



## Club's Christmas Party

**Date:** Saturday, Dec. 17th  
**Time:** 7:00 PM  
**Place:** Home of Mark & Stella Kidd  
991 Lakeland Drive  
266-2276

Children & grandchildren welcomed.

**Note:** There will NOT be a regular club meeting for December.

## President's Message

*By Mark Kidd*



Hard to believe 2006 is only 20 some days away.

With the end of the year a lot comes to mind during a time that had its up's and downs.

Truk and Yap were great a great start but Cozumel was not the perfect follow up. Lots of summer lake diving, and Derby, Pig Roasting, the club dinner and the Christmas Party next at my home Saturday December 17 at 7ish that I look forward to each year almost as much as a trip to Truk.

My home is located at 991 Lakeland Dr. that is off Alumni drive where it crosses New Circle.

Bring a dish for 10 to 12 people and the club will supply the Ham, rolls and the beverages. If you want something other than beer and soft drinks it is BYOB.

Every year we have 40 to 60 dive friends, as my children always referred to those of you who attended, eat, drink and swap stories about the past trips etc.

The Game is at 2:00 that day so we should have no conflict, and no excuses for not being among your dive friends.

As I have hinted at in the past the EC has been working on a new By Laws to bring us forward 35 years from our humble beginnings. We will have more on that after the New Year.

We are already working on the dive calendar for 2007 but one trip you should definitely consider in 2006 is the June North Carolina trip. I have dove there a half dozen times and recommend the warm clear waters as a unique change of pace, and a great prep dive for Galapagos.

To end my last message for 2005 I want to mention we have a great program in January 2006 with Dave and Diane Gauss presenting a video on travel to China. Dave makes frequent trips to the pacific and some of the highlights of China are on this very informative and funny video. □

My how time flies,  
*Mark*

*Noel and George checking the GPS from their trip in BVI*



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## The Editor's Notes

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By John Geddes



As I said from last month, there would be some pics the British Virgin Islands. Myself with Noel, George, Jon Hall, Mike and Sherry McCann completed the 8 night stay in November. So enjoy some of these warm shots to take the edge off of this cold weather. Are we ready to go back guys?

I will be bringing my DVD to the Christmas Party for my first editing debut in the video world. Only being 6 minutes long, it covers 7 day of some great diving and fellowship. □

Myself, George, Noel, Jon Hall, Sherry and Mike McCann



BVI November 05

Photo by George

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## Co-Vice President's Report

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By Dan Miller and Carol Call



Article by Dan

### New Members to the BGDC

Please welcome our newest club members: Chastity Betzing, Rebecca Singer (renewal) & Katie Stewart, all hail from Lexington. Rebecca and

Katie have also signed up on our April '06 Roatan, Honduras trip.

### Upcoming Trips

Going on the club's January '06 Florida trip? Then check out [www.floridacaves.com](http://www.floridacaves.com). It has all the info you need to prepare yourself for this great diving including links to every site we'll be diving/snorkeling. The June '06 North Carolina trip will soon be posted to the "Upcoming Events" tab on our site so be looking for it.

### Dive advice

Honduras has recently been listed as a malaria-risk location where Chiloquin is the medication of choice. Go to the *Centers for Disease Control* website at [www.cdc.gov](http://www.cdc.gov) and select the "Travelers Health" tab for Honduras. It shows recommended vaccinations are hepatitis A, tetanus-diphtheria, typhoid & measles. Of course, you should check with your family physician to see if you need any of these immunizations. Having problems clearing and equalizing? You may want to participate in a survey found at [http://www.unimedprod.com/dive\\_survey\\_befor\\_e.shtml](http://www.unimedprod.com/dive_survey_befor_e.shtml) to see if you qualify for free samples after answering the brief survey (sponsored by *NeilMed Pharmaceuticals, Inc.*). Additional info about this product may be found at [www.divepsych.com](http://www.divepsych.com).

### Etc.

The *Georgia Aquarium* [www.georgiaaquarium.org](http://www.georgiaaquarium.org) just opened November 23<sup>rd</sup>. It now ranks as the largest aquarium in the world with over 6 million gallons of water and 100K animals covering 500 species. This is a must-see the next time you visit Atlanta. Check out a website covering all water sports, not just scuba. It's [www.wetdawg.com](http://www.wetdawg.com). While you're browsing there, register to win a dive trip to Hawaii. □

The rules from the Willy T



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## Divemaster's Report

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By Doug Geddes



### GALAPAGOS 2006

I hope all of you had the chance to read the trip report in Rodale's Scuba Magazine online trip reports about Ken's adventure. After reading it, I have decided I need to get in better shape to do this dive. When we first talked about this about trip, we said it wasn't for inexperienced divers. His encounter with the elements backs that up. I know I will be striving to work out and get in shape before this trip, in addition to losing a bunch of unneeded weight. We are going to be checking with a few places about using their facility for swimming and working out to get ready for this trip. If you know of a place, let me know. Maybe we can get a group discount or better yet, free. Either way, I know I will be working out before this one.

We are still working on our air travels, but we do have a final itinerary. We are leaving on July 25<sup>th</sup> and arriving in Quito. The next day we will go to another town for their open market. The next day we will travel to the island where we will board our dive boat for the next week. After the boat trip, we will head back to Quito and head out into the jungle for 4 days. We will be returning home of August 8<sup>th</sup>. Pricing for all of the above is still being worked on. As soon as we finalize our air arrangements I will be forwarding an email to the trip participants.

Check out our web site for further information. Even though the trip is full, you can still put your name on our waiting list.

### ROATAN, HONDURAS 2006

As I have said in earlier articles, this trip is going to fill up. We have a little over 38 persons with deposits and are expecting more. If you still have an interest in this trip and have been waiting to make your decision, the time is now. Don't wait till all the spots are gone then decide you want to go. We only have 36 air spots and 22 rooms (44 persons). Go to our web site and fill out the reservation form and get it done. I don't want to

Here is George at his station as The Mooring Officer



hear you say, "I wish I had done it earlier". The pricing for this trip will never be as good as it is now. Roatan is known for its great diving locations and is rated as one of the best in the world. You asked for a good deal and we have one. Now is the time to for you to go ahead and sign up. If using club air, lock it in with your deposit!□

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## Safety Corner

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By Rick Stephan



**Note:** *Our club is sponsoring a trip next spring to Roatan, part of the Bay Island's of Honduras. As a visitor there several times myself, I will tell you that the location is beautiful, the diving is spectacular, and the environment is relatively primitive. The resorts are very nice, but Roatan is essentially a jungle island. As such, the hazards of travel there are real... there are bugs and bigger critters that can bite you. (Ask me or Doug about the crocodile under the hut at Anthony's Key!) I have not tested positive for malaria, nor do I know anyone else who has contracted the disease.*

*Noel Hall forwarded the message from Undercurrents. As I am not a qualified medical professional, I will not give recommendations to you on what to do about this notice. As a caring dive buddy, I want you to be aware of it. As always, your dive safety is your responsibility. Others can help you out, but you are the one that needs to plan, prepare, and react to safety situations. An interesting aside - I found out when trying to give blood that I am not now eligible to give since I traveled via van from Cancun to Playa del Carmen to ride the ferry over to Cozumel on our trip this spring. Although Cancun and Cozumel are malaria-free zones, the land between them is not. So, even though I was riding in an*

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## Safety Corner Cont.

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*air-conditioned van, I was traveling in a malarial zone. Who knew?*

*I also attached an article from the web which contains information on certain antimalarial drugs. Get your information from your own health provider before making any decisions.*

*Anyway, I do recommend that if you are traveling to any remote area (not just Roatan); you investigate the CDC sites, as well as our State Department sites to check on civil unrest.*



*Remember, safe diving is fun!*

### Don't forget there's Malaria Out There

From *Undercurrents Magazine*

If you are traveling to any tropical or subtropical country, you should check on the status of malaria. Parts of Mexico and Central America, South America, the Indian subcontinent, Asia, the Middle East, Papua New Guinea, Vanuatu and Solomon Islands are presently reporting pockets of malaria risk.

In a recent Travelers' Health warning from the Centers for Disease Control, we found continuing cautions of risk in rural areas and in Roatan and other Bay Islands. Travelers should be on a chloroquine regimen. The caution is consistent with an article in the April 2005 *Bay Islands Voice* indicating that the disease is on the rise. In children under 5, there were 115 recorded cases at Roatan Hospital last year. According to Dr. Duarte of the Calindo Clinic in Roatan, "We saw a wave of malaria in January-up to two patients every day." Last year, neighboring Guanaja recorded the highest adult malaria rate in the region with 37 cases per 1000 inhabitants: this was followed by Roatan. In April, a Canadian tourist on Roatan contracted malaria.

What does this mean for the traveler to the Bay Islands? At this point, there clearly is malaria on Roatan, although there is no evidence that it is of epidemic proportion. Chances of exposure increase dramatically if one travels on mainland Honduras, or even changes planes there. So a

diver would be wise to follow current CDC recommendations regarding antimalarial

*Just think, April. Sign-up today for this type of setting*



Watch for this photo, coming on a DVD near you

medications and take all routine steps to avoid exposure to mosquitoes.

For CDC guidelines on preventing malaria in your venue of travel, go to the CDC Travelers' Health Web site: <http://www.cdc.gov/travel>.

To check for last-minute info on malaria outbreaks, go to the CDC Travel Notices Web site: [www.cdc.gov/travel/outbreaks.htm](http://www.cdc.gov/travel/outbreaks.htm).

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*Note: This is the web article about malaria and its treatment*

#### **Malaria**

I'm planning a trip to the Dominican Republic in a few months. My doctor told me I need to take a prescription antimalarial drug. I've done some research, but I don't know which drug to use. What do you suggest? W. C. Carey, Orlando, Fla.

There is no risk for malaria if you're staying in a resort area in the Dominican Republic, but if you'll be visiting rural areas (or taking a side trip to Haiti), you'll need to take an antimalarial drug. Chloroquine (brand name Aralen) or hydroxychloroquine sulfate (brand name Plaquenil) are the drugs of choice for visitors to the D.R.

Malaria symptoms occur at least seven to nine days after a victim is bitten by an infected mosquito. Fever during the first week of travel in a malaria-risk area is unlikely to be malaria; however, any fever should be promptly evaluated.

## Safety Corner Cont.

Travelers who become ill with a fever or flu-like illness while traveling in a malaria-risk area and up to one year after returning home should seek prompt medical attention and should tell the physician their travel history.

### **Antimalarial Drugs: Know When to Take Them**

Drugs to prevent malaria are available only by prescription through a health care provider. Your health care provider should prescribe your antimalarial based on your travel itinerary and medical history. Here's why: Some antimalarial drugs are more effective in some parts of the world than others. In addition, a medical condition may prevent you from taking certain drugs.

### **Drug - Mefloquine (brand name Lariam)**

**Dosage** - 250 mg (one tablet) once a week—take the first dose one week before arrival, then once a week on the same day while in the malaria-risk area and once a week for four weeks after leaving. Take after eating.

**Side Effects** - Nausea, dizziness, difficulty sleeping and vivid dreams. Rarely reported to cause serious side effects, such as seizures, hallucinations and severe anxiety.

**Recommended For Travel To** - South America; Darien and San Blas provinces, including the San Blas Islands, in Panama; Africa; the Indian subcontinent; Asia and the South Pacific.

### **Drug - Doxycycline**

**Dosage** - 100 mg once a day—take the first dose one or two days before arrival, then once a day at the same time each day while in the malaria-risk area and once a day for four weeks after leaving.

**Side Effects** - Increased risk of sunburn, vaginal yeast infection and nausea. Can cause permanent teeth staining in children under the age of eight. Do not take if pregnant.

**Recommended For Travel To** - South America; Darien and San Blas provinces, including the San Blas Islands, in Panama; Africa; the Indian subcontinent; Asia and the South Pacific.

### **Drug - Malarone (combination of atovaquone and proguanil)**

**Dosage** - One tablet (250 mg atovaquone/100 mg proguanil) once a day—take the first dose one to two days before arrival, then once a day while in the malaria-risk area and once a day for seven days after leaving. Take at the same time each day with food or milk.

**Side Effects** - Side effects are rare, but abdominal pain, nausea, vomiting and headache can occur. Women who are pregnant or breastfeeding should not take Malarone.

**Recommended For Travel To** - South America; Darien and San Blas provinces, including the San Blas Islands, in Panama; Africa; the Indian subcontinent; Asia and the South Pacific.

### **Drug - Chloroquine (brand name Aralen)**

**Dosage** - 500 mg chloroquine phosphate—take the first dose one week before arriving, then once a week on the same day while in the malaria-risk area and once a week for four weeks after leaving. Take after eating.

**Side Effects** - Side effects are rare, but nausea, vomiting, headache, dizziness, blurred vision and itching can occur.

**Recommended For Travel To** - Haiti; Dominican Republic; certain countries in Central America (Belize, Costa Rica, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Panama's Bocas del Toro province); the Middle East and Eastern Europe.

*George setting-up for our group shot*



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## Safety Corner Cont.

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**Drug - Hydroxychloroquine sulfate (brand name Plaquenil)**

**Dosage** - 400 mg—take the first dose one week before arrival, then once a week on the same day while in the malaria-risk area and once a week for four weeks after leaving. Take after eating.

**Side Effects** - Side effects are rare, but nausea, vomiting, headache, dizziness, blurred vision and itching can occur.

**Recommended For Travel To** - Mexico, Haiti, Dominican Republic, certain countries in Central America, the Middle East and Eastern Europe.

*Little bar time before dinner*



**Dive Med Essentials:** The Mefloquine Controversy

The most commonly prescribed prophylactic for malaria is mefloquine, or Lariam. While all anti-malarial drugs have some side effects, Mefloquine has been linked to disturbing side effects, including anxiety, dizziness, nausea and hallucinations. There have also been a few reports of seizures, frank psychosis and depression resulting in suicide attempts in people taking this medication. That this drug has effects on the central nervous system is not disputed; in fact, the manufacturer recommends that it not be used by anyone with a history of psychiatric illness or seizures.

While these severe side effects are seen almost exclusively in patients taking doses of 1,500 mg, the incidence of side effects such as dizziness, anxiety and nausea seen in patients taking the 250 mg weekly prophylactic dose is also of concern, particularly to divers. Divers should also be aware

that some of these side effects mimic the symptoms of decompression illness.

With documented side effects such as confusion, anxiety and seizures, the dangers of diving while on this medication are obvious. Any effects felt on the surface might be exacerbated by the effects of increased nitrogen and oxygen partial pressures.

It should be noted that certain forms of malaria—particularly *P. falciparum*—have developed resistance to various antimalarial drugs. Because of this, if you are traveling to an area with this type of malaria, you'll have to take mefloquine—the disease is far worse than the side effects. □

*Some more bar time before that same dinner,*



*just on the other side of the island*

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## From The Secretary

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*By George Fleischmann*



### General Meeting Minutes

11/8/05

The 7:30 dinner meeting held on 11/8/05 was attended by 38 folks. Everyone seemed to enjoy the food and conversation.

The treasurer's report was presented and an update on the upcoming dive trips was given. The election of club officers was held and approved. The club officers for 2005 -2006 fiscal year will be: Mark Kidd president, Carol Call & Dan Miller co-vice presidents, Kit Hudson treasurer, George Fleischmann secretary, Doug Geddes trip coordinator, Rick Stephan safety officer, John Geddes newsletter editor and Mike McCann webmaster. The officers would like to thank you for your support and confidence.

