



UNDERCURRENTS

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

July 2011

Volume 41, Number 7

July's Club Meeting

Date: Tuesday, July 12th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program: Gilboa Quarry

President's Message

By Tracey Combs



Happy 40 years Bluegrass Dive Club! I am so honored to be part of such a wonderful organization. We dive, eat, socialize, dive some more, and eat some more. Where else could we have so much fun?

I want to remind club members of a couple upcoming events: the Dive Club Pig Roast and Pool Party and the New Horizons Diving Center (NHDC) Treasure Hunt and Pig Roast. Both events are coming up in August. The Dive Club Pig Roast and Pool Party will be held August 20th. Please join us in celebrating the 40th Birthday of BGDC. The 2011 NHDC Treasure Hunt and Pig Roast will be held August 13th at Falling Rock Park in LaGrange, Kentucky. Pre-registration is required because space is limited. Registration is \$55 and open to the first 50 people. Registration costs include a t-shirt, the treasure hunt, and food at the pig roast. The festivities will begin at noon on August 13th. Anyone interested in more

information can stop by the shop or call 859.277.1234.

We are finalizing the 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. Thank you for your assistance. 🚩

The Editor's Notes

By John Geddes



If you missed the Bonaire trip, you missed a great trip. Pics are from the Bonaire trip and more to follow. 🚩

Maryanne and Russ



Vice President's Report

By Corrine Mulberry



Program: The Program at the July BDGC meeting will be on Gilboa Quarry in Findlay, Ohio.

Visitors: At our June BGDC meeting we welcomed one visitor – Mishari “Mish” Aldiab from Richmond, Ky. Mish has his Open Water certification, has been diving in the Arabian Gulf (wow!) and is looking forward to meeting new divers and friends. Mish is an International student from Saudi Arabia studying at EKU. Welcome, Mish, and we hope to see you again soon.

Mary Anne, Judd and Paulette



New Members: A big hello and welcome to new member Bob Tibbetts who attended his first meeting in June. Bob resides in Danville, is Advanced Open Water Certified and is looking for opportunities to do more diving. In addition to diving, Bob likes motorcycles (he's off on a trip right now I think), fly-fishing, and other outdoor activities. I look forward to seeing you at future BGDC meetings, trips and events.

Also new to BGDC is John McBayer. John lives in Lexington and has several certifications including OWSI, TecDeep, Normoxic Trimix, and Technical Wreck. John is moving back to the Bluegrass and wants to keep in touch. He just finished a full year of diving with 200+ dives plus Tech dives.

He has been diving all over SE Asia including the HMS Hermes in Sri Lanka (wow---again!). Welcome John! I have a BGDC license plate for you that you can pick up at any of our monthly meetings.

Small boat gearing up



Marketing/Advertising: To continue to get the word out about our fabulous Club, we have started advertising our Club meetings (free of charge of course!) on LexGo (<http://www.kentucky.com/entertainment/>) and in the Lexington Herald Leader newspaper. Additionally, I will continue to have BGDC business cards available for members so that you can have a handy reference to provide to people when you find other SCUBA divers during your day-to-day routines. It always helps to have something with our website on it to hand to people. We also have a few BGDC bumper stickers; I'll bring them to the meetings, let me know if you want one.

Liz and Paulette



I look forward to seeing you all at our July meeting. Cheers. 🚩

Trip Director's Report

By Doug Geddes



ELEUTHERA 2011

Still time to sign up for this great trip, but your time is running out. If you are still thinking about this one, please sign up as soon as you can. We will have to be releasing rooms shortly. Remember this is a new place for us, but they are million dollar condos in the harbor with spectacular views. Even if you don't dive, it will be an awesome place to relax and have fun. There is a great group of persons going that will be partying all night long. Seriously, don't miss this one. You will love it. Go the website and sign up.

PHILIPPINES 2012

This trip is about full as far as sea view rooms, so if you are thinking about signing up, now would be the time to do so. We still have room for several more, but we could fill up soon. This will be a fantastic trip with lots of critters that you have never seen before. Don't mess out on this one. Check out our website for a better look at the two resorts we will be staying at. Prices for these all inclusive resorts are too good to pass up. You won't ever get these prices again.

SORRY 2011

I have been very busy and haven't gotten my dive committee together to put together more trips for the upcoming years. Maybe by the meeting we would have another meeting to select several locations for us to travel to. 🚩

Russ, Maryanne, Noel, Cathy and Sophie at the BBQ



From the Treasurer

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

Mike signing in and Leigh Ann on the big boat



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
% George Fleischmann
9048 Clifton Road
Versailles, KY 40383

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

Cathy and Lainey at breakfast



From The Secretary

By Kris Harn



June 14, 2011 Regular Meeting

15 people in attendance. Tracey opened meeting at 7:24pm. Most of Dive Club was in Bonaire. Corrine report on Lex Go ad and business cards with Dive Club website on them. 1 new member and 2 visitors. Doug reported on upcoming trips. Corrine reported on local trips. No safety report. Door prizes drawn. Meeting ended with video of Kasai village in the Philippines.

June 28, 2011 Board Meeting

Meeting started at 7:48 pm meeting opened by Tracey. George, Mike, Tracey, Rick, Kris, Doug, Corrine & John in attendance. George gave Treasurer's report. Corrine working on membership questions. Kris working on updating name badges. Motion passed for new DVD case. Doug review upcoming trips. John needs newsletter articles by Thursday. No web report from Mike. Rick to update Safety report with a Safety Minute at the meetings. Dive Club is 40 Years old. Meeting closed at 9:47. 🚩

The Gypsy group, hey, that looks like my bag



Local Diving

By Corrine Mulberry



Dale Hollow Lake
July 30th-31st, 2011

Last Chance!! Our fabulous Dale Hollow Lake trip is the weekend of July 30th – 31st. 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 only have a few spots on the pontoon boats still available. If you've been waiting to decide, don't delay anymore---sign up today!

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.

Maryanne, Sherry and Russ



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 picnic tables at cabin site

Local Diving Cont.

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).

We have a bunch of reservations in, but still have room for a few more. Don't miss out --- this will be a lot of fun. Visit the BGDC Website to sign-up for the Dale Hollow Lake Trip.



Sophie, Karen, Keith and Ed

Gilboa Quarry
Findlay, Ohio
September 3rd – 5th, 2011

We have a new local dive trip destination for 2011. Gilboa Quarry in Findlay Ohio for Labor Day weekend, September 3rd through the 5th. www.divegilboa.com Gilboa Quarry is approximately 4 - 4.5 hours from Lexington; perfect for a 3 day weekend!

Please visit our website and click on "Upcoming Events" to get all the details about this trip. We will travel (carpool) to Findlay, Ohio on Saturday morning and dive Saturday afternoon and perhaps a night dive as well. We will stay at the Drury Inn Saturday night (and eat their free appetizers, drink their free drinks and enjoy their free hot breakfast in the morning!) and travel back to the Quarry for more diving all day Sunday (with an option night dive as well). We'll stay overnight at the Drury Inn on Sunday and travel back home on

Monday. For a double occupancy room for two nights and two days of diving, the cost will only be \$125.00!! Here's what you get for your money:

- Two nights' accommodations (double occupancy) at the Drury Inn (Sat & Sun)
- Two hot breakfasts (Sun & Mon)
- Three happy hour drinks each evening (yup, even the alcoholic kind)
- Hot appetizers and snacks each evening
- Quarry Entry Fees for two days (Sat & Sun)
- And more – coffee, wi-fi, exercise room, indoor/outdoor pool.



Sophie and Autumn at the Helm

Air refill costs are not included; nor are any rental fees (tanks, etc.).

This will be a great new local adventure for the BGDC. I hope many of you will be able to participate. See our website for details and to sign up. Registration, waiver forms and deposit are due August 3rd. If you have additional questions, feel free to contact me. 🏊

Autumn, Leigh Ann and Paulette at the sunset BBQ



Safety Corner

By Rick Stephan



Note: This month's article – the first part from ehow.com - is a suggestion about how to make the next step in protecting yourself on a dive trip. We stress diving preparation, but there are some things that just happen – and they don't always happen in the water. If your dive buddy drops his tank on your foot, how would you try to reduce the swelling? If the ladder to the top deck moves and you slice your finger, how are you going to take care of it? Well, if your dive boat has a well stocked first aid kit, you should be okay. But, if last week's dive group was accident prone and used all the Band-aids, how are you going to stop the bleeding, protect the cut from infection, and still complete your dive? And, what about when you get back to your room and need to change the dressing and clean the wound properly? Maybe YOU need a first aid kit too...

Serious injuries always require professional care, and barotraumas should be handled by a knowledgeable professional with access to a chamber. However, it is vital to keep the injured person comfortable and treat them for shock, and something can be done to stabilize almost any problem until you can obtain the proper medical assistance. For instance, most medical authorities suggest that any potential cardiac arrest should be treated with aspirin – of course assuming the victim is conscious. Jellyfish stings can be neutralized at least partially with vinegar, while baking soda and fresh water can make a paste to cover the tentacle to help in removal. The idea is to have a variety of remedies that can help in most any situation. You need to be prepared.

The bottom line is – you can hope that your dive operator has a stocked kit with all the first aid items you may need, or... bring your own small kit to make sure you and your buddies

are protected. It won't cost much and won't take much space in your dive bag. It's just something else to consider and you prepare to enjoy that sport which gives us all so much pleasure: scuba diving. I've created a list at the end of the article with some suggested items to include in your kit.



Remember, safe diving is fun!

How to Make a Scuba Diving First Aid Kit

A first aid kit is a necessity for any scuba diver. The items in your kit may vary due to your own needs, training and distance from medical assistance. Every dive boat should have its own first aid kit, but having your own kit ensures that you'll have exactly what you need.

Putting It All Together

1. Decide what items you want for your scuba diving first aid kit. (See list below.) Your choices should be dictated by your own personal preferences and first aid skill.
2. Buy your supplies from your local retailer. You may want to purchase some travel size bottles to store your vinegar, peroxide and alcohol in.
3. Choose a container to store your first aid supplies in. A hard plastic storage container is a good choice. A waterproof container is even better.
4. Pack and organize your scuba first aid kit.
5. Take your new first aid kit on your next scuba diving trip. It can really save your day, and your dive!

Safety Corner Cont.

(Note: The list below should be considered a guideline only. You may decide there are things there you don't need, and certainly feel free to add other things. Some items may already be in your dive bag (like sunscreen and water).)

Things You'll Need

- A container for your first aid kit
- White vinegar (for sea creature stings)
- Sports drinks or bottled water (hydration)
- Sunscreen (put some on before you leave the dock)
- Isopropyl alcohol (70% solution) (clean and sterilize)
- Alcohol wipes or pads (clean small areas)
- Anti-bacterial soap (foam or liquid is good, doesn't require water)
- Antiseptic towelettes (to clean affected areas)
- Antibiotic ointment (such as Neosporin)
- Adhesive Bandages (small cuts)
- Compress pads (larger wounds)
- Gauze pads (clean affected areas, bandage larger wounds)
- Waterproof adhesive tape
- Cotton swabs (cleaning wounds, applying ointment)
- Aspirin (important for headaches, but also in case of heart ailments)
- Other analgesic (ibuprofen, etc.)
- Elastic bandage (to wrap sprains, hold bandages)

- Scissors (cutting tape or pads to size, creating butterfly closures, removal of wet clothes)
- Tweezers (removal of slivers)
- Emergency telephone numbers and contacts (including diving insurance policy and phone numbers)
- Baking soda (can help relieve itching and can be used for a paste to cover and remove jellyfish tentacles)
- Ammonia inhalant capsules (to treat fainting)
- Seasick pills (also something to take before leaving the dock)
- Protective gloves (important for handling wounds)
- First aid booklet (to help you remember how to treat a problem)
- Paper/pencil (for noting times and other information)

CPR pocket mask (make sure you know how to use this) 🚩

Gloria and Gary at the BBQ



2011 BGDC Officer's

Tracey Combs, President	621-4066
Corrine Mulberry, Vice President	913-0892
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

Bluegrass Dive Club 2011 Calendar

July

- 12, Tuesday Dive Club Meeting
- 26, Tuesday Board Meeting
- 30-31, Dale Hollow Diving

Russ, Jack and Mary Anne



August

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

Gordon and Maryanne



September

- 13, Tuesday Dive Club Meeting
- 27, Tuesday Board Meeting

Judd on the right



October

Eleuthra Dive Trip

- 11, Tuesday Dive Club Meeting
- 25, Tuesday Board Meeting

Rebecca, Paulette and Liz



November

- 8, Tuesday Dive Club Meeting
(Elections)
- 29, Tuesday Board Meeting

Lainey, John, Autumn and Leigh Ann



December

- 10, Saturday Club Christmas Party

Autumn and Joey

