



UNDERCURRENTS

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

February 2015

Volume 45, Number 2

February's Club Meeting

Date: Tuesday, February 10th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: 2012 Philippines trip video

President's Message

By Tracey Combs



The cold winter days and snow covered roads that we are experiencing are great reminders that we need to go diving!! A group of 14 BGDC divers will be traveling to Dominica in February to enjoy the warm waters and white sandy beaches. We wish them safe travels and lots of fun on their trip. Be sure to check out our dive calendar to see when you can escape with BGDC.

I hope to see everyone at our regular meeting on February 10th. If you have ideas regarding future trips or want to share information regarding one of your past trips, please contact Doug Geddes or a member of the Dive Committee. We are always open to where our members want to travel .

Happy Valentine's Day. 🚩

The Editor's Notes

By Bart Bertetto



Hi everyone. Well this is my first newsletter unassisted....so far so good. I have also been to a few board meetings and the annual budget meeting. I have to say I was impressed with the effectiveness and dedication of our board members. Their efforts really make the club run as good as it does, much to the enjoyment and fun for us all. Pictures this month include a smattering of shots from Grand Cayman. Cheers. 🚩

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:

February 2015 Program: February's Program will get us geared up for the 2016 dive trip to the Philippines. We have a great video from the 2012 Philippines trip that will give us a pre-view of this adventure!

May 2015 Swap Shop: We will have an old fashioned dive gear Swap Shop for our May Program. Go through your dive gear and set aside stuff you aren't using or don't need (new or used) and bring it to the May meeting to barter or sell.

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:

A hearty shout-out of "WELCOME" to new member, **Nils Whittle**. Nils resides in Merritt Island Florida and will be joining the fun on the Dominica trip!! Welcome Nils! (Nils- Mike Sullivan will bring the BGDC license plate and sticker to you in Dominica. Thanks Mike) 🚩



Trip Director's Report

By Doug Geddes



DOMINICA 2015 Feb 7-14

By the time you are reading this article, 14 of your fellow dive club members will be diving in the best location in the Caribbean. Hopefully someone will capture the beauty of this great island and its underwater scenery and will be able to share it with the club. Please keep all of us in your prayers as we travel to and from this beautiful island paradise. Sorry you couldn't have come with us on this one, but we still have a couple more for this year that you can join.

MYSTERY TRIP 2015

Yes it is still a mystery and might remain so for quite a while. As usual it should be in Sept-Oct time frame. Please keep your vacation time open for this one. It should be a good one.

PHILIPPINES 2016 Jan 23 - Feb 6

The website and reservation form should be up for this trip by the time you read this article. I apologize for taking so long to get it to Mike to be put on the web, but the dates have been out there for months, so you should have a good idea now if you are going to go. We have room for around 18 or so persons. This was and is still one of my favorite dive locations that I have dove in the last 40 years. The diversity of fish critters is the best I have seen in one location. Maybe not large fish, but the small critters are awesome. There will a DVD shown at the meeting that I took in 2012. Some of you have seen it, but it does show the best of the islands and people who went with us on this awesome trip. Go check out the website and sign up, this will be another great adventure. 🚩

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



BGDC General Membership Meeting January 13, 2015

The meeting was called to order at 7:41 PM. There were 16 members present. Tracey informed everyone about the new BGDC stickers that she hoped would be ready by the next monthly meeting. Tracey briefly discussed the plan to offer members different apparel with the BGDC logo and lettering: i.e., polo shirts, jackets, hoodies, and even Polartec type shirts. She hopes to have some of these options available by next meeting. Tracey pointed-out that the Annual Club Budget Meeting was held on Sunday, January 11, 2015 and the Club came-in under budget for 2014.

Dan reviewed the November Treasurer's Report and the December Treasurer's Report. Dan also indicated that the Final Payment has been made to Dominica. A reminder that 2015 Club dues are now payable.

Corrine announced a new member, Nils Whittle of Merritt Island, Florida will be joining the group going to Dominica in February.

Doug has finalized the Dominica trip in February. There are currently 14 people signed-up for the trip.

The Philippines trip is in January 2016 and the price is approximately \$2,500 for the two weeks. As an option, members can sign-up for one week. The Philippines trip is not yet on the website but the trip has been booked with UDT.

Doug is still looking for a Mystery Trip location.

Corrine reviewed the Costa Rica trip scheduled for June 6-13 of 2015 and Dale Hollow trip scheduled for July 18-19 of 2015.

Rick spoke briefly about the safety article on buoyancy and the importance on establishing it early on each new dive location.

Maryanne O'Canina, and Ed Sullivan won the monthly door prizes.

Tracey thanked John Geddes for 10 years service as the Club Newsletter Editor and the members present enjoyed a cake made for John's long and dedicated tenure as Newsletter Editor. We hope that John will continue to be involved with the Club. Tracey also welcomed Bart Bertetto as the new Club Newsletter Editor.

Corrine gave a slide presentation on the Costa Rica trip scheduled for June 2015.

The meeting was adjourned at 8:51 PM.

BGDC Board Meeting January 27, 2015

Meeting called to order at 7:34 pm
Attendees: Tracey Combs, Rick Stephens, Corrine Mulberry, Doug Geddes, Dan Miller, Mike Sullivan, and Bart Bertetto

Agenda approval: Doug Geddes

Treasurer: Dan submitted the Treasurer's Report as of 27 January 2015. Various items on the Treasurer's Report have been zeroed on the Treasurer's Report for 2014 and carried over to 2015 for accounting purposes. Dan pointed-out that the Board approved the Club budget for 2015.

Vice President: Nils Whittle of Merritt Island, Florida has joined as a new member and will be going on the Dominica trip. The February program will be a DVD of the Club trip to Philippines trip of 2012, March program will be by Dale Schermer on the personal effects of DCS, April program on Dominica trip, and the May program is a planned Swap Shop of dive gear and equipment, and the June program will be a burger and hotdog cookout. Corrine indicated there are 5 people signed-up for the Costa Rica trip, and 4 more definitely interested in the Costa Rica trip. March 1, 2015 is the date for Final Payment, and May 1, 2015 for room assignments for the Costa Rica trip. She is working on a new

membership list update and will have a separate meeting with Tracey and Dan.

Secretary: Mike will provide the Board with an updated Club Retention Status update at the February Board meeting.

Trip Director: Doug has the vouchers for the Dominica trip. T-shirts will be ready on February 4th. Doug made a motion to accept the trip proposal for the Dale Hollow weekend.

Webmaster: Mike is currently working on the Club taxes. He is working with Doug on a web page for the 2016 Philippines trip.

Safety: Rick has arranged for Dale Schermer to present the program in March on Dive Compression Sickness (DCS).

Newsletter: Articles are due to Bart on Friday, January 30, 2015.

President: Tracey has the new bumper stickers for the members. She pointed-out that the Club will pay the \$125 rental fee for the June cookout and will only charge members \$3 for the burgers and hotdogs.

The meeting was adjourned at 8:39 pm. 🚩



Costa Rica

By Corrine Mulberry



June 6-13, 2015



Villa Sol Resort, Guanacaste Region

The Planning Committee has put together a great, economical, land & water-based Costa Rica trip for June 2015. This trip involves 2 resorts – 2 nites at the Arneal Volcano area and 5 nites at the pacific coast Villa Sol. Mark your calendar and complete the reservation form to secure your spot on this fabulous trip.

- Standard Room -Diver \$1,243.00/Non-diver \$988.00 (double occupancy)
- 2 night accommodations with **2 breakfasts** at Volcano Lodge in the Arneal Volcano area
- 5 night accommodations at Villa Sol – **all inclusive with breakfast, lunch, dinner, snacks, alcoholic and non-alcoholic drinks.**
- Three 2-tank boat dives (Additional dives to Bat Island or Catalinas or other destinations are available.)
- Many land-based activities ziplining, horseback riding, day pass to Hot Springs for massages, relaxation and ultimate pampering, canyoneering, hanging bridge tour, jungle boat tour, etc.
- Includes 3 group transfers - from Liberia Airport to Volcano Lodge;

Volcano Lodge to Villas Sol (**with lunch**) and Villas Sol to Liberia Airport



Bill Beard's Costa Rica (our vendor)



Water Fall/Mud Bath-optional



Neat Critters!

Dale Hollow Lake

July 18th & 19th, 2015



The Bluegrass Dive Club's Board has approved our local summer dive trip – Dale Hollow Lake the weekend of July 18-19th. Go ahead and mark your calendars now and make campground, cabin or state park lodge reservations for this fun-filled summer trip. \$20.00 per person per day gets you on the Pontoon boat. More details to follow in future newsletters and on our website. If you are not familiar with this trip, give me a shout and I'll be glad to fill you in! (mulberryc1@gmail.com) 🚩

Safety Corner

By Rick Stephan



Note: This month's article is from medicinenet.com. With the coming trip to Dominica, many BGDC travelers will be experiencing differing forms of travel, including big and small planes, cars and buses, as well as dive boats. Any of these

conveyances can cause that uncomfortable feeling known as motion sickness. While some folks never get this (lucky stiffs!) others can get it just hearing about a rough trip (right, Doug?).

Even those who are normally immune can get it (I know from first-hand experience) and it is something worth avoiding, to make your trip as fun and safe as possible. Most of the suggestions in this article are "general interest" tips – good for any kind of travel. I've added some comments in italics to make it a little more dive focused.

Read on then, and be prepared to make yourself less vulnerable to this malady. And of course, remember, safe diving is fun!

10 Tips to Prevent Motion Sickness

Motion sickness, sometimes referred to as sea sickness or car sickness, is a very common disturbance of the inner ear that is caused by repeated motion. In addition to sea travel, motion sickness can develop from the movement of a car or from turbulence in an airplane. The symptoms of motion sickness are [nausea](#), [vomiting](#), [dizziness](#), sweating, and a sense of feeling unwell. These symptoms arise from the inner ear (labyrinth) due to changes in one's sense of balance and equilibrium.

While it may be impossible to prevent all cases of motion sickness, the following tips can help you prevent or lessen the severity of motion sickness:

1. Watch your consumption of foods, drinks, and alcohol before and during travel. Avoid excessive alcohol and foods or liquids that "do not agree with you" or make you feel unusually full. Heavy, spicy, or fat-rich foods may worsen motion sickness in some people. *(And make it worse for your fellow travelers!)*
2. Avoiding strong food odors may also help prevent nausea. *(I remember a check-out dive I helped with one time where a clever divemaster brought out some dill pickles. Needless to say, the novice divers (after their dive,*

thankfully) turned as green as the pickles!)

3. Try to choose a seat where you will experience the least motion. The middle of an airplane over the wing is the calmest area of an airplane. On a ship, those in lower level cabins near the center of a ship generally experience less motion than passengers in higher or outer cabins.
4. Do not sit facing backwards from your direction of travel.
5. Sit in the front seat of a car.
6. Do not read while traveling if you are prone to motion sickness.
7. When traveling by car or boat, it can sometimes help to keep your gaze fixed on the horizon or on a fixed point.
8. Open a vent or source of fresh air if possible. *(And try to stay away from the diesel fumes of the dive boat. Our last trip to Roatan taught us this is not always possible, but try!)*
9. Isolate yourself from others who may be suffering from motion sickness. Hearing others talk about motion sickness or seeing others becoming ill can sometimes make you feel ill yourself.
10. The over-the-counter medication meclizine (Bonine, Antivert, Dramamine) can be a very effective preventive measure for short trips or for mild cases of motion sickness. Your doctor also may choose to prescribe medications for longer trips or if you repeatedly develop severe motion sickness. One example of a prescription medication is a patch containing scopolamine (Transderm-Scop) that often is effective in preventing motion sickness. Remember that scopolamine can cause drowsiness and has other side effects, and its use should be discussed with your physician prior to your trip. ***(Important note: make sure you discuss with buddy the fact that you will be diving with the medicine.***

Scopolamine is so potent it is absorbed through the skin, so the dosage may vary, especially with much exposure to the water. Make sure your first dives with the medicine are closely observed by you and your buddy, so if you start acting oddly underwater, your buddy will understand, and help you abort the dive.) 🚩

Remember, safe diving is fun!



Bluegrass Dive Club 2015 Calendar

February

7-14, **Dominica Dive Trip**
 10, Tuesday Dive Club Meeting
 24, Tuesday Board Meeting

March

10, Tuesday Dive Club Meeting
 31, Tuesday Board Meeting

April

14, Tuesday Dive Club Meeting
 28, Tuesday Board Meeting

May

2, **Saturday Club's Derby Party**
 12, Tuesday Dive Club Meeting
 26, Tuesday Board Meeting

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

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