



UNDERCURRENTS

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

September 2017

Volume 47, Number 09

September Club Meeting

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

President's Message

By Tracey Combs



Hello fellow divers. The Pig Roast this year was so much fun. I want to thank Mike and Sherry McCann for their hospitality and hosting the Pig Roast. And as always our members out did themselves with the potluck. If you were not able to join us, please mark your calendars for next year. It is a lot of fun, food, and fellowship.

Please keep Linda Freudenberger and her family in your thoughts. Jim passed away August 17, 2017. He will be greatly missed.

Please keep Steve Williams and his family in your thoughts. Steve had a medical emergency and remains in the hospital. We are grateful that his condition is improving every day.

Our next meeting will be Tuesday, September 12th at 7:30 at the Racquet Club. Guests are always welcome. I hope to see you there! 🚩

The Editor's Notes

By Steve Gahafer



The past month has not been the best for the Bluegrass Dive Club. Jim Freudenberger passed away after a very unexpected and short illness and we have another member Steve Williams still in the hospital after a medical emergency. We also had Hurricane Harvey take a direct hit on Texas and as I am writing this Hurricane Irma has made its way through the Caribbean destroying places where a lot of us have made friends and enjoyed visiting and diving over the years. It appears that it is going to hit Miami directly and do a lot of damage to Florida and the Keys next. This months pictures are of Jim of his diving and life that maybe you did not know about him and Linda. 🚩

2016 BGDC Officer's

| | |
|----------------------------------|-----------------------|
| Tracey Combs, President | 621-4066 |
| John Geddes, Vice President | 223-7926 |
| Mike Sullivan, Secretary | 266-4516 |
| Dan Miller, Treasurer | 948-5133 |
| Doug Geddes, Trip Director | 621-3178 |
| Rick Stephan, Safety Info Dir. | 223-3719 |
| Kim Hudson, Webmaster | 614-937-1955 |
| | Khudson4974@yahoo.com |
| Steve Gahafer, Newsletter Editor | 229-9408 |
| | sagahafer@gmail.com |

Vice President's Report

By John Geddes



Still working on the Program for September, so stay tune.

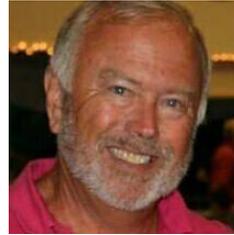
There is something I would like to talk about but I think Tracey will cover it, just sad about Jim.

Something else on my mind - It's time to be thinking about if you would like to serve on the Board, so if you have any questions just ask me about it. Election are in November! 🚩



Trip Director's Report

By Doug Geddes



BELIZE 2017

This trip is about to go but there may still be room if you find you might be interested. Please contact Dan or Tracey if you are interested and make sure the resort has rooms etc. Check out the website [Belize 2017](#).



CURACAO 2018

Another great trip being offered by the dive club to one of the best looking islands in the Caribbean. This should be a great check out dive for the upcoming Africa trip for those that haven't been in the water for a while. This trip is now up on our website at [Curacao 2018](#). Check it out. It is a great place for non-divers also, so bring some friends to paradise.



AFRICA DIVE & SAFARI 2018

Yes, it is almost time to purchase your air fare for this trip that has been in the works for a year or so. If someone finds a great fare, please share it with us, so others might join you, but you need to make sure it works with the times we need to arrive in Africa. I will try and get that info out to you. We still have a room or so reserved, but if they call we will have to give it up, so if you are on the fence, please consider grabbing it before it is gone. Check the website [Africa 2018](#) 🚩

From the Treasurer

By Dan Miller



2017 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



General Meeting Minutes

A General membership meeting was held on August 8, 2017 at the Racquet Club on 3900 Crosby Road. A presentation was made by John Geddes of a DVD on a Club trip to Bonaire in 2007. The Club Pig Roast will be held on August 12th at Sherry and Mike McCann's house. See the website for directions. Please bring a dish to serve 12 people. The board will meet on August 29th at the Beaumont Public Library at 3080 Fieldstone Way at 7:30 PM.

Board of Directors Meeting Minutes

A Board meeting was held on August 29, 2017 at the Beaumont Branch Public Library. The Dale Hollow trip has been closed-out. A reminder that an Africa trip payment is due October 15th. A motion was made and passed to make a donation in Jim Freudenberger's name. Members need to consider a nomination for Club Trip Director. The board will meet on September 19th at the Beaumont Branch Public Library on Fieldstone Way at 7:30 PM.

The full Board and General meeting minutes can be read at [Click Here](#) 🚩



Safety Corner

By Rick Stephan



Remember, safe diving is fun!

Note: *This month's article is from diversalertnetwork.org. With all the heavy travel requirements for our upcoming trips: Belize, Curacao, and Africa, we need to plan for the trip as well as the diving. While this is not an all-encompassing plan, it does cover most of the bases. Even if you've made sure your equipment is well maintained, you still have to get it to the dive location. Moreover, YOU have to get there too, and remembering to remember is important. Little things like a damaged or almost expired passport can turn you back at the ticket counter of the airport the morning of departure. Not a happy thing for you if you've been looking forward to the trip for months (or in some cases over a year)!*

Like most things in this column, preparation is key. Common sense rules, but special travel considerations (like CDC alerts for certain areas) require checking and additional preparation. Talk it up with your dive buddies, we have lots of experienced folks in the BGDC. Safe travel is fundamental to get you to the dive site, where your good habits will keep you safe when diving. And, as always, remember - safe diving is fun!

DAN's Smart Guide to Travel

Know Before You Go: How to Plan Your Dive Trip

Whether you're taking a 23-hour flight to Malaysia or a 23-minute drive to the shore, all diving involves some form of travel. For this reason, DAN recognizes travel safety as a key aspect of our mission. This Smart Guide is a quick and easy reference tool to help you

prepare for your dive travel to local and international destinations.

Domestic Travel

One of the benefits of domestic travel is that it can be more spontaneous and cost efficient than international travel. Knowing how to get and stay prepared for even a short ride to the nearest coast, lake, or quarry can help make your local trips easier, safer and more enjoyable.

Get Prepared:

- Create a packing checklist based on your typical dives.
- Maintain your gear so you can grab it and go.
- Assemble a first-aid kit and a save-a-dive kit.
- Keep your relevant certifications up to date.

Before You Hit the Road:

- Research the weather, currents, and water temperatures at your destination.
- Customize your packing checklist for this specific trip.
- Check — and if necessary replenish — your first-aid kit.
- Tell someone where you are going.
- Remember to bring plenty of water and healthy snacks.

International Travel

2 Months Before Travel:

- Be sure your passport is valid at least six months following your last intended date of travel.
- Determine whether you need a tourist visa.
- Find out whether you need any vaccinations.

- Complete RSTC medical form and have copy of physician sign off if needed.

- Decide whether you want to apply for Global Entry.

1 Month Before Travel:

- Check your destination country's laws about your prescription medications.

- Acquire local currency and talk to your bank about international ATM arrangements.

- Find out if there are foreign transaction fees associated with your credit cards.

- Enroll in the Smart Traveler Enrollment Program (STEP), which connects you with the nearest U.S. Embassy or Consulate.

2 Weeks Before Travel:

- Customize your packing checklist.

- Set up a global calling plan.

- Inform your credit card companies of your intention to travel abroad.

- Make sure you have purchased or renewed your travel insurance.

1 Week Before Travel:

- Make two copies each of your passport (color copies are preferred), driver's license, credit cards, itinerary, lodging confirmation and visa (if you need one). Leave one set of copies with someone at home, and pack the second set someplace separate from the original documents.

- Contact your post office to request that they hold your mail while you're away.

- Pack everything you won't need before your trip.

24 Hours Before Travel:

- Check in to your flight, and make sure you have a seat assignment.

- Run back through your packing list again, and make a copy to help you pack for the return trip (so you won't forget your toiletries, chargers, medications, etc.).

- Notify someone of your travel plans.

Air Travel with Gear

Looking forward to invigorating days of diving is sometimes the only way to get through the headache of traveling with dive gear, which can be clumsy, cumbersome, and difficult to explain to airport security. Use the following guidelines to streamline the process.

CHECK BEFORE YOU CHECK

If you're planning to bring your gear with you, think about what you have to check and what you should bring in your carry-on to make sure you can dive immediately even if your bags don't make it. Remember also to research your airline and destination country's baggage allowances.

Items to carry on should include your regulator, dive computer, mask, and swimsuit. Other potential items to consider include your BC (especially if you are a hard to fit size), fins, and snorkel. You must check some items, such as spearguns, cutting tools, or cylinders. Of course, if you do travel with cylinders, you will need to remove the valves before they can be checked.

RENTAL GEAR

If you choose to forgo the hassle of traveling with your gear, find a dive operator that offers gear rentals. The quality of rental gear varies, so make sure you thoroughly research the dive shops at your destination. If you do choose to rent gear at your destination, you'll still want to bring a few items.

Items widely available for renting

- Regulator
- Dive Computer
- Mask
- Swimsuit

Items that may or may not be available for renting

- Masks
- Snorkels
- Fins

Specialty items to consider renting

- Cutting Tools
- Surface marker buoys
- Light

DIVE SITE REGULATIONS

Depending where you dive, rules differ. The site can regulate everything from what gear you can use to what hours you can dive. Before you go, ask these questions:

- Does my training match dive site requirements?

Not all dive sites allow open water recreational divers. In fact, some dive sites — such as cavern and cave diving sites — require a high level of training. Make sure you either check online or call the local dive operator to determine certification and training requirements.

- What equipment is allowed?

Some sites require you to bring special equipment such as surface marker buoys or spare air. Other locations prohibit use of certain items such as diving gloves or spearguns to protect the marine environment. Learn what is necessary and what is restricted before you pack.

- What are the site's access requirements?

Protected dive sites or sites located next to private property may require you to purchase a ticket or tag to dive. You may also find out that entry is limited to specific locations. Don't show up to a site only to be turned away. Do your research.

Good diving etiquette dictates that divers should follow the rules set in place no matter where in the world they travel. Remember that diving regulations are in place to protect your safety, the safety of the marine environment, and the local customs and laws of your travel destination.

Health Considerations

Most divers are accustomed to thinking about maintaining fitness to dive, avoiding the bends and minimizing the risks of marine life injuries. But all divers are also travelers and should be aware of travel-related medical conditions.

Dehydration:

What is it? Depletion of water and other bodily fluids. Can impair body's ability to carry out normal functions.

Why does it affect travelers? Whether traveling by car, bus, train, air, or boat, you may lack convenient access to drinking water. Air travel is particularly dehydrating because the air on planes is very dry.

What to do: Prevent dehydration by bringing one or two bottles of water in your carry-on. While traveling, check your urine. If it is dark, drink some fluids right away. If you notice extreme thirst, lack of urination, withered skin, dizziness, or confusion, refrain from diving and seek immediate medical care.

Deep Vein Thrombosis (DVT):

What is it? When blood clots form in the body's deep veins, usually in the legs. Can lead to life-threatening conditions such as pulmonary embolism or stroke.

Why does it affect travelers? Long periods of inactivity inhibit normal blood circulation.

What to do: Whether you're driving or flying, make sure to get up and stretch your legs from time to time. If you know you are at increased risk for DVT, wear compression socks and consult with your doctor about taking clot-preventatives. See DAN's online *Health & Diving* library for more information.

Foodborne Illness:

What is it? When food incubates bacteria, transmits disease from person to person or animal to human, or carries other toxins (as with poisonous fish). Can be fatal or cause life-threatening symptoms in extreme cases.

Why does it affect travelers? According to the CDC, travelers' diarrhea is the most common illness affecting travelers and may occur in up to 50 percent of international travelers. It often results from consuming improperly handled food or untreated water.

What to do: Avoid raw or undercooked meat and seafood as well as raw fruits and vegetables, untreated water and ice cubes, and any food you suspect may have been prepared in unhygienic conditions.

Vector-borne Diseases:

What are they? Illnesses transmitted by mosquitoes, ticks, fleas, and other insects. These diseases include chikungunya, dengue fever, malaria, and others.

Why do they affect travelers? They don't affect travelers per se, but rather are endemic to certain areas of the world.

What to do: Find out whether your travel destination carries a risk for vector-borne disease and take appropriate precautions, which may include vaccination, insect repellent, or avoiding certain behaviors or environments.

QUICK TIP:

Research any endemic diseases or special conditions to which you may be exposed, especially if you plan to travel internationally. These can range from malaria to heat stroke. The Centers for Disease Control and Prevention (CDC.gov) is a great resource for

comprehensive information on current alerts and common diseases in your destination.

Flying after Diving

Flying to a destination near sea level before diving poses virtually no risk. Flying after diving, however, increases decompression stress, since the pressure in an aircraft cabin is lower than ground-level atmospheric pressure. DAN recommends you follow these guidelines when traveling:

| Dive Profile | Minimum Preflight Surface Interval Suggestion |
|-------------------------------------|---|
| Single no-decompression dive | 12 hours or more |
| Multiple dives in a day | 18 hours or more |
| Multiple days of diving | 18 hours or more |
| Dives requiring decompression stops | Longer than 18 hours |

Please remember that any postdive ascent to a higher altitude – even using ground transportation – increases your decompression stress. 🚩



Bluegrass Dive Club 2017-2018 Calendar

- June 13 General Meeting
- June 27 Board Meeting

- July 11 General Meeting
- **July 22** Dale Hollow
- July 25 Board Meeting

- August 8 General Meeting
- **August 12** Annual Pig Roast
- August 29 Board Meeting

- September 12 General Meeting
- **September 23-30** Belize
- September 26 Board Meeting

- October 10 General Meeting
- October 31 Board Meeting

- November 14 General Meeting
- November 28 Board Meeting

- December TBD **Christmas Party**

- January 9 General Meeting
- January 25 Board Meeting

- February 13 General Meeting
- **February 10-17** Curacao
- February 22 Board Meeting

- March 13 General Meeting
- March 29 Board Meeting

- **June 2018 10-23** Africa



Dive Committee Members

| | |
|------------------------|-----------|
| Doug Geddes – Chairman | 621-3178 |
| Tracey Combs | 621-4066 |
| Ralph Covington | 621-3862 |
| Mike Sullivan | 266-4516 |
| Ed Sullivan | C@Meeting |
| John Geddes | 223-7926 |

