



[www.bluegrassdiveclub.com](http://www.bluegrassdiveclub.com)

## September's Club Meeting

**Date:** Tuesday, September 9<sup>th</sup>  
**Time:** 7:30-PM (business)  
 Social time to follow  
**Location:** The Racquet Club  
 3900 Crosby Rd.

**Program:** Safety issues for scuba diving have proven to be a popular topic of discussion. Open discussions on safety are to be conducted at this meeting.



## Our President Speaks...

I am excited about the new and returning members we have attend the club meeting each month. Kit has informed me that our membership includes 125 adults, not including children of family members. September's meeting will include presentations on dive safety from Rick our Safety officer and trip insurance that we feel is worthwhile to check out. Mike, our Webmaster is presenting info on new links from our website. We will have several great door prizes and a video on Little Cayman diving after the business meeting. Carol will also make a presentation on a dive club challenge for fitness.

If you are interested in speaking at our meetings about any dive or marine related subject please contact an EC member.

Hope to see you Tuesday the 9th.

Mark

## ... Good News ... Dive Club Membership Changes

The EC has decided to simplify the dive club memberships dues. The \$35.00 membership is being REDUCED down to \$30.00. Here is the new membership dues structure:

Student (currently enrolled)	= \$10.00
Single/Family with 0 or 1 diver	= \$30.00
Family with 2 or more divers	= \$40.00

## Welcoming New Members

The dive club has had an excellent year to date with gaining new members.....and....also welcoming back "former" members. Included are:

Matt Broughton	Lexington, KY
Melissa Burch	Lexington, KY
Larry & Sandra Byrd	Carrolton, KY
Jeff Corbett	Lexington, KY
Jim & Dana Cunningham	Winchester, KY
Walter & Atha Dickenson	Nicholasville, KY
Harry & Linda Dickerson	Georgetown, KY
Rick Fontaine	Lexington, KY
Marlene Goffinet	Lexington, KY
Mike Hammerly	Lexington, KY
Sid Haney	Lexington, KY
Bill & Judy Henghold	Port St. Lucie, FL
Dennis & Rebecca Johnson	Lexington, KY
Jerry McCann	Peoria, IL
Roger Monnin	Lexington, KY
Mike Nieland	Lexington, KY
Sharon Palmisano	Lexington, KY
Anna Smothers	Nicholasville, KY
Elisabeth Taylor	Lexington, KY
Scott & Josh Thomson	Keene, KY
Lynn & John Walters	Richmond, KY
Corrine Wells	Lexington, KY
Norman & Janet Williams	Nicholasville, KY
Sidney Yarbrough	Lexington, KY

Again...WELCOME to the club!!!!

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## North Carolina Trip Cancelled

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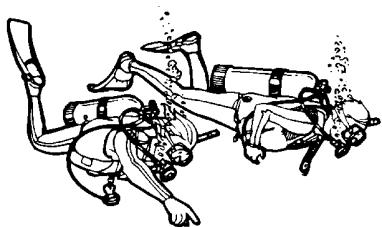
Due to a lack of expressed interest, plans for this trip have been cancelled.

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## Houseboat Weekend Plans Cancelled

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There have been discussions held recently at club meetings concerning a possible weekend outing aboard a houseboat on Lake Cumberland. It has been determined that there were not enough interested responses to warrant following through with plans.



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## NewDiver.Com

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*By Kit Hudson*

One thing I remember as a new diver was "how do I find out about...". Here is a website, presented to us by Rodale's, that helps in answers some of these daunting questions:

**<http://www.newdiver.com>**

Here you'll find discussion on:

- Learn To Dive FAQs
- Your 1<sup>st</sup> set of gear
- Training and safety
- Travel for the new diver
- *NewDiver* forum - Ask an expert or other divers, or just browse an existing discussion. There are some very knowledgeable divers that participate in this arena.

There's also "Tip Of The Day".

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## 2003 DEMA Show In Miami Beach

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Advertised as "*Poised to be the most dynamic and exciting Show in recent history*".

What is DEMA?

Dive Equipment & Marketing Association

What is the DEMA Show?

The number one scuba industry **trade show** in the world.

When is DEMA?

Oct. 8-11, 2003

Where is the DEMA show?

Miami Beach, Florida

DEMA Show '03 offers over 400 hours of exhibitor sponsored seminars.

DEMA Show '03 brings you over 800 exhibits & more! New products showcase!!! Here's some of what's included:

- Diving, snorkeling and ocean sports gear
- Equipment and accessories
- Regulators and breathing apparatus
- Underwater communications equipment
- Underwater lights
- Underwater vehicles
- Air station equipment
- Cylinders and valves
- Dive and ocean sports apparel and swimwear
- Sports and lifestyle apparel
- Paddle sports equipment
- Windsurfing equipment
- Suncare products
- Support products and services
- Boats and marine products
- Computers and software products
- Retail aids and equipment
- Merchandising and POP displays
- Scuba tour operators and boat operators
- Dive and adventure travel destinations
- Travel accessories
- Hotels & resorts
- Dive training & instructional materials
- Airlines and charter services
- Safety and research organizations
- Underwater photography & videography
- Metal detectors
- Ocean/underwater themed artwork & jewelry
- Diving publications & media organizations
- Small business products & services
- Financial services & planning

Interested in attending? For information, contact:

Mark: 266-2276, mark.kidd @ insightbb.com

Kit : 873-4973, kithuds @ iglou.com

Additional information: [www.demashow.com](http://www.demashow.com)

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## 2004 Little Cayman Trip

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By Doug Geddes

**Note:** Anyone that plans to use their own flight arrangements into Grand Cayman.....PLEASE email Doug

**diverboy51 @ aol . com**

with your flight information. This is **VERY NECESSARY** for planning the flights to/from Little Cayman.

**Trip Dates** Feb. 28-Mar. 6, 2004

**Airfare**

Lex. to/from Grand Cayman (round trip) \$ 674.00  
Grand Cay. to/from Little Cay. (round trip) \$ 170.25

**Accommodations** Little Cayman Beach Resort

**Meals (Included in Pkg.)** 3-meals a day.

**Package Price**

Diver in a non-oceanview room = \$ 1,405.00 per person  
(based on double occupancy)  
Non-Diver in a non-oceanview room = \$ 926.00 per person  
(based on double occupancy)  
Diver in a oceanview room = \$ 1,705.00 per person  
(based on double occupancy)  
Non-Diver in a oceanview room = \$ 1,226.00 per person  
(based on double occupancy)  
If single occupancy is desired, contact Doug

**Dive Package** 17 total dives for the week

A deposit of \$100 per person is required to reserve your space and is being accepted at this time.

**Payment Schedule**

Dec. 12, 2003 = Accumulated total of \$500.00  
Jan. 1, 2004 = Balance due (final payment)

**Questions** Doug Geddes - 224-3197  
Email = diverboy51@aol.com

**Deposits** Kit Hudson - 873-4974  
Email - kithuds @ iglou.com



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## 2004 Cozumel Trip

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By Doug Geddes

Plans are coming together for a "Spring Break" trip in 2004 to Cozumel. Details to be release very soon.

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## 2005 Truk Liveaboard & Yap

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By Doug Geddes

2005 sounds like a long ways out, but actually it's LESS THAN 18 months away. And the liveaboards for the more desirable dive destinations fill up quickly as you approach a year out. Truk Lagoon has the reputation of being the #1 dive destination in the world for wreck diving. For this not familiar with this area of the Pacific, it is close to Guam. And the large number of wrecks are a result of a very successful surprise attack by the US on the Japanese naval fleet during WWII. One thing to note.....Truk is also very well known for its fantastic reef diving.

We this in mind, we have the Truk Odyssey reserved:

**Feb 6-13, 2005**

And.....we are going back to Yap. Why back to Yap? Our experiences with the mantas there earlier this year was really something to behold. Whether we go to Yap before Truk or after Truk is yet to be determined.

**NOTE** There are only a total 16 available spaces on the boat. And 13 of those are already spoken for with a \$100 deposit. If interested:

Information: Doug - (859) 224-3197  
Email - diverboy51@aol.com  
Deposits: Kit - (859) 873-4974  
Email - kithuds@iglou.com

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## 2003 Club Calendar

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Sept. 9, Tuesday	Dive Club Meeting
Sept. 13-20	North Carolina club trip
Sept. 25-28	Lake Cumberland (D. Long)
Sept. 30, Tuesday	EC Meeting
Oct. 14, Tuesday	Dive Club Meeting
Oct. 28, Tuesday	EC Meeting
Nov. 11, Tuesday	Dinner Meeting (club elections)
Nov. 25, Tuesday	EC Meeting
Dec. 13, Saturday	Club Xmas Party

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## 2003 BGDC Officers & Staff

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Mark Kidd, President	266-2276
Carol Call, Vice President	253-3992
Bob Shepard, Secretary	263-0165
Kit Hudson, Treasurer	873-4974
Doug Geddes, Divemaster	224-3197
Rick Stephan, Safety Office	223-3719
Mike McCann, Webmaster	255-3937
Kit Hudson, <u>Undercurrents</u> Editor	873-4974

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## August EC Mtg. Minutes

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*By Bob Shepard*

On August 27<sup>th</sup>.... Kit gave the Treasurer's report. As of 8/26, we had an account balance of \$10,515.63 in both the unreserved and reserved funds.

44 people have signed up so far for the Little Cayman trip scheduled for next February. \$500 will need to have been paid by 12/1/03 with the balance due 12/31/03.

12 people have signed up so far for the Truk trip scheduled for 2005. \$100 deposit is required to reserve a place on the trip.

Rick Stephan talked about a new dive insurance as an alternative to Dan or PADI insurance plans. The EC voted to put a link to the insurance on our web site. Any one wanting to look at the details of the insurance and purchase it should use the dive club's web site to access it.

The dive trips to NC and the houseboat weekend have been canceled.

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## Safety Corner

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*By Rick Stephan*

*Note: Here's the conclusion of the article on drug interactions with diving. This month, there is discussion on some common types – antibiotics and diarrhea medications – and not so common ones – herbal remedies and Viagra. Remember, the first thing to do is to check with your doctor for your own situation. See last month's article for the Rules.*

## Drugs & Diving: Do They Mix? (concluded)

The dive doc's common sense guide to everyday medications and how they can affect you under water.

By Samuel Shelanski, M.D.

### Common Medications: Are They Safe?

Antibiotics  
Diarrhea and Heartburn Medicines  
Asthma Medications  
Herbal Remedies, Vitamins and Dietary Supplements  
Contraceptives and Viagra

#### Antibiotics

What are they? Antibiotics fight bacterial infection and are prescribed for a variety of conditions from urinary tract infection to pneumonia. There are hundreds of different antibiotics available today. Almost all of them are available only by prescription in the United States, but may be sold over-the-counter in other countries. Other medications that divers may be taking include those that treat fungal or yeast infections, and anti-virus medications such as those used to treat herpes or HIV.

Also in this class are drugs taken to prevent illness while traveling, such as mefloquine (Lariam), chloroquine (Aralen) and doxycycline for malaria.

Potential downside: Side effects of these drugs can include nausea or diarrhea, which can lead to dehydration, increased skin sensitivity to the sun, and particularly in the case of mefloquine, psychiatric changes. There are also the risks posed by the infection for which you are taking the drugs in the first place. Pneumonia or bronchitis can interfere with breathing, while diarrhea can contribute to dehydration, which increases the risk of getting bent.

Safe for diving? Yes, usually. Most antibiotics can be taken safely while diving. If the illness they were prescribed for doesn't prevent you from diving, then it's unlikely that the medication will.

Divers should be aware of potential side effects of antibiotics. Some, such as doxycycline, can make you sensitive to sunburn. Metronidazole (Flagyl) will make a person incredibly sick if they drink alcohol, and drugs such as erythromycin can cause an upset stomach. Have your doctor choose an antibiotic with the most manageable side effects.

Your options are limited when it comes to anti-malarial drugs. In parts of the world, malaria parasites are resistant to chloroquine, so doxycycline or mefloquine will be required. The psychiatric side effects of mefloquine, and the lack of information about how depth might make this worse, make doxycycline the drug of choice for divers--just use a high-SPF sunscreen.

Common brand names: Zithromax, Lariam, Aralen.

### Diarrhea and heartburn medicines

What are they? Medications to control the pain and burning of gastritis--commonly called heartburn—are among the most commonly prescribed medications in the United States. These include prescription-only drugs like omeprazole (Prilosec) and lansoprazole, and medicines like ranitidine (Zantac), cimetidine (Tagamet) and famotidine (Pepcid), which are available over-the-counter.

Another stomach problem that is likely to be encountered by divers is diarrhea. The medicines most often used to relieve this unpleasant condition include bismuth preparations (Pepto-Bismol), loperamide (Imodium) and diphenoxylate (Lomotil).

Potential downside: Assuming you stay well-hydrated, neither the condition or these drugs are likely to be dangerous. Lomotil is a narcotic drug related to codeine, and can make you sleepy, and some drugs--notably Zantac--have been reported to make users drowsy.

Safe for diving? Yes. The low incidence of side effects makes these medications generally safe for diving. The one exception is Lomotil, a narcotic drug that should be avoided.

Common brand names: Imodium, Pepto-Bismol, Prilosec, Zantac.

### Asthma medications

What are they? Common drugs to treat asthma include steroids, beta-agonists, and drugs that interrupt the chain of events that can precipitate an attack. Steroids, which reduce inflammation in the airways of the lung, can be taken either as prednisone pills or via an inhaler. There are currently many different inhaled steroid preparations on the market, including brand names such as Flonase, Vancenase, Azmacort and AeroBid. Beta-agonists cause the muscles of the airway to relax and are usually delivered to the lungs via an inhaler. The most commonly used beta-agonists are albuterol (Proventil, Ventolin), pirbuterol (Maxair) and salmeterol (Serevent). Other medications that are commonly used by people with asthma include ipatropium bromide (Atrovent), zafirakulast (Accolate), cromolyn sodium (Intal) and theophylline (Slo-Bid, Theo-Dur, Uniphyll).

Potential downside: While some beta-agonists can cause the heart to race, most of these drugs have minimal side effects. The greater danger is the asthma itself. An attack while diving could lead to air becoming trapped in the lungs and arterial gas embolism (AGE) while ascending. The sensation of

being unable to catch one's breath can also trigger panic under water.

Safe for diving? Maybe. While the drugs are not generally a problem, the underlying condition can be. Until five years ago, all asthma was an automatic disqualifier for diving. Today, cases triggered by exercise or cold are still considered a contraindication to diving, but sufferers of most other kinds of asthma can dive as long as their condition is well-controlled. Consult your doctor, and the Divers Alert Network (DAN).

Common brand names: Flonase, Azmacort, Proventil, Serevent.

### Herbal Remedies, Vitamins and Dietary Supplements

What are they? Alternative medications and dietary supplements such as vitamins, herbal cures, and medicines like melatonin are becoming increasingly popular in the treatment of conditions ranging from sleeplessness to cancer.

Potential downside: Since these medicines and supplements are loosely regulated, you can't always be sure what's in them. In New York City, for example, a popular Chinese "herbal" remedy for stress was found to contain large amounts of Valium. On a more mundane level, drugs like Melatonin can cause drowsiness.

Safe for diving? Yes. For the most part these vitamins and medicines are safe to use while diving. Stick with products from a reputable manufacturer, and avoid anything that makes you feel tired or jumpy. If you are taking herbal remedies with any prescribed drugs, clear their use while diving with your doctor since there can be dangerous interactions.

### Contraceptives and Viagra

What are they? Birth control pills are composed of progesterone, often combined with estrogen. The pill essentially fools a woman's body into thinking it is pregnant so that an egg is not released during the menstrual cycle. Viagra, initially developed as a blood pressure medicine, is the first male impotence drug on the market.

Potential downside: Any medicine that has estrogen can increase a woman's risk of developing blood clots in the legs. This is particularly likely during long periods of inactivity, like plane flights. Viagra has few side effects other than lowering blood pressure.

Safe for diving? Yes. There is little risk to diving while taking birth control pills. But if you are going to use Viagra, I would recommend skipping the night dive. **(Note: but then, you probably have something else in mind beside diving?)**

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## Weight-Loss Challenge For Divers

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*By Carol Call*

### Join the Dive Club Weight Loss Challenge!

The Bluegrass Dive Club supports safe diving, and as we all know, extra weight is not healthy, and could be dangerous when diving. In case of a diving emergency, the extra weight may make aid and/or rescue more difficult.

To help members lose weight and get healthier, the Dive Club is initiating a weight loss challenge. The Club goal is to lose 500 pounds in 5 months!

Everyone will have two options to join in:

- Competitive - weigh-ins at monthly meetings with a prize for the person that loses the greatest percentage of weight.
- Non-competitive - at monthly meetings, you record how many pounds you lose.

**Come to the September meeting for the first weigh-in**, with the final weigh-in at the February 10, 2004 meeting---two weeks before the Little Cayman trip.

Want that wet suit to fit better? Want to drop some weight on your weight belt? Want to drop a few pounds before the holidays? If you want to lose 5 pounds or 50 pounds, now is the time. Join your Dive Club friends - help us meet our goal! 500 pounds in 5 months, we can do it!