



UNDERCURRENTS

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

April 2026

Volume 56, Number 04

New Meeting Day!

**Thursday April 9 7:30 pm Meeting
7:00 pm Social**

Roosters on Richmond Rd.

Program: Video for 2 Upcoming Trips MEX

President's Message

By Kathryn Bowers




When faced with a deadline (and usually right up against if not over it) I often find myself with a case of writer's block. To get around that common occurrence, I have decided that it might be helpful to use my monthly article to profile one of my favorite reef fish. I will start with one fairly easy to identify and whom I have always been intrigued by the trumpet fish, and why the heck are they always hanging out upside down?

At a lecture in Roatan I heard they were an "Apex Predator" According to my research, they are actually mid-level. Though they are efficient hunters within their niche, their role as prey for larger animals disqualifies them from being apex predators. They are frequently preyed upon by larger reef fish, including moray eels, groupers, and snappers.

The trumpetfishes are three species of highly specialized, tubularly elongated marine fishes

in the genus *Aulostomus*, specialized ambush carnivores that use stealth, camouflage, and suction to consume small fish and crustaceans. The Atlantic trumpetfish, the species we see in the Caribbean have the ability to shift color either to communicate their excitement or for camouflage. The most frequent colors recorded are brown or even blue, green or orange tones, or intermediate shades. (I saw several that were a vibrant yellow on one trip) It can display a pattern of pale, vertical and / or horizontal lines, or a dark mottling on the body.

They feed on small fish (damsel fish, gobies, blennies) and crustaceans (shrimp, crabs). They are mid-level carnivorous predators, often acting as sneaky hunters They use camouflage, often hovering vertically, to blend with corals and ambush prey. They may swim alongside larger, non-threatening herbivores (like parrotfish) to hide their approach to prey, a tactic described as "shadow hunting". 



The Editor's Notes

By Scott Newby



What the heck Kentucky? 84 degrees today and 59 tomorrow? Angie and I may have come back north too early!

Just kidding lol. Spring is actually one of my favorite times of year: grass getting green, flowers peeking out of the soil and dive season shifting into high gear. Your travel team has been hard at work putting together several very interesting trips, with more on the way. Stay informed and book one!

If anyone has any photos, articles or wisdom they would like to submit for our newsletter, it can be sent to newsletter@bluegrassdiveclub.com 🚩

Vice President Report

By Butch Mellott



Hello all,

Travel season and trips are coming and being worked on at present. Being prepared and ready is more than just travel arrangements, packing and gear.

Below is a suggestion from DAN for putting together a personal safety and first aid kit with good reminders and ideas. The best outcomes are often just a matter of preparation forethought and consideration.

YOUR TRAVEL MEDICAL KIT



Medications

- **regular prescription medications**

- **special prescriptions for traveling**
 - medication to prevent malaria if necessary.
 - antibiotic prescribed by your doctor for self-treatment of moderate to severe diarrhea.
 - EpiPen if you have training in its use.

- **over-the-counter medications for traveling**
 - antidiarrheal such as bismuth subsalicylate (Pepto-Bismol) or loperamide (Imodium)
 - antihistamine such as diphenhydramine (Benadryl) or loratadine (Claritin)
 - decongestant to take alone or in combination with an antihistamine.
 - motion sickness medication
 - saline eye drops

Vice President Cont.

Over-the-counter medications used regularly at home

- medication for pain or fever such as acetaminophen (Tylenol), ibuprofen (Advil) or aspirin
- mild laxative
- cough suppressant, alone or in combination with an expectorant.
- cough drops
- antacid such as calcium carbonate (Tums)
- antifungal ointment or cream
- antibacterial ointment or cream
- 1% hydrocortisone cream
- **water purification tablets**

Protective Items

- **insect repellent** containing DEET (30 to 50 percent solution) or picaridin (up to 15 percent solution)
- **sunscreen** (preferably SPF 15 or greater and safe for the environment) with both UVA and UVB protection
- **antibacterial hand wipes** or an alcohol-based **hand sanitizer** containing at least 60 percent alcohol.
- **lubricating eye drops**
- **ear plugs**
- **personal protective equipment** such as face masks and nitrile gloves
- **personal safety equipment** appropriate for your plans, such as helmets, car safety seats, protective glasses, work gloves, etc.

First Aid Supplies

- **first aid quick-reference card**
- **basic first aid items** such as various-sized bandages, gauze, elastic bandage, antiseptic, tweezers, scissors and cotton-tipped swabs
- **moleskin** for blisters
- **butterfly bandages** (Steri-Strips) for loose wound closures.
- **aloe gel for sunburns**
- **digital thermometer**
- **oral rehydration** solution packets

Other Items

- **mild sedative or other sleep aids** such as melatonin
- **gloves**, preferably sterile
- **medication to prevent altitude sickness.**
- **splinting material** for extremity injuries
- **commercial suture and/or syringe kits** (for use by a local health care provider; these items will require a letter on your prescribing physician's letterhead)
- **latex condoms**

Documents

Travelers should carry the following documents with them at all times and also leave copies of them with a family member or close friend at home in case of an emergency:

- **proof of vaccination** on an International Certificate of Vaccination or Prophylaxis (ICVP) card or a medical waiver if specific vaccinations are required at your destination(s)
- **copies of the prescriptions** for all your medications, eyeglasses

▪ Vice President Cont.

and/or contact lenses, and any other prescription medical supplies; include the generic names of medications in English and if possible, translated into the language of your destination(s)

- **documentation of any preexisting conditions** such as diabetes or allergies in English and if possible, translated into the language of your destination(s)
- **proof of your health insurance coverage**, supplemental travel health insurance, medical evacuation insurance and travel insurance; carry contact information for all insurance providers as well as copies of claim forms.
- **a contact card** that you carry on your person at all times, which includes street addresses, phone numbers and email addresses for the following:
 - a family member or close friend who will remain at home.
 - health care provider(s) at home where you will be staying at your destination(s)
 - hospitals or clinics and emergency medical services at your destination(s)
 - U.S. embassy or consulate at your destination(s)

Happy travels, Happy bubbles.



Trip Director Report

By Priscilla Mellott



We currently have these trips posted.

Turks & Caicos Aggressor liveaboard:
August 22-29, 2026

Cayman Brac: August 1-8, 2026.

Two other trips will be posted soon.

Cozumel Mexico
October 24-31, 2026

Playa Del Carmen, Mexico
October 31-November 7, 2026

We are working on a trip to Fiji
June 3-10, 2028.

If you are possibly interested in any of these trips let us know. It gives us an idea if we might need to hold more rooms. Other dive trips closer to home that we will be working on for this year include Pennyroyal in June and a trip to the George Aquarium in Atlanta, Georgia. 🚩



Secretary's Report

By David Carr



Bluegrass Dive Club – General Membership Meeting Minutes

Tuesday 3/10/26. 7:00pm – 9:30pm

Board Member attendees: Kathryn Bowers, Butch Mellott, Priscilla Mellott, Scott Newby, Alex Fassas, David, Carr. Absent: Bill McGrady (MIR Missing in Roatan)

Meeting Called to order by Kathryn Bowers 7:21p

Officer reports:

Secretary David Carr Minutes reviewed and approved Alex moved, John Boyd 2nd.

Treasurer Dan Miller Financial spread sheet presented and reviewed.

Notable action was funds on account rolled into general funds for individuals with static accounts, with their approval, others have not responded to repeated attempts to contact them by numerous methods.

New trips to Cayman Brac, Cozumel and Playa have been booked and related financials explained.

Membership budget projection for the year has already been achieved.

Trip Director Priscilla Mellott so much accomplished in short time, 3 trips, with much help from committee.

Turks and Caicos Aggressor II 8/22-29/2026.

Belize trip questionable due to due other commitments/responsibilities.

New Cayman Brac trip a go, 8/1-8/2026, and posted on website.

New Cozumel Iberostar set 10/24-31/2026.

New Iberostar Waves Paraiso 10/31-8/2026.

Trips is early investigation/planning stages- Fiji 2028, Atlanta Aquarium 2026, Pennyroyal, Eustatia, and St Lucia.

Old Business

New Business

Derby party to be held on Derby Day, a surprise to only one individual. Sherry McCann has been kind enough to host us again this year. Many thanks to her. More details to follow.

Program video of Dan's trip to Turks and Caicos Aggressor II 2025 and Cayman Brac promotional video.

17 members present and 6 joined online.

Meeting adjourned by Kathryn Bowers 8:34p

Submitted by David Carr 3/21/2026 🚩



From the Treasurer

By Dan Miller



Student with ID, New Diver, First Year **\$10.00**

2026 Membership Renewal **\$20.00**

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.

Contact / Mail to: Bluegrass Dive Club c/o
Dan Miller 824 Gunpowder 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](#)

Facts About Basking Sharks

By Scuba Diving Editors|

Updated On October 31, 2025

The most impressive feature of the basking shark is its mouth, which opens up to 3 feet wide. The basking shark (*Cetorhinus maximus*) is the second-largest fish in the ocean, after the whale shark (*Rhincodon typus*). Its common name derives from its habit of feeding at the surface, appearing to be basking in the warmer water there. That's not the only interesting information about the basking shark: It has anatomical adaptations

for filter feeding, such as a greatly enlarged mouth and highly developed gill rakers.

Here are more fun facts about this slow-moving filter-feeder.

How Big is a Basking Shark?

The maximum size of a basking shark is believed to be at least 32 feet long. The average length of an adult basking shark is between 20 and 26 feet. Are you also wondering how much basking sharks weigh? While the average basking shark weighs 4.5 tons (9,000 pounds) they can reach up to 7 tons (14,000 pounds).

What Do Basking Sharks Eat? Believe it or not, basking sharks do have small teeth—hundreds of them. However, they do not use them when feeding. Instead, basking sharks swim with their mouths open and catch plankton as their primary diet and source of food. It is one of three plankton-eating sharks along with the whale shark and megamouth shark.

A common question is whether basking sharks can close their mouths, and the answer is yes. They have to in order to filter out excess water through their gills.

Are Basking Sharks Dangerous?

Despite their large size and threatening appearance, basking sharks are not aggressive and are harmless to divers and snorkelers, just like whale sharks. And though they are large and slow, these sharks can breach, jumping entirely out of the water.

Where Do Basking Sharks Live?

The basking shark inhabits all oceans of the world, but it prefers the subpolar seas, and in general, cold and temperate waters of the continental shelves, though a recent study discovered that they do migrate to warmer waters.

When is Mating Season?

Little is known about basking sharks' mating and reproduction. Mating is thought to occur in

More About Basking Sharks

early summer with pups being born in late summer. Gestation is thought to span at least a year and possibly as long as two to three years. It's unknown how many pups a female basking shark carries; one pregnant female that was caught was carrying six unborn young. The basking shark gives birth only once every two to four years and its life expectancy is 50 years.

Do Basking Sharks Prefer to Swim Alone?

It is considered a relatively social shark, with schools generally divided by sex. Sometimes, they can form schools of up to 100 individuals.

Can You Swim With Basking Sharks? There are a few places in the world you can observe and even swim with basking sharks including Scotland, Ireland, England and the United States.

Are Basking Sharks at Risk? The IUCN Red List indicates the basking shark is a Vulnerable species. It is a fully protected species in the UK, Malta, New Zealand Florida and U.S. Gulf coast.



Webmaster

By Alex Fassas



Tales From The Watery Web

Springtime in Kentucky – Flowers and Thoroughbred Horses

Spring is in full bloom as I write this. The crocus and daffodils have come and gone, only to give way to tulips and the awakening of irises. The Keeneland spring meet began April 3rd and runs through April 24th. And we all know what follows the Keeneland meet; racing at Churchill Downs, the twin spires, the festivities of Kentucky Derby Week in and around Louisville. The 1st Saturday in May is always reserved for the Kentucky Derby and your dive club's world class social event, the BGDC Derby Party. It will be held on Saturday, May 2nd, 2026 at the home of Sherry McCann, beginning at 4:00PM. Use this link for the details about the [Club Derby Party](#).

Let's Go Diving

Dust off those passports or get them renewed. Your club has some great trips on the books and you won't want to miss out the opportunity to make your share of bubbles and memories. Check out your club's [upcoming trips](#).

- 1 - 8 August 2026 - Cayman Brac Beach Resort
- 22 - 29 August 2026 - Turks & Caicos Aggressor II Liveaboard
- 24 - 31 October 2026 - Iberostar Waves Cozumel, Cozumel, Mexico
- 31 October - 7 November 2026 - Iberostar Waves Paraiso del Mar, Riviera Maya, Playa del Carmen, Mexico

Webmaster Cont.

Dive Accident & Travel Insurance

Your club is an affiliate partner with Divers Alert Network (DAN) and with Dive Assure.

You must use our hyperlinks to begin your online purchase or renewal to benefit your club, at no additional cost to you. More information about the club's partners and links at <https://bluegrassdiveclub.com/dive-travel-insurance/>.

Do you have news or a program to share?

Your dive club has a fabulous email list with which to share news and information that would be of interest to its members and friends. If you have something to share forward it along to webmaster@bluegrassdiveclub.com or use the [Contact Us](#) web form. 📧

Safety Information Director

By Bill "doc" McGrady



Food safety and Food poisoning on Dive trips & Tropical Destinations

This is an easily-overlooked aspect of traveling and vacationing in multiple tropical destinations. We often are never offered an opportunity to appreciate how well our food safety systems work in the United States until you leave the country.

3 key points:

- A.] Leaving food out too long... [time-temp thinking]
- B.] Food sourcing— who's cooking what in this situation

C.] Water, Water, Water Everywhere!!!!...Not a drop to drink! [and ice!]

So we generally live in a temperate climate here in US and specifically Kentucky.... Picture ordering a ham and cheese sandwich, + mayonnaise and instead of French fries, we choose potato salad, coleslaw. Simple enough! Got the picture of this meal in your mind? Let's grab this great meal at your neighbor's house on a easy Saturday afternoon!!!! Good picture, right?! Yes it is.....

The excellent part is that the sandwich began as the bread, ham and cheese are bought from a US source [USDA-approved] store such as Krogers and that it was an Air conditioned store [A/C]. The ham and cheese were stored in refrigeration the entire journey from factory, truck in refrigerated container to store, then to your neighbors house- again air conditioned and a fridge! Never has the meat and cheese been above 40° until she pulls it out her fridge to make everyone a snack. It is prepped in her kitchen- which is normal and moderate and 68°- and then taken outside to the yard where you are sitting and placed on the table as you guys talk for an hour. Being in Richmond, Kentucky, it's a 81° afternoon and leisurely pace. You eat and snack and enjoy the potato salad over 2 hours. Now let's contrast slightly.....same meal, same company, and same timeframe of enjoying a leisurely meal but now in Belize after a fantastic morning dive!

The ham and cheese sandwich is made in Belize at your AirBnB, where a local neighbor is asking you how your morning went after diving- and shares the same ham & cheese sandwich with potato salad. First, where did the ham and cheese come from? Often, locally sourced foods are indigenous and such, the ham may easily come from pigs that are totally organic.... [they never had antibiotics, nor worm medicines] and some small stores in foreign countries can sometimes buy food right at the back door from farmers. The cheeses are often of local origin and cheese is a natural form of preservation itself, however, keep in mind that it could have been handled on a slicer that is cutting everything: meats, raw chicken, and then slicing cheese.... Some of these stores are at the local temperature- though shaded.... So I'll make it 96° outside but only

Safety Corner Cont.

88° inside in shade, non air conditioned.... you may see where I am going with this....!!! The issue is that the source may have had some "gaps" where it obviously did not "spoil", but it has been exposed to some temperatures above 40° briefly [let's say 10

minutes here and 10 minutes there...[nothing extreme but realistic for a country like Belize.] Your new neighbor, got the ham and cheese 2 days prior, it's still "good" because it's not "spoiled", but remember: in foreign countries, especially proteins [meats] , are very expensive and they are not throwing them out if they are not OBVIOUSLY ROTTEN or spoiled!!!! The problem is that bacteria has started a timer no one can see.... But this is not dangerous [yet] as dozens of folks in Belize are eating that same ham and cheese & mayo, right? Yes- at this point, it's safe.... let's continue.... the Ham/cheese and mayo are made in your neighbor's kitchen and many tropical homes have a lot less A/C than the US.... so to keep cool and keep electricity bill low, the front and back doors are designed to allow a cross-breeze through the whole house. The kitchens are often at the "exhaust" or exit end of the breeze, naturally as cooking can heat up the house, so tropical countries have kitchens typically at the end of a breezeway [convection channel for the science nerds!!!!] and not central like the US! So making your sandwich and mayo, they lay it put on the counter for 15 minutes, it's merely 82 or 84°- and since they realize you are from United States, they make some homemade potato Salad.... this takes 15 minutes in the other bowl. They pull out their eggs, and mayo and do a great job!!!! If you look over, the ham & cheese look fine but they "Sweat a little" which is condensation from fridge temp going to kitchen temp of 84°...they bring the sandwich out and you guys enjoy a mojito and ham/cheese and the potato salad is fantastic!!!! You'll are in chairs on a beach porch and it's 96° -but you feel Great as the beach breeze makes you comfortable! You sweat a little, but you are used to it!!! You don't feel 96° nor should you, as you have evaporative cooling of the sweat and you are smart and wore your wide-brim hat. You talk leisurely and eat a little here, a little there... you go in to the bathroom and you guys walk

away to look at what may be dolphins out in the ocean!!!! After seeing this incredible sight, you and your neighbors return back to the porch and quite an afternoon, you and your family retire for the afternoon Siesta after 2 hours and 2 mojitos....

Awww... but by early dinner-time approx 17:00 you start to have a bloated feeling and gas.... and then 10 minutes later you run to the bathroom...you have several bouts of DIARRHEA and even dreadfully VOMIT once but nothing comes up!!!! you of course have no appetite for dinner and the next 2 days. You and your spouse spend the days exhausted at the house and fighting over who gets to the toilet first!!! You wonder if Doc brought some antibiotics [PERHAPS THERE IS A QUICK??]

Let's break this chain down but first a science of WHY and What is [**temp-time thinking of food safety**].... Well, bacteria but actually all of life depends on proteins called "enzymes" which are the cornerstone of all life! Truly!!! In biochemistry, nearly all chemical reactions of life can take place at a body temperature of 98° F and the reason is "enzymes." Enzymes make reactions happen similar to "logistics" like a Chevy truck...everyone comments how beautiful your yard is!!! It's because the landscapers brought in the dirt and flowers in a pick-up truck! The pick-up truck "makes things happen" by moving electricians and tools and soil and landscapers to and fro!!! Imagine how expensive construction gets or landscaping if there is a shortage of pick-up trucks!? [Like Covid times.....] ..That's what enzymes are!!! the unsung "pick-up trucks" of biochemistry, making biochemistry "work"....and all enzymes are known to be both temperature [AND pH dependent.... but pH is not important here...].

Time-Temp Thinking is that, when an enzyme that works at say 70° making 4 units, the rule of thumb is that every 10° increase leads to a DOUBLING of product....so that 80° now there is 8 units and that at 90° there is 16 units.... well, bacteria use enzymes to multiply.....so the doubling of bacteria SPEED is similar!!! ...where in Richmond we had the sandwich with mayo, the bacteria were multiplying at 4 times a minute...not a big deal so the sandwich is good for 5-6 hours @ 70° Richmond Ky, now the bacteria are multiplying 16-20times a minute @ 90°

Safety Corner Cont.

Belize,,,we feel great because we don't feel 96° sitting there, but that's because the breeze was cooling us...but the ACTUAL temperature outside is what your food is at!!! Your food is growing bacteria FAST... and we never appreciate that it got a small head-start back

the truck that brought it in and it sat on a dock for 10 minutes...not enough to spoil it, enough to start to "seed it" which just doesn't happen in US very much!! Remember, it sat on the counter of the kitchen as we made potato salad? that breeze carried in lots of airborne bacteria....again, not to rot it immediately but enough for bacteria to get a good foot-hold colony going! Then, when you guys ran and saw those incredible Dolphins, you didn't see the flies and a bird land right on the table.... so many bugs in the tropics....

So the take home lesson is this: #1 rough rule of thumb is **don't eat food that is at "tropical temperatures" after about 20 minutes...** Sure, I'd be happy to push it to 30 here and there, but at least be mindful at the 20 min mark, "hey this may be getting some bacteria going.....do I want to miss 2 days of vacation and >\$400 over this \$5 dollar sandwich??" And if it good???? Why not consider tossing it out and buy a new one off the truck?!!!! It's only \$5 more and you know you already like it and it's vacation..... and a 5\$ cost beats having to sit next to a toilet for 48 hours!!!!

Why doesn't your neighbor get sick you two did??.... They are used to the bacteria in their country and have been exposed [and likely spent several days in the toilet-sphere when they were young...thus their bodies can handle more than us Americans as our systems are "naive" having not primed our immune systems. That's why their food safety is not "BAD" in this sense, their stores had refrigeration, the neighbor is extremely clean and an amazing host, and the potato salad was perfect for her family...why? -They are far more used to the bacteria load [load=number of bacteria exposed to at one time...] versus us Americans. The flip side is that if they visit us here in Kentucky, they may get sick easily to our Richmond, Kentucky bacteria easier than us... but our temps are lower and bacteria multiplies much, much slower....

Their food sources include eggs and meats that are butchered and then defeathered.... Not in sterile plants like US.... And eggs may have a touch of Salmonella. Not enough to be sick right away, but could multiply out of hand easily in a potato salad left out more than 20 minutes.

The water in the US is unique in that near all US municipalities require an E. Coli count of zero mostly. [There are times it does "positive" for E. Coli, but then the water plants have to check and re-check and get it back down to zero usually in about 30 days.....]. E.Coli is coliform bacteria and is actually beneficial into our guts at low dose as well as outer bacteria gut-biome.... But too much of a good thing [high bacterial LOAD from water or food...] overwhelms and upsets that balance..leading to food poisoning. Water is not necessarily safe just because its ice!!!! Often when the ice is froze, it already has a high enough bacteria load to get you sick...but the locals are fine because they are used to this load for them, but not you from Richmond!!! **Even bottles are frequently "refilled" and many locals have recapping machines, so a Coke with a "bottle cap" can still have enough bacteria to get you sick!!! I don't want to scare you, but always choose a sealed Can if you can over a capped bottle if you can make the choice. Wipe the top if you can, the flies may have been by!!!**

Typically, food poisoning is a 2-5 hours after ingestion and typically multiple-multiple trips to the "toilet-sphere," aka diarrhea. You vomited once or twice because that is the bodies attempt to expulse the offending bacteria...the food. But typically it is dry and too late. Diarrhea can be severely dehydrating, so I always tell folks the Doc 'Grady rehydration formula is Gatorade [full sugar, don't use sugar-free!!!] bottle with a tablespoon of salt to each bottle. This will rehydrate you swiftly and salt is an important part of this. [For the science nerds here: Sodium/Glucose symporters of the intestines MOST rapidly absorb the glucose/sodium when combined and osmotic forces-"water follows salt" allows for the second step of rapid rehydration of water following ion flow...]. For the normal folks, just means that Gatorade bottle [1 quart] plus one tablespoon of salt is "magic" rehydration fluid and you won't need an IV and

Safety Corner Cont.

its cheap and easy. Skip those high \$ "rehydration powders" as they are nothing but Gatorade +salt basically anyways!!!!...

Antibiotics typically don't help for over 90% of food poisoning and actually worsen

most cases!!!! [Yeah, DON'T hit the Cipro in the gift shop right away!!!! Sounds counterintuitive, eh..?]. Reason is that if you are vomiting in the early hours, you're gonna throw it up and out of the system.... And the bacteria has taken hold of the lower gut by 2-5 hours anyways...typically, it takes 18 hours for a typical antibiotic to get to blood levels....but >90% cases of food poisoning is a "gut or intestines" location and the problem is NOT in your blood!!!! And to add insult to injury, the antibiotics often kill out all the beneficial bacteria of your gut that live there and took you years to build a good balance....you don't realize it, but the antibiotics kill out the good bacteria like a landscape with "good plants" and so the weeds take over!!!! Now yes, if you are getting febrile, shaking chills or food poisoning past 6 hours, time to consult a doctor!! May need IV as well as antibiotics, but they will be IV antibiotics and this is sepsis, which is a big deal [medical urgency/emergency]. But bottom line-reflexively taking antibiotics >90% of food poisonings is actually worsen, and wont help a damn bit....between time, location and beneficial bacteria kill-off of the infection. Stick to Gatorade + salt for the 2-5 hours and see if you can "push-through it". After 5-6 hours, >90% of cases are doing much better..... but you will be dehydrated for 1-2 days and the body is hesitant to re-poison so appetite is low to none for 48 hours. Forcing oral intake only triggers vomiting... so best just to listen to your body and eat according to how you feel. But keep drinking Gatorade + salt for 48 hours.

So to "re-cap" [Pun intended if you catch it!!!!]:

A] Food safety is dependent on time-temp thinking -that "food poisoning" bacteria multiply faster and faster above 40° F and that Rule of thumb is that 70° is 80minutes likely fine.... [an hour and a half...] that at 80°F, now 40 minutes may be limit and that at 90°-consider rebuying and throwing out the food by 20° minutes. This is why food safety is

40°-140°F is the "red zone" on your cooking thermometers!!! Look at them tonight!

B] Appreciate that the United States has an incredible food safety net that includes the 90% of its travels from the farm to your fridge is near always below 40° and that sourcing has food sterility and sanitation included- [like the dudes have nets over their beards!!!! -lol] and our water safety is Premier, but that the flip-side is we are vulnerable to water supplies near everywhere...[Fun Fact: Europe is so many centuries older, their water supplies can easily have low levels of coliform bacteria... An American can get sick in Europe from the clean water but it's rare....however that why the Americans are sick as dogs at Iberostar but the folks from Spain & France are fine!!!! Maybe our water is too clean??!!].

C.] Keep in mind, that the ice may get you as sick as the water and possibly that the bottles have been refilled/recapped locally—stick to cans if you can!!!!

D.] BONUS: I don't want everyone paranoid!!!! IF the Americans in your group are fine, its probably good!!! Let Doc and BoneKracka there eat first!!!! Good to send us to the front of the line and we will be your "canaries in a coal-mine"!!!! 🤔.

-Doc 'Grady! 🚩

Bluegrass Dive Club 2026 Calendar

April

9, Thursday Dive Club Meeting
23, Thursday E.C. Meeting

May

2, Saturday Club's Derby Party
14, Thursday Dive Club Meeting
28, Thursday E.C. Meeting

June

11, Thursday Dive Club Meeting
25, Thursday E.C. Meeting

July

9, Thursday Dive Club Meeting
23, Thursday E.C. Meeting

August

1-8 Sat.-Sat. Cayman Brac Trip
13, Thursday Dive Club Meeting
??, **Saturday Club Pig Roast**
22-29 Sat.-Sat. Turks & Caicos Trip
27, Thursday E.C. Meeting

September

10, Thursday Dive Club Meeting
24, Thursday E.C. Meeting

October

15 Thursday Dive Club Meeting
24-31 Sat.-Sat. Iberostar Cozumel Trip
29 Thursday E.C. Meeting

November

31 Oct.-7 Sat.-Sat. Iberostar Playa Del Carmen
12 Thursday Club Meeting (Elections)
26 Thursday E.C. Meeting

December

??, **Saturday Christmas Party**

2026 BGDC Officer's

Kathryn Bowers, President 859 619-0166
Butch Mellott, Vice President 859 621-5160
David Carr, Secretary 859 585-5105
Dan Miller, Treasurer 859 948-5133
Priscilla Mellott, Trip Director 859 553-0739
Bill McGrady, Safety Info Dir. 713 259-9701
Alex Fassas, Webmaster 859 582-1600
Scott Newby, Newsletter 859 559-5105