



# UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / [www.bluegrassdiveclub.com](http://www.bluegrassdiveclub.com)

October 2018

Volume 48, Number 10

## October's Club Meeting

- Date:** Tuesday, October 9th
- Time:** 7:30-PM (business)  
Social at 7
- Location:** **Urban Squirrel Storage**  
**203 Lisle Industrial Ave**
- Program:** Barbados by Dan Miller

## President's Message

*By Tracey Combs*



Happy Fall! As our temperatures drop with our leaves, it is time to plan that winter getaway. What better way to enjoy the cold months ahead than to plan and prepare for a warm and sunny dive trip. Check the calendar and watch your emails for information on upcoming trips.

If you have ideas for destinations, please contact one of the trip committee members or Steve Gahafer with information. If you have been somewhere wonderful or have a location on your bucket list, please feel free to share. Contact Mike Sullivan if you would like to present a video or have a location of interest at the general meeting.

Our general election will be held at the November meeting. If you are interested in serving on the Board, please do not hesitate to contact Mike Sullivan. There are a few Board Members that will not be returning next year to serve.

Our next general meeting is Tuesday, October 9 at the Urban Squirrel. You do not have to be a member to attend. Details are on the website. Everyone is welcome! 🚩

## The Editor's Notes

*By John Geddes*



We hope this months Newsletter will get out a little better than last months.

This month will finish up some pics leftover from the Pig Roast. And as always, some of your pics could be used for the Newsletter. 🚩

## 2018 BGDC Officer's

Tracey Combs, President	621-4066
Mike Sullivan, Vice President	327-8906
Kris Harn, Secretary	333-6911
Dan Miller, Treasurer	948-5133
Steve Gahafer, Trip Director	229-9408
Rick Stephan, Safety Info Dir.	223-3719
Alex Fassas, Webmaster	582-1600
John Geddes, Newsletter Editor	608-0682

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## Vice President's Report

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By Mike Sullivan



With the Club trip being planned for February, a program of Barbados will be made by Dan Miller at the October meeting. 🚩



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## From The Secretary

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By Kris Harn



9-11-18  
General Membership Meeting

A general membership meeting was held on 9-11-18 at the Urban Squirrel. 13 people were in attendance. No presentation at this meeting.

9-25-18  
Board of Directors Meeting

A board of directors meeting was held o 9-25-18 at Beaumont Branch Public Library. Reviewed reports, trips, new and finished business. 🚩

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## From the Treasurer

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By Dan Miller



### 2018 Membership Dues

Student (High School or College ID) ..\$10.00  
New Diver (First year only).....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](#). 🚩



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## Trip Director's Report

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By Steve Gahafer



### Little Cayman

This should be a great trip with valet diving at your service. If you have never been to Little Cayman now is your chance to go. The dates are May 25<sup>th</sup> – June 1<sup>st</sup>.

You can find out more about this trip on the web site at [Little Cayman 2019](#). If you have any questions please email me.



We are headed to Barbados next year February 22<sup>nd</sup> – March 1<sup>st</sup>. We will be staying at the Coconut Court Hotel Barbados. Barbados is a great place to visit and not just for the diving. There is plenty to do for non-divers on this trip as well. Here is a link of a few touristy [things to do](#) while not diving.

Go to our web page [Barbados 2019](#) to get all the details. If you have any questions please email me.



### Papua New Guinea

After teasing everyone for a month or so, the Board has approved this once in a lifetime trip the Papua New Guinea (PNG).

This trip will be one that people will be taking about for a long time.

We start out at the [Rapopo Plantation Resort](#) September 4<sup>th</sup>-12<sup>th</sup> 2019. This part of the trip includes 5 days of 2 tank dives. On the last day, while letting our equipment get good and dry, we have arranged for a full day tour consisting of some of the local World War II sites. Some of the sites include Mt. Tarvurur Volcano, Admiral Yamamoto's Bunker, and the Japanese Barge Tunnel. These are just three of the several sites we will visit.

The second part of the trip is optional and starts at the end of the dive portion of the trip. It is a 5 day/4 night tour September 12<sup>th</sup> – 16<sup>th</sup> that includes two full days with VIP Passes to the [Goroka Festival](#).

We will also travel to the village of the [Asaro Mudmen](#) to spend the day with them.

Alex will be getting more details and pricing on the trip up on the web page soon so you can sign up and join us on the great trip.

We are always looking for new places to go so if you have any suggestions, let me know. 🚩

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## Safety Corner

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By Rick Stephan



**Note:** This month's article is from *crystaldive.com*, a dive operation in Thailand. Since our sun time in the Bluegrass gets dramatically reduced as we enter fall and winter, we often seek the sun and scuba as a treatment. However good that warmth feels, we need to remember that our whole dive trip could be derailed by just an hour in the tropical sunshine without proper protection.

This article also includes some interesting history (not vetted, but mostly sounds reasonable) of sun protection products. I remember going on a cruise in 1980 and, realizing that I had no "suntan lotion" (as called then), I went to the ship's store and bought the highest protection they had. It was *Bain du Soleil* – SPF 4. Naturally, I earned a minor sunburn, but we were all a bit more ignorant back then, right??

Remember that sunscreen can be damaging to reefs (as can insect repellent), so be careful in your purchasing. Sunburn can be anywhere from uncomfortable to downright dangerous, so prepare and act accordingly. Because of course -



*Safe diving is fun!*

### **Suncream and Scuba Diving**

**By Nina Horne**

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### **Slip Dlop Slap – A Koh Tao Necessity**

When taking your PADI course on Koh Tao you will hopefully enjoy the lovely sunshine

that we have most of the year round which means you will want to avoid becoming a big red lobster. Scuba diving is a very cool activity but it can lead to some unflattering tan lines and does leave you a little susceptible to getting sun burnt.

But the answer to this problem is sunscreen!

### **A Sometimes Difficult Relationship**

Love it or hate it, sunscreen is one of the best tools around for protecting yourself against the effects of the sun and against skin cancer. Sunscreen is a lotion, spray, gel or other topical product that absorbs or reflects some of the sun's ultraviolet (UV) radiation and thus helps protect against sunburn.



Skin-lightening products have sunscreen to protect lightened skin because light skin is more susceptible to sun damage than darker skin.

### **What The Numbers Mean**

Sunscreens are commonly rated and labeled with a sun protection factor (SPF) that measures the fraction of sunburn-producing UV rays that reach the skin. For example, "SPF 15" means that 1/15th of the burning radiation reaches the skin through the recommended thickness of sunscreen. Other rating systems indicate the degree of protection from non-burning UVA radiation.

### **A Brief History**

Here is a fascinating (no, it really is! Sunscreen doesn't have to be boring) look at the history of the gooey stuff through the decades.

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## Safety Corner Cont.

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### 1920s

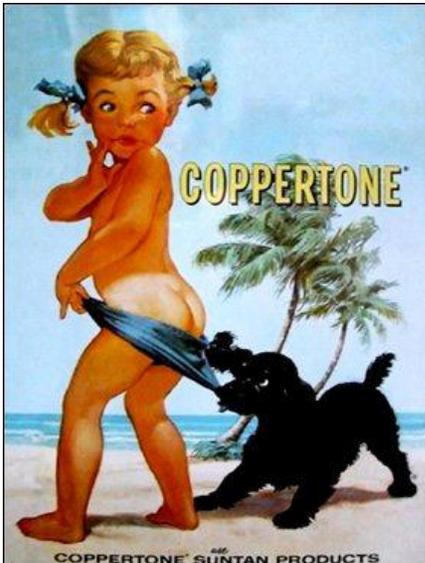
Zinc oxide, a physical sun blocker, was already being used for sun protection, and reportedly had been used for centuries for this purpose. According to the Skin Cancer Foundation, an Australian named Norman Paul made the first association between sun exposure and skin cancer in a book he published in 1918.

According to Discover, scientists learned definitively in 1928 that UVB rays caused cancer. However, the suntan was starting to become more fashionable, thanks to Coco Chanel popularizing the look during this decade. The idea of the 'healthy' tan took hold.

### 1930s

According to the New York Times, a Swiss chemistry student named Franz Greiter suffered a sunburn while mountain climbing and decided to try to invent sunscreen. The future founder of L'Oreal, Eugene Schueller, released a product called Ambre Solaire in 1935, which promised to protect you from sunburn, while not affecting your ability to tan.

### 1940s



The race to create sunscreen heats up. Greiter released a product called Gletscher Crème (Glacier Cream) for the brand Piz

Buin, which is still around today. At the same time, a pharmacist and former airman, Benjamin Green, discovered a concoction that the military had placed in life rafts to protect against sunburn, called Red Vet Pet.

According to Patty Agin, a scientist specializing in photobiology who's been working at Coppertone for 30 years, the mixture was a petrolatum-based ointment.

He added cocoa butter and everyone's favorite do-everything substance, coconut oil, into it. It eventually became Coppertone.

### 1950s

The most notable thing to happen in the 1950s was the creation of the now-iconic Little Miss Coppertone, who appeared on the brand's bottles with her puppy and her adorable little pale butt hanging out.

### 1960s

Tanning became more common than ever in the 1960s, and was popularized by French actresses like Brigitte Bardot. If you were tanned, it meant you could afford to hang out on the French Riviera. Products during this era were geared towards maximizing a tan and weren't protective.

### 1970s

The first tanning beds started appearing in the US in the latter part of the decade. Coppertone established its Solar Research Center and laid the groundwork for the first SPF (Sun Protection Factor) system, which the FDA later adopted as the standard. (The Skin Cancer Foundation notes that others were experimenting with SPF, but Coppertone was the first to label its products with an SPF designation).

According to Agin, manufacturers began to have a better understanding of how individual ingredients worked together. Homosalate and oxybenzone were the two primary sunscreen ingredients at the time.

### 1980s

Companies started introducing more specialty products, such as waterproof formulations. Scientists discovered that UVA rays were also responsible for causing cellular damage, and were probably the main culprit for wrinkles and photodamage.

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## Safety Corner Cont.

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Avobenzone, a chemical blocker, became more widely used for broad spectrum – meaning UVA and UVB – protection, but it was unstable in the sun. Christie Brinkley was the golden-skinned poster girl of the decade. (She recently mentioned at an event for her new skincare line that one of her biggest beauty regrets was tanning when she was younger.)

### 1990s

One word: Baywatch. Sunscreen technology became more advanced, and companies introduced formulations like sprays and gels that were more comfortable on the skin. Brands were also allowed to start labeling their products as UVA protective. In 1999, Baz Luhrmann released the song “Everybody’s Free to Wear Sunscreen”, which simultaneously confused and inspired everyone.

### 2000s

The FDA approved the first new sunscreen ingredient in many years, a UVA blocker called Mexoryl. Coppertone also introduced photo stabilized avobenzone, to further increase UVA protection. Micronized zinc oxide and titanium dioxide became available, which helped to eliminate the streaking usually associated with these physical blockers. Self-tanners became more popular.

### Protect The Reef!

Before going scuba diving we encourage you to apply your sun screen early, at least 1 hour before heading to the water, this ensures that the sunscreen has time to soak into the skin, thus becoming more effective sun protection and less likely to wash off into the sea and damage our beautiful reefs.



Researchers estimate that 4,000 to 6,000 metric tons of sunscreen wash off swimmers annually in oceans worldwide, and that up to 10 percent of coral reefs are threatened by sunscreen-induced coral bleaching. Four commonly found sunscreen ingredients can awaken dormant viruses in the symbiotic algae called zooxanthellae that live inside reef-building coral species. Zooxanthellae provide coral with food energy through photosynthesis and contribute to the organisms’ vibrant color. Without them, the coral “bleaches”, turns white, then dies.

### Read the Label

A product advertising itself as “reef safe” doesn’t necessarily mean what it says. Always look at ingredient lists to make sure reef-damaging substances (such as oxybenzone, butylparaben, octinoxate and 4-methylbenzylidene camphor, all of which have been shown to cause coral bleaching even at low levels) aren’t included. Luckily, as more and more people fight to conserve and protect our world’s oceans and coral reefs; reef friendly sunscreen is become more widely available and affordable.

### Wranger

As a Ginger myself I am no stranger to the effects of sunburn, I have literally been every shade of pink and red that you could possibly think of while being a PADI instructor living here in the tropical paradise of Koh Tao. Sun protection has become an integral part of my life! Or forever will I be doomed to be a Lobster girl! 🚩

# Bluegrass Dive Club 2018 Calendar

## October

9, Tuesday Dive Club Meeting  
30, Tuesday Board Meeting



## November

13, Tuesday Dive Club Meeting  
27, Tuesday Board Meeting



## December

TBA, Saturday Club Christmas Party



## Dive Committee Members

Steve Gahafer – Chairman	229-9408
Tracey Combs	621-4066
Ralph Covington	621-3862
Mike Sullivan	266-4516
John Geddes	608-0682

If you would like to be on the Dive Committee, contact Steve Gahafer, 229-9408

