



UNDERCURRENTS

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

August 2015

Volume 45, Number 8

August Club Meeting

Date: Tuesday, August 11th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program: Costa Rica

President's Message

By Tracey Combs



Summer is almost over, but there is still some great weather for diving and of course getting together with your fellow divers. Our Annual Pig Roast is on Saturday, August 29th at 3:00 pm at Mike and Sherry McCann's home. For directions and more information please refer to the website. Bring your swim suits and your game face for the volleyball match. Please bring a dish to share with 10 – 12 people, because we have to EAT!! The pig and sodas will be provided by the club.

The Trip Committee will be meeting in August to plan our future trips. If you have any suggestions, don't hesitate to pass them along. You can contact Doug Geddes, myself or anyone on the committee with the information. If you are interested in joining the committee, please let us know.

Our August meeting will be on Tuesday, August 11th at the Racquet Club. Everyone is welcome and I hope to see you there! 🚩

The Editor's Notes

By Bart Bertetto



Hi everyone, hope your summer is going swell. Pics this issue from Costa Rica and the recent Dale Hollow trip. Dale Hollow was a relaxing little getaway. Yep it was cold down there and not a lot to see. But we had fun exploring a deep sunken metal pier or dock that Daniel Vincent found with his sonar. He nailed it with his anchor buoy but the buoy line was not long enough and we lost it! So we then had to find and rescue the buoy. Wreck dive....sorta. Highlight for me though was finding a very interesting rock while free-diving the rocky ledges in search of cats. I think it is a man-made tool or weapon because of its shape and the definite sharp edge formed by the chipping off of each side. My daughter is sending photos to her former archeology professor. Check it out at end of newsletter. 🚩

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



Program: August's Program will feature the BGDC's recent trip to Costa Rica. We had a fabulous trip – come and see the great critters we got to see!! Hats off the Stephenie Swope for putting the program together.

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: “Welcome Back” to **Alex Fassas** after a long hiatus from the club! Alex will be joining in the fun and diving on the Roatan trip. Alex lives in Richmond and both he and his son are Open water Certified. Alex is currently bopping around BVI on a sailboat. We also welcome new member **Jolene Bertetto!** (Recognize that last name? Yup – Bart and Sandra's daughter). Jolene lives in California and will be going on the Roatan trip as well. And last, but certainly not least, we welcome **Adam Kidd** as a sorta new member. *smile* Adam has been with the BGDC for many years through Mark & Stella Kidd's membership, but he now as an all-grown-up independent, he has his own membership. **Welcome Alex, Jolene and Adam!**

Nominations for BGDG Officers (2016):

It's that time again. Time to begin thinking about Officers for the BGDC for 2016. Elected positions include:

- President
- Vice President
- Secretary
- Treasurer
- Trip Director
- Safety Information Director
- Newsletter Editor
- Webmaster

All elected positions are open to nominations.

We are particularly recruiting for someone to fill the Webmaster position! After many years of dedicated service, Mike McCann really (REALLY) wants to turn over the reins. If you have web experience and would like to contribute to the Club (as well as earn Dive Bucks that you can apply towards trips!!), please contact me or Mike McCann. We can fill you in on details about the position and what the Board does.

Our President, Tracey Combs, is in the process of appointing a Nominations Committee to develop a slate of proposed nominees for elected Board positions. The slate will be presented to the Board in October and members will vote during the regular November meeting. If you are interested in learning more about elected positions, or have any thoughts, ideas or suggestions for potential nominees, please contact the Nominations Committee Chair, Corrine Mulberry, at mulberryc1@gmail.com (859-913-0892).

Nominees for elected positions must be in good standing (dues paid), have been a member for at least one full year and be at least 21 years of age.

Costa Rica - June 6- 13 2015





Has it been only a month ago?? Thanks to everyone for making Costa Rica such a fun and memorable experience. Bart Bertetto, Sandra Bertetto, John Walters, Lynn Walters, Noel Hall, Melissa Hamilton, Chris Wolf, Jackson Hamilton, Stephanie Swope, Kendra Swope and Corrine Mulberry. Regrets to several who intended to go on the trip but were not able to: Gwen Clancy, Ed Sullivan and Carol Call.

The diving was WAY better than any of us expected. Off-shore weather made it "surgey", but Rocket Frog put us on some great dive sites. (Yes, I'm trying to say something nice about the dive operation – 'nuf said! Ha) Critters galore! Particularly eels and octopi.



We did our fair share of land-based activities as well – horse back riding, suspended bridge hikes, rappelling through waterfalls, wildlife tours, etc. Amazing!

Dale Hollow - July 18- 19, 2015



No rain at Dale Hollow this year!! Woo Hoo. We had another great event at Dale Hollow this year. John Geddes, Corrine Mulberry, Bart Bertetto, Daniel Vincent and Corrine Mulberry got some sun, fun and diving in at Dale Hollow Lake. Unfortunately.....we missed the Kidds (Adam, Mark and Stella)....they came to the lake on Saturday but were not able to locate us! So sorry we missed you (especially Stella!).



For the first time in many years we had a great dive at Diver's Island! Water levels were up and Diver's Island was but a spec with one tree! But, the boaters were scarce so that made for good diving conditions. After Diver's Island, we headed over Table Rock and filled our bellies with lunch and goodies. We watched some storm clouds skirt around us and Daniel and Bart dove off of Table Rock and found a sunken dock or platform – thanks to Daniel's reconnaissance with his "tripped" out boat! (He has the coolest gadgets!). 🚩



Bart going in - off of Daniel's Zodiac

Trip Director's Report

By Doug Geddes



Roatan 2015

Trip is full, but it seems like we are getting more request. We will keep asking as long as people want us to. Could change at last second, so always will keep the option open. 28 persons to date.

Philippines 2016

Still have plenty of space for this great trip. We will be releasing extra rooms soon. You really need to make up your mind if you want to go. Best diving you will ever do for the price. Don't miss out. Check out our website.



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](#). 



Captain Corrine who also



is first mate tattoo and



happy with her work

From The Secretary

By Mike Sullivan



BLUEGRASS DIVE CLUB GENERAL MEETING

Tuesday, July 14, 2015

- I. CALL TO ORDER 7:42 PM
 - a. There are 24 members present.
- II. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Dan reviewed the Treasurer's Report as of 6/30/15.
 - ii. Final payment is due for Roatan on 7/21/15.
 - iii. Costa Rica refunds will be mailed this week.
 - b. VICE PRESIDENT MULBERRY
 - i. Corrine welcomed new and returning members.
 - ii. Corrine gave a brief overview of the Costa Rica trip and stated that everyone had a great time.
 - iii. Dale Hollow still has spots on the boat for anyone interested.
 - iv. The door prize drawings were won by Jackson, Corrine, and Adam.
 - v. The August program will be a Costa Rica DVD.
 - c. SECRETARY SULLIVAN
 - i. Anyone needing a nametag please contact me.
 - d. TRIP DIRECTOR GEDDES
 - i. The Roatan trip in October has 26 people signed-up.

- ii. Some Delta flights have changed to Roatan so each person needs to look often on their website.
- iii. The Philippines trip has 12 people signed-up.
- iv. Payments for the Philippines trip are 9/15, and final payment on 11/15.
- v. Doug spoke briefly about the Herrington Woods Marina have a pig roast on August 9th if anyone is interested.
- vi. The Dive Committee will be meeting soon if anyone has ideas about places to go.
- e. WEBMASTER McCANN
 - i. No comments.
- f. NEWSLETTER EDITOR BERTETTO
 - i. Bart urges members to send him pictures for the newsletter.
- g. SAFETY INFORMATION DIRECTOR STEPHAN
 - i. Rick was absent.
- h. PRESIDENT COMBS
 - i. Tracey is still working on a possible location for the Club pig roast in August. Emails will be sent by the Board Meeting on July 28th.

ADJOURNMENT 8:39 PM

**BLUEGRASS DIVE CLUB BOARD OF DIRECTORS MEETING
Tuesday, July 28, 2015**

- I. CALL TO ORDER COMBS
 - a. Meeting began at 7:53 PM
- II. APPROVAL OF AGENDA SULLIVAN
- III. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Treasurer's Report as of July 28, 2015.

- ii. Monies to be received from Costa Rica T-Shirts.
- iii. Monies to be received from Dale Hollow weekend.
- b. VICE PRESIDENT MULBERRY
 - i. Corrine purchased new door prizes while in the Florida Keys.
 - ii. There were 5 people at the Dale Hollow weekend.
 - iii. A new design for T-shirts for the Roatan trip was presented and motion to approve by Mike McCann.
 - iv. August program Costa Rica – S. Swope
 - v. September program – Dale Hollow
 - vi. October program – Dominica – Doug/Gordon
 - vii. November – Club Elections
 - viii. December – Club Christmas Party
 - ix. January program - Roatan
- c. SECRETARY SULLIVAN
 - i. Deferred
- d. TRIP DIRECTOR GEDDES
 - i. Roatan has 28 people signed-up. Final payment 7/31/15.
 - ii. Philippines has 10 people signed-up. Jan 23-Feb 6.
- e. SAFETY INFORMATION DIRECTOR STEPHAN
 - i. Article on Malaria prevention.
- f. NEWSLETTER EDITOR BERTETTO
 - i. Articles due no later than Friday.
- g. WEBMASTER McCANN
 - i. Board Meeting attendance on the website to be adjusted to allow members.
 - ii. Tax Status deferred.

- iii. Question concerning audio-visual cords required for use of wall-mounted television at General Meetings.
- IV. NEW BUSINESS COMBS
 - a. Pig Roast to be hosted by the McCanns on August 29th starting at 3:00 PM
 - b. Members reminded to bring a dish to share.
- V. MID-YEAR BUDGET REVIEW COMBS
 - a. Three items were moved to misc-expenses.
 - b. Budget appears to be on-track from amounts set at yearly meeting.
- VI. MEETING ADJOURNED AT 9:28 🚩

Safety Corner

By Rick Stephan



Remember, safe diving is fun!

Note: *This month's article is from drwisetravel.com. It discusses some facts about malaria, how it's contracted, and how to reduce the potential for getting it. Note that the author is Canadian, so he's looking at the subject from that perspective.*

The next two planned trips for the BGDC will be going to tropical climates, more importantly, to malarial zones. I know this because after going to Roatan on the last trip, I tried to donate blood a few months later and was deferred for a year. No one on a club trip has contracted the disease, luckily, but there is a reason that the Center for Disease Control (CDC) keeps track of malarial zones.

I share this information to help you plan (i.e., bring some bug repellent and at least one long sleeve shirt), but also to make you aware of some facts. Many people swear that the prevention is worse than the disease, but I'm betting it is not!

Use this article as a starter for your personal research. Use the CDC website and others to get a better perspective on this dive travel risk, and make your own plans. Remember, safe (and healthy) diving is fun!

Getting Ready : Malaria

By Dr. Mark Wise

Key Points

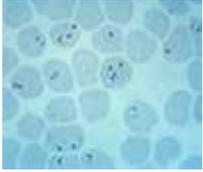


Malaria is a serious parasitic infection of the bloodstream. It is the most important infectious threat to travelers to the tropics. Nearly two million people die each year of malaria, most of whom are children in Africa. Several hundred cases occur in Canadian travelers each year. For some reason, we tend to get more cases per capita than in the U.S. A few Canadians die each year.

The factors which will affect your risk of acquiring malaria include:

- Your destination
- The duration of your stay
- The time of year
- The precautions you take
- ...and once again... luck!

It is transmitted through the bite of the female anopheles mosquito. The symptoms of malaria may occur in as little as 10 days after infection, but sometimes may not occur for several weeks or months after exposure.



Malaria resembles the flu, and may in fact mimic many illnesses. The classical symptoms include headache, chills, feeling hot and cold and muscle aches and pains. The most important sign of malaria is **FEVER**. Classically the fever recurs every 48 hours, but this is not always the case.

There is a fair bit of controversy and misinformation regarding both malaria and its prevention. Here are the facts!

- There are four strains, and only four strains, of human malaria
- Plasmodium falciparum is the most serious strain, and the only one that may be fatal. This same strain is the one responsible for most of the drug resistance around the world. Drug-resistant malaria is not a new thing. It has been around since the 60's, but its distribution has been expanding. Chloroquine-resistant malaria is now found in all malarious areas of the world with the exception of The Middle East, Haiti / Dominican Republic and Central America.
- Personal measures such as DEET-containing repellents and mosquito nets are extremely important in preventing malaria
- Malaria is often misdiagnosed and mistreated in travelers who return home
- Malaria is probably over diagnosed, though hopefully properly treated in the tropics
- Malaria is a treatable infection, as long as it is treated promptly and properly (sort of like a heart attack)
- It is a myth that once you have malaria, you have it for life. There are two strains of malaria which may persist in the liver and recur, Plasmodium vivax and Plasmodium

ovale. However, this "dormant" stage can be eradicated with the drug primaquine.

- Malaria is usually a preventable infection. There are good drugs to prevent malaria. Unfortunately, there are no perfect ones.
- Many people say that antimalarials are worse than the disease. Ask someone who has had cerebral malaria!

Personal Preventive Measures

These precautions will greatly reduce your risk of developing malaria, as well as other insect-borne infections. Consider the following:

- Reduce your outdoor exposure between dusk and dawn. This is when the female anopheles mosquito bites.
- Wear long sleeves and other protective clothing. (assuming it's not four zillion degrees out there)
- Wear light colored clothing (not high on my list of practical measures)
- Sleep under an insect net at night. These may be impregnated with permethrin, which further increases their efficacy.
- Use a repellent containing DEET. This is the most effective repellent.

DEET-containing repellents are available in different concentrations, ranging from about 6% to 95%. The higher the concentration, the longer its protection. 95% DEET will give about 95% protection for up to 10 hours. 30% provides protection for up to 7 hours, and 10% - for 3 to 4 hours. Use no more than 30% DEET under the age of 12

- Use up to 10% DEET three times daily under the age of 12
- Use up to 10% DEET once daily only in kids 6 months to 2 years of age
- No DEET under 6 months of age
- DEET should be used cautiously in small children, as it may be absorbed through

the skin. Keep it away from the child's eyes, hands and mouth. Wash it off after going back indoors.

- Microencapsulated products (e.g. Ultrathon) are slow-release and result in less absorption at lower concentrations
- Others useful and perhaps more natural preparations include citronella, soybean oil (Blocker Liquid Lotion) , Autan (Bayrepel) , and Picardin (not available in Canada)
- Buzzers, garlic, vitamin B1 and reruns of I Love Lucy are likely less effective!
- If you are in an area where there is also dengue fever, take precautions during the day as well.

Many people tell me that they are concerned because their DEET ate away at their shoes/ watch band/ car upholstery, etc. This is unfortunate, BUT IT WILL NOT DO THAT TO YOUR SKIN! As I tell my patients, don't put it in your eyes, don't drink it, don't bathe your kids in it, keep it off your iPod, and apply it where it is supposed to go!

Distribution of malaria

Malaria occurs in many, but not all countries in the tropics. Sometimes it is only a rural problem, but in most of Africa and Asia, it occurs in both urban and rural areas. It may be seasonal as well. For example, if you visit New Delhi in January you'll probably need a scarf at night, so there is little or no risk of malaria. Later in the year, when it is warm and wet, the risk is significant. For a great resource to find about the malaria risk at your destination, go to CDC's Malaria Risk Map Application. 🚩

Dale Hollow Treasure?



I found this fist size rock about 30 ft down on a rocky ledge along the shoreline. It really stood out as peculiar



It is shaped comfortably for the hand and has a very sharp edge with chip indications on each side. My boat mates insist it is just a geode. Any experts out there? Bart

Bluegrass Dive Club 2015 Calendar

August

11, Tuesday Dive Club Meeting
25, Tuesday Board Meeting
29 Saturday Pig Roast at the McCann's

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