



UNDERCURRENTS

June, 2005

The Newsletter of the Bluegrass Dive Club

Vol. 35, No. 6

www.bluegrassdiveclub.com

June Club Meeting

Date: Tuesday, June 14th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: Mark's Truk Video

President's Message

By Mark Kidd



The May meeting was great, a lot of people turned out to see the Covington's images of Truk. Ralph and Sherry are the club historians and on each of the trips they take images of both underwater and topside beauty are preserved for the club archives.

The club is still growing with at least one new member at each of the meetings so far this year (over 26 new and seasoned members in attendance at the last meeting).

In June four members will be diving in North Carolina, I understand some room may still be left so contact Dan Miller if you are interested.

In July our local lake diving begins so take a look at the newsletter for more details.

The program for the June meeting will be yours truly with some video from Truk.

The May Executive Committee meeting was held at the Maker's Mark Club

just prior to the Legends game. I enjoy having some of the meetings out and about and we all had a great time. If you are interested in coming to an EC meeting just let us know. The meetings are open to any club member and take place the last Tuesday of the month at several locations during the year.

Look forward to seeing you at the meeting! □

Mark

The Editor's Notes

By John Geddes



OOPS, with well intentions to do the Newsletter while on vacation, the laptop had a different "word" program than the one at home. I coped the Newsletter set-up and all the info was there, just no banner or pics of the officers. Just a little late, but you can still enjoy and Thanks Mike for sending the reminder out for the Meeting. □

Co-Vice President's Report

By Dan Miller and Carol Call



NC Trip

We have 5 folks going on this trip as of press time. If you're a procrastinator and you've finally decided to

Co-V P's Report Cont.

go, see 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 to confirm availability.

Check out dive website www.divernet.com and sign up for their free e-newsletter and register to win a Red Sea liveaboard trip aboard the *Emperor Elite* or *Emperor Superior*. You may check out the boat at www.emperordivers.com. Also, dive students at UK just launched the www.ukscubaclub.com website so go check it out. □

Divemaster's Report

By Doug Geddes



LAKE DIVES

Take a look at our scheduled lake dives for this coming year. Please mark your calendars and make sure and try to attend. We have sign up sheets and more information on our website. You do not have to sign up to be able to go on these trips, but it will help us to plan for the size of the boat and also will help us to keep a look out for you at the dock. We also will probably camp out and have a cookout at one or more of the trips. We will have more information, as we get closer.

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 @ 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. □

Safety Corner

By Rick Stephan



Note: This month's article provides a couple of interesting Q's and A's from a web magazine. The first is regarding a fairly common condition that occurs following live-aboard trips. The second involves our friendly stinging critters. (Some of Adam Kidd's best friends!) Hope these answers help you have an even better time enjoying our sport!



Remember, safe diving is fun!

Article by Ernest Campbell

Q. A Case of "Land Sickness"

Two years ago after a weeklong live-aboard trip, I experienced "land sickness"—some dizziness, feelings of motion and slight nausea for four days. I am going on the same trip again this month. Any tips on prevention?

We haven't heard it called "land sickness," but the situation you describe is an adaptation of the vestibulo-ocular reflex. When you get off a live-aboard, it can feel like you've just gotten off a spinning merry-go-round. This interesting phenomenon affects most astronauts and seafarers, at least to a small degree. The vestibulo-ocular reflex is a complex mechanism, but, basically, we'd have blurry vision if it didn't exist. This reflex is one of the most rapid, accurate and adaptive mechanisms in the body. It's what allows wild animals to stay fixed on prey while hunting at top speeds, Gail Devers to see the finish line while straddling hurdles at full

Safety Corner Cont.

stride and teenagers to see 'NSync on the stage while bouncing around during a concert. Your condition is a lingering effect of the constant visual motion you were used to on the boat and your body is taking a bit longer to return to normal. It can last up to several weeks. Unless prolonged or severe, it should resolve without treatment.

Q. Beach Boo-Boos

My wife and I were on a diving trip in Cozumel a few weeks ago. I got stung by something that I thought was fire coral (black with white tips) and later my wife got stung by some floating things (maybe jellyfish) while she was swimming. I had little, red, itchy dots on my hands that after two days turned into little blisters. My wife got little red spots on her hands and chest that basically look like red freckles. After three weeks, things only got a little bit better. What was it, and what can we do about it?



Sunset in Chuuk by John Hudson

You could have brushed against some fire coral, though fire coral is usually reddish-orange with white tips. In any case, you were definitely stung by the nematocytes of a marine organism. The nematocyte is present in hydroids, fire corals, jellyfish and many other ocean creatures. It fires a toxic dart when it comes in contact with the skin, leaving a reddish welt that stings, burns and itches. Scratching, rubbing or applying fresh water makes more of the nematocytes fire and worsens the problem.

Your wife could have encountered sea bather's eruption or sea lice. This is caused by coming into contact with the larvae of the thimble jellyfish or nematocysts (the discharge from the nematocyte) from several other ocean organisms, which abound in Caribbean, Gulf of Mexico and Florida waters at certain times of the year. It usually has a local name,

such as aqua mala, but is caused by the nematocytes of jellyfish, hydroids or anemones.

It most often affects the skin under the swimsuit, around the edges and in skin creases, and recurs if the suit is not rinsed properly.

Treatment of both your conditions currently includes taking an antihistamine for the itching and applying an over-the-counter hydrocortisone cream (0.5 percent) to the rash areas. More serious eruptions might require epinephrine, systemic steroids and steroid cream.



Dale Hollow Lake dive coming up in July, sign up or call Doug

Minimizing the Sting

There are some measures you can take to help prevent or lessen the number of stings you get from marine beasts:

- If you have a history of severe reactions to marine stings, stay out of the water when there are beach warnings or signs of sea lice outbreaks.
- Avoid wearing T-shirts while in the ocean. Use a topical sunscreen and limit sun exposure for protection against solar injury. A topical sunscreen or suntan lotion may actually protect skin from penetration by the nematocysts.
- Reduce the surface area of swimwear that could trap larvae, using smooth, tight-weave bathing suits that may trap fewer larvae than suits with an open-weave fabric.
- Change out of your swimsuit as soon as possible. Most lesions occur from contact with contaminated swimwear. Then shower to rinse off loose larvae. If possible, rinse off with salt water first, then fresh water
- Swimsuits should be thoroughly washed with detergent and heat-dried after use. Symptoms could recur if you put on a suit that has been air-dried. Air-dried nematocysts still have the potential to fire.

Safety Corner Cont.

Answers to questions are offered as information only and not as medical diagnosis or advice and should always be used in conjunction with advice from your personal diving physician. □

From The Secretary

By George Fleischmann



General Meeting Minutes
5/10/05

The 7:30 meeting held on 5/10/05 was attended by 25 folks.

The treasurer's report was presented and approved. Upcoming dive trip plans were presented and discussed.

Sherry Covington showed wonderful slides she and Ralph took diving the wrecks off the Odyssey in Chuuk Lagoon in Micronesia. Everyone enjoyed them very much.

EC Meeting 5/31/05

The 7:30pm meeting was held on 5/31/05 and attended by Mark, Dan, Kit, Carol, Rick, Doug, John and myself.

Mark called the meeting to order. Kit presented the treasures report for approval and it was. Upcoming trip plans were discussed. Kit was asked to send out an estimated payment schedule for the Galapagos trip. □

From the Treasurer

By Kit Hudson



2005 Membership dues

Student (with student 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. 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 at the end of this newsletter. □



Lake dives are coming

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



Did I say the lake dives are coming, got the hint?

Bluegrass Dive Club 2005 Calendar

June

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

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: **Bluegrass Dive Club**
 (With payment please) **c/o Kit Hudson**

231 Stourbridge Rd.
Versailles, KY 40383

Questions: Kit Hudson

(859) 873-4974

Email: kithuds@iglou.com

rev 1/05



"Hey Ralph, I'm ready to go to Dale Hollow in July"