



# UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / [www.bluegrassdiveclub.com](http://www.bluegrassdiveclub.com)

June 2017

Volume 47, Number 06

## June Club Meeting

**Date:** Tuesday, June 13th  
**Time:** 7:30-PM (business)  
Social at 7  
**Location:** The Racquet Club  
3900 Crosby Rd.  
**Program:** You Pick It.....

## President's Message

*By Tracey Combs*



Summer is finally here. Our local dive trip to Dale Hollow will follow in July, so get signed up soon! The Annual Pig Roast will be in August, so make sure you watch the newsletter and emails for more information. The club will be visiting Belize in September. It is not too late to join the group.

I want to thank Doug and Susan Geddes for hosting the Annual Derby Party. I was unable to attend, but everyone has told me how wonderful it was to get together with fellow Dive Club Members. Congrats to all of those \$\$\$ winners!

Our next meeting will be June 13th at the Racquet Club. Come early to socialize. All are welcome. 🏊



## The Editor's Notes

*By Steve Gahafer*



Now that summer is in full swing I hope everybody is having fun and getting outdoors and enjoying the weather. We have our Dale Hollow trip coming up if you are interested in going and have not signed up go to the web site to fill out the reservation form. This month's pictures are from John Geddes from past Dale Hollow trips and from the Derby Party that Doug and Susan Geddes were so gracious to host again. 🏊



## 2016 BGDC Officer's

Tracey Combs, President	621-4066
John Geddes, Vice President	223-7926
Mike Sullivan, Secretary	266-4516
Dan Miller, Treasurer	948-5133
Doug Geddes, Trip Director	621-3178
Rick Stephan, Safety Info Dir.	223-3719
Kim Hudson, Webmaster	614-937-1955
	<a href="mailto:Khudson4974@yahoo.com">Khudson4974@yahoo.com</a>
Steve Gahafer, Newsletter Editor	229-9408
	<a href="mailto:sagahafer@gmail.com">sagahafer@gmail.com</a>

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## Vice President's Report

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By John Geddes



Congratulations to Ed Sullivan and Dale Anderson for winning the Door Prizes.

I forgot to add this to last month's issue of our newest members, so here is Jack and Linda Frendenberger.



This month program will be, You Pick It! So come out and see what will be picked! One is of a trip that the Dive Committee was thinking about going again, great place too!

*Something else on my mind -*

Dale Hollow is coming up fast and will be here before you know it, so book your spot and get your camp site. For most of the details, see the article for Dale Hollow.

Steve will be putting some pics in the Newsletter of past Dale Hollow Trips, as you will see its just about anything fun above or below the water that makes this a fun filled day! 🚩



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## Trip Director's Report

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By Doug Geddes



DALE HOLLOW July 22, 2017

Don't forget to sign up for our annual lake trip. The club is furnishing the pontoon boat, with only a \$15.00 charge to cover the expenses for the fuel. This is always a great time to relax and socialize. Come early on Friday night and eat at the State dock buffet. It is always worth the money, then enjoy a buffet breakfast in the morning. What a great way to start the weekend. Camp sites still available, just don't wait too late. Check it out on our website [Dale Hollow](#)



BELIZE 2017

Looks like this trip had taken off, just like Dominica. We now have at least 20 persons and still growing. Please check with Dan before buying airfare, to make sure we have rooms. The resort is filling up and we have used up our allotment, but hopefully we can get more. Check out the website [Belize 2017](#).





### CURACAO 2018

Another great trip being offered by the dive club to one of the best looking islands in the Caribbean. This should be a great check out dive for the upcoming Africa trip for those that haven't been in the water for a while. This trip is now up on our website at [Curacao 2018](#). Check it out. It is a great place for non-divers also, so bring some friends to paradise.



### AFRICA DIVE & SAFARI 2018

Yes, it is almost time to purchase your air fare for this trip that has been in the works for a year or so. If someone finds a great fare, please share it with us, so others might join you, but you need to make sure it works with the times we need to arrive in Africa. I will try and get that info out to you. We still have a room or so reserved, but if they call we will have to give it up, so if you are on the fence, please consider grabbing it before it is gone. Check the website [Africa 2018](#). 🚩



## Dale Hollow Dive Trip

*By John Geddes*



July 22nd is the date for the Dale Hollow Dive. Mark your calendars and sign up early. This is a fun and relaxing weekend on the lake and an opportunity for local and inexpensive diving. \$20.00 per person secures you a spot on the pontoon boat and these are new boats. Wow!

There is a maximum capacity of 12 people on the double-decker pontoon and 4 spots are already taken. The BGDC has reserved one pontoon boat only. Sign up early to ensure you have a spot. Some people like to bring their own boats too and no charge for that, Ralph?

In terms of lodging, I have made reservations at the Dale Hollow State Park Campground for Friday, July 21st and Saturday, July 22nd at site CC001, this is a cabin with AC. I would encourage you to make campground reservations in the L Loop, this is the best for shade after coming back from a day on the lake. Lodging at the State Park Lodge is always full, but you can keep calling to get in.

Breakfast is on your own, sometime we meet at the Lodge and bring your lunch and drinks for the boat. Also, bring something for the Saturday night potluck, we will plan that later.



And remember, Flo says go! About 39 days!

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## From the Treasurer

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*By Dan Miller*



### 2017 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](#). 🚩



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## From The Secretary

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*By Mike Sullivan*



### BLUEGRASS DIVE CLUB GENERAL MEETING Tuesday, May 8, 2017

- I. CALL TO ORDER 7:38 PM
  - a. There are 25 members present.
- II. OFFICERS AND DIRECTORS REPORTS:
  - a. TREASURER MILLER
    - i. Treasurer Report as of April 30, 2017.
    - ii. The Belize trip final payment is due June 23, 2017. There are 20 people signed-up for this trip.
    - iii. The Africa trip payments of \$550 are due June 15<sup>th</sup>, and October 15<sup>th</sup>, and has 13 people signed-up.
    - iv. Curacao payment due October 17<sup>th</sup>.
    - v. The Dale Hollow trip in July is \$20 per person for the pontoon boat.
  - b. VICE PRESIDENT JOHN GEDDES
    - i. The program this month was a DVD of Roatan on a Club trip in 2006.
    - ii. The drawings were won by Ed Sullivan and Dale Anderson.
    - iii. We had one guest this month, Sarah Clendinin.
  - c. SECRETARY SULLIVAN
    - i. No Comments.
  - d. TRIP DIRECTOR GEDDES
    - i. Fifteen people have signed-up and paid the required deposits for the Africa trip



scheduled June 10-23, 2018.

ii. The trip to Belize scheduled for September 23-30, 2017 currently has 13 people signed-up.

iii. The trip to Curacao is approved by the Board and is currently scheduled for 10-17 February 2018.

iv. The trip to Dale Hollow is scheduled for one day only on July, 22, 2018.

e. WEBMASTER HUDSON

i. The new website is still under construction but is making progress.

f. NEWSLETTER EDITOR

GAHAFFER

i. Send pictures of interest to Steve.

g. SAFETY INFORMATION DIRECTOR STEPHAN

i. This month's article is about common sense things not taught in diving classes that can harm you when not prepared.

h. PRESIDENT COMBS

i. The Club Derby Party held at Doug and Susan Geddes' house was a rousing success and well attended.

ADJOURNMENT 8:28 PM



### **BLUEGRASS DIVE CLUB BOARD OF DIRECTORS MEETING Tuesday, May 23, 2017 MEETING MINUTES**

- I. CALL TO ORDER COMBS
  - a. Meeting began at 7:40 PM
- II. APPROVAL OF AGENDA D GEDDES
- III. OFFICERS AND DIRECTORS REPORTS:
  - a. TREASURER MILLER
    - i. Treasurer Report as of May 23, 2017.
    - ii. Additional deposit required by the Curacao lodging is contingent on the refund ability of Club Funds.
  - b. VICE PRESIDENT J GEDDES
    - i. Absent
  - c. SECRETARY SULLIVAN
    - i. No comments.
  - d. TRIP DIRECTOR D GEDDES
    - i. The Club trip to Belize 23-30 September of 2017, and currently has 21 people signed-up, and the final payment is due June 23, 2017.
    - ii. The Dale Hollow trip on July 22, 2017 has 3 people signed-up.
    - iii. Installment payments for the Africa trip are due June 15<sup>th</sup> (\$550), and October 15<sup>th</sup> (\$500).
  - e. SAFETY INFORMATION DIRECTOR STEPHAN
    - i. The article this month is about motion sickness and caring for and eliminating symptoms.
  - f. NEWSLETTER GAHAFFER

- i. Articles are due Friday.
  - g. WEBMASTER HUDSON
    - i. The newsletter page on the website is up-to-date.
- IV. NEW BUSINESS COMBS
  - i. The Board will meet June 27, 2017.
  - ii. The Club Pig Roast will be August 12<sup>th</sup> at Mike and Sherry McCann's house.
  - iii. Members need to be considering nominations for Club Trip Director in November.

MEETING ADJOURNED AT 8:32 PM 🚩



## Safety Corner

By Rick Stephan



*Remember, safe diving is fun!*

**Note:** This month's article comes from [diversalernetnetwork.org](http://diversalernetnetwork.org) and is an oldie, but hopefully goodie – it was originally published in 1995.

*Most of us have experienced seasickness at one time or another. It is not pleasant, to say the least, and it can make us miss dives, incur the wrath of our dive boat companions, and subject us to ridicule. This article explains a little bit about why the sickness may occur, and hopefully how to lessen the chances that you will experience it. However, the author is very clear that there is no predictability as to when it will hit, or who will be the victim. (Except Doug, he is always the victim!)*

*Don't be afraid of diving because of motion sickness, rather, be prepared. You will be much the happier and safer diver if you are aware, and you know - safe diving is fun!*

### Motion Sickness

#### Some salty & sage advice on an age-old problem

By G. Yancey Mebane, M.D.

My experience with seasickness is that at first you are afraid you will die, then after a few hours you are afraid you will not.

Seasickness, or motion sickness, ruins diving trips, vacations and travel for many. Everyone is susceptible, and motion sickness can be produced in anyone if the circumstances are right. A lot is known about motion sickness, but total understanding of the cause is not clear. There are individuals who are resistant to motion sickness, but sufficient angular acceleration will induce motion sickness in anyone.

Even astronauts are annoyed by this problem. Approximately 70 percent of all crew members experience motion sickness of some degree during the first 72 hours of orbital flight on the space shuttle.

## Cause

If you have experienced motion sickness, you probably think of it as primarily nausea. One theory says that this symptom is the result of your brain's inability to resolve the conflicting signals that it is receiving from the ears, eyes and body.

The vestibular balance apparatus of the ears detects motion and is stimulated by the repeated angular acceleration of the dive boat. If you are in a compartment or have lost visual contact with the horizon, your eyes signal the brain that there is no motion. The sensors of body position are sending still another signal, and your brain is unable to resolve the conflict.

Anxiety, confusion and dismay result, leading to the first symptoms of yawning, pallor (paleness) and headache. They are followed by nausea and vomiting, and frequently a "fear" response. That is the time you are afraid you will not die.

There is more to the cause than mismatching of sensory inputs. Other hypotheses under intense study include the role of Coriolis forces (forces due to the earth's rotation), other non-physiological stimuli, the cerebrospinal fluid and the cerebellum.

A ship moves in a complex fashion depending on the size and construction of the vessel and the condition of the sea it is sailing. Among the hundreds of research studies on the cause of motion sickness, an interesting study from 1988 reports on sophisticated measurements of vessel motion and consequent seasickness among passengers on six ships, two hovercraft and a hydrofoil. This study showed that the occurrence of motion sickness was closely related to the magnitude of the vertical acceleration experienced. There was low correlation between roll and pitch acceleration magnitude and vomiting.

This information won't cure seasickness, but it does tell us to find the part of the vessel with the least vertical acceleration and stay there. Usually that will be in the center of the vessel, and we want to stay as low as possible while maintaining eye contact slightly above the horizon. If visual contact is not possible, keep your eyes closed. It is prudent to stay away from individuals who are

actively ill, though psychological support and reassurance from companions are helpful for the individual and the group.

Have you ever advised a seasick diver: "Get in the water - you'll feel better"? That may not be good advice. Motion sickness underwater occurs for the same reason as above water. When underwater, spatial disorientation occurs because of the interference with the normal clues. Poor visibility and the visual field restrictions imposed by the mask distort or eliminate visual clues. Neutral buoyancy distorts the clues provided by gravity. Motion from surge which may be encountered during entry causes potent acceleration forces. The brain is unable to reconcile the abnormal sensory input, and motion sickness develops. Anxiety of some degree is inevitable no matter how laid-back the individual, and a panic reaction can easily occur.

Vomiting underwater is not easy. Do you vomit through your regulator or take your regulator out of your mouth? There are valid arguments for both techniques, and I have seen both done successfully. There is no doubt that safety is seriously impaired under either condition.

As an experienced diver, you will be able to recognize clues available during a dive which provide spatial orientation. It is important to enter and exit along a line if visibility is poor and the bottom cannot be seen. Gravitation pull on weight belts provides the "down" sensation, while buoyancy effects will cause the chest to rise. The feet will tend to sink when not swimming. Bubbles, of course, rise. An inexperienced diver may not respond to these clues, especially in a panic situation.

And what about the reverse: sickness on land? It does happen. After you have finished that 10-day "trip of a lifetime" aboard a liveaboard and have stepped onto solid ground, you may suddenly feel funny and maybe even sick. What happened? "Land sickness," or *mal de débarquement*, occurs when you return to dry land after becoming adapted to an environment in constant motion. Your brain has become accustomed to the new input from increased motion. Suddenly, the motion stops. The abrupt change will promptly produce the same symptoms as originally felt upon going to sea.

Motion is most of the story, but not all. Emotional factors (fear, anxiety, fatigue) act in concert with motion to precipitate an attack. Alcoholic or dietary excesses before or during the trip increase the likelihood of motion sickness. Jet lag, which results from rapid transition of time zones, places you out of synchrony with the local social and time cues, producing fatigue, loss of appetite, gastrointestinal distress and other symptoms. If you feel that way before the dive boat leaves the dock, guess what's going to happen on the way to the dive site!

## PREVENTION

Now that you know that we don't fully understand the causes of motion sickness, you may not be surprised that we also don't really know how to prevent it. There are literally hundreds of gadgets, procedures, medicines, herbs, foods, etc., all touted as good for motion sickness - that in itself should tell you that none of these choices are completely effective. Perhaps you have already discovered a system that works for you. If so, congratulations. Be sure that your system is safe and stay with it.

## MEDICATIONS

The use of medications to prevent motion sickness may be helpful, but none of the medications are free of side effects. As most of the side effects affect performance, there are serious questions concerning their use by divers - who must be alert at all times. You must be cautious in their use, and your best plan is to avoid them entirely. If you choose a medication, give it a trial many days before diving in order to determine the response and side effects for you.

### Antihistamines

The most commonly used medications are antihistamines, available without a prescription, and similar in their side effect profile. The medications include Dramamine® (dimenhydrinate), Bonine® (meclizine), Benadryl® (diphenhydramine) and Marezine® (cyclizine). The common feature of this group is drowsiness, which could seriously impair a diver's ability to perform safely. There are other side effects - you should study all the information which comes with the medication before using it.

Phenergan® (promethazine) is a prescription drug chemically related to the tranquilizers, and

it also has antihistamine properties. Drowsiness is a prominent side effect, and it can be used as a sedative-hypnotic. The drug may impair your mental and physical abilities required to perform potentially hazardous tasks. Alcohol and similar drugs accentuate the sedative effects of promethazine. Intramuscular injection of this drug can provide great relief for severely motion-sick individuals. Of course, diving would be out of the question if intramuscular injection is needed.

### Other

### Medications

Scopolamine-dextroamphetamine (a combination of 0.4 milligrams oral scopolamine and 5.0 milligrams oral dextroamphetamine) has been studied for use in the space program. These are very potent medications and are useful in situations for individuals performing complex tasks while being closely monitored. A recreational diver will have some difficulty in obtaining these drugs, as dextroamphetamine is a Schedule II controlled substance prescription drug and the combination has not been approved by the Food and Drug Administration (FDA) as indicated for motion sickness. A physician prescribing this combination for motion sickness will be outside the FDA indications.

Trans-Derm SCOP® (scopolamine patch) is used for motion sickness and has been used by many divers who found it beneficial and reported few problems. Trans-Derm Scop does have some unwanted side effects which affect diving adversely.

Dry mouth occurs in about half of the users studied (non-divers) and is probably more prevalent in divers due to the dry air in scuba cylinders. Blurred vision after about 24 hours' use is common and may persist after the patch is removed. Repeated applications will cause visual disturbance to increase. If your finger contacts the medication side of the patch and then your eye, the pupil will dilate. Wash your hands thoroughly after handling the patch.

Trans-Derm SCOP® occasionally causes hallucinations, confusion, agitation or disorientation. These effects are more common in children and the elderly. Therefore, children under 10 should not use the patch. The dose is fixed and cannot be altered by cutting the patch,



which also disrupts the rate-limiting membrane delivering the medication. The package insert contains the following precautions: "Since drowsiness, disorientation and confusion may occur with the use of scopolamine, be careful when engaging in activities that require mental alertness, such as driving a motor vehicle or operating dangerous machinery, especially when you first start using the drug system." Studies indicate that the patch is slightly more effective than Dramamine®.

Dilantin® (phenytoin) has been shown to protect against motion sickness in several studies. However, the medication is an antiepileptic drug and has not been approved for use in the treatment of motion sickness. It is a fairly safe drug, but not free of side effects and adverse reactions. There has been one study on divers in chamber tests at 460 kilopascals (approximately 150 feet/ 46 meters of seawater) which did not reveal any change in susceptibility to nitrogen narcosis.

Royal Made Ping an Dan (PAD) is a royal clandestine prescription of the Qing Dynasty Imperial hospital for emperors, empresses, ministers, imperial maids and eunuchs. Experimental study has confirmed that it is effective on motion sickness. There is no information on composition or drug safety for this preparation.

#### **NONPHARMACOLOGICAL INTERVENTION**

There are many devices, herbs and procedures which are advocated for prevention and treatment of seasickness. The efficacy of both pharmacologic and nonpharmacological agents is difficult to determine in this condition, which has such a powerful emotional component. The placebo effect is very strong here. It is also complicated to determine if the agent used to prevent an event was effective or perhaps the event was not destined to occur. For instance, I keep a charmed shark tooth in my office to prevent shark attack. There hasn't been a shark in my ninth-floor office since I got that tooth - that's 100-percent effectiveness.

There are enthusiastic advocates of ginger for prevention of seasickness, but its efficacy has not been substantiated in controlled laboratory trials.

Seabands® (elasticized wristband devices) are sold as a means of treating seasickness. There is a stud incorporated into the device which applies pressure over the Neiguan point (located within tissue about 3 centimeters above the wrist joint). The Neiguan point is reported as being implicated in the control of nausea and vomiting, although the results of acupuncture applied to this point are contradictory. Seabands have been available for several years, although no controlled trials demonstrating their effectiveness have been published.

#### **FINALLY...**

So, how do you reduce your risk or susceptibility to motion sickness? First, you should be adequately rested, nourished and hydrated. If you are apprehensive, avoid placing anything at all in your stomach during the two hours more or less before you embark. You will be more comfortable with an empty stomach than with a full one. Adequate rest and hydration means that you have essentially recovered from jet lag, excessive food, or alcohol, and have satisfied your usual requirement for sleep.

After boarding, prepare your gear for diving before the boat reaches open water so that you can avoid working on diving equipment while looking down. Find a place on the boat where the motion is least and stay low. Avoid the bow, flying bridge or upper decks where the motion is intensified. The motion at the stern is not unpleasant, but exhaust fumes may be present. Maintain eye contact with the horizon or slightly above.

If you are using a medication or device to prevent sickness, have faith and it will probably work. Remember that all medications have side effects, and you should have tried the one you will be using long before exposing yourself to motion. The nonpharmacological agents are usually harmless, but you must be certain about your choices.

Adaptation to motion does occur with most individuals, so that motion sickness frequently ceases after a few hours. Motivation and willpower are important, as are sounds, sights and smells; individual tolerance to motion is also a factor. Seasickness is an unpleasant

acquaintance, testified to by armadas of past, present and future sufferers.



## Bluegrass Dive Club 2017-18 Calendar

- January 10                      General Meeting
- January 31                      Board Meeting
  
- **February 2-11**                **Dominica**
- February 14                      General Meeting
- February 28                      Board Meeting
  
- March 14                         General Meeting
- March 28                         Board Meeting
  
- April 11                         General Meeting
- April 25                         Board Meeting
  
- **May 6**                         **Derby Party**
- May 9                             General Meeting
- May 30                             Board Meeting
  
- June 13                         General Meeting
- June 27                         Board Meeting
  
- July 11                         General Meeting
- **July 22**                         Dale Hollow
- July 25                         Board Meeting
  
- August 8                         General Meeting
- **August 12**                      Annual Pig Roast
- August 29                         Board Meeting
  
- September 12                  General Meeting
- **September 23-30**              Belize
- September 26                  Board Meeting

- October 10                      General Meeting
- October 31                      Board Meeting
  
- November 14                    General Meeting
- November 28                    Board Meeting
  
- December TBD                **Christmas Party**
  
- January 9                        General Meeting
- January 25                        Board Meeting
  
- February 13                      General Meeting
- **February 10-17**                Curacao
- February 22                      Board Meeting
  
- March 13                         General Meeting
- March 29                         Board Meeting
  
- **June 2018 10-23**              Africa



### 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

