

# CRUD

Issue 1

Winter edition 2004

## CRUD has a new Editor and a new look!

### Inside this issue:

New Editor	1
Red Sea 2004	1-2
Green Gilbert	2
Diving the Red Sea	2-3
Wanted/For Sale	3
What did you do...	4
Testing Times	5

Welcome to this issue of 'CRUD'!

I'm your new Editor and I would like to give 'CRUD' a new lease of life. I took the position of editor to give something back to St. Albans Sub Aqua Club after it has given so much to me.

Due to my shift patterns at work, I can't get to the club every Wednesday so I can now do the editorial duties at other times and still have a valued input to 'The Club'. (I hope!!)

I have many ideas for 'CRUD' and hopefully you all, as readers will appreciate them! I do need input from you all though, as I can only edit 'CRUD' if I have the articles from you! All you budding reporters out there need to get pen to paper and get writing reports about your trips/dives/holidays/

parties and experiences to name a few! Photographs would also be appreciated for publication. Any funny stories would also be great to publish, keeping names out of print of course!!



### Your Editor needs:-

- \* Written reports.
- \* Photos.
- \* Jokes.
- \* Funny stories.
- \* Wanted/For Sale Items

## Red Sea 2004 (P.O.S.H.) LEOPARD SHARKS

Paul Compton (Paul's Overseas Scuba Holidays) organized this years Red Sea September trip and what a great job he did! Twenty places were up for grabs, eighteen members of St. Albans Sub Aqua Club and two members

from sunny Sussex put their names on the list. We all met up at Gatwick in the bar as usual with nobody forgetting anything this time! (well done!) The flight went uneventful and we all arrived in Sharm safe and

sound. We all made ourselves at home on board Cyclone. Cyclone is a 32 metre long, 10 double-berth, all with en-suite, liveaboard. We couldn't leave the moorings until the morning due to Egyptian bureaucracy not....

## Red Sea 2004 (P.O.S.H.) Continued LEOPARD SHARKS!!!

releasing the correct paperwork in time. (No movements are allowed out or in of Travco Marina during hours of darkness).

The first morning soon arrived with us motoring out to our first dive site. 'Ras Katy' is used as a 'check out dive' site. The first dive of the holiday is for all guests to get their weighting correct and for the Dive-masters to assess the guests. The Red Sea has the second most salinity level of all the seas. You need more lead than you think! This dive site is very under rated, there is everything there, you just have to look for it, for example Blue Spotted Ray, Clown Fish and Crocodile Fish but alas to say no sharks to be seen!! (YET!!)

We dived all the normal sites in the

Northern Red Sea. I enjoyed all of the dives we carried out but there were two dives that really were memorable...

Rosalie Moller. She was a 315ft. long merchant ship, carrying a cargo of coal during WW2. She was sunk two days after the famous 'Thistlegorm' went down. This is a deep wreck laying upright on the sea bed at approximately 48 metres. The wreck reminds me of the first sighting of the 'Titanic'. It's eerie!! Our dive consisted of a full penetration into the engine room. The depth of the engine room is 42 metres and all the gauges



are still there! It was a squeeze but I recommend the dive, fantastic!

South Laguna. I loved this dive for one reason and one reason only... SHARKS!! Well two Leopard Sharks actually. Carl couldn't remember the sign for SHARK so just hovered there

pointing his fingers together! (The proofs on film, Simon). Thanks go out to all the guests and especially Paul for organizing a great trip and Tina, Penny and Gemma for the log keeping.

Thanks girls!!

## Abbey Flyer (Formally known as 'Green Gilbert')

Just to keep everyone updated about the 'Old Club Boat' that Tom Scales bought.

Now renamed 'Abbey Flyer', the 4.7 metre Zodiac is still sea-worthy and has a few new additions. A purpose built 'Indespension' trailer, four cylinder bottle rack, 'Lowrance' echo sounder, O2 kit and 'A' frame.



Abbey Flyer

Abbey Flyer has been used many times since being sold and is normally found at the same sites as the club boat 'Valkyrie'. The engine runs as sweet as the day it was made. Tom is very proud of his purchase and hopefully she will give many more years pleasure to all who sail in her!

Pirates ahoy!!!!

## DIVING IN THE RED SEA. BY A RED SEA VIRGIN.

I think it important to state that not only am I a Red sea virgin but also that this is my first full dive trip abroad. I have spent countless hours in the past snorkelling around the Caribbean, but this trip really opened my eyes to the possibilities of strapping a cylinder to your back & chartering a boat.

I didn't sleep that well the night before the flight on sun 19th sept.

2004. Partly due to excitement. Partly due to excessive caffeine consumption, and also my insomnia. I loaded my car the night before & when it was time I drove to meet my fellow club member who I was going to drive to Gatwick with. I thought I must be a little mad to be up this early in the morning driving to catch a plane to fly to Egypt to live on a boat, And to go diving three/four times a day every day for a

week. Well I still think there is an element of insanity about it but that doesn't mean I didn't have a good time. In-fact I didn't have a good time. I had probably one of the greatest experiences of my life. And I'm not exaggerating. By the time we had arrived at the boat I was completely burnt out. Firstly we had to get our kit sorted & stowed & then once onboard the onslaught of amazing food began.

## DIVING IN THE RED SEA. BY A RED SEA VIRGIN.

I can't ever remember eating so



much as I did over the course of this week. We met our dive masters. Brian slightly quiet & timid though I think probably much more to him than meets the eye. Ayhman a man who also obviously appreciates the quality of the chefs onboard if perhaps a little to much, And finally Khalid the Ultra cool dive dude staring through his Ray-bans out at the ocean with just his thoughts for company though very friendly when approached. And all three a good laugh. I'm not sure that all trips can be this good I think we were possibly very lucky.

The first evening we just stayed in Sharm port waiting I believe for clearance from the port authorities for us to make voyage. Which we were told we would do first thing Monday morning. I just wanted to sleep for a week never mind diving, But alas the first dive of Monday meant getting up at 7am or so for a briefing before kitting up and getting wet.

I have to admit I was a little nervous on the first dive, as was apparent by the fact I emptied my 12ltr cylinder in about two breathes. I didn't take in to much on the first dive as I spent most of it staring at my contents gauge & holding onto my B\*@?%!D weight belt which had suddenly decided that it no longer wanted to lock together anymore!. Well it wasn't the best start. I resolved myself to the thought that things can only get better. I decided to twin up & so I would be able to stay down for a reasonable time & that was a good move because it made me relax a lot more & my breathing rate decreased rapidly. The dives we did were a good mixture of Reefs & wrecks. Which I really enjoyed. I don't really have a preference I think striking a balance is probably the best. The wrecks were amazing. We did a couple of penetration dives and on one of the reef dives we saw a leopard shark. I have always wanted to meet a shark face to face. So this was a big moment for me.

The sea life in the red sea is breath taking, as is the visibility my favourite wrecks would have to be the Rosalie Moller, which I reached my 35-metre depth progression on. Swarming with glassfish, A few Batfish and the

odd Jelly. And also the Thistlegorm which we did three dives on including a night dive & an early morning dive in which we were the only dive group there. The Thistlegorm is incredible not only in size but also in life, Crocodile fish, Lionfish, And I also saw a Torpedo ray. Look but don't touch. And all the contents of this wreck make it probably the most impressive wreck I've ever seen. I would highly recommend this trip to anyone. I think were lucky to have such an active club with so many passionate divers & Instructors whom I would personally like to thank for giving me this opportunity.



And my final word is if you have never done this trip before next time you see it on the board put your name down and get wet.

Carl.

## Wanted and For Sale

If you have any diving related items for sale or want any specific equipment, then let the editor know and we can fill this space.





## So what did you do last weekend.....

Some of us headed over to Llangollen to go white water rafting....

Arriving on the Friday night to a.... umm... well looked a bit dilapidated compared to the pictures on its website, and inside didn't get any better in all honesty, but well... it had character I believe they say. (It was also very pink...)

I should say in its favour however that the food was superb.

Saturday comes around, starts really sunny and then in true British fashion turns a bit dull, grey and wet but no matter we are off to the river 20 miles away to do some white water rafting.

Group 1, Dave (Painter), Clive, Dom

and Keevey go in first, unfortunately joined by another group but had a really bad time according to Dave P (please note he was grinning too hard for us to believe him), and he very gentlemen like (not) offered to take Dave Ramage's place on the second boat as he was already wet, Dave R declined.

Group 2, Dave Ramage and two of his Friends, Jim and Tina, Alan and myself

were in Group 2, and have to say got just as wet as group 1 did....

So what did all this involve?

Well unless you brought your own wetsuit, you had to put on a cold wet wetsuit – which I don't imagine was very pleasant (I took my own), then you went through a briefing.... and pretended you were sky

diving... (Don't ask, something to do with being sensible)

And well then you went and picked up a raft, went to the top of the river run, had a briefing on how to row and what to do in certain events, put the raft on the river and went down it.

Sounds simple well it was... The first run you went relatively slowing - you could see what was coming in the white water sections. You stopped on the side of the river and were guided though what you needed to do to negotiate the rapids and then you went though slowly and did it.

The second run was faster, the third, faster and the fourth even faster – this made each white water section seem

completely different to the one before.

The group I was in – as we were the later one we ended up joining the last run of the day - also known as the kamikaze run... what can I say apart from, gently forward, hard forward... ramming speed – it was a free for all, and loads of fun.

If you have a sense of adventure and like adrenaline, then do it, it is a really good laugh – I do however recommend taking your own long sleeve wetsuit or borrowing one. There is nothing nastier

than putting on a cold wet wetsuit with no sleeves, those who did this all got cold quite quickly, the water is cold, and you do go under it, all be it briefly. You

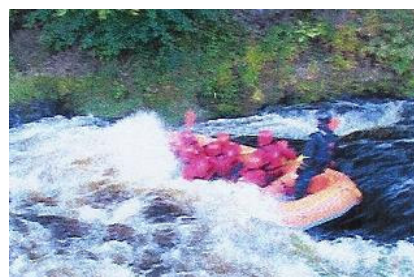
will enjoy your self a lot more if you can stay that bit warmer (they do make a nice hot chocolate there however).

Next October I will be putting together another white water rafting trip – also to Wales, but to a different place – where there is a 15 mile run (it takes about 3 hours) – so no getting out and carrying boats – I am already collecting names – if you want to join us let me know, the places are limited.

Lisa Shafe



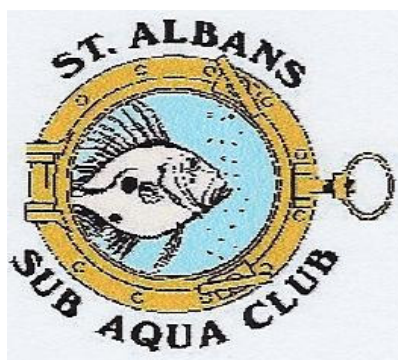
Group one getting a bit wet



Group two heading for a drenching

## Your Club needs YOU!

St Albans Sub Aqua Club is run on a voluntary basis. None of us gets paid for our hard and dedicated input to the Club. As such we are always looking for helpers of all skills. The good thing is you can help as much or as little as you can. All we ask of you is to do something! If we all sat down and let the few do the work of many then the Club will not survive. Your Club needs new members, we need to continually recruit new



members with new ideas and new enthusiasm, for without these qualities our Club would stagnate. The Club would like to welcome the newer members and thank the older members for their hard work and input that they all have done this year and many other years. Thank you! We can't mention everyone by name but all those workers in the Club can have a pat on the back!

**YOU KNOW WHO YOU ARE!**

# CRUD

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**We're on the web!**  
**[www.sasac.co.uk](http://www.sasac.co.uk)**

Welcome to the St. Albans Sub Aqua Club, branch 311 of the British Sub Aqua Club. We have nearly 200 diving and social members who meet on Wednesday and Friday evenings at our club house in Cottonmill Lane, St Albans. With our club house, bar, private pool, club boat, extensive training and diving programmes we are one of the most active clubs in the south east. You are very welcome to drop in to have a drink, a look around and a chat with our enthusiastic members.

## Testing Times

## Answers next issue

Q1. What is the absolute pressure at 15m?

- A. 1.5 bar.
- B. 2.5 bar.
- C. 15 bar.
- D. 5.1 bar.
- E. 4.5 bar.

Q2. Every 10 metres depth of fresh water exerts a pressure of...

- A. 1 bar.
- B. 10 bar.
- C. 2 bar.
- D. 0.1 bar.
- E. 0.5 bar.

Q3. The lungs are ... .. airspaces

- A. Flexible.
- B. Rigid.
- C. Bony.
- D. Incompressible.
- E. Hydrostatic.

Q4. The middle ear is normally filled with ... ..?

- A. Water.
- B. Air.
- C. Wax.
- D. Liquid.
- E. Plasma.

Q5. Henry's Law is relevant to which diving disorder?

- A. Air embolism.
- B. Pneumothorax.
- C. Burst Ear.
- D. Decompression illness.
- E. Hypoxia.

Q6. Where does the gas exchange take place in the lungs?

- A. The bronchi.
- B. The dead air spaces.
- C. The lung sac.
- D. The plural membrane.
- E. The alveoli.