



UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / www.bluegrassdiveclub.com

June 2006

Volume 36, Number 6

June Club Meeting

Date: Tuesday, June 13th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: DVD on GALAPAGOS

President's Message



Another milestone has passed in the Kidd family saga with the marriage of my daughter Christina to Matt Stevens June 3rd.

Christina has been on many of the club trips over the years and has promised to return with a certified spouse once their lives permit.

The June meeting will feature a great show on the Galapagos Islands.

The Lake trips are now on the dive calendar so be aware of the weekends and let us know as soon as possible.

The Bonaire trip has 14 who have paid to reserve a spot, so get your deposit in soon to ensure a place.

Look forward to seeing you at the June meeting. □

Mark

The Editor's Notes

By John Geddes



This month the pics are going to be from the Derby Party, GREAT job Mike and Sherry! Also a pic or two from the Kidd Wedding. Congratulation to Matthew and Christina. □



Co-Vice President's Report

By Dan Miller and Carol Call



Submitted by Dan.

New Members and 1st time Visitors

Perry Meade from Irvine joined the club at our May meeting. Perry is a certified Divemaster who just got back from diving the cenotes in Mexico. First time visitors were Debbie & Margo Karutz of

Co-VP's Report Cont.

Nicholasville. Debbie and her husband Bill will soon celebrate their 25th wedding anniversary. Their daughter Margo is a junior at Lexington Catholic who plans on majoring in Marine Biology in college. Hope to see them all on club trips real soon.

Aggressor Fleet news

Aggressor has just announced a "StormCheck" policy. If you lose dive days due to a named tropical storm or hurricane you'll be compensated. Check their website for details.

Bumper Stickers are here!

The club has attained snazzy bumper stickers that you may stick on your car, your luggage or on the boat during your next dive trip. The stickers only cost \$1 each and will be on sale at all future regular club meetings.

Dive Trip Committee

Thank you to the members of this committee for working to fill our dive calendars: Corrine Wells, Sharon Palmisano, Ralph Covington, Dan Miller and John & Doug Geddes. There are several dive trips and related activities lined up for the summer.

Calling all prospective new divers

New Horizons offers a free (yes Free!) PADI Discover Scuba course for those 10 years of age and older who are interested in becoming certified. Visit the dive shop for details.

InTenCity Tour details

There're a dozen reasons why you should attend this event June 10 in Dayton, OH:

- (1) First 75 folks get a prize
- (2) Dive gear factory reps will be on site all day to demo the latest products
- (3) There will special gear sales
- (4) Hourly door prize drawings
- (5) My personal favorite, it is free!
- (6) ScubaLab & Discover Scuba will be presented by Scuba Diving Magazine
- (7) There will be photo seminars presented by the pros
- (8) Scuba challenge trivia contest
- (9) A challenging Fish ID contest with prizes for the winner
- (10) Meet author of the new book *Diver Down*

(11) Grand Prize drawing for a trip for 2 to Little Cayman Beach Resort with air provided by Cayman Air.

(12) All divers who bring a non-diver guest receive a prize□



Divemaster's Report

By Doug Geddes



BONAIRE 2007

The web site should be up to date now on the Bonaire trip for January of 2007. Check out the site and see if this works for you. We are getting a great response with over 20 persons signed up already. We should have plenty of room, but you should sign up as soon as you can, if you want to go on this one. We only have a limited amount of club air, so first come first served. Please look at the reservation form carefully and select the items that pertain to you. We have several options to consider on this trip. As usual, you are not official until you have made your deposit. I would like to put this trip to bed, so please sign up, if you are thinking about going. Roommates will be assigned later if you don't have any persons listed. As usual, I will make sure everyone is happy with his or her roomies.

GRAND TURK 2007

Due to spring break being the same time as Easter week, we are considering moving the trip to June 9 - 16, 2007. The price is still the same, but air should be cheaper or a least more available. If you are considering this trip, I would like for you to e-mail me and let me know. I think this is one of the best dive locations in the world and I believe we should

Divemaster's Report Cont.

still try to do this trip. If I can see enough person interested, then I can go ahead and move the trip. The water will be warm and the diving should be fantastic. Please contact me ASAP.

LAKE TRIPS 2006

DON'T FORGET ABOUT THE UPCOMING TRIPS TO DALE HOLLOW AND LAUREL LAKE. DATES ARE IN THE NEWSLETTER. WE HAVE PONTOONS RENTED FOR BOTH TRIPS. GREAT CHECK OUT FOR GALAPAGOS DIVERS. (COLD WATER, DEEP) DON'T FORGET TO GET YOUR CAMP SITE RESERVED FOR DALE HOLLOW. NO ROOMS AT THE INN. MORE INFO TO COME IN THE NEXT NEWSLETTER. □

From The Secretary

By George Fleischmann



General Meeting Minutes

May Minutes submitted by C. Call

The 7:30 meeting was held on 5/9/06 at the Racquet club with Carol Call filling in for Mark Kidd. Kit gave the treasurer's report and it was announced that BGDC bumper stickers were being made.

Dan introduced the two guests and one new member that were present. Thanks went out to the McCann's for hosting the Derby Party at their house again this year.

Doug gave the dive report discussing the up-coming trips. John Geddes video of the Honduras trip and one of Bonaire were shown.



EC Meeting

The 7:30 meeting was attended by Mark, Dan, Carol, Kit, Mike, Rick, Mike, John, and Doug. Kit gave the treasurer's report and presented the new bumper stickers and business cards. It was approved that the bumper stickers be sold for \$1.00 each. Dan will be in charge of the sales with Kit handling the money. The new business cards are available for members to pass out to prospective members.

Rick led a discussion on safety and the club's good safety record. Programs for upcoming meetings were discussed. Mike led a discussion about the web site.

Doug gave an update on the 2007 Bonaire trip. The proposed dates for the 2007 Grand Turk trip will be changed with new dates being looked in to. □

From the Treasurer

By Kit Hudson



2006 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. □



Safety Corner

By Rick Stephan



Note: Our intrepid band of world traveler divers are within a month or so of the Galapagos trip. I'm sure they are vigorously working out to be able to swim with the whale sharks in current and checking their equipment to make sure everything is in working order. However, they - and you - should consider whether to get some extra protection for your vacation. The article below is taken from the web and gives some good advice on preparing for your dive trip.

Immunizations, bug spray, and pertinent phone numbers and contact information are not just for the exotic third-world locales. Even if you're just going to Bonaire or Cayman, by doing a little research and advance planning you can reduce your chances of picking up some unwanted problems. As always, remember that only you are in charge of your own personal health and safety. Consult with your health care provider to make sure if some of these steps are right for you.



Remember, safe diving is fun!

Healthy Travel Checklist

From the September 2005 issue of *Scuba Diving* magazine

By Selene Yeager

By the time Dr. Michael Zimring saw his patient Pamela following her Mexican getaway, she had developed lung emboli and was going into heart failure. "All because of a fall," he says with a sigh. Apparently Pamela slipped and broke her kneecap. Confused and ill-prepared, she and her husband were forced to fork over \$4,000 in cash to get treated at the nearest hospital. Then they boarded their coach-class seats and flew back to Maryland, where she discovered too late that she'd developed a deep vein thrombosis. Thankfully, Pam is fine today, save for a dent in her bank account, but Zimring, director of the Center for Wilderness & Travel Medicine at the Mercy Medical Center in Baltimore, Md., believes she's a classic example of the importance of traveling prepared.

"Even if you're the best diver in the world, you can have an accident; you can get hit by a car; you can get sick. Stuff happens, and you need to be ready," says Zimring, co-author of *Healthy Travel*. Here's what he and other experts in the field recommend:

Educate Yourself

Whether you're going to Mexico or Madagascar, the key to safe, healthy travel is knowledge, says John Hirschleifer, M.D., MPH, medical director of the travel medicine program at Centinela Freeman Hospital Airport Medical Center at LAX. "Divers often go to resorts, so they feel like they're protected. Though they are somewhat safer, they're still not immune to all the risks of developing countries," he says.



Safety Corner Cont.

About two months before your vacation, take a virtual trip to the Centers for Disease Control and Prevention at www.CDC.gov. Click on "Travelers' Health" on the left side of the screen and look under "Destinations" to find everything you need to know about your specific destination, including information about food-borne illnesses, vaccination recommendations and other safety advice.

Get All Your Sticks

And get 'em early. Research shows that about 20 percent of vacationers still travel to exotic locales in Africa, Asia and Central America without any immunization. But even careful, cautious travelers often make the mistake of waiting too long to get their shots, says Hirshleifer. "It's the biggest mistake I see. Some shots take up to four weeks after you receive them to be maximally effective, so if you wait until the week before your trip, you may essentially be traveling unprotected."

Though you may not technically need any shots to go to the Caribbean, consider getting a couple to cover common diseases anyway. "No matter where you go, you should get a Hepatitis A vaccine," implores Walter Koppel, M.D., the medical director at Medex, a Maryland-based international emergency travel assistance company. "Hepatitis A is a highly contagious food-borne illness that is found everywhere in the world. It's completely preventable with a simple shot that is 99 percent effective. Get it." Other smart shots for all travelers: Hepatitis B and a tetanus booster.

Check the Chamber Directory

"I am amazed at how many divers go off on trips with absolutely no clue where the nearest hyperbaric chamber is," says Koppel. "Accidents can happen to even seasoned divers. Call the local dive operator where you're going and find out." Or you can call Divers Alert Network at (800) 446-2671.

Beware Bugs

Insect protection is essential day and night no matter where you are. Your best line of defense is DEET, so pack plenty. Travel med experts recommend controlled-release formulas like Sawyer Controlled Release Insect Repellent (www.sawyerproducts.com). Controlled-release formulas encapsulate Deet inside protein particles, which slowly dissolve over time to provide

continuous protection against mosquitoes for up to 20 hours.



Leave Names and Numbers

It's not enough to tell your family that you're off to Bonaire. Leave names and numbers of the hotel and dive operation you'll be using. In an emergency, the more easily people can locate you, the better.

Create an Action Plan

You obviously don't plan on having an accident, but you can plan on what you'll do if you have one. Once you've familiarized yourself with the risks of the region, whether it's poisonous jellyfish or lunatic drivers, consider how you'll avoid those dangers as well as what you'll do if you have an unfortunate incident. For instance, the local docs are probably better equipped to deal with marine stings and scrapes than your personal physician, but if you sustain a serious fracture, you might consider heading home for care. Familiarize yourself with the lay of the land and the services available to you before you arrive. "Divers need to be responsible for their own safety," says Hirshleifer. "Being well prepared leaves you less vulnerable and more confident when you're in unfamiliar surroundings." □

Bluegrass Dive Club 2006-07 Calendar

[Print out and post in your favorite place](#)

June

13, Tuesday Dive Club Meeting
27, Tuesday E.C. Meeting

July

- 11, Tuesday Dive Club Meeting
- 15-16, Dale Hollow Lake Dive
- 18, Tuesday E.C. Meeting
- 26, Galapagos Islands Trip



August

- 8, Tuesday Dive Club Meeting
- 12, New Horizon's Treasure Dive
- 19, Saturday Club Pig Roast
- 26, Laurel Lake Dive
- 29, Tuesday E.C. Meeting

September

- 12, Tuesday Dive Club Meeting
- 26, Tuesday E.C. Meeting

October

- 10, Tuesday Club Dinner / Meeting
- 31, Tuesday E.C. Meeting

November

- 14, Tuesday Club Meeting (Elections)
- 28, Tuesday E.C. Meeting

December

- 16, Saturday Club Christmas Party

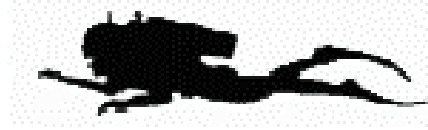
January 07

- 9, Tuesday Dive Club Meeting
- 27-3, Thursday Bonaire Trip
- 30, Tuesday E.C. Meeting

February

- 13, Tuesday Dive Club Meeting
- 27, Tuesday E.C. Meeting

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

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