

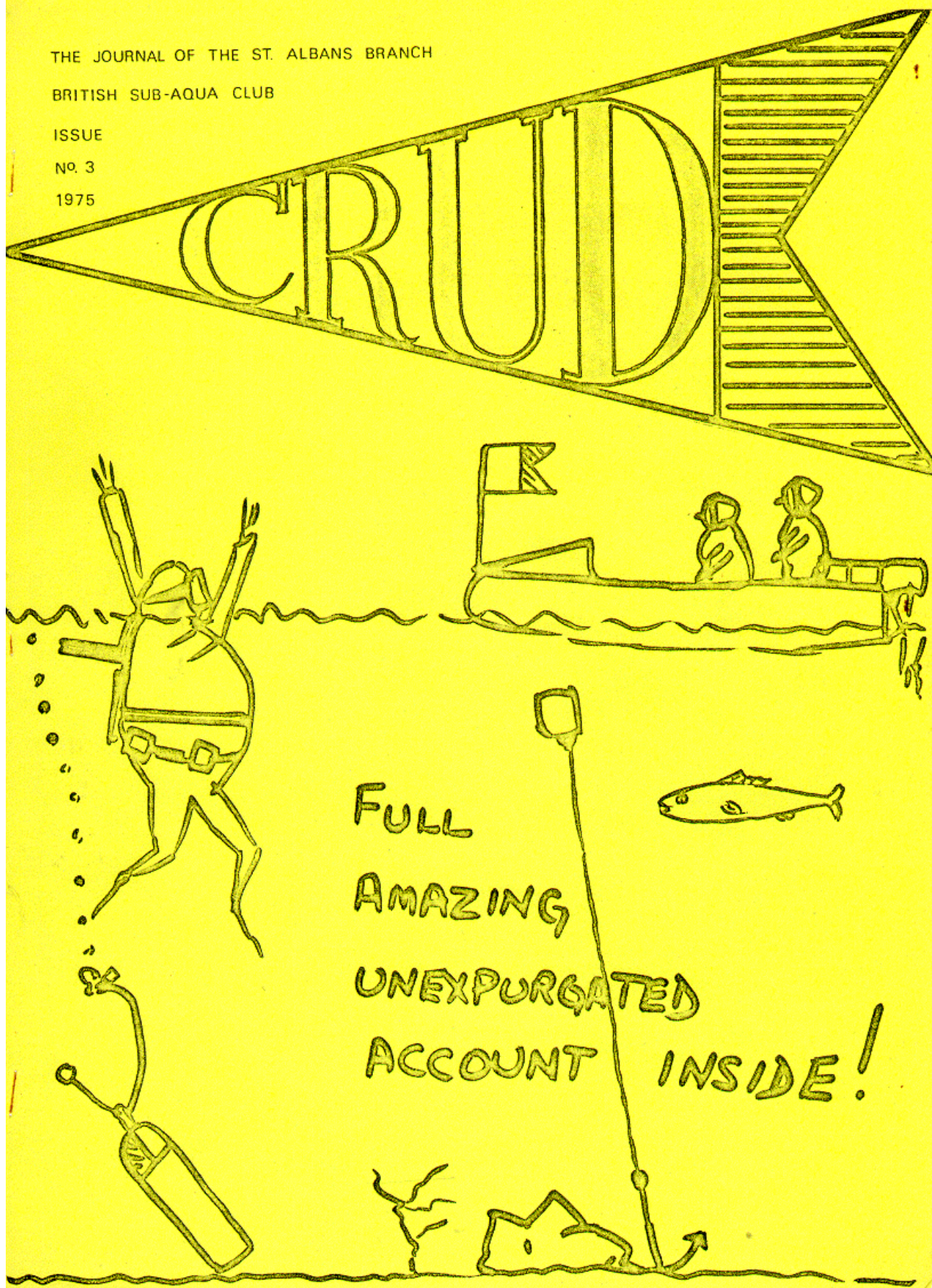
THE JOURNAL OF THE ST. ALBANS BRANCH

BRITISH SUB-AQUA CLUB

ISSUE

NO. 3

1975



## EDITORIAL

NOVEMBER 1975

By PADDY BOYES

At last, another much sought after issue of CRUD, the Branch Magazine, has managed to roll - or rather flounder - off the presses of Pope & Co, Ltd.

We apologise for the long delay in reaching the newstands, but the summer issue suffered a few major set backs (total annihilation) in the hands of Lord Longford, and it was felt to be a more profitable proposition - my son - to sell a limited number of the unexpurgated version on the black market. A few dog-eared copies may be obtained from the gentleman wearing the plastic mac and sandals if approached discreetly, in the pub on Wednesday evening.

Again, there has been an absolute deluge of material flowing in. If you all keep producing it at this rate we may even manage to put another CRUD together by NOVEMBER 76. In fact I would like to thank Mick Woods and Roy Harrison for producing their outstanding articles - in fact the only articles. Seriously though, thanks to Jim Downing for his input, and everybody involved.

Anyway, don't think you're getting away that easily! Are you all perfect out there?

Yes?

Rubbish.!! - What about that time Setch just missed a 15 pound lobster at Salcombe -

- and do you remember that time there were ten of us in that 8ft6" inflatable towing the lifeboat around Portland Bill?

What, don't you remember?

Well then, get your pens, pencils, crayons or whatever you choose to make your mark with, and start writing. You never know, you may even enjoy it. I'm sure many of us will enjoy reading it.

Fact or fiction - whose to know?

## WHITSUN HOLIDAY 1975

Once again the annual club holiday was a success. Over thirty divers, most with their families, converged on Stoke Fleming, near Dartmouth. The majority stayed on the Deer Park Holiday Estate, either in chalets or camping. The rest were scattered around!

The winds this year were less kind, a consistent North Easterly 4-5, but the wide variety of diving sites within reach made it possible for there to be uninterrupted daily diving for the whole week.

Six boats were available and the only problem, if you can call it that, was that some crews were a little short - a few more divers would have been welcome.

The diving was varied and provided for all levels of experience. Once again we worked as <sup>11</sup>crews", pairing boats off where possible and selecting dive sites appropriate to the requirements of the individual crews ( as the wind permitted'

Fantastic visibility even in choppy seas was again experienced off Burgh Island. Few if any divers returned to shore disappointed with what they had seen or found - in fact one find was outstanding in interest.

The only diver I heard complaining was a visitor who made up one of our crews - who came up mad because he had left his camera in the boat and had spent some 15 minutes below with his first John Dory (and Bill Hipwell) for company.

Many of us have booked again for next year - 29th May to 5th June.  
WHAT ABOUT JOINING US?

JIM DOWNING

## JOTTINGS FROM THE CHALET WALL

"DEER PARK"

EX D.O. (B.H.)

"I stripped down the bottom end completely and scraped it thoroughly".

D. O.

"What do you wear in fresh water?"

Lady Diver

"Nothing"

DIVER LOOKING AT ENGLISH CHANNEL:

"I only learnt to dive in order to dive in the Red ~

HUSBAND TO WIFE(WEARING WET SUIT,YELLOW P/V JACKET,GLASSES)

"You look like an advertisement for Portuguese Sardines!"

M. K.

"I forgot all about stabbing the plaice and concentrated on Irene."

1st Diver at Breakfast

"I'm half deaf in this ear NOW!"

2nd Diver

"eh?"

COUSTEAU ON T.V.

"We spent three month investigating why and how often the bull sharks visit the caves."

FIRST AID MANUAL

"The dog should be chained up in isolation for 14 days to see whether he develops signs of rabies.

Alternatively J.C. should be chained up?"

### A DAY AT PORTLAND                      JUNE '75

The sun shone bright. The sea was calm. The boat was launched and made its way to the diving site. The first pair of divers prepared themselves for the moment of truth - entry into the depths. With great care they checked their gear. Did this ABLJ float? How to find out? The answer, throw it over the side - it did! - and floated away on the tide. After it went its owner - followed by an intrepid, sturdy figure in full kit ( for a time). Alas that new bottle did not fit the harness -gurgle, gurgle, swiftly it sank below the waves - and two snorkeling divers were swiftly and efficiently picked up by the boat.

Not to be out-done, the remaining pair of divers took their turn, fully kitted tool Wonder of wonders, they found the missing bottle and up the buoy line it was hauled by its proud owner (lucky it was not twin 55's)

- our intrepid divers carried on and in due course surfaced some way down wind. "Up anchor" cried our stalwarts in the boat ----"did it come", you ask? Why no, it was fast! Engine into gear this way, that way, tighten the line - no joy. Still it is detachable, disconnect the reel -attach the buoy a beautiful fluorescent orange, plastic bottle - over with it - and hey presto it sinks!

Divers picked up - a rapid search pattern - no joy.

Next day - a bit of luck, the tide has fallen, there floats the buoy -pick up anchor, divers away.

Who lost his marker buoy - we will not say! He has a lusty shout so is still here today.

ANON.



INEFFICIENT  
DIVING  
BELL



## CLUB NAME

In our original issue of CRUD the suggestion was made that the club may like a new title to be known by. No more comment has been made but several suggestions have been put forward and are listed here. Discuss it amongst yourselves.

THE CANDAIRS,	THE DUCKS,
THE VER-MEN,	THE WATER BUGS,
THE BOTTOM SCRATCHERS,	LODGERS,
SEA SQUIRTS,	BED LIZARDS,
SQUIDS,	MOLESEYS' MARAUDERS,
GARRATTS GADABOUTS,	BASCATS,
DOWNINGS DIVERS,	SUBS(BATH SUBS),
POPES PEOPLE,	HAYWOODS HAZARDS,
THE DIVING BELLES	

## SURFACE MARKERS - A FEW THOUGHTS

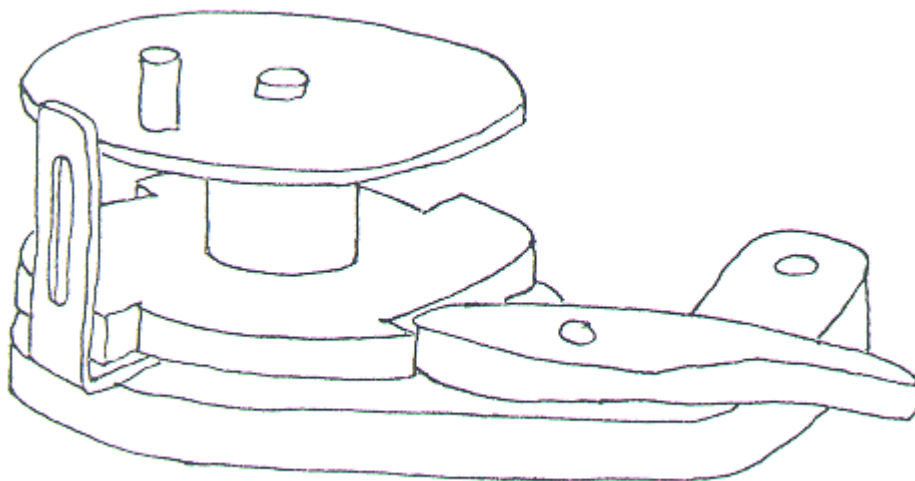
For some years I dived with a Police Diver in Devon. We found it useful to use little orange floats ( off fishing nets) to locate the diver down. One year I found that he had changed his practice!

He explained " when you have dived for the bits of a body chopped up by a propeller, it makes you think. Now I use a big buoy (or the boat) and bang my head on it when I come up!<sup>11</sup>

Why - because its the only safe place, a boat almost never goes right over a buoy - unless the helmsman's asleep. There's too much danger of catching the propeller in the line.

The moral is obvious, if you come up away from the buoy the risk is there. More than that your own boat coming up current and against the wind may foul the line, so reel it in!

N. B. Detailed instructions for building a buoy reel using marine ply and other readily available materials can be obtained from Jim Downing.



## TO WHOM IT MAY CONCERN

MICKS T. V. EMPORIUM WATFORD  
HERTS

Dear Sir(s),

You are hereby given due warning that if you take offence, then don't read any further.

During the past editions of this filthy rag I have had a certain amount of abuse levelled at my delicate personage, and am getting rather cheesed off with it.

I have now compiled a list of well-known celebrities in this outfit with which I am about to re-direct the '----taking'.

If any ~ doesn't know the particular celebrities in question, kindly seek me out (the quiet, quite good-looking slim chap), and I shall point out the particular star. (Very often, a pint of beer will loosen my tongue even further).

BRIAN HEYWOOD	is really a trappist monk (its the hair that does it).
JOHN PRATT	really is
JIM DOWNING	is the real Cambridge rapist
GEOFF MOLES	is a transvestite with a rubber fetish ( - look for the join!!)
JOHN BEHA	is really a narcotic
BRIAN ROGERS	is the model for Players Cigarettes
JOE BULGER	is really Irish, so is Paddy Boyes
MARTIN KAUFMAN	is really an Egyptian spy
GARY ATKINSON	is not really a disaster area
BRIAN RIMMER	is not a 'Coon' its just the way he talks
MANUEL	is <u>not</u> the barman at the Hotel Elpissio Benidorm
BILL HIPWELL	is the Black Panther
ALEX NICHOLAS	is not the son of the Czar of Russia

These are the real facts behind these people. I exclude myself from the list as really all my various attributes would put everybody to shame. If anybody cares to sue me for defamation of character they are quite welcome.

Yours faithfully,

MICK WOOD

## OBITUARY

It is with much regret that the Branch sees the end of Messrs. Beha's 14'6" Naughtysport deep vee semi-inflated inflatable. John's back finally gave out - along with many other members during the 1974 season, and doctors orders decreed that it should go.

The boat was disposed of by public auction to the highest bidder, less deep vee hull, 70 gallon tank, trailer and engine.

The proceeds of the sale, we are informed, will be used for the development of a new improved model of the Home Roll Underwater Hubble Bubble Demand Valve - complete with electronic ignition control

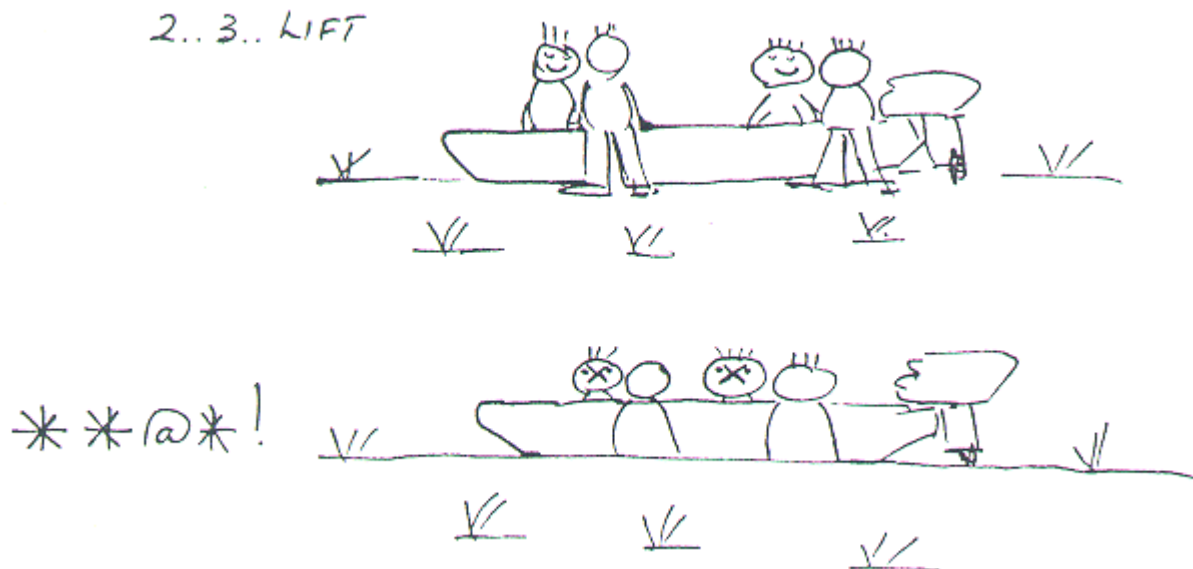
The new owner was delighted with the craft, and was overheard to say that ~ we can remove all the dogends and soggy fag papers, it should go well!"

## SOME GOOD NEWS

For all those members who are disappointed that they will now be unable to work off their excess energy lifting Beha's Folly in and out of the water, we have the following good news.

John has acquired a new boat! Much heavier than the last one too!

In fact, it is a triple vee, triple bl---y heavy fibreglass submersible dory, complete with dry box containing standard equipment of a record player, an inexhaustable supply of gramophone needles, your choice of eight gramophone records, four ounces of Old Holborn and a box of matches.



## A TRUE STORY (Well Nearly!)

It was all planned a long long time ago ..... so, with great pleasure and a feeling of excited anticipation of the treats in store for us, we set off on our great journey Westward.

The weather report for the area was what could only be described as "a bit shitty", but there are no bounds to the urge of divers to answer their destined call to the depths, which abound around the perimeter of this little land we call Great Britain. We felt sure that once, just once, the MET men could be correct in their forecast that the wind would abate, just in time,

On arriving at the point of land we had judged "our destined call" had originated from, we stood and gaped at the area in which we wanted to float our fragile craft. Close to shore, the sea was a little choppy, but, a touch further out, there were waves, as a colleague aptly phrased at the time 'as big as bxxxxx arses' [ rather large! Ed.]

It was only early in the day, and after our first period of depression we decided that our collective will powers could beat down the sea. So we all concentrated very hard, and just two short hours later what do you suppose happened? Right first time! We were all in the pub with the seas still raging.

After sustenance, we struggle back to our transport, and one demented (sorry, determined) diver decided to get his gear on, and just to prove that one foolish action can't lose a man all his friends, we all decided to do the same.

This stage was accomplished very quickly, as wind whistling around your exposed areas is conducive to speedy action.

Right! Now for the boat and motor.

After heaving and grunting, along with a few derisive comments like "come on, move yer arse!" and "stupid bxxxxx hobby" we are at the edge of the beckoning sea ready to go.

The boat is launched without mishap due to pure expertise, ( spelt LUCK) and loading proceeds quite smoothly, until someone cries that a bottle is "floating away". But there's a pair of hands still on it!!!

One idiot had walked too far out and disappeared as the beach shelved steeply close inshore. He was quickly hauled in and placed once more in the vertical position (alcoholic narcosis perhaps?).

All in and away we go towards an inviting smooth patch of water. My partner and I would dive first ('cos we are stronger than the others), so after all the preceeding clap-trap you've just read we're ready for the climax of the day.

On arrival at the diving site we are ready for the off, so its anchors away, over the side, secure the buoy to my buddy and down we go. Visibility at 50 feet could only be described as \*@!?' poor, but our enthusiasm carried us through. I connect myself to the buoy line, as I know my buddy will try to lose me in the murk, and proceed peering in all the nooks and crannies of the reef we are on. Yes we had landed on the right spot! Hard to believe?

A crab, and a few scallops later, I suddenly perform an involuntary backward summersault in a vertical direction. \*@!! thinks me' Whats going on?? I give my buddy a hug (!!! ? Ed. ) and we decide to surface.

On surfacing we are kindly informed by our colleagues that the sea is getting up again, they were going back and would we care to join them.

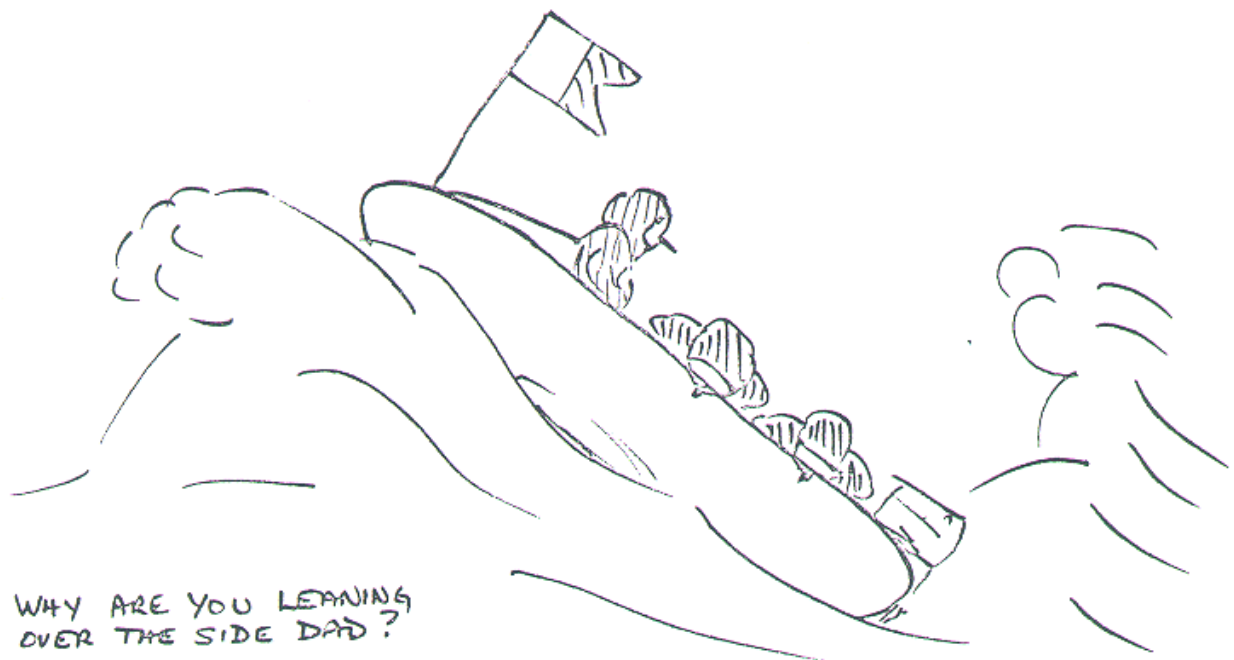
So after a really successful day (??) we retire to our lodgings and eat a sparse meal and go to the local hostelry where we imbibe a few beverages to celebrate the closing of the day with hope anew for tomorrow.

Tomorrow arrives and the weather transpires to be a carbon copy of yesterday so we wend our way homewards to tell our respective spouses what a wonderful weekend we all had ( agreeing to stick to the same story).

END

ANON.

QUESTION: Who took his son with him to show him how it was done?



## BSAC MEDICAL STANDARDS

Extract from letter to Branch Secretaries September, 1975.

### "Current Position of Diving Medicals

"Following the ballot of all Branch Committees in February, 1973, it is now a BSAC rule that divers should have a medical on entry to the Club, which is to be repeated at five yearly intervals up to the age of thirty, three yearly up to the age of fifty and yearly thereafter. Where however, there are exceptional local difficulties in complying with this rule, then the Branch Committee may omit medicals, but should ensure that their members complete the questionnaire in part I and II of the Medical Examination form when renewing membership in order to comply with the requirements of our insurers. Where the replies to the questionnaire leave some doubt as to the ~ fitness then the Branch is entitled to insist on a full medical!,

### "Carrying out of Medical Examinations

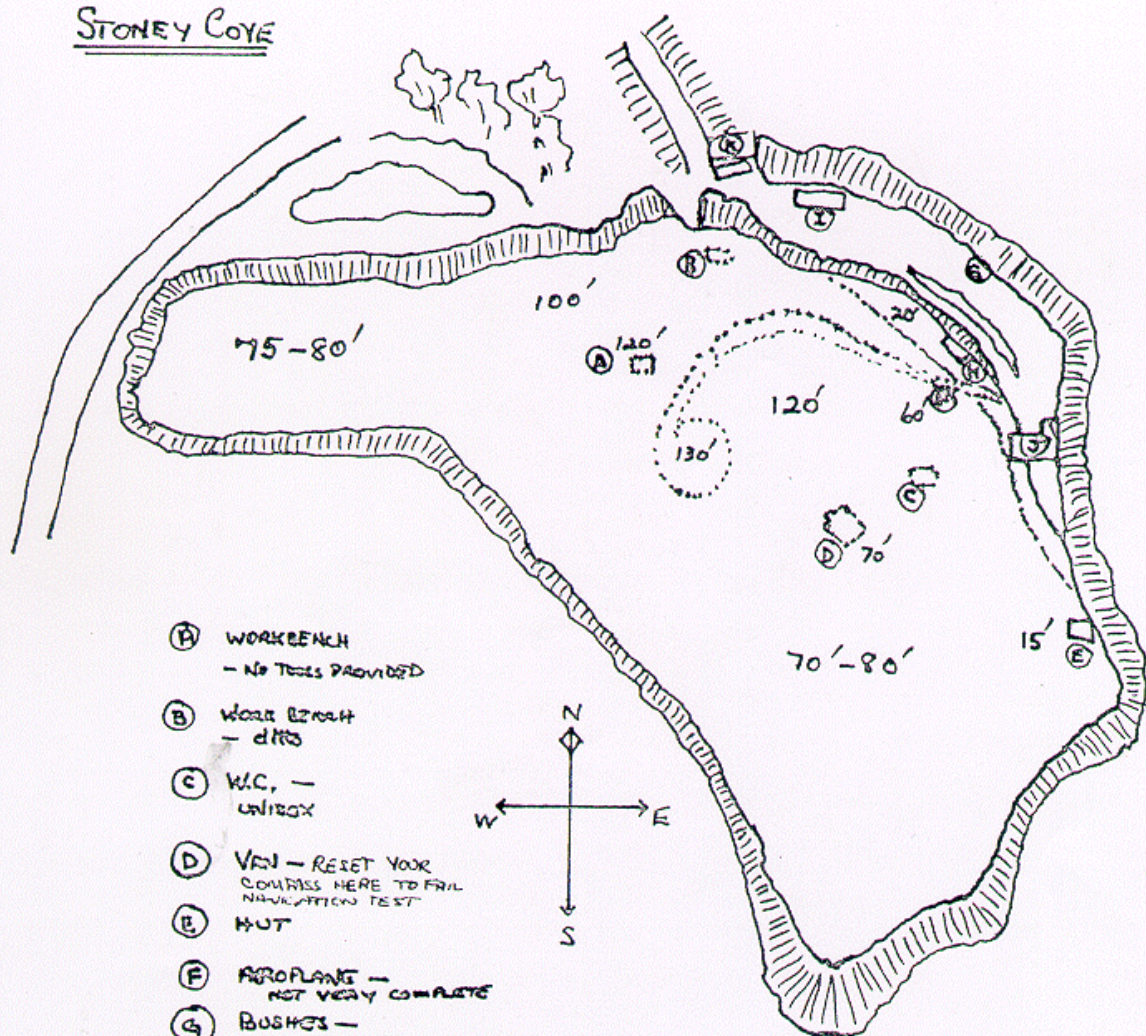
"Normally the medical will be carried out by the members' own GP. or by a Doctor nominated by the Branch for this purpose. Branches with a large training intake may find the latter procedure advantageous, since it can be possible to arrange an evening for these to be carried out as a group, the Doctor charging a fee for the session which averaged out over the group is considerably more economical than individual examinations. Here the Branch can assist by ensuring that each diver turns up with his questionnaire completed, and with a sample of urine.

Up to the present the Branch has not enforced this rule, but about 80% of all Branches do.'

IN YOUR OWN INTEREST YOU ARE ADVISED TO TAKE NOTE OF THE RECOMMENDATIONS



# STONE Y COVE



- (A) WORKBENCH  
- NO TOOLS PROVIDED
- (B) WORK BENCH  
- dms
- (C) W.C. -  
UNLOCK
- (D) VAN - RESET YOUR  
COURSE HERE TO FAIL  
NAVIGATION TEST
- (E) HUT
- (F) AIRPLANE -  
NOT VERY COMPLETE
- (G) BUSHES -  
NOT RECOMMENDED  
AS A PICNIC AREA
- (H) LANDING STAGES
- (I) PORTACABIN
- (J) CLUB HOUSE -  
UPSTAIRS USUALLY SHUT  
OPEN BELOW
- (K) DECOMPRESSION CHAMBER  
AIR SUPPLY.

0 100 200 300 YDS

SEE ROY HARRISON FOR 'METRIC' CONVERSION OF DEPTHS ETC.



### RNPL/BSAC Air Diving Decompression Table

ASCENT RATE 15 metres per min.  
DESCENT RATE Max. 30 metres per min.

Max Depth	No Stop	BOTTOM TIME					
9		NO LIMIT					
10	232	431	—	—	—	—	—
12	137	140	159	179	201	229	270
14	96	98	106	116	125	134	144
16	72	73	81	88	94	99	105
18	57	59	66	71	76	80	84
20	46	49	55	60	63	67	70
stops at 5m		5	10	15	20	25	30
22	38	42	47	51	55	58	
24	32	37	41	45	48	51	
26	27	32	37	40	43	45	
28	23	29	33	36	39	41	
30	20	25	30	33	35	37	
32	18	23	27	30	32	34	
34	16	21	25	28	30	31	
36	14	20	23	26	27	29	
38	12	18	21	24	26	27	
40	11	17	20	22	24	25	
42	10	16	19	21	22	24	
44	9	15	18	20	21		
46	8	14	17	18	20		
48	8	13	16	17			
50	7	12	15	17			
stops at 10m		5	5	5	5	5	
5m		5	10	15	20	25	

No more than 8 hrs. in 24 hrs. spent under pressure (submerged).

DOUBLE DIVES (A, B)	
Interval	Bottom Time
Both dives less than 40 metres	
Up to 2 hr.	A + B
2-4 hr.	$\frac{A}{2} + B$
	$\frac{2}{4}$
4-6 hr.	$\frac{A}{4} + B$
6+ hrs.	B
B < 9 metres	No stop
Either dive more than 40 metres	
Up to 2 hr.	A + B
2-4 hr.	$\frac{A}{2} + B$
	$\frac{2}{4}$
4-8 hr.	$\frac{A}{4} + B$
	$\frac{4}{8}$
8-16 hr.	$\frac{A}{8} + B$
	$\frac{8}{16}$
16+ hrs.	B

Depth is deepest of A or B.

### REPEAT DIVES

For a second dive (B) following a previous first dive (A) the computation of decompression depends on the interval of time between the two dives and the depths.

#### 1. If both dives are less than 40 metres depth

time interval up to 2 hours	add the two dive times.
Between 2 and 4 hours	add 1/2 first dive (A) time to the second dive (B) times.
Between 4 and 6 hours	add 1/4 first dive (A) time to the second dive (B) times.
Over 6 hours	treat as separate dives.

#### 2. If either dive is more than 40 metres depth

time interval up to 2 hours	add the two dive times.
Between 2 and 4 hours	add 1/2 first dive (A) time to the second dive (B) times.
Between 4 and 8 hours	add 1/4 first dive (A) time to the second dive (B) times.
Between 8 and 16 hours	add 1/8 first dive (A) time to the second dive (B) times.
Over 16 hours	treat as separate dives.

In all cases, the depth for determining the decompression for the repeat dive is the deeper of the two dives.

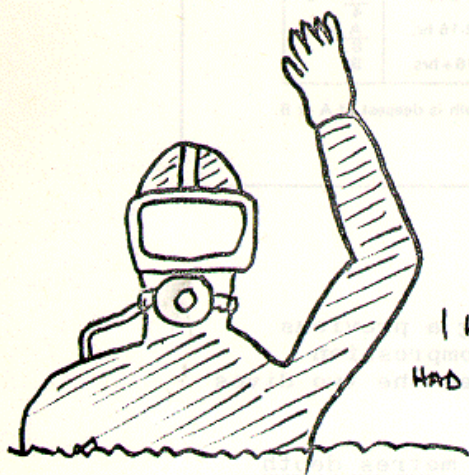
If the second dive does not exceed 9 metres (B < 9m) it is safe to surface from this dive without stops.



①  
I HAVE JUST  
SEEN A POLO  
HINT



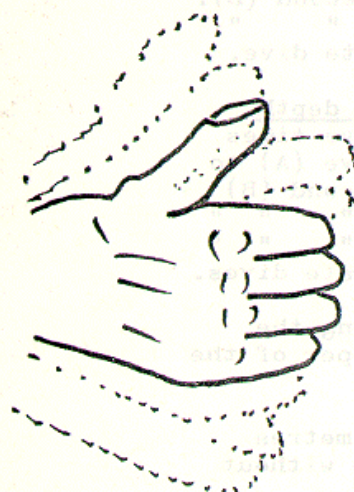
②  
I HAVE JUST  
HAD MY FINGERS  
BITTEN OFF BY A  
CONGER



③  
I HAVE JUST  
HAD A PEE.



④  
TOO  
CRABS



⑤  
NOTHING LEFT  
MOLES HAS BEEN  
HERE



I AM ABOUT  
TO BE SICK

MORE SIGNALS  
BY M. WOOD.

## BRANCH COMMITTEE 1975

(Elected at AGM)

### OFFICERS:

Chairman:	Joe Bulger
Diving Officer:	Jim Downing
Secretary:	Bill Hipwell
Treasurer:	Ray Pope
Equipment Officer:	Geoff Moles.

### MEMBERS:

Mark Edmunds	Records Officer
Alex Nicholas	Expeditions Officer
John Pratt	Assistant Training Officer

### BRANCH TRAINING COMMITTEE

(Appointed By D, O.)

### DIVING OFFICER:

Jim Downing

### TRAINING OFFICER:

Brian Heywood

### ASSISTANT TRAINING OFFICER:

John Pratt

### SOCIAL CONVENOR AND LIBRARIAN

(Appointed by Committee)

Mick Wood

### REMINDER ON TRAINING RULES:-

#### Sequence of Training

No member may take part in an open water Snorkel dive without having passed tests A, B and C and received all Snorkel lectures.

Before commencing aqualung training in the pool, tests A, B and C must have been passed, all Snorkel lectures taken, the Snorkel oral passed, and Third Class lectures 1 - 6 received.

Tests E and F must not be taken until all Snorkel training has been completed, including the three open water dives, the 'Snorkel Diver' qualification attained, and all Third Class lectures received.

No open water aqualung dives may be attempted until tests E and F have been completed satisfactorily.

These B. S. A. C. regulations are for your safety and all members are asked to abide by them and all instructors to check their pupils logbooks to ensure that nobody 'dodges the column'.

### BOTTLES - RESERVES - AND SAFETY

Triton recently suggested that the practice of leaving 30 bars "in" on surfacing needs to be re-examined because a number of incidents have occurred when divers "following" this practice ran out of air on the way to the surface.

The practice originates from the days when low pressure bottles of 40 cu. ft. capacity were the norm. A diver was then expected to finish his dive with 30 bars left (i.e. back in the boat).

This was equivalent to 237 litres of air which at a breathing rate of **28** litres/min represents 8 minutes safety margin.

Compare this with an actual modern twin set 2 x 45 cu. ft. at 3000 psi (eg. two of the club bottles twinned).

When 30 bars are left it contains 358 litres or almost 13 minutes at 28 litres/mm.



Fine if that is what is left at the surface! What happens if you start to ascend from 30 metres with 30 bars left.

- ascent time at 15 metres/minute is two minutes breathing rate at 30 metres 4 x 28, 20 m. 3 x 28, 10 m. 2 x 28 say an average of 3 x 28 overall.

$$= 3 \times 2 \times 28$$

- 168 litres

$$358-168$$

- 190 litres

**OR**

**6.5 minutes at 28 litres/minute IF YOUR GAUGE IS WRONG THE MARGIN MIGHT BE LESS.'**

Our recommendation is that when wearing modern high pressure bottles on ~ no stop" dives deeper than 15 metres you should commence the ascent when you have 50 bars left.

FOR BETTER OR WORSE

"WHITSUN" HOLIDAY

by JIM DROWNING

ANSWERS BELOW

Q1. HOW MANY CLUB INSTRUCTORS LOST THEIR WEIGHT BELTS?

Q2. WHO DID WILLIAM HAVE TO TOW IN?

Q3. WHEN DOES A CANNON BECOME A DOGFISH?

Q4. WHAT DO YOU DO WHEN THE MOUTHPIECE OF YOUR DEMAND VALVE COMES OFF AT 90'?

Q5. WHO DISCOVERED THAT HIS INFLATABLE NEEDS A FRONT END VALVE?



A1. J.M.B. & B.H.

A2. E.J.D.

A3. When found by J.C.

A4. Ask M.E.

A5. B.H.





A  
CONSERVATIONIST  
AT WORK !