



UNDERCURRENTS

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

March 2022

Volume 52, Number 2

March Newsletter and April's Club Meeting

Date: Tuesday, April 12th
Time: 7:30-PM (business)
Social at 7:00

Location: Zoom Meeting
Program: TBA

President's Message

By John Geddes



Greetings and I hope all is well with you and yours.

Coming out of the Board meeting it sounds like things are opening up with less restrictions and airline bookings are way up.

Leigh Ann, your Trip Director is ramping up and people are volunteering to be on the Trip Committee, but your input is needed as well, so give her a call or text and let her know your diving needs. Sounds like a survey is coming...

If you take a look at the BGDC Calendar in the back of the Newsletter, please check the dates for meetings or when the newsletter will come out. Right now meetings are every other month with the newsletter coming out between the meeting months. Alex the Webmaster will also keep you updated on all events too. 🚩

The Editor's Notes

By Terri Anderson



It looks like more of the Caribbean is open for travel these days. We just returned from a great sailing/snorkeling trip to the Bahamas. Testing has become a way of life for international travel, but is becoming much easier to navigate. I have been blessed to have been able to combine sailing and scuba diving during these past two years of the pandemic. Still, I am looking forward to more fun trips with the Bluegrass Dive Club. There are still open Cabins for an outside sponsored sail/scuba dive trip May 1-8, 2022, and a possible June sailing/scuba trip to Belize. Email me if you are interested in any of these non-Bluegrass trips through Quientessence World.

If you would like to be on the Dive Trip Committee – please contact Leigh Ann Bowe-Geddes. 🚩



Vice President Report

By Kris Harn



Looking forward to seeing everyone at the next zoom meeting! Working on programs that I hope you will enjoy. If you want to hear about a certain topic, please let me know. Hope to keep the meetings fun and interesting. Please see the calendar for meeting dates. 🚩



Philippines Trip February 2016

2022 BGDC Officer's

John Geddes, President	608-0682
Kris Harn, Vice President	333-6911
Kathryn Bowers, Secretary	619-0166
Dan Miller, Treasurer	948-5133
L. A. Bowe-Geddes, Trip Director	553-6251
Bart Bertetto, Safety Info Dir.	502-299-3656
Alex Fassas, Webmaster	582-1600
Terri Anderson, Newsletter	502-791-4088



Dive Boats - Philippines Trip Feb. 2016

Secretary's Report

By Kathryn Bowers



March note from the Secretary's Desk

From what I have observed lately, the world seems to be getting back to something resembling normal. There are still masks covering some faces, mine quite often, but many people seem to have dispensed with them especially when outside or not in crowded areas. The temperatures are warming, new growth is appearing on the shrubbery in our yards and daffodils are blooming. Your dive club board is anxious to get a trip on the books. If there is anywhere you have been dreaming of diving please contact your club trip director, Leigh Ann Bowe Geddes or a member of the planning committee, Kris Harn, Alex Fassas, Bart Bertetto, and Will Robinson. If you want your dream trip to be a serious consideration help the planning committee out and don't just offer a geographic location, do a little research. You know where you want to go, look up a couple of resorts offering diving. Check prices (Hotels and approximate airfare); get a little information on temperatures (air and water) to help determine the best travel window for weather.



BlueGrass Dive Club Philippines Trip 2016

Secretary's Report Cont.

We can also consider diving possibilities closer to home. I for one have never been to John Pennekamp Coral Reef State Park. A little Google search garnered the following facts about the park. John Pennekamp Coral Reef State Park, and the adjacent Florida Keys National Marine Sanctuary, covers approximately 178 nautical square miles of coral reefs, seagrass beds and mangrove swamps. The park extends 3 miles into the Atlantic Ocean and is approximately 25 miles in length. The park was established in 1963 added to the National Historic Register on April 14, 1972. That might be someplace worth looking into! As an added bonus, it is



Member Rick Stephan Philippines 2016

possible to drive to Key Largo, no airfare required. Snorkeling tours are available for \$39.00 daily. SCUBA tours including tanks and weights depart for one of 2 dive sites at 9:00 and 1:30 for \$90.00.

Now is a perfect time to suggest a dive location you always hoped the club would book a trip to! 🚩



Verde Island, Puerto Galera, Philippines

Trip Director Report

By Leigh Ann Bowe-Geddes



"Aruba, Jamaica, ooh I want to take you to Bermuda, Bahamas..." This song has been stuck in my head all afternoon for two reasons: 1) I'm working in northern Indiana today, and spent time in Kokomo, searching futilely for the beach and, 2) It is time to book some dive trips! The Dive Committee members have submitted several suggestions for awesome trips for the BGDC; some are domestic, some require a passport. We plan to offer some nice options for both. Currently, we are researching costs and packages. The next step is for the Dive Committee to convene and narrow our selections and calendar suggestions, then submit these to the board of directors for approval and confirmation. When those tasks are complete the opportunities will be presented to the membership for registration.



Ralph Covington, Philippines 2016.

Get out that dive gear, dust it off, replace your batteries, and be ready. Anyone who will be interested in a local equipment check-off should let us know. Many of us have not seen our gear for two years and may want to check it out before we travel. Safety first!

Getting the Urge to Submerge! 🚩

From the Treasurer

By Dan Miller



2022 Membership Dues **\$10.00**

- Student with ID
- Single & Family (1 diver)
- Family (non divers)
- Family (2 or more divers)

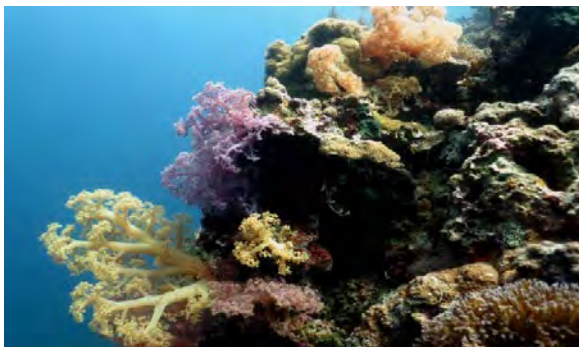
Renewal: Please send payment to the address listed below, please make sure there is a correct indication of your mailing address, phone number and it is very important to indicate an email address.



Tw
o lovers (flying gurnards). Philippines

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](#). 🚩



Webmaster

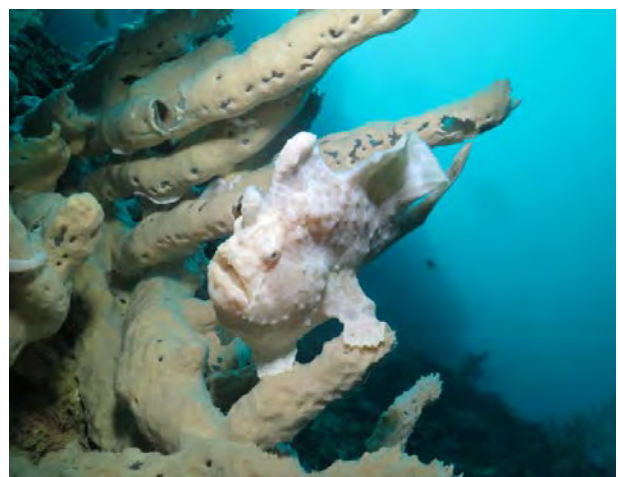
By Alex Fassas



Tales from the Web

I am guessing that diving in the Black Sea is probably not a good idea right about now, a little too close to an unhappy bear. Not that the Black Sea was on my personal bucket list, but traveling to a war zone is definitely on the bottom of my list. I even think that my travel insurance has an exclusion for acts of war.

Speaking of war zones, the past two years with Pandemic concerns and heightened feelings from all sides; it seems that we are slowly easing from classifying COVID-19 and its variants from a pandemic to an endemic disease, just like influenza. Except for the mortality rate, a recent article from Johns Hopkins Medical Center which stated, "At present, it [COVID-19] is thought to be substantially higher (possibly 10 times or more) than that of most strains of the flu." I guess we will learn to live with it and try to return to more normal living.



My newsfeed of various travel related information seems to have updates almost daily of countries that are relaxing their various travel restrictions. This is good news for those of us willing to jump through a few extra travels related hoops to enter or exit a foreign country. It still appears that large

Webmaster – Cont.

group travel reservations for the near term are filled with travelers that have been rebooked from postponed dates in 2020 and 2021. Your Club's Dive Committee will be looking for club trip opportunities possibly fall 2022 or spring 2023. Let Leigh Ann, your club's Trip Director, know if you have a favorite destination or dates of travel. She can be reached by email



to tripdirector@bluegrassdiveclub.com or from our website Contact Us page <https://bluegrassdiveclub.com/contact-us/> .

I will be sending out an invitation later in March to update your contact information with the club. Please take a few minutes when you see the email or post to let us know your current information.

If you or someone you know has an upcoming trip that they would like to share or get the word out about, the Club will be happy to post your information to our members. Just contact the Webmaster either by email to webmaster@bluegrassdiveclub.com or from our website Contact Us page, <https://bluegrassdiveclub.com/contact-us/> .

Stay wet my friends; or at least think about getting wet. 🏊

Safety Information Director

By Bart Bertetto



My mission is to provide you relevant safety information for your use. Each article will focus on a specific safety risk. I will draw from my experience, hopefully yours, and the dive community to highlight real risks that we must be aware of. So, if you see or hear of something that we could all learn from, please pass it to me. There is nothing like first-hand experience to drive a point home. This month's lesson is:

How to Avoid Scuba Diving Headaches

Note from Bart: Thank you to Dan Miller for forwarding this article from Scubadiving.com. We have all experienced a dive headache at one time or another, and in varying degrees. The important thing to remember is that they should never compromise your dive safety, either mentally or physically. This article lists different headache types, and I added the last one based on my experience.

Only a doctor should offer treatment advice for headaches after scuba diving, but perhaps these tips and knowing the causes behind them can help avoid them altogether.



Post-dive headaches are avoidable.

Safety Information - Cont.

There are many different types of diving headaches, and you'll need to visit a doctor familiar with diving for a thorough examination to determine whether yours are related to diving. Most diving headaches are caused by either carbon dioxide retention or sinus barotrauma. Here are the most common headaches after scuba diving and what you can do to prevent them.



Carbon Dioxide Headaches

Symptoms: Post-dive localized throbbing pain

The carbon dioxide headache, one of the most common for divers, is caused by an increase in the body's carbon dioxide level, which stimulates receptors in the brain's blood vessels. An increase in the brain's blood flow to these receptors leads to headaches. Typically, they are caused by a diver taking shallow sips of air, which allows carbon dioxide to accumulate. This buildup can also occur when a diver "skip breathes" by pausing after each inhalation and holding the throat closed. Taking measured, slow, complete breaths under water is the best way to avoid carbon dioxide headaches, which don't respond to analgesics or migraine medications.

Tension Headaches

Symptoms: Post-dive neck and head pain

New divers often experience tension

headaches resulting from the stress of their first experiences in the underwater world. Clenched jaws and muscular stress in the neck and back of the head lead to these types of headaches, which usually disappear once the diver gains experience and becomes more relaxed under water.

Migraine Headaches

Symptoms: Severe headaches with nausea

Post-dive vomiting can be caused by a migraine headache, but, if coupled with other symptoms, could indicate a DCS headache. If the diver has a history of migraine headaches, then there could be a direct correlation between diving and the onset of the cranial pressure. Unless they are able to take measures to prevent a migraine attack, people with migraines should not dive. If the diver has migraines accompanied by visual anomalies, he should be checked for patent foramen ovale, which may be a factor in undeserved DCS hits.



DCS Headaches

Symptoms: Post-dive headache with neurological deficit

A headache that comes on strong after a dive, coupled with other symptoms like nausea, vomiting, joint pain, dizziness, ringing in the ears, muscle aches, localized swelling, itching

Safety Information - Cont.

or skin rash, could indicate the onset of Type II decompression illness or an arterial gas embolism. This, the most severe dive-related headache, requires a quick response from onboard personnel and a call to the Divers Alert Network to coordinate hyperbaric treatment.

Sinus Headaches

Symptoms: Forehead, face and eye pain during ascent or descent

A diver without a history of migraines could be suffering from a sinus headache, especially if he has a history of problems equalizing. Shifting pressure based on changes in depth without proper equalization can lead to sinus barotrauma. This pain usually spreads across the forehead and eyes. Thus, inflammation of the sinuses, caused by colds or allergies, can further complicate diving.



Motion Sickness Headache

Symptoms: Pre-dive headache with accompanying nausea and vomiting

A diver on a boat trip must be fully aware if he is susceptible to seasickness and take every precaution to avoid or minimize it. If it is going to be a long trip or liveaboard, plan accordingly, especially if rough seas are possible. Everybody is different so know what remedies work for you and have a plan of attack, be it medication or otherwise. For example, my daughter would really watch what she ate in the hours prior to boarding and would then find the highest seat so she could keep her eyes on the horizon as much as possible. And watch out for dehydration as that can really exacerbate your problem. Do not hesitate to call off that dive if you are not well enough. There will be other dives. 🚩

Bluegrass Dive Club 2022 Calendar

March

8, Tuesday NEWSLETTER
29, Tuesday Board Meeting

April

12, Tuesday Club Meeting
26, Tuesday Board Meeting

May

7, Saturday Derby Party (Pending)
10, Tuesday NEWSLETTER
31, Tuesday Board Meeting

June

14, Tuesday Club Meeting
28, Tuesday Board Meeting

July

12, Tuesday NEWSLETTER
26, Tuesday Board Meeting

August

9, Tuesday Club Meeting
Saturday Club Pig Roast (Pending)
30, Tuesday Board Meeting

September

13, Tuesday NEWSLETTER
27, Tuesday Board Meeting

October

11, Tuesday Club Meeting
25, Tuesday Board Meeting

November

8, Tuesday Club Meeting (Elections)
29, Tuesday Board Meeting

December

10, Saturday Christmas Party (Pending)
13, Tuesday NEWSLETTER