



www.bluegrassdiveclub.com

May Club Meeting

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

Program:

President's Message

By Mark Kidd



The trip to Cozumel was great after the first day was weathered out the seas calmed to one foot or less. Visibility exceeded 100 feet on every dive and the reef proved to be filled with live healthy coral sponges and fish large and small.

We added a couple of new certified divers to our ranks and had some divers take advanced training to improve their skills.

I would rate the overall trip a success! And someday we will probably go back.

I would like to thank the Club members who helped Stella, Adam, and me the last 2 days of the trip after I was injured on the fishing boat.

The way everyone is there to help you when you need it just reinforces what I perceive to be one of the greatest benefits of traveling with the Club.

I am working 1/2 days now and feeling much better and will see you at the next meeting where we will

have information about our trip to Roatan, and a video on the Cozumel trip.

Last, don't forget the great Derby Party at Keenland check out the newsletter and the web site for more details.□

Mark

The Editor's Notes

By John Geddes



This month Dan submitted the VP article and Carol was filling in for George and took the EC Minutes. Some more pics from Chuuk and next month, Cozumel and Derby Party.□

Ricky Stephan, just completed his open water



and Ellen Cohen also completed her open water in Cozumel



Divemaster's Report

By Doug Geddes



ROATAN 2006

Our spring break trip for next year will be to Roatan, Honduras. We will be staying at the Fantasy Island Resort. The dates for the trip are April 1 - 8, 2006. This is Fayette County's spring break week, so this should be another popular trip. At this moment, we have 20 rooms reserved, with the possibility of adding more. This is an 8 day, 7 night trip with 3-dives per day for 6 days and 1 night dive, 3 meals a day and transfers from the airport. Check out their website at www.fantasyislandresort.com for a better understanding of where we are staying and stuff related to the resort. The price for the week will be around \$700.00 for the diving and resort, including all taxes. Non-divers will be the same price as divers. A third person in the room is about \$50.00 cheaper. The airfare is still up in the air (so to speak). We have a tentative quote of around \$1000.00. We are definitely going to be checking for a better price. If you are going to use FF miles, you should go ahead and get them now if you can. Send Kit a \$100.00 deposit if you are interested in putting your name on this trip. We hopefully will have a DVD to show at the next meeting. Don't miss out on this great opportunity. This is a price that only comes around once.

Co-Vice President's Report

By Dan Miller and Carol Call



NC Trip

We still have slots reserved but Kit Hudson must have your \$300 deposit before the May 10th club

meeting or else we cannot assure you a spot. Go to the "Upcoming Events" tab on our website and you'll see all the trip details outlined on the "North Carolina Wreck Diving" tab in June. Call me at 948-5133 with any questions regarding this trip.

Be a Dive Volunteer

For those that want to give something back to our local dive community and "get wet" at the same time there are 2 opportunities to do so right in your own backyard!

(1) The *Newport Aquarium* www.newportaquarium.com is looking for dive volunteers to feed the marine life, perform demonstrations, clean the million gallon tank, etc. Go to the site and select the volunteer tab and from there you may fill out the application online. For more info call Jenny Greber at 859-815-1441 or email her at volunteer@newportaquarium.com. *Scuba Unlimited* is the dive shop in Cincinnati that runs the volunteer program. Call them at 513-793-4747 or visit via the web at: <http://www.2dive4.com/>.



(2) The *Cincinnati Zoo & Botanical Garden* www.cincyzoo.org is a partner in the U.S. Fish & Wildlife Service's Manatee Rescue, Rehabilitation and Release Program. They're looking for volunteer divers to feed the manatees and clean the manatee pool. The volunteer program is coordinated by *Cincinnati Diving Center, Inc.* You may reach them at 513-521-3483. Check them out at:

<http://www.cincinnati-diving.com/>

Dive Biz Expo 2006

Feel snubbed by DEMA? For those who want to attend a dive tradeshow visit www.divebizexpo.com and check out their show in Las Vegas from January 25-28. The 28th is an "all consumers" day so everyone (including non-retailers) is invited.

Co-V P's Report Cont.

New USA Reentry Travel Requirements

Visit the [State Department](#) website to see the new State Department re-entry requirements. You must now have an unexpired Passport in order to re-enter the US from Canada, Mexico, the Caribbean, etc. In the past a driver's license along with a birth certificate would suffice.

Etc.

I want to pass along two interesting dive websites, [Scuba Board](#) and [Scuba Diving](#). Via the sites you may sign up for their free e-newsletters. They offer interesting articles, safety & photography tips, dive equipment recalls, dive related book & travel and gear reviews, etc. □

Safety Corner

By Rick Stephan



Note: *This month's article was taken from the web and focuses on what may be the most common physical problem divers have following their dive. Most of this stuff is pretty straightforward and old hat to experienced divers, but a little review is good for us all. Why set yourself up to be uncomfortable? Understand these common causes of headaches during diving, and avoid them – you (and your mate) will be glad you did. ! Remember, safe diving is fun!*



Causes, Preventions and Treatments for Dive Headaches (or: 'Not tonight, honey, I have a headache')

Diving headaches have spoiled many a scuba diver's vacation or dive trip. There are several different causes associated with headaches and diving. It can be as simple as your mask strap being overly tight or as complicated as a symptom of DCS. Here are some

common causes, preventions and treatments for diving headaches.

Sinus Headache

A sinus headache is caused by a sinus squeeze during ascents and descents. The symptoms are pain in the forehead, pain in the face or pain in the cheekbone area. A diving headache caused by a sinus squeeze is due to the failure to equalize pressure. Other causes include inflammation of the sinuses or nasal cavity due to allergies or a cold. Remedies include slowing your ascents and descents or using decongestants. The best medicine of all is to not dive when you are sick.



Tension Headache

Symptoms of a tension headache are pain in the head and pain in the back of the neck. **(Editor's Note: these pains in the neck are different than fellow divers carrying rubber chickens!)** Tension headaches are caused by muscle strain due to anxiety and muscular rigidity. Clenching your jaw during the dive can also cause a tension headache. To prevent the development of muscle strain, and consequently a tension headache, you must learn to relax in the water. Eventually you will stop getting this type of headache if you dive within your abilities, gain experience and become comfortable in the water.

Migraine Headache

Symptoms of migraine headaches include severe pain, visual changes, weakness or numbness of an arm and nausea. These symptoms will prevent a migraine sufferer from scuba diving because of the risk of an injury or an accident. Also, many of the medications used to treat migraines contain drugs, which will increase the risk of nitrogen narcosis. Anyone who suffers from migraine headaches and wishes to scuba dive must consult a physician, preferably one who has knowledge of scuba diving medicine.

Safety Corner Cont.

Carbon Dioxide Toxicity

A dull throbbing head pain after diving is usually a symptom of a headache caused by carbon dioxide toxicity. This type of headache is common to divers and is caused by a build up of carbon dioxide in the body. This increase in waste gas is usually due to hypoventilation (too little air intake). Hypoventilation usually happens because a scuba diver doesn't take large enough breaths from his or her air tank or doesn't breathe often enough. Simply put, not breathing enough to get rid of the carbon dioxide created in the body will lead to a build up and cause a headache. The best treatment for this type of headache is to take slow, deep breaths to reduce the build up. Carbon dioxide headaches don't respond well to pain relievers.

DCS Headache

Headaches can also be a sign of decompression sickness (DCS). DCS is caused by the formation of bubbles as dissolved nitrogen comes out of the tissues on ascent. DCS can lead to permanent physical impairment or death. Seek immediate medical attention if a diver complains of a headache and has other signs of DCS: joint pain, swelling, skin rash, itching, dizziness, nausea, vomiting, ringing in the ears, and extreme exhaustion. A scuba diver is at risk of DCS when he or she does not decompress after long or deep dives, before surfacing, or when he or she ascends too quickly or makes a panic ascent.

Prevention

Things you can do to help prevent headaches and enjoy your dive are: loosen your mask strap to avoid excess pressure, relax during the dive, take slow deep breaths, avoid caffeine and tobacco, perform a safety stop before surfacing, practice safe diving, and wear sufficient thermal protection. □

Safety Corner Addendum

Note: While surfing around on the web, I found a really helpful safety tool that might be of use to all our club members. Get on the Internet and go out to <http://www.scuba-doc.com/divslts.html>.

It provides link to a set of 'Dive Slates' that provide safety and first aid steps for dive related problems. It also gives directions about printing them out and laminating them so you can drop them in your dive bag for your next trip. Hey, they don't take up much space, and the price is right! Check it out! □

From The Secretary

By George Fleischmann



EC Meeting Minutes

April 26, 2005

- The Treasurer's report was given and discussed.
- Membership and delinquent dues were discussed. E-mails will be sent to make sure checks weren't "lost in the mail".
- Volunteer opportunities were discussed at the Newport Aquarium and the Cincinnati Zoo. Additional information will be forthcoming.
- Dive Assurance upgrades were discussed.
- George Fleischmann gave a dive presentation about Truck, Yap & Cozumel to the "Venturing" co-ed youth organization. They had requested a donation from the BGDC to help them start up. It was decided instead of a cash donation to offer the Venturing members a BGDC student membership for 2005. They will also be invited to give a presentation to the club and solicit individual donations from members.
- Yahoo guest list changes were discussed.
- Upcoming trips were talked about including the 2006 "Spring Break" trip that will be April 1-8 to the Fantasy Island resort in Honduras.
- Arrangements have been made to make sure the BGDC signs will be at Keeneland showing members where the Derby Party is located. □



From the Treasurer

By Kit Hudson



2005 Membership dues

Student (with student ID)\$10.00
Single & Family (0/1 diver).....\$30.00
Family (2 or more divers).....\$40.00

Renewal: Please send payment to the address listed below. And 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 or Mail to: Bluegrass Dive Club
% Kit Hudson
231 Stourbridge Rd.
Versailles, KY 40383
(606) 873-4974
kithuds@iglou.com

New Members: Fill out & mail enclosed form to the right of this newsletter. □

Croc's anyone

What did you say? Huh? If you haven't heard of them, they are the latest craze for water persons. Check out their website @ www.crocs.com. I will be stocking the beach model in my store. (Geddes Pools) I will be bringing a pair to the meeting to let you see just how comfortable they are. I will be offering a better price than listed to club members. I wore a pair in Chuuk and I loved them. They are very soft on your feet and are very light so they don't take up weight in your dive bag. Check them out and let me know if you are interested in them. □

Membership Form



Bluegrass Dive Club Membership

Name _____

Address _____

City/St/Zip _____

Phone _____

Email Address _____

No. of Family Members _____

No. of Divers in Family _____

Highest Level of Certification: _____

Basic Open Water _____

Advanced Open Water _____

Rescue Diver _____

Divemaster _____

Instructor _____

Membership Options (check one):

____ Student (with student ID) \$ 10.00

____ Single / Family with 0/1 diver..... \$ 30.00

____ Family with 2 or more divers \$ 40.00

Please fill out and mail to:
(With payment please)

Bluegrass Dive Club
c/o Kit Hudson
231 Stourbridge Rd.
Versailles, KY 40383
(859) 873-4974

Questions: Kit Hudson
Email: kithuds@iglou.com

rev 1/05

Bluegrass Dive Club 2005 Calendar

May

7, Saturday Club's Derby Party
10, Tuesday Dive Club Meeting
31, Tuesday E.C. Meeting

June

3, Friday Newsletter Deadline 11pm
18-22, North Carolina Trip
14, Tuesday Dive Club Meeting
28, Tuesday E.C. Meeting

July

1, Friday Newsletter Deadline 11pm
12, Tuesday Dive Club Meeting
23-24, Sat/Sun Dale Hollow Lake
26, Tuesday E.C. Meeting
29, Friday Newsletter Deadline 11pm

August

9, Tuesday Dive Club Meeting
13, Saturday Club Pig Roast
27, Saturday Laurel Lake
30, Tuesday E.C. Meeting

September

2, Friday Newsletter Deadline 11pm
13, Tuesday Dive Club Meeting
17, Saturday Cumberland Lake
27, Tuesday E.C. Meeting
30, Friday Newsletter Deadline 11pm

October

11, Tuesday Club Dinner / Meeting
22, Saturday Bonne Terre, MO
25, Tuesday E.C. Meeting
28, Friday Newsletter Deadline 11pm

November

8, Tuesday Dinner Meeting (Elections)
29, Tuesday E.C. Meeting

December

2, Friday Newsletter Deadline 11pm
18, Saturday Club Christmas Party
30, Friday Newsletter Deadline 11pm

2005 BGDC Officer's & Staff

Mark Kidd, President	266-2276
Carol Call, Co-Vice President	253-3992
Dan Miller, Co-Vice President	948-5133
George Fleischmann, Secretary	873-9539
Kit Hudson, Treasurer	873-4974
Doug Geddes, Divemaster	224-3197
Rick Stephan, Safety Office	223-3719
Mike McCann, Webmaster	255-3937
John Geddes, Undercurrents Editor	223-7926

Bargain Roll

Underwater camera equipment

Nikonos V with 35mm lens \$395.00
and 3 macro close up tubes

Ikelite subsea strobe with
everything you need for great
u/w flash photography \$150.00

Nikonos 20mm lens and \$295.00 with viewfinder

Contact Mark Kidd at Mark.Kidd@insightbb.com
Or 859-266-2276 evenings □

