



UNDERCURRENTS

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

September 2010

Volume 40, Number 9

September's Club Meeting

Date: Tuesday, September 14th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: Pics from BVI

President's Message

By Rebecca Singer



Another summer has gone by and we are lucky to have had the opportunity to enjoy some good local dives and some good social events with fellow divers. A huge thank you to the Geddes' for hosting the Pig Roast again this year. I also want to thank Board members for bringing food and drinks for us all to enjoy. It was a successful afternoon/evening!

Don't forget that the Ecology Dive is coming up on September 18th, 2010. Here is some additional information: "Camping is free and drinks, snacks and Sat. dinner are included. We will be at Fallen Rock on Lake Cumberland right near Conley Bottoms on the South side of the Lake. We usually get 4-6 sites and may have to put two tents on a site. Electricity and water are included."

Don't forget to take a look at all the upcoming 2010 trips. The trip committee planned several trips for the upcoming year and we hope you can take advantage of them. As always, if you have ideas for future trips, please pass them along to Doug Geddes or another Trip Committee member.

I hope to see you all at the upcoming meeting on Tuesday, September 14th. Social time begins at 7pm and the meeting will begin at 7:30pm. This month's program will be the BVI video by John Geddes. 🚩

The Editor's Notes

By John Geddes



The pics this month are the remainder of the Dale Hollow trip and these are the best one from the Eat Club... 🚩

Lanie and Autumn doing some tubing



2010 BGDC Officer's & Staff

Rebecca Singer, President	552-0880
Krisy Carty, Vice President	497-4333
Maryanna O'Canna, Secretary	277-2634
George Fleischmann, Treasurer	873-9539
Doug Geddes, Trip Director	224-3197
Rick Stephan, Safety Information Dir.	223-3719
Mike McCann, Webmaster	255-3937
John Geddes, Newsletter Editor	223-7926

Vice President's Report

By Krisy Carty



This year has been a very productive time for the BGDC. We have welcomed several new members and have planned many exciting dive trips and parties. Thanks to all of the hard working members of the club that oversee the planning and organization of these events.

This month we are happy to announce the addition of four new memberships. Welcome to the BGDC:

- **Brian Rabek** of Louisville, KY
- **Hank & Jennifer Blumenthal** of Louisville, KY
- **Gary Mahoney** of Berea, KY
- **Bert Bartetto** of Crestwood, KY

Be sure to extend a warm welcome to each of our new members at one of the upcoming meetings. As always, we encourage you to arrive at our monthly meetings a little early so you can enjoy some refreshments and socialize with fellow members. We will be offering some great door prizes this month. **A very special THANKS to Gordon Green and Maryanne O'Canina for donating several wonderful items to our door prize collection.**

As always, we look forward to seeing you on **September 14th** at our monthly meeting. 🚩



Trip Director's Report

By Doug Geddes



Here is a list of trips that we have in the works. Check the website for more information. If it isn't on there yet, it will be soon. We are working on them.

Key West - October 2010 - We need to finalize this trip soon. If you haven't signed up, you need to do it soon. Please get your reservations in now. We will close it out soon. 15 divers so far.

Fiji - February 2011 (Full with waiting list)
Grenada - April 2011 - What an awesome trip. Reservation forms are on our website. Don't miss this new and exciting location. This is our first time going here, so don't miss it. This is Fayette Co. spring break week, so bring the kids. We need some more people to sign up.

Bonaire - June 2011 Almost full, better sign up now. You won't see this price, ever again.

Eleuthra - October 2011 is now on our website check it out. WOW what a great location. I know this is a ways off, but if you have an interest, please let us know.



This is a very aggressive dive schedule and we are looking for divers for all trips. Most of them are already well under way of having a good turnout or sold out.

I know a lot of you are waiting to sign up at the last moment, but on some of these trips, if we don't get enough response we will have to cancel them, so please sign up if you are planning on going. 🚩

From The Secretary

By Maryanna O'Canna



General Meeting Minutes August 10, 2010

The meeting was called to order by VP Krisy. George gave the treasurer's report. Krisy welcomed the 5 new members to the club: Gary, Hank, Jennifer, Brian, and Bart. Doug gave the trip report:

- Dale Hollow: 16 people attended, was hot, good viz at Table Rock
- Key West: will dive Vandenburg
- Figi: trip still full
- Grenada: 4 signed up, during next Fay Co Spring Break
- Eleuthera: inc meals, 2 tank dive, from Nassau'

Pig Roast will be Aug 21st at Doug and Mary Ann's home. The tradition started in the 70's. All the favorite activities will include volleyball, swimming, and eating.

Rick, as the Safety Officer, warned the club members about diving in very hot weather. HYDRATE!

The meeting adjourned with the parting reminder of November elections for the club.
In attendance: 29

Board Meeting August 31, 2010

In attendance: Rebecca, Rick, Doug, Maryanne, Krisy, Mike and John.
Rebecca handed out the treasurer's report due to the absence of George.
Five new members joined the club in August.

Doug gave the trip report:

- Key West: 14 going, 3 days of diving
- Figi: trip plans progressing
- Grenada: sign ups are slow
- Bonaire: 15 going with 3 possibles

- Eleuthera: all-inclusive with a dive package

No old business.

New business item:

Nomination committee formed

The nomination process will be explained to the members at the meeting in October.

Meeting was adjourned at 8:45 pm 🚩



From the Treasurer

By George Fleischmann



2010 Membership Dues

Student (High School or College ID)	\$10.00
Single & Family (1 diver)	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 or Mail to: Bluegrass Dive Club
% George Fleischmann
9048 Clifton Road
Versailles, KY 40383-9077

New Members: Visit the website to fill out an on-line form or to access a Microsoft WORD printable form. [CLICK HERE](#). 🚩

Safety Corner

By Rick Stephan



Note: Ever been on a dive trip having a great time – good weather, good UW stuff, good friends – when you just start feeling bad? Or maybe you notice another diver to the side looking like they wish they were anywhere else? It's always good to inquire (maybe they just saw their stock portfolio tank), but sometimes it's a headache. There are lots of potential causes for the pain – including the stock market – but we're going to focus on the potential physiological causes, particularly those under control of the diver.

This month's article comes from the AquaViews online magazine (<http://aquaviews.net>). If there is a way to remove the cause of the headache – do it. If not, take treatment as available, we're all adults here, and understand uses of aspirin, ibuprofen, and other pain killers. However, if the pain persists or increases, don't dive. A discomfort on the surface can become much more serious under the water, and endanger your buddies as well as yourself. If you can't treat the headache yourself, get to a doctor. You'll be glad you did, and will probably be able to continue the trip.



Remember, safe diving is fun!

Headaches and Scuba Diving

By Nevin

Some of the most common ailments affecting Scuba Divers after a dive are headaches. Unfortunately headaches are also perhaps the most commonly occurring symptom for a wide range of Scuba related illnesses and traumas which makes identifying the cause of the headache very difficult and treatment even harder.

Divers should be aware of some of the most common causes of post-dive headaches to help them identify other possible symptoms and identify the cause, as a headache could signify anything from a condition as serious as

Decompression Illness to something as minor as a common cold.



Sinus or Ear Barotraumas

Sinus Squeeze occurs when the air inside your sinus cavity cannot equalize itself with the outside pressure due to a buildup of mucous or congestion. The pressure buildup in your sinus is often the cause for headaches during ascent or descent. These headaches are identifiable by pain that is usually over the forehead or cheekbones, behind the eyes or on top of the head. Use of a nasal decongestant spray or decongestant pills may help clear your sinuses before a dive.

(SID note: if you have serious congestion – DON'T DIVE. Sprays and pills have limited effect, and when they wear off and the 'rebound' occurs, you surely don't want to be underwater. Much more serious conditions can then occur.)

Sinus and Ear Infections

An outer ear infection, sometimes called "swimmer's ear" because it often occurs after prolonged water exposure, can cause headaches for divers. This needs to be treated by an ENT by antibiotic ear drops and cleaning of the water in the ear. Outer ear infections are painful and often take longer to heal. Inner ear infections are caused when contaminated water enters the inner ear and causes infection which can cause pain when pressure changes while diving. Symptoms include earache, decreased hearing and sometimes headaches.

Safety Corner Cont.

Mask Squeeze

Mask squeeze occurs when the intense pressure underwater pushes the mask tightly against the divers face. Usually the diver should compensate the increase in pressure by puffing air into the mask from the nose, however if not carried out, the pressure of the mask against the cheek/sinuses causes small blood vessels around the eye to burst. Often after surfacing the diver may experience a headache as well as hemorrhaging in the eyes. To avoid Mask Squeeze headaches, one must ensure that they have a properly fitting mask, not have the straps on too tight, and constantly equalize the pressure of the inside of the mask on descent.



Gas Toxicity

Often divers in their effort to artificially reduce their air consumption skip breathing, which leads to a build-up of CO₂ in the body leading to Carbon Dioxide Toxicity. Symptoms include dizziness, nausea, and headaches. By improper breathing, physical exertion or skipping breaths to increase air time, your lungs are unable to expel the carbon dioxide buildup causing the symptoms.

Gas Toxicity caused by impure air in your tank can cause carbon monoxide gas toxicity which can also lead to headaches.

For Gas Toxicity administer pure oxygen to the affected diver and allow the diver to rest. If the

symptoms are severe, then rush the diver to the hospital to be treated.

Diesel Fumes

Similar to Gas Toxicity, but caused on the surface due to the dive boat diesel emissions, inhalation of Carbon Monoxide or smoke fumes can also result in headaches. Make sure you are seated upwind from the engine exhaust on the dive boat to prevent this.

Dental Problems

Tooth pain during diving caused by tiny pockets of air within your dental work creating a pressure vacuum as you ascend and descend may manifest itself in the form of a headache. A bad-fitting mouthpiece can also cause headache by causing discomfort in your teeth and jaw.



Decompression Illness

Headaches are also a symptom of Decompression illness, and often manifest themselves when bubbles are formed in or near the blood vessels surrounding the brain and spinal cord. If you've had an irregular dive profile, or missed safety/decompression stop, and experience headaches along with the other symptoms such as pain in joints and / or muscles of the arms, dizziness, fatigue or itchy skin, get yourself checked and treated immediately for Decompression-Illness.

Safety Corner Cont.

Dehydration headache

A dehydration headaches feels like a throbbing pain, especially when you stand-up. The sensation of a head rush which becomes a dull throbbing headache is often due to insufficient fluid intake, or excessive alcohol or caffeine consumption before the dive which act as diuretics. The solution is to constantly stay hydrated on your dive, drinking plenty of water and fluids before and after your dive.



Neck/Upper Back Sprain

Sometimes the incorrect positioning of the Scuba tank on the upper back may cause neck sprains which can lead to headaches. Also constant craning your neck to look at things rather than turning your full body may also result in neck/upper back injuries leading to headaches. . 🚩



Bluegrass Dive Club 2010 Calendar

September

- 14, Tuesday Dive Club Meeting
- 28, Tuesday Board Meeting



October

- 6-9, Key West Dive Trip
- 12, Tuesday Dive Club Meeting
- 27, Tuesday Board Meeting



November

- 9, Tuesday Dive Club Meeting (Elections)
- 30, Tuesday Board Meeting



December

- 11, Saturday Club Christmas Party