



UNDERCURRENTS

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

October 2016

Volume 46, Number 10

October Club Meeting

Date: Tuesday, October 11th
Time: 7:30-PM (business)
Social at 7
Location: The Racquet Club
3900 Crosby Rd.
Program: Dominica

President's Message

By Tracey Combs



Happy Fall Fellow Divers. I hope that you have enjoyed your summer and spent a lot of time underwater. The Roatan trip was a success and enjoyed by all. Our next group will be heading to Cayman soon.

The Trip Committee is working hard to get some additional dives on the calendar. If you have a suggestion or a bucket list location, please share your ideas. We are always interested in suggestions. Contact Doug Geddes or one of the committee members. We will be having a meeting soon, so watch your emails for the date and time.

Bluegrass Dive Club is on Facebook. We hope you visit and like our page. Feel free to share your pictures and videos. Don't be shy!!

Our elections will be held in November at the regular meeting.

Our next meeting will be Tuesday, October 11th at 7:30 pm at the Racquet Club. Guests are always welcome. I hope to see you there!! 🚩

The Editor's Notes

By Bart Bertetto



Hi everyone. Pictures this issue from the Roatan trip courtesy of Noel Hall. Looks like it was a great one. 🚩



2016 BGDC Officer's

Tracey Combs, President	621-4066
Corrine Mulberry, Vice President	913-0892
Mike Sullivan, Secretary	266-4516
Dan Miller, Treasurer	948-5133
Doug Geddes, Trip Director	621-3178
Rick Stephan, Safety Info Dir.	223-3719
Mike McCann, Webmaster	255-3937
Bart Bertetto, Newsletter Editor	502-299-3656

Vice President's Report

By Corrine Mulberry



The upcoming trip to Dominica will be the program at our meeting Tuesday night. As of article submittal, we're searching for Gordon Green's DVD that he shot in Dominica a few years ago. With a recent price drop (thanks to alert member notification!) this winter get-away is looking fabulous!

If you have diving information that you would like to present at a Club meeting (past or potential dive trip, etc.), we would love to hear from you. Please contact me so that we can put you on the calendar. 859 913-0892 or mulberryc1@gmail.com

New Members: No new members to announce. Help spread the word about the BGDC by picking up some business cards and making a concerted effort to make contact with fellow divers. You never know where you'll be when you spot someone in a dive shirt.

Nominations for BGDG Officers (2017):

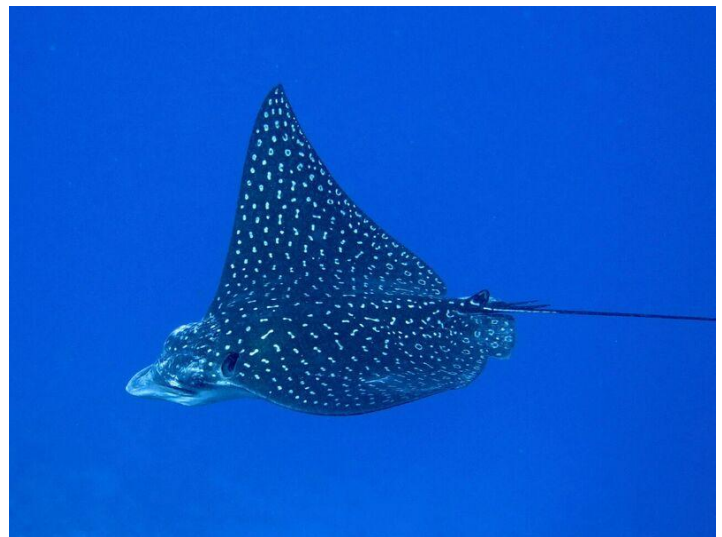
This is the last recruitment call for 2016 Officers for the BGDC.

Elected positions include:

- President
- **Vice President – Need someone to fill this vacancy.**
- Secretary
- Treasurer
- Trip Director
- Safety Information Director
- Newsletter Editor
- Webmaster

All elected positions are open to nominations. Nominees for elected positions must be in good standing (dues paid), have been a member for at least one full year and be at least 21 years of age. Please contact the Nominations

Committee: Charlie Denham
charlesdenham@hotmail.com, Tamara
Williams tamaraw@twc.com, Steve Gahafer
sagahafer@gmail.com or Corrine Mulberry
mulberryc1@gmail.com (859-913-0892) to
nominate someone, to nominate yourself or to
learn more about Board positions. 🚩



Trip Director's Report

By Doug Geddes



Grand Cayman 2016

This trip is closed out and ready to head out in a few weeks. Small numbers but should be a good trip

Dominica 2017

Check out the new prices on our website for this trip. They have lowered a few hundred dollars, making this even a better trip. There were several good options for air, if you can't find them, let me know. We have around 12 people so far and it will be a great trip.

Africa 2018

Corrine has been working hard on this trip, see following. We are still trying to get all the details finalized, but this trip will be a good. Be ready to put down a larger than normal deposit for this trip, because of the requirements of the two different resorts we will be locking in two years in advance. Hopefully this trip will be up on the website soon. An email will sent to the membership once it is up and running.

Dive Committee

We will be having a meeting this month to decide on future trips for 2017. If you have a spot, let me know.

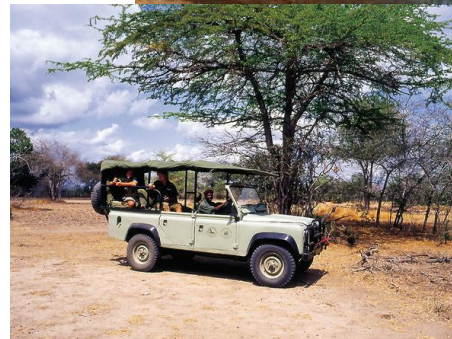
TANZANIA, AFRICA!!



June 10 – June 23, 2018
13 night dive/safari combo
\$5,100*
With Deposit by Nov. 2016
After, \$5,570*

To view the linked itinerary, go to
<http://wetu.com/itinerary/Vl/e69c03eb-6b90-b6ac-887f-ad41fd98c806>

- 3 nights in Selous near Selous Game Reserve with all meals and daily options of game drives, boating safaris and game walks (Rufiji River Camp).
- 3 nights in Ruaha near Ruaha National Park with all meals and daily game drives (Ruaha River Lodge).



- 7 nights in Kendwa (Zanzibar Island) with half board (breakfast & dinner) and 15 dives (Gold Zanzibar Beach House & Spa).



Scuba Do Zanzibar. Great Dive Site
Descriptions @ <http://www.scuba-do-zanzibar.com>

*IMPORTANT NOTES!!

The **\$5,100 price** listed above is for per person, diver, double occupancy with deposit by November 2016. Bookings in 2017 will/may be subject to 2018 rates, approximately \$5,570. Final contract with vendor has not yet been approved/signed.


1,100 deposit is needed from each participant by **Nov 11, 2016** to lock into rates!!

We're trying to get this finalized on the website ASAP.

Because this trip requires higher than usual deposits and is a bit expensive, an aggressive payment schedule will be set up as follows: payments of \$550 will be due at sign-up, on 11/11/16, on 02/07/17, on 06/15/17, on 10/15/17, and balance payment 02/15/18.

******* \$1,100 deposit by November 11, 2016 *******

You can begin paying on this trip prior to the webpage being up and running as follows: send money to our Treasurer, Dan Miller, and ask him to put your money "on your account". [On account funds are yours, sort-of-a "slush fund"; the monies are not tied to anything in particular and are yours which you can get back at any time.] HOWEVER, once the trip is formally on the webpage, you will need to sign-up for the trip and ask Dan to apply your "on account" funds to the Africa Trip. Once funds are appropriated to the Africa Trip, **30% of total costs are non-refundable**. (However, we can swap people around, so if you had to cancel but you found a replacement to take your slot, you wouldn't lose any money).

Sorry, but no other trip details will be forthcoming until the trip is formally approved and has been posted on the web for sign-ups. As with other BGDC trips, please do not contact lodges, resorts, travel agents directly. Work through Doug Geddes or Corrine Mulberry. 



From the Treasurer

By Dan Miller



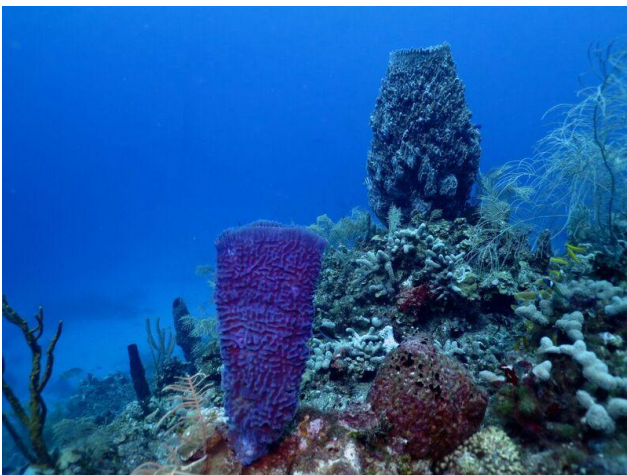
2016 Membership Dues

Student (High School or College ID) ...	\$10.00
Single & Family (1 diver).....	30.00
Family (non divers)	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 / Mail to: Bluegrass Dive Club c/o
Dan Miller
824 Gunpower Drive
Lexington, KY 40509

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



From The Secretary

By Mike Sullivan



General Meeting Minutes

Tuesday, September 13, 2016

- I. CALL TO ORDER 7:43 PM
 - a. There are 19 members present.
- II. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURER MILLER
 - i. Treasurer Report as of August 31, 2016.
 - ii. The Roatan trip currently has 10 paid members.
 - b. VICE PRESIDENT MULBERRY
 - i. There are no new members this month.
 - ii. This month's activity is the Club Swap Shop.
 - iii. The Contract for the 2018 Africa trip is not yet signed, but a \$1,100 deposit is required by November. This money can be applied to On-Account until the Contract is signed and the trip posted on the website.
 - iv. Door prizes were won by Doug Geddes and Steve Gahafer.
 - c. SECRETARY SULLIVAN
 - i. No Comments.
 - d. TRIP DIRECTOR GEDDES
 - i. The Roatan trip is sold-out and the travel vouchers are available.
 - ii. The Grand Cayman trip has four people signed-up and the extra rooms have been released.

- iii. The Dominica trip has six people signed-up and is on the website.
- e. WEBMASTER McCANN
 - i. Absent
- f. NEWSLETTER ED BERTETTO
 - i. Absent
- g. SAFETY INFO DIR STEPHAN
 - i. Absent
- h. PRESIDENT COMBS
 - i. The Christmas Party will be at Stella and Mark Kidd's house in December. The date is not yet set.

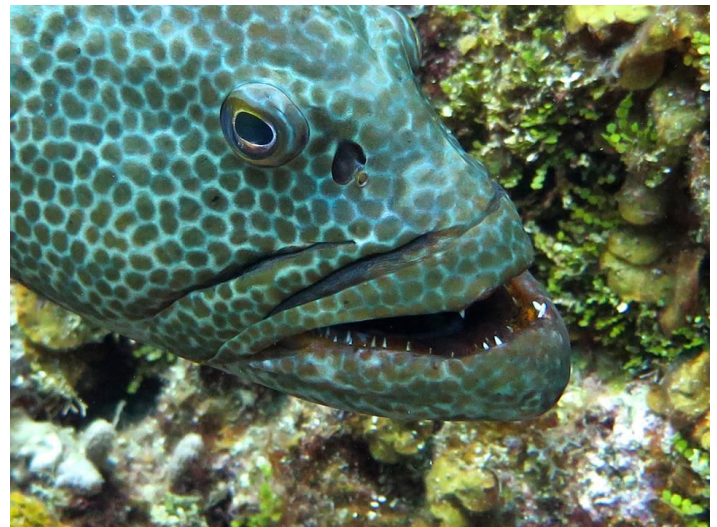
ADJOURNMENT 8:28 PM

Board of Directors Meeting Minutes Tuesday, September 27, 2016

- I. CALL TO ORDER COMBS
 - a. Meeting began at 7:38 PM
- II. APPROVAL OF AGENDA GEDDES
- III. OFFICERS AND DIRECTORS REPORTS:
 - a. TREASURE MILLER
 - i. Treasurer Report as of 9/27/16.
 - ii. Grand Cayman has 4 people signed-up for the trip.
 - iii. Refunds have been setup for the Roatan trip.
 - iv. Dominica now has 8 people signed-up.
 - b. VICE PRESIDENT MULBERRY
 - i. Absent
 - c. SECRETARY SULLIVAN
 - i. No comments.
 - d. TRIP DIRECTOR GEDDES
 - i. The Grand Cayman has 4 people signed and paid.
 - ii. The Dive Committee may look at Belize as a trip for next Fall.
 - iii. The Africa trip is on hold for details and contract

- e. SAFETY INFO DIR STEPHAN
 - i. Article this month is forthcoming.
- f. NEWSLETTER ED BERTETTO
 - i. Absent
 - ii. Articles are due Friday.
- g. WEBMASTER McCANN
 - i. Absent
- IV. NEW BUSINESS COMBS
 - i. The Club Christmas Party may be either the first or second Saturday in December at the Kidd's house.

V. MEETING ADJOURNED AT 9:00 🚩



Safety Corner

By Rick Stephan



Remember, safe diving is fun!

Note: *This month's article focuses on a growing concern that is sweeping the nation: the spread of the Zika virus. Since this is spread by mosquitoes and the BGDC very often travels to dive sites in areas favored by the little pests, it may be of some interest to our readers. This article is taken from a bulletin published by Medcor, a provider of health and wellness clinics.*

At the time I'm writing this preamble, the first case of Zika transmission in the Lexington area has just been confirmed. So, although we are certainly to be aware about prevention of the virus spread as we travel abroad, this is important for our local health as well.

Our health is very important to be able to dive safely. So, avoid the virus and let's keep all our members healthy. Remember, safe (and healthy) diving is fun!

What is Zika Disease?

Zika (zee-kah) is a disease caused by the Zika virus.

WHERE IS ZIKA FOUND?

Before 2015, Zika occurred only in tropical Africa, Southeast Asia and the Pacific Islands. In May 2015, Zika infections were found in Brazil. There are now many countries with Zika outbreaks in the Western Hemisphere, including countries in South and Central America, the Caribbean, and Mexico. In July 2016, local transmission of Zika was first recognized in a very limited area in Miami Dade County, Florida.

WILL ZIKA SPREAD IN THE UNITED STATES?

There will probably not be widespread Zika in the United States. This is due to control measures, implementation of travel restrictions (US travel restrictions are not currently recommended by the CDC), increased availability of air conditioning, increased access to mosquito prevention methods, and cooler fall and winter temperatures. The U. S. Centers for Disease Control website provides Updates on Zika Spread.

WHAT IS THE PRIMARY WAY ZIKA DISEASE SPREADS?

The primary way people become infected with Zika is through the bite of a Zika infected Aedes mosquito. The Aedes mosquitoes become infected with Zika after biting someone infected with Zika. Aedes mosquitoes are found throughout the world in warm climates. Colder temperatures (less than 50° F) will likely stop further spread as mosquitoes hibernate in winter and prefer temperatures over 80°F. The Aedes mosquitoes typically lay eggs in and near standing water in objects like buckets, bowls, animal dishes, flowerpots and vases. The mosquitoes typically bite in the daylight hours, both indoors and outdoors near households.

WHAT ARE THE SYMPTOMS OF ZIKA DISEASE?

Only 1 in 5 people (20%) infected with Zika will have symptoms. The most common symptoms are fever, rash, joint pain and conjunctivitis ("pink eye"). The symptoms typically appear a few days after an infected mosquito bites a person and usually last for 2-7 days.

HOW IS ZIKA TREATED?

The treatment of Zika is supportive and very similar to the treatment of colds. People sick with Zika should get plenty of rest, drink enough fluids and treat pain and fever with common over the counter medicines. If symptoms worsen, they should seek medical care and advice.

HOW CAN I PREVENT ZIKA DISEASE?

The best protection against Zika virus is preventing mosquito bites. Follow these measures:

- Use EPA-registered insect repellent (EPA-registered repellents including DEET are considered to be safe to use in pregnant and lactating women).
- Wear long sleeved shirts and long pants to cover exposed skin. Wear Permethrin-treated ("Buzz Off") clothes.
- Stay and sleep in screened-in or air-conditioned rooms, with closed doors and windows.
- Remove or stay away from mosquito breeding sites like containers with standing water.

If you have travelled to an area of Zika transmission (regardless of whether you have developed Zika symptoms), continue to protect yourself from mosquito bites for the subsequent three weeks to prevent possible Zika transmission.

WHY THE WORRY ABOUT ZIKA DISEASE?

Most people infected with Zika virus recover quickly with no health problems. There are two possible complications of Zika infection:

1. Zika infections during pregnancy can cause birth defects including absent or poorly developed brain structures with brain damage (including microcephaly), eye defects, hearing defects, impaired growth, and miscarriages.
2. Guillain-Barre syndrome (GBS) is a rare disorder (1-2 cases of GBS for every 100,000 people in the US each year) where a person's own immune system damages nerve cells leading to weakness and sometimes paralysis. Zika can trigger Guillain-Barré in a very small proportion of infections, as it can be triggered after a variety of other viral and bacterial infections.

HOW IS ZIKA DIAGNOSED?

Your provider will ask about recent travel and symptoms you may have, and collect blood or urine to test for Zika. Currently, Zika testing is recommended for all pregnant women (regardless of the presence of clinical

symptoms) who have traveled to an affected area, are living in an affected area, or reside along the US-Mexico border. Zika testing is also recommended for couples trying to conceive with: men and women with possible exposure to Zika virus who do not have symptoms.

IS THERE A VACCINE FOR ZIKA?

No. Currently, there is no vaccine for Zika.

IF I HAVE ZIKA OR HAVE TRAVELED TO AREAS WITH ZIKA SHOULD I DONATE BLOOD?

People with confirmed Zika should not donate blood. The American Red Cross is asking blood donors who have traveled to Mexico, the Caribbean, Central, South America, or areas of Zika transmission within the past 28 days not to donate blood. They also ask that donors who have donated blood to immediately notify the Red Cross if they develop symptoms of Zika infection within 14 days of blood donation. At this time, the chance of getting Zika through a blood transfusion is very low.

CAN ZIKA BE SEXUALLY TRANSMITTED?

Yes. Sexual transmission of Zika from both an infected male or infected female to their partner has occurred. Zika can be transmitted through vaginal, oral, and anal sexual relations, as well as, through sharing sex toys. Zika can be passed through sexual intercourse, regardless if the person is symptomatic or not at the time of intercourse. While, it is known that Zika can remain in the semen and vaginal fluids longer than it can be detected in the blood or urine, studies are under way to determine how long the virus remains viable in these liquids. Absolute prevention from Zika sexual transmission involves abstinence. However, measures to decrease the risk of Zika sexual transmission include using male and female condoms, as well as, not sharing sex toys.

IF I AM PREGNANT OR TRYING TO BECOME PREGNANT, SHOULD I TRAVEL TO AN AREA WHERE ZIKA IS SPREADING?

No. The U.S. Centers for Disease Control recommends that women who are pregnant or planning to become pregnant avoid travel

to areas where Zika virus is spreading.

IF MY PARTNER OR I GET ZIKA VIRUS, HOW LONG AFTER HAVING ZIKA DO WE HAVE TO WAIT UNTIL TRYING TO CONCEIVE?

For women and men who have either been diagnosed with Zika or who have had symptoms of Zika, (e.g., acute onset of fever, rash, joint pain or conjunctivitis), the CDC recommends that:

- Women wait at least eight weeks after their symptoms first appeared before trying to conceive.
- Men wait at least six months after their symptoms first appeared before trying to conceive. Men should be counseled to consistently and correctly use condoms for vaginal, anal, and oral sex or abstain from sex if they are concerned about the possibility of transmitting Zika to their sex partners.

IF MY PARTNER OR I TRAVEL TO A ZIKA AFFECTED AREA BUT DO NOT DEVELOP SYMPTOMS OF ZIKA, HOW LONG DO WE NEED TO WAIT BEFORE ATTEMPTING TO CONCEIVE OR HAVING UNPROTECTED INTERCOURSE?

Eight weeks.

WHAT IS CURRENTLY KNOWN ABOUT ZIKA TRANSMISSION FROM MOTHERS TO INFANTS?

A mother, who is infected with Zika near the time of delivery, can pass the Zika virus to her newborn around the time of birth. However, these types of cases have been rare. A mother infected with Zika, can pass Zika to her fetus during pregnancy. This is the group at risk for fetal birth defects. However, the likelihood of fetal transmission and the likelihood of birth defects is still being studied. Per the CDC, once someone has been infected with Zika, it is likely that they will be protected from acquiring future Zika infections. There is no current evidence to suggest that a fetus conceived after the mother's Zika virus has resolved would be at risk for fetal infection. Additionally, there is no evidence that prior Zika virus infection poses a risk for birth defects in future pregnancies.


There have been no reports, to date, of infants getting Zika virus through breastfeeding. Current recommendations continue to encourage mothers to breastfeed, even in areas where Zika virus is found, because of the extensive benefits of breastfeeding.

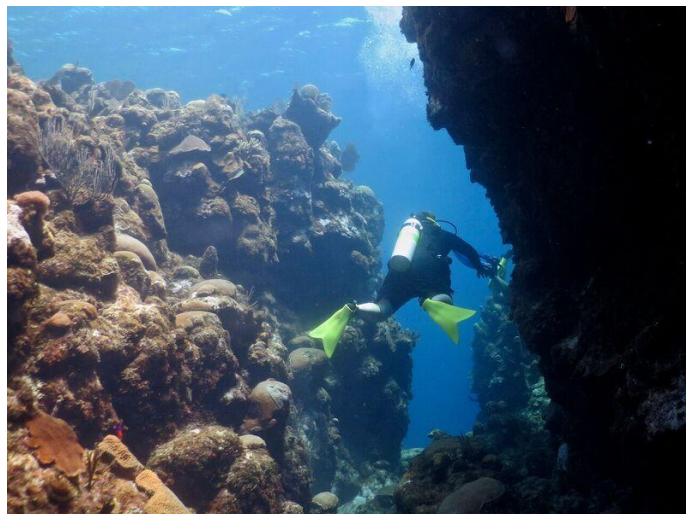
**ZIKA INFORMATION
ARE THERE OTHER WAYS ZIKA CAN BE TRANSMITTED?**

Researchers have found Zika in saliva and urine. More research will determine if these fluids could cause infection. Some very cautious health organizations recommend that pregnant women avoid kissing, sharing drinking glasses, food or silverware with anyone at risk of infection. Others think these are unnecessary warnings.

WHERE CAN I FIND MORE INFORMATION ABOUT ZIKA?

The Centers for Disease Control has extensive up to date information on Zika at the following link: <http://www.cdc.gov/zika/>

Source Materials: US Centers for Disease Control and Prevention (CDC). 



Bluegrass Dive Club 2016 Calendar

- | | |
|-----------------------------|---------------------------|
| ▪ January 10 | Board Budget Meeting |
| ▪ January 12 | General Meeting |
| ▪ January 26 | Board Meeting |
| ▪ Jan 23-Feb 6 | Philippines Trip |
| ▪ February 9 | General Meeting |
| ▪ February 23 | Board Meeting |
| ▪ March 8 | General Meeting |
| ▪ March 13-20 | Bonaire Trip |
| ▪ March 29 | Board Meeting |
| ▪ April 12 | Board Meeting |
| ▪ April 26 | Board Meeting |
| ▪ May 7 | Annual Derby Party |
| ▪ May 10 | General Meeting |
| ▪ May 31 | Board Meeting |
| ▪ June 14 | General Meeting |
| ▪ June 11-18 | St. Lucia Trip |
| ▪ June 28 | Board Meeting |
| ▪ July 12 | General Meeting |
| ▪ July 26 | Board Meeting |
| ▪ August 9 | General Meeting |
| ▪ August 13 | Annual Pig Roast |
| ▪ August 30 | Board Meeting |
| ▪ September 13 | General Meeting |
| ▪ Sept 24-Oct 1 | Roatan |
| ▪ September 27 | Board Meeting |
| ▪ October 11 | General Meeting |
| ▪ October 25 | Board Meeting |
| ▪ November 8 | General Meeting |
| ▪ Nov 12-19 | Grand Cayman Trip |
| ▪ November 29 | Board Meeting |
| ▪ February 4-11 2017 | Dominica |

Dive Committee Members

Doug Geddes – Chairman	621-3178
Tracey Combs	621-4066
Ralph Covington	621-3862
Mike Sullivan	266-4516
Ed Sullivan	C@Meeting
John Geddes	223-7926
Corrine Mulberry	913-0892

