



UNDERCURRENTS

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

June 2015

Volume 45, Number 6

June's Club Meeting

Date: Tuesday, June 9th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program:

President's Message

By Tracey Combs



Happy June! Summer is finally here. I was unable to attend the May meeting, but I heard the Swap Shop was a success. Special THANKS to Corrine for her idea and all of her work organizing the event. The Dive Club will be visiting the wild world of Costa Rica in June. Best wishes and safe travels to those participants. Our local dive trip to Dale Hollow will follow in July, so get signed up soon! The Annual Pig Roast will be in August, so make sure you watch the newsletter and emails for more information.

I want to thank Mike and Sherry McCann for hosting the Annual Derby Party. It is always such fun to get together with fellow Dive Club Members.

Our next meeting will be June 9th at the Racquet Club. Come early to socialize. All are welcome. 🚩

The Editor's Notes

By Bart Bertetto



Hi everyone. Getting into your diving mojo this summer? Over here we're getting ready for Costa Rica! Last week I spent some time at the bottom of the Louisville Aquatic Center pool. This week I joined a buddy for a fun dive in the La Grange Falling Rock Quarry where we saw monster catfish and an even bigger paddlefish. So time to splash. Even if you're not prepping for a trip it's great to keep your skills and equipment in tune. Lots of divers from Lexington use the La Grange quarry. Check out their website at: <http://www.fallingrockpark.biz/>. Visit downtown La Grange and make a day of it. Lots of good food and La Grange Coffee Roasters on main street. Nothing better after a cold dive. Pictures this issue courtesy of Will Robinson from Dominica trip. 🚩



2015 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 |
| Bart Bertetto, Newsletter Editor | 502-299-3656 |



Vice President's Report

By Corrine Mulberry



PROGRAMS:

June 2015 Program: BGDC member Steve Williams will present **Philippine's diving** at our June meeting. With the BGDC's upcoming Philippine's trip in early 2016, this a great teaser (for those on the fence about signing up) or a great pre-view (for those already signed-up).

July 2015 Program: We will repeat the success of last summer and have a **BGDC Social** at the July meeting. The Club is subsidizing part of the meal, so it will only cost \$3 for members. Food line starts at 6:30----cocktails at 6?

If you have diving information that you would like to present at a Club meeting (past or

potential dive trip, etc.), 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

New Members: **Emily Reed** joined BGDC in April and will be joining in the fun on the Roatan, Honduras trip in October. Emily is pretty new to diving – she got certified last year and got her first ocean diving experience in Cozumel last fall. She also got her Advanced Open Water Certification while she was there. Roatan will be her second dive trip and she is really looking forward to it. Emily lives in Lexington and has a dog and two cats. Welcome EMILY!

Visitors: We welcomed 4 visitors to the BGDC meeting in May. We welcomed **Dave Powell** back to the BGDC (after many many years!). Dave is a retired TV engineer (WLEX) and lives in Lexington. He's a Master Diver with over 580+ dives under his belt. He enjoys diving in Jamaica and Cayman. Thanks for coming to the meeting Dave and hope to see you again soon. We also welcomed **Jamie and Sharon Clark** with Jamie Clark Diving outside of Harrodsburg, KY. Jamie is a restoration contractor and SCUBA instructor. He's certified in Full Cave, Trimix, OW Instructor, Dive Master, etc! He's been diving for 50 years and instructor for 20+ years. If you need an instructor, gear service/repair, equipment rental --- contact Jamie Clark Diving at (info@jamieclarkdiving.com). And last, but certainly not least----**Roger McAnly**, friend of Bob Tibbetts, attended the meeting and even won a door prize. Roger is not a diver.... but maybe we can work on him?!? His fun attitude would be a great addition!

Dale Hollow - July 18th & 19th, 2015



The Dale Hollow Lake Dive/Eat/Relax/Play trip is "ON" for 2015! We have 5 members signed

up so far. Reservation form and trip details are on our webpage. Make your reservations now --- overnight accommodations at the campground, cabin or state park! The BGDC subsidizes this trip which reduces the cost to \$20.00 per person per day to be on the pontoon boat. We'll have our fabulous pot-luck cookout at the campground Saturday evening. If you are not familiar with this trip, give me a shout and I'll be glad to fill you in! (mulberryc1@gmail.com)



Trip Director's Report

By Doug Geddes



ROATAN 2015

This trip is sold out and there are no more rooms at the resort. You can always put your name on a waiting list, but the airfare has almost doubled since we first started, so I doubt this trip is that good price was anymore. Needed to act sooner.

PHILIPPINES 2016

This trip is starting to take shape. We have had a lot of interests and people buying their air. Prices are still around \$1200.00 and the resorts being under \$2500 for both weeks. Best priced deal on the market for the best diving in the region. Don't wait until it is too

late. We have around 12 people that are going as of now. We can use more, but we will have fun with or without you, LOL

MYSTERY TRIP 2015

No mystery any longer. We will not be looking into another trip unless someone decides they want to go to a different place and we can book it for a small group of you. Let me know if you want to do that. 🚩



From the Treasurer

By Dan Miller



2015 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](#). 🚩



From The Secretary

By Mike Sullivan



BLUEGRASS DIVE CLUB GENERAL MEETING Tuesday, May 12, 2015

- I. CALL TO ORDER 7:35 PM
 - a. Everyone was welcomed and meeting called to order by Corrine Mulberry in Tracey's absence. Corrine thanked the McCann's for once again hosting a wonderful Derby Party. Corrine reminded the other Club Officers that the Board meeting will be next week, May 19th.
- II. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Dan reviewed the Treasurer's Report as of 4/30/15.
 - ii. Two people have been refunded for the Costa Rica trip.

- iii. Final payment is due for Roatan on 7/21/15.
- iv. Payments for the Philippines are due 6/15, 9/15, and final payment on 11/15.
- b. VICE PRESIDENT MULBERRY
 - i. Corrine indicated that 5 people have signed-up for Dale Hollow.
 - ii. The visitors for the evening were Roger McAnly, Dave Powell, and Jamie and Sharon Clark.
 - iii. The June program is a Philippines DVD from Steve Williams.
 - iv. The July program is the cookout. The time for the cookout will be announced at the next meeting.
 - v. The door prize drawings were won by Doug Geddes, Roger McAnly, and Noel Hall.
- c. SECRETARY SULLIVAN
 - i. No announcements at this time.
- d. TRIP DIRECTOR GEDDES
 - i. The Costa Rica trip has 12 people and more could possibly be added. T-shirts to be ordered Thursday.
 - ii. Dale Hollow has 5 people signed-up; looking for more members to go.
 - iii. The Roatan trip in October has 24 people signed-up and is full.
 - iv. The Roatan has taken the place of the Mystery Trip but if even 2 or 3 people want to get their own trip it can still happen as a Club Trip.
 - v. The Philippines airfare right now is running about \$1,200 round trip.
 - vi. Possible trip locations for late Spring of 2016 being considered are Dominica and Grenada. It may be possible to combine them into a 10 day trip.
- e. WEBMASTER McCANN

- i. Mike had no comments.
- f. NEWSLETTER EDITOR
BERTETTO
 - i. Bart is wanting members to send anything, especially pictures, that other members may find interesting to him for the newsletter.
- g. SAFETY INFORMATION DIRECTOR
STEPHAN
 - i. Rick indicated the current article is about Underwater Navigation and its importance.

III. The Program was a presentation by Jamie Clark on his services as an Instructor and what dive equipment he can provide. He carries XS Scuba, H2 Odyssey, Dive Rite, and Marine Sports dive equipment as well as Henderson wetsuits. He can provide air and NITROX air fills, tank services and valve services. His website is www.jamieclarkdiving.com. His presentation was well received by the members and we really appreciated him taking time to speak with the Club. His phone number is 859.734.9587.

The Dive Gear Swap Shop was a success with many people trading gear and one lucky member even got a complete camera outfit thanks to a donation by Jimmy and Lisa Hollander!

ADJOURNMENT 8:37 PM

BLUEGRASS DIVE CLUB BOARD OF DIRECTORS MEETING Tuesday, May 19, 2015

- I. CALL TO ORDER COMBS
 - a. Meeting began at 7:49 PM
- II. APPROVAL OF AGENDA GEDDES
- III. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER

- i. Treasurer's Report as of April 30, 2015 (Corrected Copy).
- ii. Treasurer's Report as of May 19, 2015.
- b. VICE PRESIDENT MULBERRY
 - i. Corrine is making a visit to the Keys to visit parents and will purchase new door prizes.
 - ii. August program: Costa Rica.
 - iii. September program: Dale Hollow.
 - iv. October program: Dominica by Doug and Gordon
 - v. November program: Elections.
 - vi. December: No program (Christmas Party.)
 - vii. T-shirts are now available for the Costa Rica trip.
 - viii. A new design for T-shirts for the Roatan trip.
- c. SECRETARY SULLIVAN
 - i. Deferred
- d. TRIP DIRECTOR GEDDES
 - i. There are currently 8-12 people interested in the Philippines trip.

- e. SAFETY INFORMATION DIRECTOR
STEPHAN
 - i. Sun Protection article in upcoming newsletter.

- f. NEWSLETTER EDITOR
BERTETTO
 - i. Absent

- g. WEBMASTER McCANN
 - ii. Deferred

IV. COMMITTEE REPORTS

- TRIP COMMITTEE GEDDES
- a. Philippines, January 23- February 6, 2016
 - i. The Philippines airfare has gone up a little but is still a good deal.
 - ii. There is still an opportunity to sign-up for the Dale Hollow weekend on July 18-19. Please let Corrine know if you are interested. Always a good time.

V. UNFINISHED BUSINESS

- a. Tax Status (501(c)7) McCANN
 - i. Deferred
- a. Membership List Updates
MULBERRY

- i. Membership records will be updated the first of the year.
 - b. July Meeting Burgers \$3/plate (@ 6:30 PM) COMBS
 - c. Webmaster position McCANN
 - i. We are still looking for someone to take over for Mike in the future with the website.
- VI. NEW BUSINESS COMBS
- a. Pig Roast location is yet to be determined.
 - b. July will be mid-year review for the Club budget.
- VII. ADJOURNMENT 9:19 PM 🚩



Safety Corner

By Rick Stephan



Remember, safe diving is fun!

Note: *This month's article is from Dive Training magazine's web site (dtmag.com). While not focused specifically on diving, it covers something that can seriously affect our safety while diving. The subject: protection from the sun. We sometimes dive at night, but otherwise, we should make sure we don't become burned to the point that we have to forego dives, or become so uncomfortable that we don't pay proper attention to the other dive safety items.*

Many of us don't get acclimated to the sun's rays in our day-to-day lives. (We wear clothes, work in offices, etc.) So, when we get a weekend at Dale Hollow, or an October trip to Honduras, we are suddenly shocking our pale skin under the hot rays of the sun. Yep, it feels good at first, but suddenly it's too much. We need to be aware of just how a little exposure can cause a lot of problems.

While some of the article is a bit technical, there is some good info to help you understand about sunscreens, and how to look for potential melanomas. Your overall health is important to your continued success as a safe diver, so make sure you take the proper precautions: pack sunscreen, wear protection, be smart. We want to continue practicing our hobby for long years to come. Remember, safe diving is fun!

Protection from the Sun

by Paul S. Auerbach, MD

It's very tempting to lie out in the sun, to soak up the warmth, to work on a tan. I know my first instinct when I reach the warmth of the tropics is to strip down to my swim trunks, put on my sunglasses and begin to soak up the rays. Unfortunately, that's not a good thing to

do. What I ought to do is coat my exposed skin with sunscreen, put on a broad-brimmed hat and try to protect myself as much as possible from the relentless ultraviolet radiation. For thousands of years, until modern times, sunbathing and a suntan have been associated with good health. That concept has never been proven. In fact, although pale, untanned skin may not appear as “healthy” as a bronzed look, it’s healthier. I can’t begin to count the number of people who have had a dive trip ruined because of a sunburn, which can be sufficiently severe to cause a victim to be laid up for days. Remember, it’s a burn, and it can be just as bad as getting caught in a fire.

Catching Rays

Solar radiation that strikes the Earth includes 50 percent visible light (wavelength 400 to 800 nanometers), 40 percent infrared (1,300 to 1,700 nm), and 10 percent ultraviolet (UV — 10 to 400 nm). Sunburn is a photosensitivity reaction caused by exposure of the skin to ultraviolet radiation (UVR) from the sun. UVA is 320 to 400 nm, UVB is 290 to 320 nm and UVC is 100 to 290 nm. UVC is filtered out by the ozone (a tri-atomic form of oxygen) layer of the atmosphere. UVB is the culprit in the creation of sunburn. UVA is of less immediate danger, but is a serious cause of skin aging, drug-related photosensitivity and skin cancer.

Ultraviolet exposure has many variables: the time of day (greatest between 9 a.m. and 3 p.m.), season (greater in the summer), altitude (there is a 4- to 6-percent increase per each 1,000 feet/304 m of elevation above sea level), location (greater near the equator) and weather (greater in the wind).

Divers are at particular risk for sunburn because water may reflect 10 to 100 percent of UVR, depending upon the time of day, location and surface. (“Flat” is more reflective than “chop.”) Most clothes reflect (light-colored) or absorb (dark-colored) UVR. However, it is important to note that wet cotton of any color probably transmits considerable UVR, so snorkeling in a plain white T-shirt may provide very little protection from the sun.

Skin darkening occurs immediately upon UVA exposure, as melanin (pigment) already present in the skin is released. This effect only

lasts for 15 to 30 minutes. Tanning occurs after a minimum of three days of exposure, as additional melanin is produced. If the skin is not conditioned with gradual doses of UVR (tanning), a burn can be created.

A person’s sensitivity to UVR depends on his or her skin type and thickness, pigment in the skin and weather conditions. (See the sidebar “Sun-Reactive Skin Types.”) Well-hydrated thetic sprays, many of which contain benzocaine, should be avoided, as they can occasionally cause sensitization and an allergic reaction. Menthol-containing lotions may be helpful. Topical steroids do not diminish sunburn.

If the victim is deep-red in color without blisters (first-degree burn), a stronger anti-inflammatory drug, such as ibuprofen, may be given. An extensive non-blistering first-degree sunburn can make the victim nauseated and weak, with low-grade fever and chills. This victim should be encouraged to drink enough balanced electrolyte liquids to avoid dehydration. Since the skin is the major thermoregulatory organ of the body, diffuse sunburn will make the victim more prone to hypothermia upon exposure to cold. This is obviously problematic for a diver. It will also be painful to don and doff dive equipment, as the straps rub across sensitive burned skin.

Topical steroid creams may be used if blisters are not present. Topical steroid preparations should not be applied to blistered skin, because wound healing may be delayed and infection potentiated. On the other hand, aloe vera lotion or gel may be soothing and promote healing. Vitamin E is an antioxidant that, when mixed with aloe vera, may soothe the skin. However, this hasn’t been proven to promote healing any better than aloe vera alone. With severe sunburn in which blistering is present, the victim has by definition suffered second-degree burns. Gently clean the burned areas and cover with sterile dressings over antiseptic ointment or cream.

A Guide to Sunscreens

Sunscreens absorb light of a particular wavelength, act as barriers or reflect light. A traveler should choose sunscreens based on the estimated exposure and on his own propensity to tan or burn. Remember that

there is no such thing as a safe tan, as sun exposure is directly linked to skin cancer. In addition, long-term exposure to ultraviolet radiation from sunlight causes premature skin aging and loss of skin tone. "Photoaging" refers to these effects, and is characterized by increased wrinkles, loose skin, brown spots, a leathery appearance and uneven pigmentation.

Para-aminobenzoic acid (PABA) derivatives, which are water-soluble, are sunscreens that absorb UVB (not UVA) and accumulate in the skin with repeated application. The most commonly used PABA derivative is padimate O (octyl dimethyl PABA). The most effective method of application is to moisturize the skin (shower or bathe) and then apply the sunscreen. For maximum effect, this should be done at least 15 to 30 minutes prior to exposure, and the skin should be kept dry for at least two hours after sunscreen application.

When PABA itself is used, a recommended preparation is 5 to 10 percent PABA in 50 to 70 percent alcohol. However, PABA is now used infrequently because its absorption peak of UVB at 296 nm is too far from 307 nm, where UVB exerts its greatest effect. Furthermore, it causes skin irritation, a stinging sensation, and can stain cotton and synthetic fabrics. The PABA derivatives are less problematic.

Benzophenones are sunscreens that are more effective against UVA. These should be used in 6- to 10-percent concentration. Because they are not well-absorbed by the skin, they require frequent reapplication. Photoplex™ is a broad-spectrum sunscreen lotion that contains a PABA-ester combined with a potent UVA absorber, Parsol 1789. This is an excellent sunscreen for sensitive people, particularly those at risk for drug-induced photosensitivity.

By the Numbers

Sunscreens come in different concentrations. A higher sun protection factor (SPF) number (range 2 to 50) indicates a greater degree of protection against UVB. The SPF number assumes a liberal (approximately 1.25 ounces per adult) application of the sunscreen. In general, a sunscreen with an SPF number of 8 or less will allow tanning, probably by UVA exposure. People with sensitive or

unconditioned skin should use a sunscreen with an SPF number of 10 or greater. Fair-skinned people who never tan or tan poorly (types I, II or III) should always use a sunscreen with an SPF number of 15 or greater.

"Substantivity" refers to the ability of a sunscreen to resist water wash-off. Good waterproof choices include Vaseline™ 15, PreSun™ 29, Sundown™ 30, Bullfrog™ 36, Sawyer Products Bonding Base™ 45, Solbar™ 50 and Aloeater™ 40. Layering sunscreens doesn't work well, as the last layer applied usually washes off.

Waterproof sunscreens applied to cool, dry skin should be used at least 10 minutes prior to water exposure for proper absorption. They should be reapplied liberally after swimming or heavy perspiration.

Some authorities recommend using a sunscreen of at least SPF 29, with the rationale that most people under apply or improperly apply them. Bald-headed men should protect their domes. All children should be adequately protected. However, avoid PABA-containing products in children less than 6 months old. Persons sensitive to PABA may use Piz-Buin,™ Ti-Screen,™ Sawyer Products Bonding Base™ 45, Uval and Solbar products. Eating PABA does not protect the skin.

Total Block

For total protection against ultraviolet and visible light, a sunblock can be prepared from various mixtures of titanium dioxide, red petrolatum, talc, zinc oxide, kaolin, red ferric oxide (calamine) and icthammol. These preparations or similar commercial products ("glacier cream") are used for lip and nose protection. Micronized titanium dioxide can be prepared in an invisible preparation (e.g., TiScreen Natural™ 16 and Neutrogena Chemical Free™ 17) that does not cause skin irritation. Sunblocks that prevent infrared transmission may help prevent flares of fever blisters caused by the herpes virus.

Substances that are ineffective as sunscreens and that may increase the propensity to burn include baby oil, cocoa butter and mineral oil.

Many effective sunscreens, particularly those advertised to stay on in the water, are extremely irritating to the eyes, so take care when applying these to the forehead and nose. Near the eyes, avoid sunscreens with an alcohol or propylene glycol base. Instead, use a sunscreen cream.

There are also newer sunscreen/ insect repellent combinations, such as Coppertone Bug & Sun™ and Banana Boat Bite Block™. Bug Guard™ contains Skin-So-Soft™ (mostly mineral oil) in combination with citronella, enhanced by a sunscreen.

A new line of medical clothing, Solumbra® by Sun Precautions, is advertised to be “soft, lightweight and comfortable,” and offers 30+ SPF protection. The phone number for the company is (800) 882-7860. Frogskin, Inc., (800) 845-9531, also manufactures high-SPF protective clothing. Sunday Afternoons, (888) 874-2642, manufactures comfortable broad-brimmed hats with neck shields advertised to provide a 97-percent UV block.

Melanoma

Melanoma is a type of skin cancer that can be caused by UVB light exposure. Regular use of a sunscreen with sun protective factor (SPF) of at least 15 during the first 18 years of life may reduce the lifetime risk of developing melanoma by more than 75 percent. Persons with light skin and a tendency to burn rather than tan are at increased risk for the development of melanoma. If you spend a great deal of time outdoors, it's important to recognize the features of skin cancer. (See the sidebar “Skin Cancer Self-Exam.”) You should regularly inspect existing moles, birthmarks and other skin lesions. Since melanoma is often found on a person's back or other area that cannot be easily inspected, it is wise see a dermatologist for a proper evaluation.

Your Eyes and the Sun

Exposure to UVR can lead to a “sunburn” of the cornea (clear surface of the eye). This most often is a problem for a diver if he or she stares out over open water for a prolonged period of time. Skiers and mountaineers call this phenomenon “snow blindness.” The

cornea absorbs UVR below 300 nm, which includes a fair portion of UVB. Radiation of wavelengths longer than 300 nm is transmitted to the lens of the eye and over time can cause a cataract.

High exposure to UVB can cause a corneal burn within one hour, although symptoms may not become apparent for six to 12 hours. Symptoms include excessive tearing, pain, redness, swollen eyelids, pain when looking at the light, headache, a gritty sensation in the eyes and decreased (hazy) vision. Similar symptoms occur when the surface of the eye is physically scratched.

To avoid corneal damage from the sun, wear protective eyeglasses or sunglasses. The lenses should block 99.8 percent of UVB light. If they are advertised for mountaineering or specifically for ultraviolet protection, they also block out considerable UVA light.

Sunglasses should be equipped with side protectors and, if necessary, optional nose guards. Frames should be prepared with wraparound temples and retaining straps or lanyards. Polycarbonate lenses, which are lightweight, scratch-resistant and shatterproof, can be manufactured to absorb 99 percent of ultraviolet light. In general, amber, yellow, orange, brown or rose lenses filter out blue light and increase the perception of contrast. Green and gray lenses soften glare and transmit a spectrum that does not increase contrast. Glass ambermatic or photochromic lenses (darker in bright sunlight), which contain millions of silver halide crystals, darken when exposed to ultraviolet light close to the visible spectrum.

So enjoy the warmth, but don't “worship” the sun. Respecting the power of solar radiation and keeping yourself well-protected is the best way to maintain a good complexion, sharp vision and a healthy, uninterrupted dive trip.

Sun Sensitivity

The following drugs and plants can cause increased sensitivity to UVB rays:

Drugs

Tetracycline, doxycycline, vitamin A derivatives, nonsteroidal anti-inflammatories,

sulfa derivatives, thiazide diuretics and barbiturates

Plants

Lime, citron, bitter orange, lemon, celery, parsnip, fennel, dill, wild carrot, fig, buttercup, mustard, milfoil, agrimony, rue, hogweed, Queen Anne's lace and stinking mayweed

Sun-Reactive

Skin Types

Dermatologists classify sun-reactive skin types (based on the first 45 to 60 minutes of sun exposure after winter or after a prolonged period of no sun exposure) as follows:

Type I: Always burns easily, never tans

Type II: Always burns easily, tans minimally

Type III: Burns moderately, tans gradually and uniformly (light brown)

Type IV: Burns minimally, always tans well (moderate brown)

Type V: Rarely burns, tans profusely (dark brown)

Type VI: Never burns, is deeply pigmented (black skin)

Skin Cancer Self-Exam

You should consult a dermatologist whenever you notice a change in (or new development of) a skin lesion. Here's what to look for when conducting a self-exam:

-
-
- Irregular, ragged, jagged, notched, or blurred border
 - Asymmetrical appearance (one portion different than the rest with respect to color, darkness or texture)
 - Change in appearance or features (size, color, texture, sensation); onset of pain in a lesion; rapid growth of a lesion
 - Recent growth, bleeding, itching, scaling or tenderness
 - Discoloration (black, dark brown, blue, red, white, mottled)
-



Bluegrass Dive Club 2015 Calendar

June

6-13, **Costa Rica Dive Trip**
9, Tuesday Dive Club Meeting
30, Tuesday Board Meeting

July

14, Tuesday Dive Club Meeting
18-19, **Saturday Dale Hollow**
28, Tuesday Board Meeting

August

11, Tuesday Dive Club Meeting
25, Tuesday Board Meeting

September

8, Tuesday Dive Club Meeting
29, Tuesday Board Meeting

October

3-10 **Roatan Dive Trip**
13, Tuesday Dive Club Meeting
27, Tuesday Board Meeting

November

10, Tuesday Dive Club Meeting
24, Tuesday Board Meeting

December

12, Saturday Club Christmas Party

Dive Committee Members

| | |
|------------------------|-----------|
| Doug Geddes – Chairman | 885-2215 |
| Tracey Combs | 621-4066 |
| Ralph Covington | 621-3862 |
| Mike Sullivan | 266-4516 |
| Gordon Green | C@Meeting |
| Ed Sullivan | C@Meeting |
| John Geddes | 223-7926 |
| Corrine Mulberry | 913-0892 |