



UNDERCURRENTS

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

March 2014

Volume 44, Number 3

March's Club Meeting

Date: Tuesday, March 11th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: DVD from the Truk Trip

President's Message

By Tracey Combs



It is another cold day as I sit here writing this newsletter article. I am wishing for warm temperatures, sandy beaches and beautiful coral reefs.

Our trip committee continues to work on trips. As always, if you have ideas and suggestions, please let a trip committee member know. We welcome your suggestions and will do everything we can to accommodate your ideas. Thanks to Doug Geddes and his committee for all their hard work. Be sure to check out the Upcoming Events page on the BGDC Website for future trips that are open for reservations.

I hope you all will be able to make the March club meeting. See you there! 🚩



The Editor's Notes

By John Geddes



The pics for this month are from Noel Hall again. These pics are from the Truk Trip and are things from around the ships. See how many things you can identify. 🚩



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 Program for the March BGDC meeting will feature diving in Truk Lagoon (Micronesia). Our global travelers will likely have stories, tales and laughs to share about this recent exotic trip!

If you have diving information or destinations (past or potential future trips) that you would like to share 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 Noel Trip Report

By Noel Hall



Just finished a week at Compass Point, along with the Louisville dive group of about 23 people. The group loved the location, accommodations, and the dive operation... much like we did last year. September will be warm, although they report likely flat seas and great visibility. It is normally slow season, as it is hot and falls within the potential storm belt during that period. I am planning to go. Feel free to forward my report to the club members. 🚩

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.



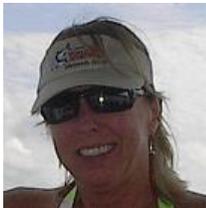
Contact / Mail to: Bluegrass Dive Club c/o
Dan Miller
824 Gunpower Drive
Lexington, KY 40509

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



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.) 🚩

From The Secretary

By Mike Sullivan



4 February 2014
BGDC Board of Director's Meeting

The meeting was called to order at 7:31 PM. In attendance were: Tracey Combs, Corrine Mulberry, Mike Sullivan, Dan Miller, Doug Geddes, Rick Stephan and Mike McCann.

Dan went over the November, December, and January Treasurer's Reports. A motion was made by Doug to reimburse Dan for a bank fee of \$68. The motion was seconded by Corrine and the motion carried. Dan has discussed the fee with the bank and is assured it will not reoccur. A comment was made by Tracey that the Savings Account was a backup for the Checking Account, but since this is considered a Business Account it is not a backup. Dan will be making announcement at general meeting about membership dues. Mike McCann asked that the tax information he is required to file will be made available to him in the next week.



Corrine indicated that the Chuuk video would be shown at the March general meeting. A short video will be shown at the February general meeting to gain support for the San Salvador trip. Doug will email the membership now to urge action now for those interested in signing-up for this trip. The Philippines trip video will be shown at the April general meeting.

From The Secretary Cont.

A decision was made to book the boat now for the Dale Hollow trip. Corrine had purchased the door prizes for the year at the Diver's Direct store in Key Largo and a check will be issued to her to cover the cost. A brief discussion was made concerning the differences in the e-version and hard-copy version of the membership forms. Corrine felt there was information that was not really relevant to a person wanting to join the BGDC.

Doug said the membership needs to know when the deadlines are set for the trips and go ahead and make that announcement. There are 2 people signed-up for the Dale Hollow trip. We need to talk-up that trip in February and set March as a deadline for the trip. There is really no concern at this time for the number of people at this time that have signed-up for the Grand Cayman trip.



Rick discussed accepting the Group button on Facebook and Yahoo to receive emails sent to the membership. Comment will be made to remind everyone to "accept" this at the February general meeting.

Corrine asked that time be set aside at the February 17th Budget meeting to discuss the BGDC voting process.

Mike Sullivan will contact Kris Harn to get copies of her reports to include the past years membership retention status.

The Board will meet at 6 PM at Mike McCann's on February 17, 2014 for the annual budget meeting.

There being no further business, the meeting was adjourned at 9:15 PM.



GENERAL MEMBERSHIP MEETING 11 February 2014

Meeting called to order at 7:35PM. Twenty people in were in attendance. Dan went over current Treasurer's Report. 2014 annual dues are now due. Corrine briefly talked about the Reef Restoration Presentation from last month and importance. Tracey informed everyone that extra shirts are available from the Yap/Chuuk trip. Mike McCann indicated that corrections are needed for email addresses. Be sure and accept Yahoo Group to get Club emails. Doug reviewed Yap/Chuuk trip and upcoming trips. Rick reviewed Club Facebook page. DVD was shown by Corrine on Riding Rock Resort. Meeting was adjourned at 8:39PM. 🚩

Trip Director's Report

By Doug Geddes



SAN SALVADOR 2014

Due to a lack of numbers for the June San Salvador trip the Board has decided to cancel it for this summer. Hopefully we will schedule it again when it looks like more people will be able to go. The board apologizes for any inconvenience this has caused anyone, but financially it wouldn't work with the one person we had signed up.



Please let us know if you have another location that you might like to go to this summer in place of this one. The dive committee will be meeting soon to discuss this and other future trips.

EAST END CAYMAN 2014

I believe this will be another great trip to the Grand Cayman. (Compass Point) Please go to the website and sign up. We already have four persons signed up, so this trip will be a go. We had a great trip there last year to the same resort and had a great time. 🚩



Safety Corner

By Rick Stephan



Note: *Many times I have somewhat proudly stated in this column that the BGDC has never had a serious dive accident. I believe that is still true. However, by the time our group of recent travelers left Yap after the first stop of our trip, we had no less than 6 hospital visits, and two members cancelled the remainder of their trips. (Please note that these "hospital" visits could more appropriately be termed "doctor" visits, since the doctor could only be accessed through the clinic at the "hospital".)*

The symptoms ranged from coughing to bronchitis, nausea to fever, and included headaches and congestion – sometimes by several travelers. Some of the symptoms continued even when we got aboard the Odyssey in Chuuk. There were a number of missed dives, but no one was compromised with DCS or any life-risking diseases.



So, was this the Dive Club's version of Legionnaire's Disease? Probably not, but someone sure caught some bugs somewhere – either on the plane, or in an incubation state from home. Some folks were diagnosed as having flu – and some of these had received the flu shot (some had not), so it was very confusing as to what was happening.

So – not being a medical professional – I can't explain why we had the illnesses. But I can provide some suggestions on how to not get

Safety Corner Cont.

sick as you travel by plane – especially the extremely long trips like the one we had to Yap/Chuuk. I've compiled a number of suggestions – with some comments, that may help you not be the subject of a future Safety Corner article. Consider these suggestions to avoid illness (and boredom) on your next big trip – whether you're diving when you get there, or not!



Remember, safe (and healthy) diving is fun!

Suggestions for Staying Healthy on Long Range Dive Travel

The only thing separating many travelers from their energy-sapping work environment and that longed-for annual restorative vacation is an airplane ride. But if they haven't prepared well, that time in the sky -- anywhere from a couple of hours to the equivalent of a day or more when crossing hemispheres and multiple time zones - can actually be, as far as the human body is concerned, a sojourn to hell.

"The important thing people need to realize about an airplane cabin is it's really not a healthy environment," says Leslie Kaminoff, a yoga therapist and breathing specialist in New York. Kaminoff points out that the pressure in an airplane cabin at cruising altitude may make passengers feel like they are at about 8,000 feet, as though they were high up in the mountains.

"Just sitting and breathing in that environment is a challenge to the system," Kaminoff says. "People don't realize they're at 8,000 feet of pressure and breathing is more labored. In the cabin, there's less available oxygen in the air. This puts an added load on the system, which is trying to get the required amount of oxygen into the bloodstream."

Another factor that may disturb breathing is the air's diminished humidity, which is generally below 25%, in contrast to a comfortable home environment where the humidity level is at about 35%, says Kaminoff. He suggests long, easy, deep breaths.

But relaxed, efficient breathing is not enough. Here are some other tips for a happier and hopefully healthier flight.

1. Upgrade

When traveling long-haul, you have no better friend on the planet than your frequent flier miles. This may be the single most important tip, as you will have a more comfortable seat – to sit or sleep on, better food, better entertainment, and less people on either side of you who are coughing on you. If you are not blessed with an unlimited bank account, try to be creative in getting an upgrade by using different airlines, odd connections, frequent flier points in combinations, etc. It may mean catching puddle jumpers to your final destination, but a couple of short extra flights would be a small price to pay for 27 hours of first-class legroom, fully reclining chairs, edible meals, entertainment and breathing space. If you stop reading at this point in the article, you almost need to know nothing more than this — by hook or crook, try to get an upgrade.



2. Escape

You will want to have a rock-solid plan for frittering away several hours of your flight, and I don't mean working; staring at spreadsheets and writing proposals may burn up hours, but it does not make them vanish. You want these hours to disappear almost without a trace. Think headphones and Hollywood blockbusters. Getting a lot of work done is fine — rarely do you have 15 consecutive hours

Safety Corner Cont.

without a phone or e-mail, so I encourage bringing some work — but work will fail you when you get to the brutal middle hours of this ordeal. Headphones and Hollywood; don't stray from this.

Spring for the airline's headphones, pay for and watch every movie, swipe your card for the DirectTV, bring your iPad crammed with your favorite flicks — whatever it takes.

3. Don't carry on too much stuff

While checked baggage fees are inspiring travelers to carry on more and more stuff, on a long-haul flight this could burn you; anything that is under the seat in front of you just means less legroom and a more cramped living space for 15 or 16 hours. Don't bring so much on that you compete for your own sleeping space.



4. Bring your go-to gear

When it comes to surviving flights, consider some real creature-comforts like neck pillows, eye masks, earplugs, noise-canceling headphones, etc. As I note above, your total carry-on haul should be limited, but you may want to consider some of these relatively small survival tools. Your body and brain will thank you for every small comfort you can provide, and the inconvenience of packing and carrying these around is dwarfed by the misery of 15 hours in flight with crying children, pilot announcements, engine noise and a major crick in your neck. Gear up.

5. Board relatively rested

Don't count on a long-haul flight as a good place to catch up on sleep — it's not. As

attractive and intuitive as it seems to get on a long-haul flight extremely tired, hoping to sleep the whole way, you are in for a world of hurt if you can't sleep for any reason. You will be on the plane long enough to catch a few winks even if you are somewhat rested, and my advice is to take it when it comes; if your eyes start to droop, get out the eye covers and earplugs, and go with it. If you throw away a solid two-hour nap on a few extra rounds of Angry Birds, you might well be angry at yourself later.

6. Secure your stuff

A long-haul flight gives unscrupulous travelers all the more time to size up the location of your wallet, wait until you fall asleep and make a move on your luggage. Secure your valuables deep inside your bags where it would take a TSA-ray machine to find them. Consider keeping items such as your passport, credit cards and cash in a money belt under your clothes.

7. Consider a sleep aid

If you are planning to use sleep aids (including "natural" methods such as melatonin, or drugs such as Ambien), try them before you fly with them. I've heard of people getting a friend to give them an Ambien pill for a red-eye flight and the drug acted more like a stimulant than a sleep aid. They were awake the entire flight, and felt wretched to boot. These types of drugs can vary greatly in how they affect individuals, so you will want to try them at home before you rely on them on the plane.

Dr. Timothy Hosea, team physician and Chair of the Sports Medicine and Research Committee for the United States national rowing teams, sometimes prescribes sleep aids for his athletes, but notes, "If you feel you need a sleep aid but haven't used those drugs before, you should probably try taking Tylenol PM or Benadryl. A prescription is fine with your doctor's approval, but don't experiment on a long flight; the plane won't stop for you!"

Dr. Hosea also says that, as the team doctor, he does not take any medication while flying with the squad in case someone needs care. "I bring a book, watch the movies and try to let the flight pass," he says. His approach is appropriate for other travelers who need to

Safety Corner Cont.

have their wits about them, such as folks flying with children, for example. If someone could potentially need you to be 100 percent during the flight, you should forgo any sleep medication.

8. Use SeatGuru

As we found out on our trip, planes can change and the seats on one plane might not even exist on another configuration of the same model aircraft. For instance, one person called ahead to get a seat reassigned to an exit row — big mistake. Unbeknownst to them, the exit row seat chosen was a window seat at one of the big, thick exit doors, which encroached on their leg area such that they had to sit sideways in the seat for the entire flight. It was also more like an "exit aisle," located right at a restroom, so there was endless and noisy foot traffic the entire flight. Even though the rest of the row was empty, it wasn't much help; the armrests did not go up, so they couldn't lay across the three seats in the aisle.

Needless to say, that seat would have been a "yellow" or even "red" seat on the SeatGuru seating chart!

Before you choose, also think hard about your usual preference of exit vs. aisle seat; it may be different on a long-haul flight than on a shorter flight. If you usually choose an aisle seat, consider whether you want your long, Ambien-enhanced sleep to be interrupted by an aisle mate; similarly, if you usually choose a window, you could get trapped in there by a snoring person in a prescription drug-induced stupor.



9. Ask about seats at the gate

Failing the ability to choose great seats before your flight, try again at the gate. If the flight is not full, (fat chance — every flight we took during our recent travel was full) the gate agent may be able to see an empty row, or put you and a traveling partner in a "window and aisle" configuration that reduces the likelihood of having someone sit in the middle seat, thereby getting you a seat and a half, at least.



10. Take care of your health

Hydration: If you think hydration is a concern on a cross-country flight, try tripling or quadrupling your time in the air; you might as well spend 15 hours lying on the desert floor. Which is a good comparison, and you should stock up and behave accordingly. Imagine you are going to walk from Flagstaff to Winona, Ariz. How much water would you bring? Expect to drink about that much on a 16-hour flight.

Avoid alcohol the day before you fly and while you are flying. It can dehydrate you and leave you feeling drained. Also, alcohol can affect you differently at different altitudes.



Dr. Hosea recommends drinking "electrolyte solutions, Gatorade being the best known,

Safety Corner Cont.

instead of solely water." Hosea says that maintaining electrolyte balance is important, and that you don't want to become completely diluted with water, particularly for older folks or people with other medical problems. "The combination of dehydration and stasis is really the issue with blood clots," he explains.



Deep vein thrombosis: DVT, the formation of blood clots in deep veins, is a known (if occasionally overstated) risk of longer flights. According to the National Institute of Health, the risk of developing DVT on flights up to four hours is small, but increases as travel time increases. The NIH's tips include walking up and down the aisles of the plane; moving, flexing and stretching your legs to encourage blood flow, especially in your calves; wearing loose and comfortable clothing; drinking plenty of fluids; and avoiding alcohol. Also, if you're at increased risk for DVT, your doctor may recommend wearing compression stockings while traveling or taking a blood-thinning medicine before you fly. (Note: I had a co-worker who had this happen during a period of frequent work travel to Rome – you DO NOT want DVT to happen.)



Dr. Hosea notes that the combination of being immobile along with the effects of dehydration increases the risk of DVT on long flights. He

strongly recommends the following to the teams during long trips:

- Hydrate very well the night before the flight, preferably with electrolyte drinks.
- Don't drink alcohol the night before the flight.
- Avoid diuretics such as coffee, soft drinks and even chocolate (all of which contain caffeine).
- If you have no issue with ulcers, take a baby aspirin the night before and day of your flight.
- Dress comfortably in loose-fitting clothes — no skinny jeans or anything that could impede blood flow or cause your ankles to swell.
- Get an aisle seat or exit row so you can get up and walk around whenever possible.

Susan Francia, an Olympic gold medalist in rowing, has taken to wearing compression socks on long flights to competitions, although she has stopped short of wearing a full body suit. (Hosea discounts the need for the body suit as well: "You are really worried only about your ankles and calves.") Francia has noticed a positive effect from the compression socks, which Hosea notes can be simple "support hose."

"I did notice that my ankles were smaller," Francia says, "probably because they were mashed into old lady socks!"

Supposedly it isn't "air quality" that is of concern when you are flying, or recycled air, or anything of the sort — it is your body's compromised ability to deal with normal bacteria and viruses that puts you in danger of getting sick after a flight.

That is not to say that the general environment on a plane doesn't add to your risk of getting sick. Recent studies have found that the water coming out of aircraft sink faucets is often rife with bacteria from sitting in murky holding bins; that the seats, pillows

Safety Corner Cont.

and blankets on planes are more germ-ridden than your laundry basket; that your tray table is probably dirtier than your own bathroom floor; and that the seatback pockets — well, you don't even want to know, apparently.

Francia recalls a flight on the way to the Rowing World Championships last year where she considered wearing a face mask; the entire U.S. rowing team had contracted the swine flu on a World Cup trip earlier that summer, and she was being cautious. Francia asked a flight attendant what she thought. "Good idea, but it won't help," was the verdict.



There is just too much stuff all around you to win that war. In the end, your best strategy is to bring along some bacteria-killing wipes, clean up your seat area as best you can and relax; there's not much more you can do. And, if you do get sick while on the marathon flight, make sure you've packed some relief items in your carryon luggage such as Tylenol, Advil, Pepto Bismol, Immodium, etc. Think of the worst case scenario and not just how you feel while packing.

Let's face it: electrolytes, compression socks, movie after movie and aspirin don't change the fact that you are stuck inside a metal can for a whole day. Just keep reminding yourself that this too shall pass — although I recommend saving your "I got this" until the wheels touch the ground. 🚩



Bluegrass Dive Club 2014 Calendar

March

11, Tuesday Dive Club Meeting
25, Tuesday Board Meeting

April

8, Tuesday Dive Club Meeting
29, Tuesday Board Meeting

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, Saturday Dale Hollow Weekend
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