



UNDERCURRENTS

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

April 2010

Volume 40, Number 4

April's Club Meeting

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

President's Message

By Rebecca Singer



I'm looking forward to seeing everyone at the General Club Meeting on Tuesday, April 13th at 7:30pm. It's finally starting to get nice outside and that means we can start thinking about diving locally again. I want to thank Doug Geddes and his Dive Trip Committee for all their hard work these past few months getting some 2010 and 2011 trips together for us. There are a lot of new opportunities to read and hear about for the next year and a half. They've done a fantastic job! As always, if you have an idea for a club trip, feel free to pass it along to one of the trip committee members.

This month's program will be a report from those who just came back from the Little Cayman trip and a video from John Geddes of the trip. I'm sure you are all anxious to see what you missed. 🚩



The Editor's Notes

By John Geddes



Ok, here we are doing another newsletter, how time is flying! As I stated last month, this would be the pics from Little Cayman. Rick's article is a little long, but it has some great info.

Don't forget the Derby Party, Hosted by The McCann's; Catch the end of The Newsletter for the details. 🚩

Jerry and Angie McCann



2010 BGDC Officer's & Staff

Rebecca Singer, President	552-0880
Krisy Carty, Vice President	497-4333
Maryanna O'Canna, Secretary	277-2634
George Fleischmann, Treasurer	873-9539
Doug Geddes, Trip Director	224-3197
Rick Stephan, Safety Information Dir.	223-3719
Mike McCann, Webmaster	255-3937
John Geddes, Newsletter Editor	223-7926

Vice President's Report

By Krisy Carty

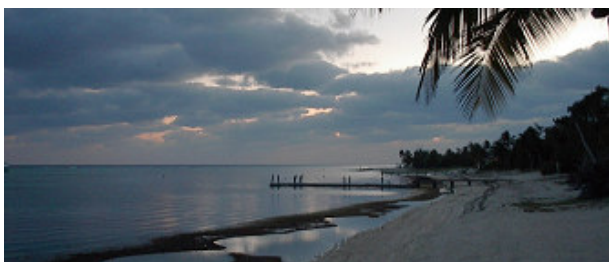


Happy Springtime, Bluegrass Dive Club Members. It is time to start thinking about diving again and the Dive Trip Committee has been busy planning several new diving options. Watch the website for exciting trips to **Pennyroyal Scuba Center** in Hopkinsville, KY, **Dale Hollow Lake**, **Key West**, **Fiji**, **Grenada**, **Bonaire**, and **Eleuthera Island**.

We are excited to announce the addition of five new members this month. Welcome to the club:

- **Edwin Cox** of Lexington
- **Frances Woollam** of Lexington
- **Keith Knight** of Lexington
- **Sophie Knight** of Lexington
- **Mark Tucker** of Nicholasville

In **May**, Todd Lakes of Dive Adventures Asia, will be presenting world class dive opportunities throughout Southeast Asia. The presentation will be on some of the best dive spots in the area, including the Similans, Raja Ampat, Sipadan, and Komodo. Todd is a Lexington native and owns a dive shop in Phuket, Thailand. Be sure to plan on attending the May regular club meeting to learn what dive adventures are available.



Thanks to everyone for remaining active in the club throughout the winter months. Your participation makes the BGDC a success. As you start your spring and summer adventures, remind your fellow divers of what a great scuba diving club we have in Lexington and encourage them to become an active member. 🚩

From The Secretary

By Maryanna O'Canna



Board Meeting

March 30

The EC meeting was held on Tuesday, March 30th. The meeting was attended by board members Rebecca, Krisy, Doug, George, John, & Rick. Jason Carty was also in attendance for trip proposals. The Treasurer's Report was presented. Vice President reported five new members. Secretary

Rum Punch Welcome



report was given by Rebecca and consisted of attendance trends at EC and regular club meetings. The Trip Leader proposed the addition of three new trips. The following trips were presented and unanimously approved by the board:

- Pennyroyal Scuba Center, June 26-27, 2010 with potential treasure hunt
- Grenada, April 2-9, 2011
- Eleuthera Island, October 8-15, 2011

Motion to adjourn meeting made and seconded. Meeting adjourned.

And some more welcoming



Trip Director's Report

By Doug Geddes



PENNYROYAL 2010

Be ready for an announcement about a trip this June to Pennyroyal quarry. The EC has approved this trip and we will have a trip page up and running soon. We will have more information about this trip at the meeting. The dates are for June 26 and 27. We are considering having a treasure hunt or some other activity to make this an exciting weekend. For you low budget divers, the cost is going to be around \$100 for the room and diving for the whole weekend. It is also possible that we will be surrounded by our fellow divers from New Horizons Dive Shop. What a way to spend a weekend. More to follow on this great local trip, you asked for it, you got it.



FIJI 2011

Still full, but you should put your reservation in, just in case. The Nai'a had a major accident when it was in the ship yard for its annual inspections and cleanup. Someone lit a cigarette in the hull when it was full of paint fumes. Needless to say, it went boom. Luckily only the guest staterooms were destroyed. The boat itself, survived and it is being re-outfitted as we speak. This will make it real nice for us. All the rooms will be new. The only sad part was the guy that started it, died in the blast. They have always said, "Smoking kills". ..sorry couldn't resist.

GRENADA 2011

Another great trip has been planned for Fayette County's school spring break next year and it is to Grenada. Jason has been working on this trip for several months and we will have a trip page out soon on this trip. The weather in this region is good

year around, so you don't have to worry about it being cool on this trip. We will have prices and more info out soon. The dates are April 3-10, 2011. Start planning today for this one...



ELUTHERA 2011

Yes you are seeing it right; we are having a fourth trip in 2011. Gordon Green has found us a luxury condominium resort for a trip in October. The dates are Oct. 8 - 15, 2011. This is also fall break for Fayette County schools. Again we will have more information and pricing up on the website soon and also will have some info at the meeting. We know this is an aggressive dive schedule, but we feel we can get divers on all of the trips. Consider which trip or trips fit you and start planning for an adventure of a lifetime. Look for the upcoming announcements of these trips. We need your support to make this work.

THANKS DIVE COMMITTEE AND EC FOR WORKING HARD TO GET US GREAT TRIPS FOR NEXT YEAR. STAY TUNED, MORE TO FOLLOW FOR 2012. 🚩

The Group Shot



From the Treasurer

By George Fleischmann



2010 Membership Dues

Student (High School or College 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, 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
% George Fleischmann
9048 Clifton Road
Versailles, KY 40383-9077

New Members:: Visit the website to fill out an on-line form or to access a Microsoft WORD printable form. [CLICK HERE](#). 🚩

No, it's the Sunrise



Dale Hollow Weekend

By Corrine Wells Mulberry



July 17th-18th, 2010

The Dale Hollow Lake trip is scheduled weekend of July 17th-18th. This is a great trip for both divers and non-divers. We have **one** 30' double-decker pontoon boat reserved for the weekend (12 person capacity). If we have more than 12 people sign-up (we often have 18-20 people!) a second boat will be reserved if it is available. Pontoon boats are often in short supply at the marina, so if we have a bunch of folks sign up at the last minute, we may not be able to get a second boat. First come, first served – get your reservations and payments in as soon as possible to secure your spot!

On Saturday, July 17, 2010, we will enjoy lake diving, swimming, relaxing and a pot-luck dinner in the evening. On Sunday, July 18, 2010, we will enjoy more lake diving, swimming and relaxing on Dale Hollow Lake. RSVP so you don't miss out! The cost is \$15.00 per person per day for pontoon boat users. For members that bring their own boat, no fee is required; however, a reservation form and waiver form for each person is needed.

Visit the BGDC Website and sign-up now for the Dale Hollow Lake Trip so you don't miss out. 🚩

New Friend Sime and you know Dan



Bonaire 2011

By Rebecca Singer



Don't miss out on a great opportunity to dive in Bonaire for an incredible price. The club trip is June 11-18, 2011. We still have a bit over a year before we travel to Bonaire but please think about signing up for this trip. We rarely see such good prices.

Each 2 bedroom villa sleeps four people and the price includes 7 nights at the resort, daily breakfast, 6 days of unlimited shore diving, and the truck rental (1 per villa) for only **\$620 per diver**. You can add 6 boat dives onto your package for only \$127! This is a don't miss opportunity.

Gorden and Lisa



To make it even sweeter a deal, if you sign up before August 1st, 2010 the deposit is only \$100!!! If you sign up after August 1st, 2010 the deposit is raised to \$200 so it's worth it to sign up now! Bonaire is a great destination for divers and non-divers alike.

If you have any questions about the trip, feel free to contact Rebecca Singer at rasinger1@gmail.com or talk to her at the regular club meeting. She would be delighted to help you decide to join the trip. You may also find additional information on the Bonaire 2011 trip by visiting the Upcoming Events section on the club website. . 🚩

Safety Corner

By Rick Stephan



Note: The travel season is upon us. Normally this column focuses on specific dive safety tips. I thought maybe it was worthwhile to spend a little time on some interesting tips about planning for safety while you travel. Over the years, the BGDC has had very good luck while traveling (okay, we did have that one plane crash...). While good luck is good to have, just in case it doesn't hold out we can prepare for problems ahead of time and either avoid them altogether or recover quickly. These tips are all common sense, but in reading them, I realized there were more than a few of which I was unaware. This list came from a website at the department of state, so I guess we can thank Hillary for this.... ☺



Remember, safe diving is fun!

A SAFE TRIP ABROAD

Foreword

When you travel abroad, the odds are in your favor that you will have a safe and incident-free trip. Travelers are, however, sometimes victimized by crime and violence, or experience unexpected difficulties. No one is better able to tell you this than the U.S. consular officers who work in more than 250 U.S. embassies and consulates around the globe. Every day of the year, U.S. Embassies and consulates receive calls from American citizens in distress.

Happily, most problems can be solved over the telephone or by a visit to the Consular Section of the nearest U.S. Embassy or consulate. There are other occasions, however, when U.S. consular officers are called upon to help U.S. citizens who are in foreign hospitals or prisons, or to assist the families of U.S. citizens who have passed away overseas.

We have prepared the following travel tips to help you avoid serious difficulties during your

Safety Corner Cont.

overseas travel. We wish you a safe and wonderful journey!

BEFORE YOU GO

What to Take

Safety begins when you pack. To help avoid becoming a target, do not dress so as to mark yourself as an affluent tourist. Expensive-looking jewelry, for instance, can draw the wrong attention.

Always try to travel light. You can move more quickly and will be more likely to have a free hand. You will also be less tired and less likely to set your luggage down, leaving it unattended.

Carry the minimum number of valuables, and plan places to conceal them. Your passport, cash and credit cards are most secure when locked in a hotel safe. When you have to carry them on your person, you may wish to put them in various places rather than all in one wallet or pouch. Avoid handbags, fanny packs and outside pockets that are easy targets for thieves. Inside pockets and a sturdy shoulder bag with the strap worn across your chest are somewhat safer. One of the safest places to carry valuables is in a pouch or money belt worn under your clothing.

If you wear glasses, pack an extra pair. Bring them and any medicines you need in your carry-on luggage.

To avoid problems when passing through customs, keep medicines in their original, labeled containers. Bring copies of your prescriptions and the generic names for the drugs. If a medication is unusual or contains narcotics, carry a letter from your doctor attesting to your need to take the drug. If you have any doubt about the legality of carrying a certain drug into a country, consult the embassy or consulate of that country before you travel.

Bring travelers checks and one or two major credit cards instead of cash

Pack an extra set of passport photos along with a photocopy of your passport's information page to make replacement of your passport easier in the event it is lost or stolen.

Put your name, address and telephone numbers inside and outside of each piece of luggage. Use covered luggage tags to avoid casual observation of your identity or nationality. If possible, lock your luggage.

Consider getting a telephone calling card. It is a convenient way of keeping in touch. If you have one, verify that you can use it from your overseas location(s). Access numbers to U.S. operators are published in many international newspapers. Find out your access number before you go.



What to Leave Behind

Don't bring anything you would hate to lose. Leave at home:

- valuable or expensive-looking jewelry
- irreplaceable family objects
- all unnecessary credit cards
- your Social Security card, library card, and similar items you may routinely carry in your wallet.

Leave a copy of your itinerary with family or friends at home in case they need to contact you in an emergency.

Make two photocopies of your passport identification page, airline tickets, driver's license and the credit cards that you plan to

Safety Corner Cont.

bring with you. Leave one photocopy of this data with family or friends at home; pack the other in a place separate from where you carry the originals.

Leave a copy of the serial numbers of your travelers' checks with a friend or relative at home. Carry your copy with you in a separate place and, as you cash the checks, cross them off the list.

What to Learn About Before You Go

Security

The Department of State's Country Specific Information is available for every country of the world. They describe entry requirements, currency regulations, unusual health conditions, the crime and security situation, political disturbances, areas of instability, and special information about driving and road conditions. They also provide addresses and emergency telephone numbers for U.S. Embassies and consulates. In general, Country Specific Information does not give advice. Instead, they describe conditions so travelers can make informed decisions about their trips.



For some countries, however, the Department of State issues a Travel Warning in addition to a Country Specific Information. The Travel Warning may recommend that Americans defer travel to that country because of a dangerous situation there.

Travel Alerts are a means to disseminate information about relatively short-term conditions posing significant risk to the

security of American travelers. They are issued when there is a perceived threat, even if it does not involve Americans as a particular target group. In the past, Travel Alerts have been issued to deal with coups, pre-election disturbances, violence by terrorists and anniversary dates of specific terrorist events.

You can access:

[Country Specific Information](#), [Travel Warnings](#) and [Travel Alerts](#) 24-hours a day in several ways.

Internet, The most convenient source of information about travel and consular services is the Consular Affairs home page. The web site address is <http://travel.state.gov>.

Telephone, Overseas Citizens Services at 1-888-407-4747 can answer general inquiries on safety and security overseas. This number is available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. Federal holidays). Callers who are unable to use toll-free numbers, such as those calling from overseas, can obtain information and assistance from OCS during these hours by calling 1-202-501-4444.

In Person, Country Specific Information, Travel Warnings and Travel Alerts are available at any of the regional passport agencies and U.S. Embassies and consulates abroad.

Local Laws and Customs, When you leave the United States, you are subject to the laws of the country you are visiting. Therefore, before you go, learn as much as you can about the local laws and customs of the places you plan to visit. Good resources are your library, your travel agent, and the embassies, consulates or tourist bureaus of the countries you will visit. In addition, keep track of what is being reported in the media about recent developments in those countries.

THINGS TO ARRANGE BEFORE YOU GO

Your Itinerary, As much as possible, plan to stay in larger hotels that have more elaborate security. Safety experts recommend booking a room from the second to seventh floors above ground level – high enough to deter easy entry

Safety Corner Cont.

from outside, but low enough for fire equipment to reach.

When there is a choice of airport or airline, ask your travel agent about comparative safety records.

Legal Documents, Have your affairs in order at home. If you leave a current will, insurance documents, and power of attorney with your family or a friend, you can feel secure about traveling and will be prepared for any emergency that may arise while you are away. If you have minor children, consider making guardianship arrangements for them.

Register your travel, It is a good idea to register your travel with the State Department so that you may be contacted if need be, whether because of a family emergency in the U.S., or because of a crisis in the area in which you are traveling. Travel registration is a free service provided by the State Department, and is easily accomplished online at <https://travelregistration.state.gov>. (In accordance with the Privacy Act, the Department of State may not release information on your welfare or whereabouts to inquirers without your express written authorization.)

Credit, Make a note of the credit limit on each credit card that you bring, and avoid charging over that limit while traveling. Americans have been arrested for innocently exceeding their credit limit. Ask your credit card company how to report the loss of your card from abroad. 1-800 numbers do not work from abroad, but your company should have a number that you can call while you are overseas.



Insurance, Find out if your personal property insurance covers you for loss or theft abroad. Also, check on whether your health insurance covers you abroad. Medicare and Medicaid do not provide payment for medical care outside the United States. Even if your health insurance will reimburse you for medical care that you pay for abroad, health insurance usually does not pay for medical evacuation from a remote area or from a country where medical facilities are inadequate. Consider purchasing a policy designed for travelers, and covering short-term health and emergency assistance, as well as medical evacuation in the event of an accident or serious illness.

PRECAUTIONS TO TAKE WHILE TRAVELING

Safety on the Street, Use the same common sense traveling overseas that you would at home. Be especially cautious in (or avoid) areas where you may be more easily victimized. These include crowded subways, train stations, elevators, tourist sites, market places, festivals and crime-ridden neighborhoods.

Don't use short cuts, narrow alleys or poorly lit streets.

Try not to travel alone at night.

Avoid public demonstrations and other civil disturbances.

Keep a low profile and avoid loud conversations or arguments.

Do not discuss travel plans or other personal matters with strangers.

Avoid scam artists by being wary of strangers who approach you and offer to be your guide or sell you something at bargain prices.

Beware of pickpockets. They often have an accomplice who will:

Safety Corner Cont.

- jostle you,
- ask you for directions or the time,
- point to something spilled on your clothing, or distract you by creating a disturbance.

Beware of groups of vagrant children who create a distraction while picking your pocket.

Wear the shoulder strap of your bag across your chest and walk with the bag away from the curb to avoid drive-by purse-snatchers.

Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. Try to ask for directions only from individuals in authority.

Know how to use a pay telephone and have the proper change or token on hand.

Learn a few phrases in the local language or have them handy in written form so that you can signal your need for police or medical help.

Make a note of emergency telephone numbers you may need: police, fire, your hotel, and the nearest U.S. Embassy or consulate.

If you are confronted, don't fight back -- give up your valuables.

Safety in Your Hotel, Keep your hotel door locked at all times. Meet visitors in the lobby.

Do not leave money and other valuables in your hotel room while you are out. Use the hotel safe.

If you are out late at night, let someone know when you expect to return.

If you are alone, do not get on an elevator if there is a suspicious-looking person inside.

Read the fire safety instructions in your hotel room. Know how to report a fire, and be sure you know where the nearest fire exits and alternate exits are located. (Count the doors between your room and the nearest exit; this

could be a lifesaver if you have to crawl through a smoke-filled corridor.)

Safety on Public Transportation, If a country has a pattern of tourists being targeted by criminals on public transport, that information is mentioned in the Country Specific Information in the section about crime.

Taxis. Only take taxis clearly identified with official markings. Beware of unmarked cabs.

Trains. Well-organized, systematic robbery of passengers on trains along popular tourists routes is a problem. It is more common at night and especially on overnight trains.

If you see your way being blocked by a stranger and another person is very close to you from behind, move away. This can happen in the corridor of the train or on the platform or station.

Phil and Dottie, our Captain and Divemasters



Do not accept food or drink from strangers. Criminals have been known to drug food or drink offered to passengers. Criminals may also spray sleeping gas in train compartments. Where possible, lock your compartment. If it cannot be locked securely, take turns sleeping in shifts with your traveling companions. If that is not possible, stay awake. If you must sleep unprotected, tie down your luggage and secure your valuables to the extent possible.

Do not be afraid to alert authorities if you feel threatened in any way. Extra police are often

Safety Corner Cont.

assigned to ride trains on routes where crime is a serious problem.

Buses. The same type of criminal activity found on trains can be found on public buses on popular tourist routes. For example, tourists have been drugged and robbed while sleeping on buses or in bus stations. In some countries, whole busloads of passengers have been held up and robbed by gangs of bandits.

Safety When You Drive, When you rent a car, choose a type that is commonly available locally. Where possible, ask that markings that identify it as a rental car be removed. Make certain it is in good repair. If available, choose a car with universal door locks and power windows, features that give the driver better control of access. An air conditioner, when available, is also a safety feature, allowing you to drive with windows closed. Thieves can and do snatch purses through open windows of moving cars.

Keep car doors locked at all times. Wear seat belts.



As much as possible, avoid driving at night.

Don't leave valuables in the car. If you must carry things with you, keep them out of sight locked in the trunk, and then take them with you when you leave the car.

Don't park your car on the street overnight. If the hotel or municipality does not have a parking garage or other secure area, select a well-lit, area.

Never pick up hitchhikers.

Don't get out of the car if there are suspicious looking individuals nearby. Drive away.

Patterns of Crime Against Motorists, In many places frequented by tourists, including areas of southern Europe, victimization of motorists has been refined to an art. Where it is a problem, U.S. Embassies are aware of it and consular officers try to work with local authorities to warn the public about the dangers. In some locations, these efforts at public awareness have paid off, reducing the frequency of incidents. You may also wish to ask your rental car agency for advice on avoiding robbery while visiting tourist destinations

Carjackers and thieves operate at gas stations, parking lots, in city traffic and along the highway. Be suspicious of anyone who hails you or tries to get your attention when you are in or near your car.



Criminals use ingenious ploys. They may pose as good Samaritans, offering help for tires that they claim are flat or that they have made flat. Or they may flag down a motorist, ask for assistance, and then steal the rescuer's luggage or car. Usually they work in groups, one person carrying on the pretense while the others rob you.

Other criminals get your attention with abuse, either trying to drive you off the road, or causing an "accident" by rear-ending you.

Safety Corner Cont.

In some urban areas, thieves don't waste time on ploys, they simply smash car windows at traffic lights, grab your valuables or your car and get away. In cities around the world, "defensive driving" has come to mean more than avoiding auto accidents; it means keeping an eye out for potentially criminal pedestrians, cyclists and scooter riders.

How to Handle Money Safely, To avoid carrying large amounts of cash, change your travelers checks only as you need currency. Countersign traveler's checks only in front of the person who will cash them. Do not flash large amounts of money when paying a bill. Make sure your credit card is returned to you after each transaction.

Deal only with authorized agents when you exchange money, buy airline tickets or purchase souvenirs. Do not change money on the black market.

If your possessions are lost or stolen, report the loss immediately to the local police. Keep a copy of the police report for insurance claims and as an explanation of your plight.

New Friends, Robin and Laura



After reporting missing items to the police, report the loss or theft of:

- travelers' checks to the nearest agent of the issuing company
- credit cards to the issuing company
- airline tickets to the airline or travel agent

- passport to the nearest U.S. embassy or consulate

How to Avoid Legal Difficulties, When you are in a foreign country, you are subject to its laws and are under its jurisdiction. You can be arrested overseas for actions that may be either legal or considered minor infractions in the United States. Familiarize yourself with legal expectations in the countries you will visit. Country Specific Information include information on unusual patterns of arrests in particular countries, as appropriate.

Some of the offenses for which U.S. citizens have been arrested abroad are

Drug Violations, More than 1/3 of U.S. Citizens incarcerated abroad are held on drug charges. Some countries do not distinguish between possession and trafficking, and many have mandatory sentences - even for possession of a small amount of marijuana or cocaine. A number of Americans have been arrested for possessing prescription drugs, particularly tranquilizers and amphetamines, that they purchased legally elsewhere. Other U.S. Citizens have been arrested for purchasing prescription drugs abroad in quantities that local authorities suspected were for commercial use. If in doubt about foreign drug laws, ask local authorities or the nearest U.S. Embassy or consulate.

Possession of Firearms, The places where U.S. citizens most often experience difficulties for illegal possession of firearms are nearby - Mexico, Canada and the Caribbean. Sentences for possession of firearms in Mexico can be up to 30 years. In general, firearms, even those legally registered in the U.S., cannot be brought into a country unless a permit is obtained in advance from the embassy or a consulate of that country and the firearm is registered with foreign authorities on arrival. (Note: There are also strict rules about bringing firearms or ammunition into the U.S; check with U.S. Customs at http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/prohibited_restricted.xml before your trip.

Photography, In many countries you can be detained for photographing security-related institutions, such things as police and military

Safety Corner Cont.

installations, government buildings, border areas and transportation facilities. If you are in doubt, ask permission before taking photographs.

Purchasing Antiques, Americans have been arrested for purchasing souvenirs that were, or looked like; antiques and which local customs authorities believed were national treasures. This is especially true in Turkey, Egypt and Mexico. Familiarize yourself with any local regulations of antiques. In countries with strict control of antiques, document your purchases as reproductions if that is the case, or if they are authentic, secure the necessary export permit (often from the national museum). It is a good idea to inquire about exporting these items before you purchase them.

Terrorism, Terrorist acts occur unpredictably, making it impossible to protect yourself absolutely. The first and best protection is to avoid travel to areas where there has been a persistent record of terrorist attacks or kidnappings.

Most terrorist attacks are the result of careful planning. Just as a car thief will first be attracted to an unlocked car with the key in the ignition, terrorists are looking for the most accessible targets. The chances that a tourist, traveling with an unpublished program or itinerary, would be the victim of terrorism are slight. In addition, many terrorist groups, seeking publicity for political causes within their own country or region, may not be looking for American targets. Nevertheless, the following pointers may help you avoid becoming a target of opportunity. They should be considered as adjuncts to the tips listed in the previous sections on how to protect yourself against the far greater likelihood of being a victim of crime. These precautions may provide some degree of protection, and can serve as practical and psychological deterrents to would-be terrorists.

Schedule direct flights if possible and avoid stops in high-risk airports or areas.

Be cautious about what you discuss with strangers or what others may overhear.

Try to minimize the time spent in the public area of an airport, which is a less protected area. Move quickly from the check-in counter to the secured areas. Upon arrival, leave the airport as soon as possible.

As much as possible, avoid luggage tags, dress and behavior that may identify you as an American.

Keep an eye out for abandoned packages or briefcases, or other suspicious items. Report them to airport authorities and leave the area promptly.

Avoid obvious terrorist targets such as places where Americans and Westerners are known to congregate.

Travel to High-Risk Areas, If you must travel in an area where there has been a history of terrorist attacks or kidnappings make it a habit to:

Discuss with your family what they would do in the event of an emergency. Make sure your affairs are in order before leaving home.

As noted earlier, it's a good idea to register your travel with the Department of State. This may be accomplished online at <https://travelregistration.state.gov>. Registration will make it easier to contact you in case of an emergency.

Remember to leave a detailed itinerary and the numbers or copies of your passport or other citizenship documents with a friend or relative in the United States.

Remain friendly but be cautious about discussing personal matters or your itinerary.

Leave no personal or business papers in your hotel room.

Watch for people following you or "loiterers" observing your comings and goings.

Keep a mental note of safe havens, such as police stations, hotels, and hospitals. Formulate a plan of action for what you will do if a bomb explodes or there is gunfire nearby.

Safety Corner Cont.

Let someone else know what your travel plans are. Keep them informed if you change your plans.

Report any suspicious activity to local police, and the nearest U.S. Embassy or consulate.

Select your own taxicabs at random. Don't take a vehicle that is not clearly identified as a taxi. Compare the face of the driver with the one on his or her posted license.

If possible, travel with others.

Be sure of the identity of visitors before opening the door of your hotel room. Don't meet strangers at your hotel room, or at unknown or remote locations.

Refuse unexpected packages.

Check for loose wires or other suspicious activity around your car.



Be sure your vehicle is in good operating condition.

Drive with car windows closed in crowded streets. Bombs can be thrown through open windows.

If you are ever in a situation where somebody starts shooting, drop to the floor or get down as low as possible. Don't move until you are sure the danger has passed. Do not attempt to help rescuers and do not pick up a weapon. If possible, shield yourself behind a solid object. If you must move, crawl on your stomach.

Hijacking/Hostage Situations, While every hostage situation is different, there are some general considerations to keep in mind.

The U.S. Government's policy is firm: we do not make concessions to terrorists. When Americans are abducted overseas, we look to the host government to exercise its responsibility under international law to protect all persons within its territories and to bring about the safe release of hostages. We work closely with these governments from the outset of a hostage-taking incident to ensure that our citizens and other victims are released as quickly and safely as possible.

At the outset of a terrorist incident, the terrorists typically are tense, high-strung and may behave irrationally. It is extremely important that you remain calm and alert and manage your own behavior.

Avoid resistance and sudden or threatening movements. Do not struggle or try to escape unless you are certain of being successful. Don't try to be a hero, endangering yourself and others.

Consciously put yourself in a mode of passive cooperation. Talk normally. Do not complain, avoid belligerency, and comply with all orders and instructions.

If questioned, keep your answers short. Don't volunteer information or make unnecessary overtures.

Make a concerted effort to relax. Prepare yourself mentally, physically and emotionally for the possibility of a long ordeal.

Try to remain inconspicuous, avoid direct eye contact and the appearance of observing your captors' actions.

Avoid alcoholic beverages. Eat what they give you, even if it does not look or taste appetizing, but keep consumption of food and drink at a moderate level. A loss of appetite and weight is normal.

If you are involved in a lengthier, drawn-out situation, try to establish a rapport with your

Safety Corner Cont.

captors, avoiding political discussions or other confrontational subjects.

Establish a daily program of mental and physical activity.

Think positively. Avoid a sense of despair. Rely on your inner resources. Remember that you are a valuable commodity to your captors. It is important to them to keep you alive and well.

ASSISTANCE ABROAD

The Consular Section can provide updated information on the security situation in a country.

If you are ill or injured, contact the nearest U.S. Embassy or consulate for a list of local physicians and medical facilities. If you request, consular officers will help you contact family or friends. If necessary, a consul can assist in the transfer of funds from family or friends in the United States. Payment of hospital and other medical expenses is your responsibility.

Noel and Alan



Should you find yourself in legal difficulty, contact a consular officer immediately. Consular officers cannot serve as attorneys, give legal advice, or get you out of jail. . If you are arrested, consular officials will visit you, advise you of your rights under local laws, provide a list of local attorneys who speak English and who may have had experience in representing U.S. Citizens, and ensure that you are held under humane conditions and are treated fairly under local law. A consular

officer will contact your family or friends if you desire. When necessary, consuls can transfer money from home for you and will try to get relief for you, including food and clothing in countries where this is a problem. If you are detained, remember that under international treaties and customary international law, you have the right to talk to the U.S. Consul. If you are denied this right, be politely persistent. Try to have someone get in touch for you.

Resources for U.S. Citizen Crime Victims,

When a U.S. Citizen becomes the victim of a crime overseas he or she may suffer physical, emotional, or financial injuries. The emotional impact of the crime may be intensified if the victim is in unfamiliar surroundings, far away from sources of comfort and support, and not fluent in the local language or knowledgeable about local laws and customs. Consuls and consular agents can provide assistance to U.S. Citizen crime victims

If you become the victim of a crime overseas, contact the nearest U.S. Embassy, consulate, or consular agency for assistance. Also contact local police to report the incident and obtain immediate help with safety concerns.

Heres Charlie



While consular officials cannot investigate a crime, provide legal advice, represent you in court, serve as official interpreters or translators, or pay legal, medical, or other fees for U.S. Citizens, they can assist crime victims in many other ways. Consular personnel overseas are familiar with local government

Safety Corner Cont.

agencies and resources in the countries in which they are located, and they can help you::

- replace a stolen passport
- contact family, friends, or employers
- obtain appropriate medical care
- address emergency needs that arise as a result of the crime
- obtain general information about the local criminal justice process and information about your case
- obtain information about local resources to assist victims, including foreign crime victim compensation programs
- obtain information about crime victim assistance and compensation programs in the U.S.
- obtain a list of local attorneys who speak English



Victim Assistance: If you are the victim of a crime while overseas, you may benefit from specialized resources for crime victims available in the United States. Throughout the United States, thousands of local crime victim assistance programs offer help to victims of violent crime and most will help residents of their community who have been the victim of a crime in another country. These include rape crisis counseling programs, shelter and counseling programs for battered women, support groups and bereavement counseling for family members of homicide victims, diagnostic and treatment programs for child abuse victims, assistance for victims of drunk

driving crashes, and others. Information about locating crime victim assistance programs is below.

Victim Compensation: All states operate crime victim compensation programs and nearly half of them offer benefits to their residents who are victims of violent crime overseas. (See contact information for state compensation programs below.) These state compensation programs provide financial assistance to eligible victims for reimbursement of expenses such as medical treatment, counseling, funeral costs, lost income or loss of support, and others. Generally victim compensation programs require the victim to report the crime to law enforcement and they usually request a copy of the police report. 🚩

How was your diving Gorden?



It's Derby Party Time

(For club members and invited guests only)

Date: Saturday, May 1st
Time: 3:30 until - - -
Location: Home of Mike & Sherry McCann
3557 Gloucester Drive
Westmoreland Estates Lexington
255-3937

See Website for maps and directions

Club will furnish: A meat dish, rolls and soft drinks

What to bring?

- Yourself & spouse/date/significant other.
- A snack/finger food/munchies, desert to share.
- Money for the pools - No, not the water kind.