



UNDERCURRENTS

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

June 2012

Volume 42, Number 6

June's Club Meeting

Date: Tuesday, January 10
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program: Philippines

President's Message

By Tracey Combs



Hello everyone! Summer is here and it is getting hot outside and that means more local diving. Please check out the website to find some great local trips.

The website is a wonderful place to plan your future trips and remember we are on Facebook under groups, so please post your pictures to share with everyone. If you have ideas or suggestions for future trip locations; please contact one of the members of the dive trip committee. We are always open to recommendations or suggestions.

I want to say thank you again to Lisa and Jimmy Hollander for hosting the Derby Party. It was a wonderful time. I will see you at the next club meeting at the Racquet Club. Remember to invite your fellow divers or those interested in diving to attend, everyone is always welcome. 🚩

The Editor's Notes

By John Geddes



This month we have the pics from the BGDC Derby Party. A BIG THANKS to Jim and Lisa for hosting this year's party!! Down the road here we will have some pics from the Cozumel Trip and I will show some from the BVI Trip and Dale Hollow will be here before you know it. 🚩



2012 BGDC Officer's

Tracey Combs, President	621-4066
Corrine Mulberry, Vice President	913-0892
Kris Harn, Secretary	278-4246
Dan Miller, Treasurer	948-5133
Doug Geddes, Trip Director	224-3197
Rick Stephan, Safety Info Dir.	223-3719
Mike McCann, Webmaster	255-3937
John Geddes, Newsletter Editor	223-7926

Vice President's Report

By Corrine Mulberry



Philippine diving will be the focus of the June Program – presented by members Steve and Tamara Williams. (Thank you Steve and Tamara!!)

If you have diving information that you would like to present at a Club meeting (past or potential dive trip, etc.), we would love to hear from you. Please contact me so that we can put on the calendar! 913-0892 or scubagirl07@insightbb.com

We gave a hearty welcome to **James Graves** and **Melissa Bell** who attended their first BGDC meeting last month. James (cousin to member David Graves) has advanced open water certification level and has over 300+ under his belt. He enjoys diving anywhere and wishes he were doing more. We hope to see James on the Morehead City, North Carolina Dive Trip. Melissa (friends with Rubeks) has 2 divers in her family – herself and her 15 year old daughter. Melissa's last dive trip was in Cozumel and she is interested in diving in the "ocean, mud puddles, where ever". In addition to diving, Melissa is a motorcyclist, an active Mom and an avid pet owner. We hope to see James and Melissa again soon!

We still have baseball-style caps available for \$12.00 each. The caps are adjustable, canvas type of material, tan color with the BGDC logo and name embroidered on the front. 🚩



Trip Director's Report

By Doug Geddes

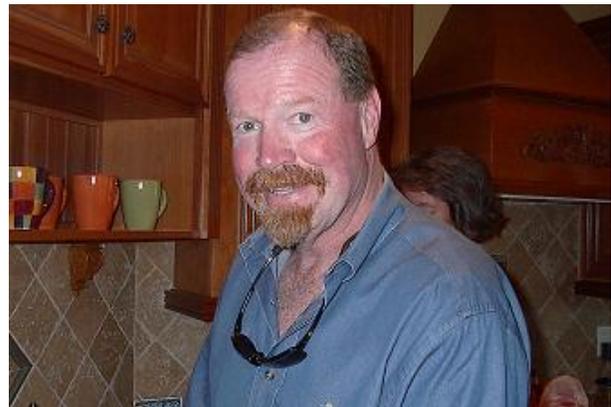


COZUMEL 2012

Thirteen of our members will be heading out soon for this great dive trip. This will be an awesome trip for those that are going. I hope someone will be taking lots of pictures to share with the club. Please keep them all in your prayers as they take this journey.

NORTH CAROLINA 2012

We still have room for more people to join the others for this weekend trip, but I need to know real soon if you want to go. I need to release the extra places we have reserved on the Olympus dive boat if we don't hear from you soon. This diving can be some of the best or some of the worst depending on the weather. If good weather, the viz is awesome and the wrecks are covered with large fish and "sharks". Please consider going on this trip and get in your reservation and deposit as soon as you can.



MYSTERY TRIP 2012

Still a mystery, but we are looking at several places. One of them is in Costa Rica with a pretty good deal. The big issue is the viz. It can be good or it can be bad. Either way, we will have plenty to do there. Just keep your October open for this trip wherever it may be?? 🚩

Dale Hollow Lake

By Corrine Mulberry



July 14-15th, 2012

The deadline for signing up for the Dale Hollow Lake dive/eat/swim/float-around-in-the-lake trip is right around the corner

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.

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. 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 today. 🚩

From the Treasurer

By Dan Miller



2012 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 / 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 Kris Harn



April 24, 2012
Board Meeting

Meeting called to order at 7:45pm. Tracey, Corrine, Kris, Doug, Rick, Dan, & John in attendance. Dan presented Treasurer's report. Corrine announced that May regular meeting DVD will be Philippines Part 2. Corrine stated that roster will be updated soon and ads about the dive club are in Lex Go and Tops. John needs newsletter articles by April 26th. Doug reviewed upcoming trips. Tracey finalized what board members will be bringing to Derby party. Dive committee meeting will be held next Tuesday at 6:30. Board meeting adjourned at 8:55pm.



May 8, 2012
Regular Meeting

Meeting started at 7:30pm. 34 people were in attendance. Tracey talked about Derby party. Dan gave Treasurer's report. Corrine announced guest: Melissa Bell and James Graves. Corrine announced the updating of Family membership records and BGDC hats for sale. Doug went over upcoming trips. Tom Shropshire talked about Off the Wall Divers. John announced that newsletter is out. Rick went over Drift diving article. Corrine gave out door prizes. Meeting ended with DVD on Philippines Part 2. 🚩

Safety Corner

By Rick Stephan



Note: *This month, we get out of the water for the Safety Corner. As the calendar turns over into the warmer months, more of us will be outside, enjoying the sunshine and fresh air. Well, that warm feeling we get might just be the start of sunburn. We have been inundated with articles about the danger of UV rays, and recent news stories look at people who over-tan as being just short of being hauled off to the asylum. But maybe we need to look at this a little more objectively. This article is from traveldoctor.co.uk.*

How long does it take before you start to burn? Not long... and it depends on your risk factors. So even if you just spend your short surface interval soaking up the sun and out-gassing, you may end up being uncomfortable the next day or at worst, not being able to dive at all due to your sunburn.

Be sensible about your exposure. When you travel to sunny climes for your dive trip, you will be experiencing a much more intense sun than at your home and very likely (especially if you go on a winter trip) you've not had much sun recently. Getting rid of those pale legs is not worth damaging your skin or risking melanoma. Use sunblock liberally and re-apply after each dive. Use a broad brim hat and sunglasses – especially on the water, where the rays get multiplied. You may even want to leave your dive skin on between dives.



Safety Corner Cont.

If you snorkel, remember the UV rays will still burn you in the water, even though you don't feel the heat. Remember to apply the sunblock behind your knees (a bad personal memory on a Hawaiian trip for me!). If you are follically challenged, you might want to invest in a doo rag to prevent sunburning the noggin.

If you do get a sunburn, take proper care of it – don't just have another pina colada and tough it out. If you develop blisters, you may want to consider skipping a few dives. Your sunburned skin will make you chill down quickly in water, so consider wearing a bit more of an exposure suit, which will also help alleviate chafing from your BC straps on sensitive skin.

Again, use good sense. For those of you who care about the environment, you may want to explore finding biodegradable sunblock to use while diving. We certainly don't need any more chemicals affecting the reefs.



Remember, safe diving is fun!

Exposure to the Sun

Everybody seems to like sunny weather. Sunlight is a source of natural light and energy. It is good for our general health, has healing properties and produces a feel good factor.

Although sunbathing may be enjoyable it must always be remembered that excessive exposure to the sun's rays is a health hazard due to the harmful effects of ultraviolet radiation on the skin.

The sun emits two kinds of ultraviolet rays:

- **UVA** - which penetrate deeply into the skin and can trigger allergies and cause premature aging and wrinkling.
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- **UVB** - these affect the upper layers of the skin and trigger the production of melanin which causes tanning. Too much causes burning, freckling and thickening of the skin. They can also cause skin cancers.

They are both present when the sun shines and can both penetrate through clouds. Sun damage can also occur when sunlight is 'reflected' from water, sand or snow.

Sunburn often affects skiers, climbers and trekkers at high altitude where the intensity of the light increases by stealth. The higher the altitude, the more concentrated the sun's UV rays. Each 300 meter gain in altitude adds 4% to the sun's intensity.



The sun's rays can also penetrate through water and are effectively magnified. In shallow water the rays can reflect off a sandy bottom. Being underwater can therefore be deceptive due to the cooling effect of the water.

Snorkelers should always wear a tee shirt or similar to prevent the sun burning their backs. Scuba divers are not normally at risk due to their protective clothing and they are often too deep for harmful UV penetration.



Sunburn when it occurs is a major cause of distress to travelers and can have long-term

Safety Corner Cont.

effects including skin cancer and premature skin ageing. Over exposure to the sun can also dehydrate the skin.

Remember Sunburn is always preventable.

Vulnerable Groups include:-

- Fair skinned people who very often have red or white hair and blue eyes.
- Those persons with certain medical conditions such as albinism, lots of moles or a previous skin cancer.
- Those on certain medications such as tetracyclines or diuretics.
- People with certain skin conditions such as psoriasis, eczema and vitiligo need to take special care when they are in the sun.
- The elderly, babies and young children are particularly sensitive.

General Precautions

Everyone should avoid the midday sun, usually from noon until 2pm (3pm in the tropics).

Adults should wear a broad brimmed hat, long sleeved shirts and sunglasses. Children should wear long sleeved shirts, hats and high-factor waterproof sunscreen. Babies under 9 months should be kept out of direct sunlight.



Never lie in the sun to dry off after swimming, the skin will burn in a matter of minutes.

High altitude climbers etc. should wear a hat with a neck cover and sunglasses with nose shields and blinker side pieces.

Wear cotton fabrics next to the skin, they are cooler. Avoid loose weave fabrics that allow penetration of the sun's rays.



Sun Factor Preparations

Sun factor preparations work by reducing or blocking the effects of sunlight allowing a person to stay in the sun longer. Everyone who intends exposing themselves to direct sunlight should consider using a preparation with an appropriate Sun Protection Factor.

These absorb ultraviolet B (UVB) and to a lesser extent ultraviolet A (UVA).

The Sun Protection Factor (SPF) refers to the protection against UVB and will be marked on the outside of the container. Factors range from 2 to as high as 50.

With no protection, most people's skin will start to burn after 10 minutes exposure to the sun. The sun protection factor allows you sunbathe longer in safety without burning e.g. An SPF 8 allows approximately 8 times longer sun exposure, an SPF 15 allows 15 times longer etc.

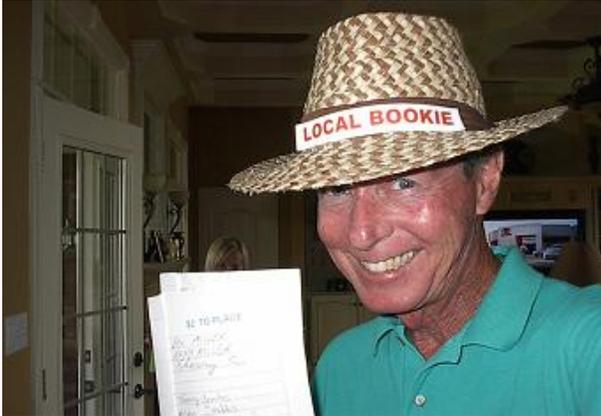
There is now a star system denoting UVA protection where more stars indicates greater protection. (1 star lowest, 4 stars highest).



Safety Corner Cont.

Always re-apply preparations after swimming, even if they are waterproof. The effectiveness of the protection will always decrease after immersion in water.

N.B. The re-application of a given factor does NOT mean that the protection time is doubled.



Sun Block Preparations

These preparations are based on zinc oxide or titanium dioxide and are applied thickly to particularly sensitive areas like the lips and nose. They block out the sun's harmful rays by forming a reflective barrier.

They are particularly useful for persons going to high altitude where the rays are more intense, and are also popular with certain sports people such as cricketers who spend long periods in the sun.

Treatment of sunburn

- Get the person out of the sun.
- Cool the skin where possible with cold running water, a cold shower or immersion in a cool to lukewarm bath.
- Avoid direct pressure to the burnt area.
- Give pain killers.
- Apply calamine lotion, witch hazel or a proprietary after sun lotion. After sun is very effective at cooling, calming and moisturizing the skin, it will also help to prevent peeling.

Hyperthermia

This condition occurs when the body is unable to cool its core temperature sufficiently and overheats. It is manifest in two distinct ways:- Heat Exhaustion - Heat Stroke

These are both the result of hot weather or working in hot conditions. Heat stroke can be fatal and is often the result of heat exhaustion.

Heat exhaustion is characterized by:

- Headache dizziness and nausea
- Cramps in the limbs and/or abdomen
- Profuse sweating with pale, clammy skin
- Rapid, weak breathing and pulse

When someone is suffering from heat exhaustion, try to cool them down by removing them from direct sunlight into the shade. Lie them down and apply lukewarm (not cold) water with a sponge or similar. They should be encouraged to drink as much rehydration solution as they can take. Allow them to rest until they fully recover, monitoring closely for any signs of deterioration.



Heat stroke is a serious condition caused by failure of the body's natural thermostat resulting in an inability to cool itself down by normal means. It usually occurs as a result of exposure to very hot surroundings. The onset can be sudden, resulting in unconsciousness in a matter of minutes. Medical assistance should be sought as soon as possible.

Safety Corner Cont.

The main signs of heat stroke are:

- Headache, dizziness, confusion & restlessness
- Hot, flushed, dry skin due to failure of sweating mechanism
- Full, bounding pulse
- Body temperature above 40C
- Rapid deterioration in the level of response

When heat stroke occurs the main priority is to cool the patient down as quickly as possible but never use ice or very cold water to avoid thermal shock which could kill them.



Remove the patient from any heat source and wrap them in a cool, wet sheet and keep them well ventilated. Make sure the sheet remains wet. Monitor closely for signs of cardio-respiratory failure and be prepared to resuscitate if necessary. When the temperature drops below 38C the wet sheet can be removed but if their temperature begins to rise again, replace it and continue as before. 🚩



Bluegrass Dive Club 2012 Calendar

June

- 12, Tuesday Dive Club Meeting
- 16, Cozumel Dive Trip
- 26, Tuesday Board Meeting



July

- 10, Tuesday Dive Club Meeting
- 14-15, Dale Hollow Lake
- 24, Tuesday Board Meeting



August

- 14, Tuesday Dive Club Meeting
- 18, Saturday Club Pig Roast
- 28, Tuesday Board Meeting

September

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