

Crud - January 2000

Club registers its own Web URL. No more changes – we are WWW.SASAC.CO.UK

Spring Ball Party 1st April (honest) Tickets ~£26

2nd hand Equipment sale Friday 18th Feb 8pm til 11pm more info later

Welcome to the 21st Century May all your diving be fun but above all else safe!

The 1999 **200 Club Photographic Competition** is now open ...

Submit your entries for any of the following categories : Surface, Underwater and Humorous. Close Feb 9th

We had a couple of GREAT parties over the Christmas period a BIG Thanks to Hannah, Sandy, Jacci, Tony, Rachel, Pete, Peter and everyone else that leant a hand with the organisation, decoration and food preparation.

~~Wanted~~ Needed - New Treasurer, Premise Officer and Secretary

Ok it's the New Year - time for a few new volunteers. The club will have three key positions vacant come the AGM in April. Without filling these positions the club will not be able to continue. The Secretary and Treasurers jobs need good attention to detail and require only half a dozen hours a month to do well. Both the current officers are keen to help the new officer learn and will help during a transition period. The Premises Officer is a different kettle. The committee already understand this is more than one persons job. There are 2 ways of approaching this, essentially they are A) Split the job into 2 - Premises and Bar or B) Allow the Premises officer to take a more supervisory role, managing a team of 6 members that would form the Premises Sub committee, 2 people focused on the bar, 2 on the social events and 2 on the bricks and mortar. We have volunteers to help out but no one to lead. Before the committee choose one of the above we like to listen to anyone that would like to come forward to be Premises Officer. If interested please talk to Stephen Archer, Mark Crumplin, Pete Child or Ian Winn. A document describing the roles of all the committee positions is being created and will be available soon via the membership notice board.

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Diver Cox ⁿ Exam	29/30 th Jan	Training Dive	30 th Jan	Training Dive	13 th Feb	CI
2 nd hand equipment sale	18 th Feb	The Panto	2 - 4 th Mar	O2 Admin Course	4 th Mar	R
Boat handling experience	11/12 th Mar	Sports Diver Course starts	15 th Mar	Bognor Dive Trip	18/9 th Mar	
AGM	26 th Apr	Club Insurance Due	1 st May	Sea Acre's Trip	24 - 30 th Jun	Lot

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Millenium Party Raffle Prizes - Uncollected Prizes - Tickets: **163** = 1st Prize (Voucher),
77 = 2nd prize (case of wine); **155** = 4th prize (large Toblerone) & **170** = 6th prize (Book).

Two important issues **Membership & Medicals.**
Please read!

The committee have recently performed a complete review of the membership list following a number of queries about certain members. It seems some social members 'slipped through' the handover phase between Howard and Steve, whilst other social members are swimming on Wednesday nights (they should be full members). At the same time we have been investigating the legal implications following a couple of cases where other clubs ended up in court.

As this is the first issue of the 21st Century this seems a good time to remind everyone of a few of our rules.

- Any visitors coming to the club are required to sign the visitors book and pay a temporary membership fee of £1*
- Any member may bring up to four guests to the club at any one time.
- Non-members are permitted to visit the club 3 times a year. (not including ticketed events)*
- Members partners visiting the club more than 3 times a year should be Social members
- Social members may use the club's outside pool but may not use Westminster Lodge.
- Members using Westminster Lodge should be full SASAC members.

* This is part of the requirement for our Licensing agreement - I'm sure nobody wants to put this into Jeopardy!! It does not apply when the club has either been hired out to run courses or a private party or when tickets have been sold for a function as the money covers all temporary memberships.

This is your club and we need everyone's club fees to keep it going and keep fees as low as possible. If you haven't paid please don't be surprised when you get chased up! Please pay up promptly and help make the running of the club as smooth as possible. **Please** don't '*bend*' the rules as sorting it out takes a lot of time and energy from people that are already giving a shed load of time to the club to run it.

To protect yourselves and the club we have amended the rules, part of which has included a review of divers **Medicals**.

The Committee have agreed that all full diving members of SASAC must hold a valid "Certificate of Fitness to Dive" in accordance with BSAC recommendations, regardless of agency affiliation. (We remain an open club accepting divers of all agencies but will *advise* all divers to join BSAC for the insurance cover as this is far cheaper than any external agency). Divers listed on club dives will need to have valid medicals for the period of diving and these will be checked. It is the DO's responsibility to ensure that all club dives are undertaken safely and having a medical gives the DO, dive marshals and your buddy some confidence that you are fit enough to dive. Currently just 53 of our 159 diving members have presented their medicals to the Membership Secretary. If you have not already done so, please ensure that Pierre (DO), Nigel (TO) or Steve Greenham (MS) see your certificate ...soon! Anyone who is not a diving member but wishes to use the pool on Wednesday night i.e. for Octopush, must become a BSAC snorkel member (additional £5) which then provides 3rd party insurance for that member. **The changes will take effect as of 1st Feb.**

This means we now have just three levels of membership.

1) Social/Ex-diving, £25; **2) Snorkel, £70** and **3) Full Diving, £100*** *less
BSAC discount


The year in review – Goodbye to the 90s and the 20th century

So as we leave the 20th Century the club is 32 years old and going strong. The club started with just 16 members and has obviously grown a tad since! At the beginning of the 80s the club had some 117 members and as the years have marched on membership steadily rose to a peak around 210 in 1989. This year we started with 180 members. It rose slightly to 205 and is now steady at 190. The club bought its first boat in 1977 for £600 and was assembled by a small band of merry men. Since then we have seen the appearance of Black Adder (1986) and Green Gilbert (1988) and finally our new Rib Valkyrie this September at the cost of £17,000. The club's first compressor was bought in 1983 for £3,000 extra bits and pieces were required to keep it going, but a huge step forward came in 1994 with the purchase of the new Hamworthy compressor for £10,000 - completely paid for from money raised from members via the 200 club.

The number and variety of diving within the club has also increased. This will only continue if more people come forward to help organise trips. If *everyone* of our divers, grade Sports and above, organised a trip for 6 or 12 people (a boat load) this would enable club divers to do over 2000 dives. On top of this we have all the training dives! A foreign club holiday was first mentioned in Crud way back in 1976, and although there have been many smaller 8 - 12 person trips abroad, 1999 saw the first real club holiday travelling abroad with 30 divers plus families exploring Menorca.

Membership & Qualifications

During the year we had 61 new members of which 36 joined as trainees, 9 joined as qualified divers and 16 joined as social members, about 40 people "Had a Go". In previous years we attracted something like 50 new members per year.

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mbers of qualifications were attained:	

Type of Members	In 1999	Totals
Trainees	36	40
Club Divers	12	12
Sports Diver	6	57
Dive Leader	3	20

Advanced Diver +	1	29
Assistant Club Instructors	0	8
Club Instructors	1	6
Open Water Instructors	0	3
Advanced Instructors	1	6
Social	n/a	32

Peter Stansfield became the area coach and Steve Gore took up the position of Skill Development Course organiser. Both report to Dave Lock the new Regional Coach.

Plans for 2000 are already well in place. The winter training scheme is in place and that will obviously involve several trips to Stoney! Steve, Nigel and Pierre have already organised several SDCs including Boat handling and Diver Coxⁿ courses. Throughout the summer a number of trips have been booked and no doubt more will soon be added to the year planner and adverts will be going up on the notice boards - so keep your eyes peeled! Want to organise a trip of your own - uncertain about something - No problem just come and talk to those of us that have been doing it for a while - we've plenty of tips. This is the strength of the club scheme.

Sadly one final note - **Jim Downing**, Ex DO & President

Older members of the Club will be sad to learn that Jim died on 28th December at the age of 71. Jim was one of the Club's early members, learning to dive in 1969. He was Company Secretary of the National Pharmaceutical Association in St Albans. He was both DO and President of the club and "retired when he realised he'd trained every surviving member in the club at that time". His skills were particularly useful to the Club when the Limited Company was set up. In the early 80s, Jim and Ruth bought a cottage in Newton Abbot, Devon in preparation for Jim's forthcoming retirement. For many years they spent weekends there, often inviting their friends from the club for diving from Seaslug (Jim's Dory) out of Brixham. Saturday evenings were usually spent in the Jolly Abbot, and on Sundays Jim was always sure to be back in time for church. Jim continued to take many of us diving long after his medical was revoked, being happy enough just coxing Seaslug. This was the heyday of CB radio, and many of us will remember his 'handle' - Mr Glum. When Jim retired, he moved with Ruth to Newton Abbot permanently, but still kept in touch. Everybody who knew him will remember Jim with affection, and nobody will forget the huge amount of work he put in to make the club what it is today.

Most Memorable Dives.

Introducing a new series ... the first year of the century gives those of us that have been diving a while time to reflect on all that wonderful diving done back in the 20th century. - send your own favourites in - choose between 3 & 6 dives.

Coincidentally my first response was from Jim Downing. He last e-mailed me on the 22nd Dec with his amended details so I feel its only appropriate to start with his memories - ones he obviously enjoyed.

1) My favourite site was always Mudstone ledge at Brixham, we had many good dives there though judging the tide was critical because slack water was only about 25 minutes at high tide, if that, and then the current was very strong indeed. Many a dive we came up the anchor rope hanging on like flags.

2) The dive that sticks out in my memory most is a training dive at Chesil, in February, when I took a new member one Mick Woods on his first dive in his new wet-suit. He had just made it, as we all did in those days! We set off in the usual way but my trainee was finning furiously so that I had to work hard to keep his fins in sight! As I caught up I saw a pair of very Blue Legs and something flapping. Eventually I managed to signal a return to shore which we reached safely. When Mick emerged from the sea he was wearing what looked like a black kilt --all the seams on his lower half had come adrift!

3) The other memorable occasion was also involved Mick. Again we were at Chesil this time diving with Jaz and Ran our two Sikh members. The inevitable old lady walked by and asked Mick what we were doing? His reply " I've been listening to Enoch Powell and so I am making these Paki's swim back!!"

Stephen Archer, Current Chair, BSAC Advanced Diver/ IANTD Tech Nitrox; started diving in 1985, currently done about 700 dives

Naturally in reverse order

6) **Inverlane, Scapa Flow**, 20/8/91, George Litts (skipper of MV Mara), 13M, 54 mins, vis 10 - 20M

A blockship in Burra sound, or at least half of it ~240ft we moored against her kited up on the wreck and jump into one of the holds. George led me right the way around the inside - occasionally accompanied by a friendly seal. Leaving at the stern where the engine room would have been (had it not sank after the ship was torpedoed off North Shields). George then led me around - and under! (just!!) the Inverlane and then via four other wrecks that had been 'dispersed' at the end of the WW1. There were portholes everywhere sadly all under very large boulders.

5) **USS Meredith, Normandy**, 3/8/98,

Pierre Leon, 22M 53 mins, vis 10M

Pierre and I had hired an Inspiration Rebreather for the week, having just completed a course. This was one of the few dives we just let it do its thing. Rebreathers require a lot more monitoring than open circuit but this dive was fabulous, I had my bouncy sorted and it was just great fun. The fish didn't know I was there - neither did the lobster that walked right under me, tickling me with its 'feelers' as it did so.

4) **Swanage Pier**, 15/9/91,

Jim McCormack, 5M , 51 mins, vis 8M

Just one of those magical dives, it was about 4:30pm, the sun was shining brightly through the slats of the pier causing bright shafts of light underwater. Jim had never dived under the pier and it was all the excuse we needed! The life under the pier on this dive was prolific to say the least. Lots of people fishing, providing an abundance of food - not that many were being caught! Large schools of pouting intermingled with a couple of sea bass and Grey Mullet. Tompot blennys filled many of the crevices, but were far outnumbered by prawns and squat lobsters. All this life of course attracted attention and there were at least 6 John Dory's patrolling the scene.

3) **Somali, Beadnell**, 24/8/95

Sarah Biggs 30M 40 mins, vis 10M

Two dives on this wreck with very different objectives!! This first had been a goodie hunt, we'd found some nice bottles and shaving kits. The second dive however was slightly more *serious*! It was the hunt for my wayward camera! It had spent the last 6.5 hours exploring the Somali on its own! Yes I'd dropped it! The last dive with the seals was cancelled and search plans were put in place, taking into consideration the tide and direction of the wreck. I was amazed, and not to mention VERY relieved, to pick it up only 4 minutes into the dive - course it did cost me a few pints!!

2) **Brava, Newquay**, 14/9/97,

Jim McCormack, 56M, 51 mins, Vis 30M

Absolutely stunning 'virgin' wreck sitting on a light coloured sand that meant we could see the entire wreck from 25M. We could see from the engine and boilers to the bow and almost back to the stern. A lobster came out to see what the fuss was about when the shot landed next to its home - but all twelve divers just let it be - just so taken with the site of the wreck! Of course the Porthole just sitting there helped too!

1) **Giannis D & Carnatic, Red Sea**, 26M, Vis ~25M

My first 2 dives in the Red Sea. Both unique wrecks, Giannis D with the stern listing at 45 degrees, large Groupers hanging out at the stern and in the engine room Lion fish and antheas everywhere and just along the reef the beautiful 1890s wreck of the Carnatic. With so much coral growth on the bow section is basically part of the reef. The population of fish are inquisitive and territorial which makes sure you're never alone - even if your buddy has already moved on! The quantity and quality of the clown fish in their home anemone was fabulous including one group that obviously spanned at least three generations!

Bring and Buy sale: Equipment is always in demand, everyone's preferences change, or kit gets upgraded. New divers are always on the lookout for new kit. On **Friday 18th Feb** the club will host a 2nd hand sale of 'sporting' equipment. Bring anything you don't need, price it up & be ready to haggle! £2 to enter if you're selling, proceeds to the fish fund.

Having announced this please remember the club is not a place for open storage. The club currently has windsurfing sails, music equipment and a host of other non club items 'stored' there. At the end of Feb / beginning of March we will have a massive clear out session. Please make sure any items belonging to you are removed or they may get recycled.

Rescue First Aid – A fun & interesting SDC?



So what do divers do on weekends, when for whatever reason, they decide they do not want to go diving? Well, apart from propping up some bar somewhere, wishing they were diving, a good way to spend a wet Sunday, is to brush up on diving skills, doing a BSAC Skills Development Course.

BSAC have a whole range of courses covering rescue, seamanship, technical and scientific as well as its instructor training programme. Many of us are aware of the more 'common' SDCs, especially the ones needed for Advanced Diver i.e. O2 Admin and PRM and the ones we are encouraged as a club to get in order to use our boats i.e. Boathandling and Diver Cox'n. And

of course we all want to be safe when we are diving don't we? So courses like First Aid for Divers (also known as '101 things to do with an inflated SMB and your DO's legs') and Lifesaver, run regularly on Wednesday nights by our own Brian Heywood, are always popular.

So what about Rescue First Aid, the new SDC from BSAC? Do we really need another course on how to be good first aiders? Is it just another money spinner? Or is there something more to itTwelve of us met at the crack of dawn (or so it felt) on Sunday 7th November to be greeted by a beaming Steve Gore (we still want to know why), a hungover Dave Lock (we know why) and Pierre with his faithful grapefruit juice in tow. The club was covered in dive gear, resuscitators and Little Annies as we all trooped into the training room. Rescue First Aid had two key parts – an excellent revision of resuscitation and general first aid skills, combined with an introduction of new skills to supplement what knowledge we already have. How true it is that we don't often practice our practical first aid skills and how easily they deteriorate! In addition to this, advice changes from time to time and we all need to be kept up to date. It was good to get the O2 kit out again and practice AV and CPR. Thankfully, its not something we have to do that often..... I can truly say it was good to practice those skills again and a slap on the wrists for how much we had all forgotten! Can you remember what to do with a casualty in shock, who is bleeding, who has a broken bone or who has a burn?! The main part of the afternoon was spent learning new skills – use of resuscitators and Guedel airways, neck braces and how to handle casualties. It was emphasised clearly and often that advanced resuscitation techniques and an increase in first aid knowledge was an extension of and not a replacement of the basic skills already learnt in scuba training. When you give AV, your casualty receives your exhaled air, which has only 16% oxygen. Resuscitators provide a means of giving 'room air' at 21% and have the added option of giving oxygen enriched air, thus increasing effectiveness still further. From limited practice and experience they were also a much easier and more effective method of giving two person AV/CPR and I think I am right in saying they went straight onto Pierre's shopping list. Guedelairways are short plastic tubes which help provide a clear airway beyond the tongue. Again the specific and infrequent use of these was heavily emphasised, the bottom line being this is something you only do when your casualty is fully comatosed. If they're not, you could find yourself with a black eye! Learning about neck braces was an interesting experience – the danger of doing more harm than good was hammered home and the seriousness of head and neck injuries well taught.

If finding out more about practical first aid, revising what you think you know now, increasing the first aid skills you already have, or if you simply want to spend a day learning about what improvisation is possible with your dive kit and a tube of KY, then this course is well worth its £35. It was an assessed course and it was hard work. It certainly wasn't simply another 'tick in the box' lecture, designed to fill your blue book with stickers.

The next course is on 5th March 2000, in St Albans and being organised by the regional SDC Organiser, our very own Steve Gore. Recommended? Yes, certainly ...

Hannah Greenham

Club Gossip

Picture the scene, lots of really eager trainees having got up bright and early one Sunday morning to zip up to Guildenmurd for a dive. Buddied up with their instructors they kit up. Well almost! What's this a tall blonde finance type has an admission! Wot No Dry suit!! His embarrassment is shortly joined by another eminent instructor. (tut, tut! Lionel!!)

Slippery when wet is his moto, KY jelly is used to extract himself from his dry suit. But why would this instructor take it to the pub after the dive?? However if he hadn't then one of the mid-wife's in the club wouldn't have asked him why he was carrying his "toothpaste" with him on a dive!! Emmm these mid-wives they brush their teeth with funny stuff!!

Well there we were, early on at the Christmas party, chatting and getting 'lubed' up for the dancing when wot should we see?? Someone from Wittering way dancing in a rather raunchy way!! Well her boyfriend seemed to be enjoying the show ... but so was the cousin!!! As well as various other males too.

Ok so who were the 11 people looking at the club's web site on Christmas Day?? Did Santa bring some nice new toys??