



# UNDERCURRENTS

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

April 2011

Volume 41, Number 4

## April's Club Meeting

**Date:** Tuesday, April 12th  
**Time:** 7:30-PM (business)  
 Social at 7  
**Location:** The Racquet Club  
 3900 Crosby Rd.  
**Program:** DVD on Fiji

## President's Message

*By Rebecca Singer*



Happy Spring time everyone. We're one step closer to warmer weather. We've just welcomed a large group back from a great trip to Fiji and sent another group out to Grenada. 2011 is a full year for dive club trips. I hope each and every one of you is able to take advantage of one, or more, of this year's trips.

Have you seen the New Horizon's commercial yet? It's the first one I've ever seen and you'll recognize a lot of the people in it. Be sure to swing by the shop to check out what's new.



Our next meeting is Tuesday, April 12<sup>th</sup>. I hope to see you all there for our first spring meeting. 🚩

## The Editor's Notes

*By John Geddes*



This month the Pics are from Fiji again and were taken by Doug Geddes. Some of the underwater shots are just great, the one below is one of a pygmy seahorse, I would say that that's Noel's finger giving a size referents in the top left hand corner. I don't think I need to tell about the other shots.

Don't forget the Derby Party on May 7<sup>th</sup> and Mike and Sherry McCann will be hosting. 🚩



## 2011 BGDC Officer's

Rebecca Singer, President	552-0880
Tracey Combs, Vice President	621-4066
Kris Harn, Secretary	278-4246
George Fleischmann, Treasurer	873-9539
Doug Geddes, Trip Director	224-3197
Rick Stephan, Safety Info Dir.	223-3719
Mike McCann, Webmaster	255-3937
John Geddes, Newsletter Editor	223-7926

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## Vice President's Report

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By Tracey Combs



Hey everyone! I hope everybody is looking forward to all of the diving we have lined up in the near future. We are currently working on a Diver Directory for all of our members. The directory will allow the members to be able to contact one another if a dive trip is being planned. This will be available to members only and we will be using your phone number and email on file. If you do not wish to have your information published, please advise me by email at [traceysdc@hotmail.com](mailto:traceysdc@hotmail.com). Thank you for your assistance.



We did not have any new members or visitors at the last meeting but we are hoping you will bring your fellow scuba divers to a meeting soon. Remember if you have ideas or suggestions for future trip locations; please contact one of the members of the dive trip committee. For now, we wish safe travels to those enjoying Grenada and don't forget the Derby Party on May 7th. I will see you at the next club meeting. 🚩

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## Trip Director's Report

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By Doug Geddes



### **ELEUTHRA 2011**

We are still looking for more people to jump onboard this trip. This will be a fantastic trip with probably the best accommodations we have ever stayed.

### **PHILIPPINES 2012**

Yes, we are finally going to the Philippines to do some of the world's best diving. This whole area is considered some of the best diving spots, anywhere. The dates of this trip are March 3 – 17, if you do both resorts. We are going to a resort called Kasai Village for the first week and then going to El Galleon resort for the second week. They are on different islands in different parts of the Philippines. They both offer two different types of diving. We would hope you would sign up for both weeks, since you have traveled that far, but if not, you could join us at whichever one fits your schedule. Both trips are all inclusive and include a minimum of 3 boat dives a day, plus unlimited shore diving. Please check the website for links to check out both resorts. The dive committee did and we think this will be an awesome trip. The reviews of the resorts are very positive. This will not be as expensive as you think, but you need to start saving "now".

**FUTURE TRIPS 2012—AND BEYOND** – We are still looking into several great locations to compliment our Philippines trip for those that can't go until late spring or early summer. If you have any suggestions, please let one of us know.

Check out our website for more info. 🚩

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## Dale Hollow Lake

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By Corrine Mulberry



Our fabulous Dale Hollow Lake trip is “on” for the weekend of July 30<sup>th</sup> – 31<sup>st</sup>. This is a great trip for divers and non-divers alike. We have pontoon boats reserved for Saturday and Sunday to transport us on the lake for fun, sun and diving.

We will enjoy a weekend of lake diving, swimming, relaxing and a pot-luck dinner on Saturday evening. Thanks to financial assistance from the Bluegrass Dive Club, the cost for participants is only \$20.00 per person per day for pontoon boat users. For members that bring their own boats, there is no fee; however, registration and waiver forms must be completed for each person.

Overnight accommodations are up to you---pitch a tent and camp, reserve a rustic cabin or stay at the State Park Lodge. Our pot-luck dinner will be held in the State Park Campground at the Geddes’ cabin site C006. Campers are encouraged to utilize campsites near cabin site C006 such as K008, K007, K006 and L001 and L003. (I’ve got campsite L002 reserved for me and my little tent).

First come, first served – get your reservations and payments in as soon as possible to secure your spot! Visit the BGDC Website and sign-up now for the Dale Hollow Lake Trip so you don’t miss out. 🚩



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## From the Treasurer

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By George Fleischmann



### 2011 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](#). 🚩

# Bluegrass Dive Club 2011 Calendar

## April

12, Tuesday Dive Club Meeting  
26, Tuesday Board Meeting

## May

7, Saturday Club's Derby Party  
10, Tuesday Dive Club Meeting  
31, Tuesday Board Meeting



## June

### **Bonaire Dive Trip**

14, Tuesday Dive Club Meeting  
28, Tuesday Board Meeting

## July

12, Tuesday Dive Club Meeting  
26, Tuesday Board Meeting

## August

9, Tuesday Dive Club Meeting  
20, Saturday Club Pig Roast\*  
30, Tuesday Board Meeting



## September

13, Tuesday Dive Club Meeting  
27, Tuesday Board Meeting

## October

### **Eleuthra Dive Trip**

11, Tuesday Dive Club Meeting  
25, Tuesday Board Meeting

## November

8, Tuesday Dive Club Meeting  
(Elections)\*  
29, Tuesday Board Meeting

## December

10, Saturday Club Christmas Party \*  
NOTE \* Pending Board Approval



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## From The Secretary

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By Kris Harn



### Regular Meeting March 8, 2011

25 people in attendance. Rebecca opened meeting at 7:35. No treasurer's report given. Tracey compiling list of members for member use only. Corrine talked about Dale Hollow coming on July 30-31. Doug states that final bill for Bonaire will be out next week. Program on Fiji trip (DVD shown).

### Board Meeting March 29, 2011

Rebecca, Tracey, George, Kris, Rick, & John were present.  
Rebecca started meeting at 7:34.  
George filed Treasurer's report.  
V.P. Report: Tracey working on roster and door prizes.  
Secretary: Kris to have attendance records at next meeting.  
Trip Reports: Doug is out of town ON a dive trip.  
Safety Info Director: old article on Ralph in next newsletter article.  
Newsletter editor: articles due earlier due to recent trip and Webmaster will be out of town.  
New business to be discussed at next meeting with full board. 🚩



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## Safety Corner

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By Rick Stephan



**Note:** *This month's article is a potpourri of dive safety/health information gleaned from the annals of DAN. The relative unknowns faced when underwater (temperature, currents, pressure, etc.) are normally handled by the healthy diver fairly easily – especially if the diver is well prepared through training and practice.*

*Good equipment and a little research into the location and potential environmental variables give some amount of safety margin. But, there are so many different variables that it makes sense to run through a few scenarios. So, what's the connection between a hot tub, a sponge, and a headache? No, it's not the setup for a joke, they all have to do with questions below. See if you know the answers to the questions below before you read them. Some may fool you, but hopefully you'll know most of the answers.*



*Remember, safe diving is fun!*

### Diving Medicine Q&A

#### Hot Tubs after diving

**Q** Is it safe to go into a hot tub or jacuzzi after diving? Is it also safe to take a hot shower?

Getting into a hot tub immediately after diving does alter decompression stress. As with many factors, the net response can be positive or negative depending on the magnitude of the inert gas load and the heat stress. A cold diver will have impaired

peripheral circulation. The hot tub (or hot shower) will warm the extremities and

## Safety Corner Cont.

restore circulation faster. If the inert gas load is small, this will facilitate and increased rate of elimination because of the improved blood flow (perfusion-based benefit). Larger inert gas loads can produce more problematic responses. Since the solubility of gas is inversely related to temperature, tissues will hold less in solution as they warm. Warming tissue with significant loads can promote bubble formation. Since the warming of the superficial tissues precedes the increase in blood flow, such bubbles can become problematic before the circulation can remove them harmlessly.



There is no simple formula to compute what constitutes a minor, significant or substantial peripheral inert gas load. The actual conditions vary as a function of the individual, thermal protection, physical activity and dive profile. Accepting the difficulty of computation, I encourage a simple rule of thumb - delayed gratification. Enjoy the thought of the hot tub or shower for a while instead of jumping in immediately. The period of delay will likely be driven by human nature. Those unwilling to wait will likely jump in regardless. These would be the best candidates to practice more conservative dive profiles. Those with more restraint may delay five to 30 minutes with slightly less concern over the dive profiles. Another compromise would be to employ a lower hot tub/shower temperature. Much comes down to the thoughtfulness of the diver.

Decompression safety, as with many things, is a matter of balancing strings of decisions so

the net outcome is in your favor. My approach

is to stack as many factors as feasible in my favor to compensate for the Murphy effect or chance that we see frequently in decompression sickness.

Neal W. Pollock, Ph.D.

### Will Sponges ever Hurt Me

**Q** On a recent dive trip I was not wearing gloves and I touched a vase sponge. The next morning I woke up with my hand swollen and itching. I wasn't sure what happened. Everyone I asked had a different theory. One person suggested it was from the sponge. I didn't think sponges were harmful. Can sponges really cause a rash?



**A** An itching rash may develop within a few hours after contact with a sponge and is similar to the rash from contact with other mildly toxic marine animals.

It's assumed that a diver who has handled a sponge and develops a rash on the hands has been exposed to a toxic species. The reactions are usually mild and subside in a few days with little or no treatment. However, reactions can become quite severe, with pain and blistering.

Clean the wound.

The best treatment is to clean the area quickly by removing the pointed spicules of sponges. These are the hard, pointed calcareous or siliceous bodies that support the tissues of sponges and become imbedded in a diver's skin. To remove these

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## Safety Corner Cont.

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spicules, use wide tape to lift the particles from the site. This is an alternative to shaving. Or carefully scrape the area with a credit card, tongue depressor or similar object.

- Use antibiotic cream.

Once you are confident that the any remaining fragments are removed, apply a topical application of hydrocortisone cream. Monitor the injured person for any signs of shock, allergic reaction or anaphylaxis. Anyone assisting the injured person should use simple latex gloves. Found in most first aid kits, they will suffice in protecting against stings.

### Migraine Headache

**Q** I suffer from migraines. Do you think this makes me more susceptible to DCS or could cause any other problems?

**A** A migraine headache is a periodic, usually one-sided, throbbing ache, sometimes preceded by warning signs and symptoms and of variable severity. Migraine, though dreaded, is common. More than half the people in the world will have some experience with migraine during their lives, and about 5 percent will see doctors. A few of these will suffer significant disruption of their activities.

### Fitness & Diving

Migraine poses little danger to divers. Even those with frequent migraine do not usually experience an increased incidence while diving. An elevated level of carbon dioxide in the blood, which occurs with decreased ventilation and breath-holding/hypoventilation, can theoretically precipitate a migraine headache because carbon dioxide (CO<sub>2</sub>) causes vasodilatation in the brain. Increased levels of oxygen in the blood (which occurs in diving as well as in hyperbaric chambers) has been used with variable success to treat severe migraine, because it is a powerful brain vasoconstrictor. Very complex migraine, with visual loss or

paralysis, might lead to confusion in diagnosing a diving accident. However, little data exists to suggest that migraine poses a significant hazard to divers. Severe and incapacitating migraine headaches while in the water would create a hazard for the individual. People with severe and incapacitating migraine should probably not dive.



For more information on conditions involving the central nervous system, see all of Dr. Hugh Greer's article from the May/June 1999 issue of Alert Diver. 🚩

