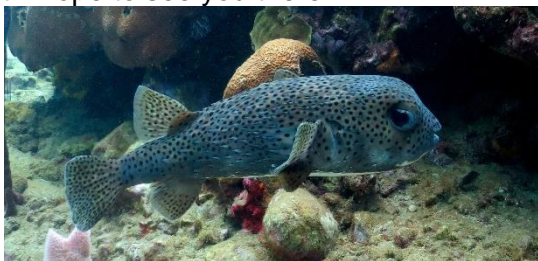
The Door Prize for this month we will have a "Gold Card" from Cracker Barrel; this is for any meals for two and, as always, gratuity is not included.

The program for March will be some out of town guests, Tina and JR from Seaweed Diver of New Albany, Indiana. As of press time for the Newsletter we are still working on the topic for our meeting. So let's have a great showing for them - in other words, warm bodies.

Looks like we will be going to Dale Hollow, so save the date of July 22, more details coming!

*Something else on my mind -*

I am putting my program together on door prizes. I will announce one in the Newsletter monthly. One month there will be a bonus prize of a BGDC membership, and this one will not be announced; you must be there to win! Are you catching on yet? Hope to see you there!

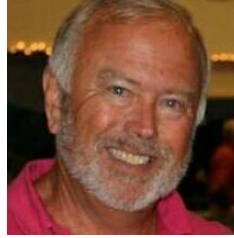


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## Trip Director's Report

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By Doug Geddes



### BELIZE 2017

At the moment we have 8 persons and several more are ready to sign up. We only have 6 rooms on hold, but can probably get more, but please sign up as soon as possible. We had issues with Dominica with so many adding at the last minute and we had to take any rooms they had open. I would rather not that to do that again. Check out the [Belize](#) page on the website for details. Air was around \$700 this past week.

### DALE HOLLOW 2017

A brand new pontoon boat has been put on hold for this year's lake dive for July 22nd. We will just be diving one day. More details to come, but put this date on your calendar.

If you are wanting to stay at the Lodge, then it would be best to book it now. Camp sites aren't as hard to get this early out.



## CURACAO 2018

The EC has approved the concept for a trip next February 17 – 24 for a week's stay in Curacao (Third of the ABC islands) This will be a great chance for those going to Africa to tone up their skills if you haven't been diving for a while. Should be but on the website soon. Just wanted to get this out to you, so you can plan your vacations for next year. Dan Miller has recommended a very nice hotel that is close to town but not too close.

## AFRICA 2018

We have 15 persons that have committed to this awesome trip. It is still not too late to sign up for this trip, but before sending any monies, you will need to make sure we can still get rooms. We had to release what we had on hold but hopefully they will still have something for us. Don't wait too long or they probably won't. The safari resorts are small and don't have many rooms. Check it out on the [Africa](#) page on the website for more details.



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## From the Treasurer

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*By Dan Miller*



### 2017 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](#).





- ii. Currently working on Dominica rebates.
  - b. VICE PRESIDENT J GEDDES
    - i. March – Seaweed Divers Presentation
    - ii. April – Dominica video
    - iii. Dale Hollow is July 22<sup>nd</sup>, one day only.
  - c. SECRETARY SULLIVAN
    - i. No comments.
  - d. TRIP DIRECTOR D GEDDES
    - i. The Club trip to Belize 23-30 September of 2017.
    - ii. Africa trip in 2018 currently has 13 people that have paid the required deposit. The next payments are due June 15<sup>th</sup> and October 15<sup>th</sup>.
  - e. SAFETY INFORMATION DIRECTOR STEPHAN
    - i. Still working on article for this month's newsletter.
  - f. NEWSLETTER GAHAFFER
    - i. Articles are due Friday.
  - g. WEBMASTER HUDSON
    - i. Kim is currently working on the new Club website, but it is not yet ready to migrate from the current website to the new website.
- IV. NEW BUSINESS COMBS
  - i. The Board will meet March 28, 2017.
  - ii. The trip to Curacao was approved and will be 17-24 February 2018. Prices starting at \$1,312.50 for divers and \$846.50 for non-divers.
  - iii. Other trips discussed are Indonesia, Bimini, and Cozumel.

MEETING ADJOURNED AT 8:53 PM 🚩

## Safety Corner

By Rick Stephan



*Remember, safe diving is fun!*

**Note:** Looking ahead to the BGDC dive trip calendar, one could get the impression that we should take over the old recruiting phrase from the Navy – “Join the Bluegrass Dive Club and see the world”. We’ve always been an adventurous lot, even when there were dunk days in the Kentucky lakes or Tobermory Canada. Now, there are trips to Dominica, Belize, and Zanzibar. Although medical standards have improved drastically in these places, (anyone remember the \$12 hospital/doctor/medication bill in Yap??), you still need to prepare for your trip.

Here is an article from [cdc.gov](http://cdc.gov) providing an overview of things you may want to consider in traveling to some of our remote dive locations. Obviously, individual needs are important, too, from making sure there is power for your CPAP machine or sterile water for your contacts, so add those things to your personal packing list. Having these things available will give you some added confidence to enjoy your vacation and maybe save a trip to a questionable infirmary.

*Being safe on a dive trip starts before you leave home. As always, remember, safe diving is fun!*

### Pack Smart

The following things will be useful to have during your trip.

Copies of your passport and travel documents. Place a copy of your passport and travel documents in each piece of luggage, in case you lose the original documents. Don't forget to leave a copy with

a friend or relative at home. **(NOTE: Make sure your passport is intact – repair any damaged pages, or get a replacement passport. Trust me, you WANT to do this.)**

Items that might go in your [travel health kit](#).

Check the [Transportation Security Administration](#) website for updates on permitted and prohibited items, including medicines that you are allowed to carry onto an airplane.

Some items may not be allowed in other countries. It is a good idea to check the [Customs and Import Restrictions](#) section of the U.S. Department of State Tips for Traveling Abroad.

### What to Pack in Your Travel Health Kit

Use this list to help you think of things to pack in your travel health kit. Be sure to think about where you are going and whether you will have access to health items and supplies.

### Medicines

#### Special note about prescription medicines

Pack your prescription medications in your carry-on luggage.

Pack copies of all prescriptions, including the generic names for medications.

Pack a note on letterhead stationery from the prescribing physician for controlled substances and injectable medications.

Leave a copy of your prescriptions at home with a friend or relative.

Check with the American Embassy or Consulate to make sure that your medicines will be allowed into the country you are visiting. Some countries do not let visitors bring certain medicines into the country.

Prescription medicines you usually take

If you have a severe allergy and epinephrine has been prescribed by your doctor, bring your Epinephrine auto-injector (for example, an EpiPen).

Special prescriptions for the trip

Medicines to prevent malaria, if needed

Antibiotic prescribed by your doctor for self-treatment of moderate to severe diarrhea

Over-the-counter medicines

Antidiarrheal medication (for example, bismuth subsalicylate, loperamide)

Antihistamine

Decongestant, alone or in combination with antihistamine

Anti-motion sickness medication

Medicine for pain or fever (such as acetaminophen, aspirin, or ibuprofen)

Mild laxative

Cough suppressant/expectorant

Cough drops

Antacid

Antifungal and antibacterial ointments or creams

1% hydrocortisone cream

### Other items that may be useful in certain circumstances



Supplies to prevent illness or injury

Insect repellent containing DEET (30%-50%) or picaridin (up to 15%)

Sunscreen (preferably SPF 15 or greater) that has both UVA and UVB protection

Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol

Lubricating eye drops

First-aid supplies

First aid quick reference card

Basic first-aid items (bandages, gauze, ace bandage, antiseptic, tweezers, scissors, cotton-tipped applicators)

Moleskin for blisters  
 Aloe gel for sunburns  
 Digital thermometer  
 Oral rehydration solution packets

Health insurance card (either your regular plan or supplemental travel health insurance plan) and copies of claim forms (**NOTE: Make sure you have your dive insurance and trip insurance cards, too, especially with the phone numbers to call in case of concern over barotrauma.**)

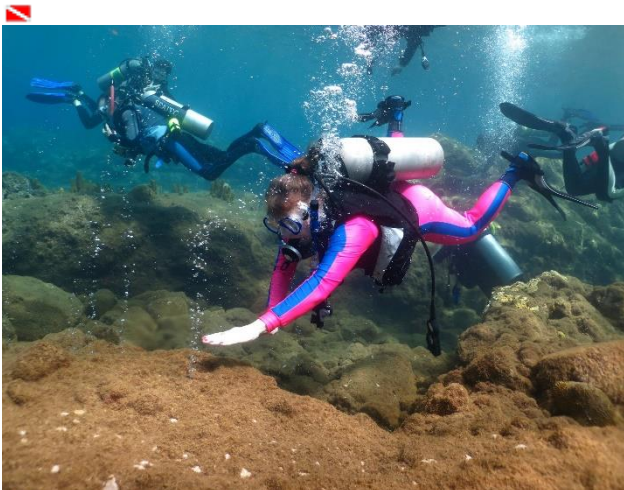
Mild sedative or other sleep aid  
 Medicine to prevent altitude sickness  
 Water purification tablets  
 Commercial suture/syringe kits to be used by local health-care provider. (These items will also require a letter on letterhead stationery from the prescribing physician.)

**Pack to Prevent Zika**

If you are traveling to an [area](#) with Zika, you can pack a few items in your travel health kit to protect yourself and your family. Your kit should include items that will reduce your risk of getting Zika. Reducing the risk of Zika is particularly important for pregnant women. Your kit should include:

[Insect repellent](#) (Look for these ingredients: DEET, picaridin, IR3535, OLE or PMD, or 2-undecanone.)

Long-sleeved shirts and long pants  
 Clothing and gear treated with permethrin  
 Infant carrier mosquito net (if needed)  
 Bed net (if mosquitoes can get to where you're sleeping)  
 Condoms (if you might have sex)



# Bluegrass Dive Club 2017 Calendar

- March 14                    General Meeting
- March 28                   Board Meeting
  
- April 11                    General Meeting
- April 25                    Board Meeting
  
- **May 6**                     **Derby Party**
- May 9                      General Meeting
- May 30                     Board Meeting
  
- June 13                    General Meeting
- June 27                    Board Meeting
  
- July 11                     General Meeting
- July 25                    Board Meeting
  
- August 8                  General Meeting
- **August 12**              **Annual Pig Roast**
- August 29                Board Meeting
  
- September 12            General Meeting
- **September 23-30**    **Belize**
- September 26            Board Meeting
  
- October 10              General Meeting
- October 31              Board Meeting
  
- November 14            General Meeting
- November 28            Board Meeting
  
- December TBD         **Christmas Party**
  
- **June 2018 10-23**    **Africa**

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## Dive Committee Members

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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