



TFI STRATFORD BSAC

motto:

'HE OR SHE WHO DARES FIN'S'

SEPTEMBER 2015

Any problems, suggestions or articles for TFI call Chris Prichard on 01386 462443

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Chairman's Report

Well, we've been back in our new pool for a few weeks and loads of you turned up on the first day back, try-dives were back on the agenda and the enthusiasm was fantastic. Thank you all for your patience in the last 7 months, the heart of the Club managed to keep going at the football club and the Ocean/Sports/Dive Leader training has progressed despite all the difficulties. We have a pod again at the Birmingham Dive Show on 24/25th October, all help will be gratefully received and further details will soon be available. We get several passes so you also get a free day out at the show. We would like to do a display of the club trips especially to the Scillies so any photos would be very gratefully received. The summer is nearly over but there is still time for a few autumn trips so anyone wanting to organise a day or weekend, please see Peter Neal who will be only too happy to help and advise.

Hilary Wilson
Chairman

FROM THE TRAINING POOL

Ocean Divers: These are now in the pool and Rebecca is organising the Theory classes on Monday evenings. Our aim is to get these members into open water before the Winter. Kelly Greener has almost completed her training but needs to get her book signed!

Sports Divers: Paul Nash and Dan Noakes have passed their Theory

Dive Leader: Clive Shepherd, Andy Bacon and Richard and Peter Talbot have passed their Theory whilst Lynne Bunker has gone all the way is now qualified as a Diver Leader.

Friday 2nd October 8.00a.m. There is a big session at Stoney Cove for Sports Diver and Diver Leader practical exercises.

Miles Howarth
Training Officer

QUOTE OF THE MONTH

Whilst discussing the world economic situation and when the Bank of England will increase interest rates with (former member) Andy Gravenor, he gave me more bad news about the Greek economy:

“Apparently the export markets for Hummus and Taramasalata have collapsed causing a double dip recession”

DIVING OFFICER’S REPORT

We are now looking forward to the latter part of what has been quite a busy late summer. I would like to thank all those that organized the events that we have enjoyed.

The summer started rather slowly, but after Jeannie’s (and Keith’s) most enjoyable weekend in Babbacombe (for some of you anyway !) it got busier. There followed trips to St Agnes, Pembrokeshire, Hope Cove and Porthkerris which all went off well with only the odd weather glitch. Reports on most of these adventures can be seen on the web site or read in this publication. We are now looking forward to training and scalloping from Lyme and, of course further adventures with Hilary in the deepest south Red Sea.

It is great to have the pool back in use, and I see we have several new members starting their training. If all goes well with my recuperation, I am looking forward to meeting them in the pool when I do their pool assessments.

I have been organizing the Dive Leader course and have to report that all has gone reasonably well so far. Actually quite well ! All those that sat their theory tests passed, so very well done to them. They now await some towing and blowing, followed by a bit of rescuing at Stoney Cove on 2nd. October. I have some helpers for that day but I do need a few more volunteers if any of you have time. It should be quite fun.

Peter Neal
Diving Officer

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1,000 LOGGED DIVES



I am pleased to report that I had my 1000th and 1001st dived in Porthkerris, Cornwall, last Wednesday July 8th. Both were shore dives on the fantastic Dwarna Reef, where cuttlefish, corkwing wrasse etc were much in evidence. My buddy was Darren from the dive centre.

I have enclosed a photo, but being a responsible diver(!) I had to wait until after the 1001st dive for the Bubbly.

Without turning this into an Oscar acceptance speech, or a retirement speech, I would like to take this opportunity to thank all those club members who I have dived with over the years especially those most involved in my initial training in 2001 and 2002, namely, Stan, Tim and Prich. I reckon they had the hardest job! Thanks also to everyone who organised the marvellous trips I've been lucky enough to go on both here and abroad and to those of you who trusted me enough to come on my trips.

Wishing you all Happy Diving,

Sally Richards

AFTER MUCH INVESTIGATION AND DISCUSSION WE BELIEVE THE LAWS REGARDING TOWING IN THE CONTEXT OF THE CLUB BOATS ARE AS FOLLOWS:-

All drivers who passed their tests after 1st January 1997 will need to take the +E test to be able to tow either of the boats.

Both trailers have a PLATED weight of 2200 KG. Therefore any towing vehicle MUST have a GVW (Kerbside) weight of 2200 KG or more.

Hornet weighs 1650 KG. Portia weighs 1600 KG. Your handbook stipulates the actual weight that you can tow. Therefore your handbook must stipulate that you can tow in excess of these weights.

Please bear in mind that any kit in the boat must be added to these weights and should still be within your handbook recommendations.

Whilst we have checked the current laws, it is YOUR responsibility to ensure that your vehicle is legally capable of towing the trailers and that your insurance covers you to tow the boats.

Neither the club nor any member of the committee will be responsible in any way if you tow uninsured or illegally, nor will they be liable to cover any costs you may incur.

Hilary Wilson

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CLUB A.G.M.

The club AGM will be held at the football club on Thursday 19th November. All Members are invited to attend. If you would like to nominate someone to act on next year's committee your nominations should be in by Thursday 22nd October. Lynne Bunker will be sending out nomination papers very soon.

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Membership Directory

Can ALL members PLEASE log into the directory <https://members.stratforddivers.co.uk>

N.B. if you need/want to reset a password, it will automatically be emailed to you and you only have 10 minutes to use it, when it arrives but this should also be instant (ish).

Pete Talbot Membership Secretary

“TO HYDRATE OR NOT TO HYDRATE?”

Did you see the article with the above headline that appeared in the June edition of *Scuba* magazine?

IF YOU CAN'T BE BOTHERED TO READ THIS PAGE PLEASE DO FIND TIME TO GO TO THE CONCLUSION AT THE BOTTOM

After years of preaching to divers the principle of staying hydrated to help with the release of nitrogen when back on the surface I was surprised to read Mike Rowley's headline asking the question "To hydrate or not to hydrate?"

I was even more surprised when I got into the detail of the article because he was quoting "*the renowned cardiologist Peter Wilmhurst*" (who is generally considered one of the leading experts on divers' health and medical conditions) and who suggests that hydrating increases the potential risk of Immersion Pulmonary Oedema (IPO) and therefore should not be encouraged in all circumstances. The risk may be further increased by divers using rebreathers especially those that don't conform to BS EN 14143.

My point is that there are very few rebreather divers and most will be using conforming kit but more importantly if you look at the BSAC Annual Incident Report there are many more DCI incidents every year than IPO incidents.

Therefore to pose the question asked in the article headline as to whether we should hydrate or not seemed to me to be misleading for the vast majority of divers. How many divers will go away having glanced at the headline thinking that hydrating is in doubt?

Only when you get to the conclusion at the bottom of the article does he say:

- *“DO aim to be normally hydrated. Normal hydration is a long term condition and essential to good general health and we should all aim to maintain the condition. A normally hydrated diver is at less risk of physical or mental impairment, DCI, or any other diving ailment. A convenient sign of normal long term hydration is light straw coloured urine. Darker colours indicate under hydration.*
- *DO drink fluids (preferably water rather than fizzy drinks or caffeine) immediately after diving (my underlining). This makes up fluid loss due to urination and possibly IPO. Replacing lost fluid will assist surface off gassing.*
- *DON'T attempt to hydrate by drinking a litre or two of water before diving, this will overhydrate and increase the risk of IPO*

as well as making for an uncomfortable bladder during the dive. It is considered to be potentially quite dangerous.”

The only time that I can recall consciously drinking anything near a litre before a dive was when we dived the Elphinstone Arch in The Red Sea to 60 metres and our dive guide Ali El Azeizh (A.K.A. Ali Baba) advised us that we should get some water down us before the dive to help with our decompressing. In the UK with dry suits – never!

So my message to Stratford members is don't be fooled by the headline, you should aim to be normally hydrated and that includes getting back to normal hydration by drinking from that water bottle immediately after you have dived.

Chris Prichard

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CLUB LIBRARY

We have created a small library of books on diving.
A list of those available is attached to your email.
Anyone wishing to borrow one should speak to Jay or Prich

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TRY A DIVES

SPECIAL RATES FOR FAMILY AND FRIENDS

Speak to Angie Deaves to arrange one.

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Evening All,
Lost and now found. A pair of brown "Heat Holder" socks ! Probably lent by someone at Babbacombe.
I now have them. If not claimed , I may keep them !
Peter Neal

Geoff's Annual Hope Cove Week



The salty sea dog and his giant apprentice

So..... now I understand that the "Hope" in, Hope Cove diving trip, is about hoping the wind blows the right speed in the right way, so we don't have to walk anymore.

They say owners are like their dogs. Geoff and Jules have crazy spaniels with boundless energy and enthusiasm for all things outsidey and exhausting; our dog on the other hand is a lover of his bed, steady, laidback and always thinking about his next meal. Day one of our trip involved what seemed like an 8 mile uphill route march, with only the prospect of cider at the end, spurring us on. Day 2 we made a tactical footwear change and wore Flip-flops and crocs which, as it turns out, does not excuse you from a sheep shit riddled ramble up to Bolt Head (or tail, I forget). The only thing that made the flip-flop flicking of poop up the back of my legs worthwhile was the pasty that I've been promised.

Dive 1. Such high hopes. First time on a rib. Shot line onto the wreck and Geoff leading me on the dive, Zig zagging us across a sandy sea bed at 15m to the amusement of a solitary 2" hermit crab. We eventually broke the surface and the dive was instantly labelled by Geoff "the most boring dive I have EVER had" which is truly saying something after a gazillion dives... I really mustn't take it personally. The highlight was a loose piece of kelp that could potentially have looked like a bit of wreckage (if you squinted and had a foggy mask).

On the same dive, Jon put Daniel on a buddy line and then dived in a spiral back into the shot line. Full marks for a systematic but frankly woefully unsuccessful attempt at finding the wreck! Brett and Sam sensibly stayed on the boat at least we gave them something to look at on the sonar since there was nothing else down there!!!

Later that day we took to Russell's fabulous boat to form part of the 100+ vessel flotilla to welcome the 2 youngest trans-Atlantic rowers back into Salcombe. It was pretty special and I believe we were on the telly ☺ (thank you Russell for sharing your toys)

Together we celebrated Jim and Geoff's birthdays. We jumped into the Rib and the Tender to head upstream to a fab little pub for wonderful company, lots of laughs and great lobster and fries. All against the clock (tide waits for no man!!) The return journey in Russell's tiny tender with 3 merry girls, amongst them Sally, was a little more challenging by moon and phone light. Sally was convinced she was a royal marine on some sort of secret stealth mission as they drove back.... Sally's Merlot amnesia was a little worrying the following morning.

In 1960 JFK became president of the US. Hitchcock's Psycho terrified everyone in the cinemas and Les's camping chair was hot off the production line. Sadly, 55 years of loyal service came to an abrupt end as the stitching finally gave up and left Les helplessly stranded, arse in the grass, and feet up through the frame (not a dissimilar pose to the hermit crab I saw the day earlier). Most wouldn't have noticed over the laughter, but as it yielded, the tearing sound conveniently masked a surprising and involuntary noise made by our dearest Les. RIP loyal chair.

The food WAS BRILLIANT, although I'm not sure we'll hear the end of the parsley instead of tarragon error that nearly ruined Jeff's famous, chicken à la Jeff. Or was it chicken à la Jules? Either way a bottle of sherry fixed it. Well done Hilary, for doing the supermarket runs, NOTE: remember your glasses next time.... Jim and Sam added a welcome appetiser on BBQ night, having used the harpoon to bag 2 big Pollock who were minding their own business under the jetty. The phrase "like shooting fish in a barrel" comes to mind. Jim was panicking about being spotted by the river taxi guy and the whistling didn't make either of them look less guilty, but rules and regs aside, they tasted damn good.

Russell and the boys took Daniel water skiing. I always thought you were meant to do it in the flat calm, but these hard core thrill seekers chose white horses!!! With a hamstring pull added to the blisters and sunburn, Daniel was officially ruined!!! Russell's one handed water skiing was more than impressive and Sam's first time "keeping it up" was followed by a brief mono ski. (voluntary? involuntary? You decide)

I was really excited to be buddied up with Jon at the Ham stone. I thought I'd lucked out, especially since he knew EXACTLY where the cannons were... Usually. :-/ luckily, I'm still in the excitable puppy stage, where Kelp, Starfish, Sea urchins and a curious cave type in/out current still satisfy me.

Andy was also great to dive with, although was busy trying to wind up the newbies. I was asked to take an expired DSMB canister to be refilled!!! The highlight of my dive with Andy was the Thornback Ray I spotted....Easily the size of a dustbin lid. He seemed less impressed, leaving me pondering how big or dangerous a fish needs to be to get him going?

Miles and I took another approach and made our own fun, releasing spider crabs from the pots. I don't know if he could hear me giggling but I was.... Perhaps that's why I used more than double the air he used?? Hmmm

Brett and Sam had a different agenda on some days.... having important father /son time, bonding and messing about on their boat. Unfortunately there was not much actually bonding the engine to the boat and Sam was reduced to retrieving it from the seabed in full view of the tourists wearing just his under crackers. (Check Instagram and YouTube for evidence)

This is my dive report, there's not much about the diving, but I don't know much about diving, if you want to know something about the diving, ask somebody else who did some diving. I LOVED everything about the trip

Lastly, thanks to all who cooked and cleaned and shopped and chopped and washed and dried and minded dogs and drove and launched and looked out for Andre and planned and booked and made it **simply fantastic**. And thank you all for welcoming us to this special trip.

Camping definitions :

Oxford English - the act of spending a holiday living in a tent.

Urban dictionary (for the kids) - The Act of staying in one spot in a map in a first person shooter video game to gain a tactical advantage over an enemy or group of enemies

Daniels dictionary - the act of making a 6 day break feel like a fortnight

Ellen's dictionary - a holiday where a standard shower costs you 40p or £1 if you get lucky

Ellen Noakes

Geoff adds the following about his trip:-

4 of the 8 days were blown out.

On the others divers had good dives on SS Maine, SS Persia, off Burgh Island.

The wreck we couldn't find in 1m of viz was the Herzogin Cecille.

The wind stirring up viz on the shallower dives was a stiff challenge for both Daniel and Ellen on their first sea dives but they coped with ease and are to be congratulated on both diving capabilities and being great company. Next year Daniel will be pleased to note there are yet more challenging walks on the agenda if we are blown out.

-oOo-

PEOPLE NEED HELP AT DIFFERENT TIMES

Hi All,

Apart from our very newest members, we've all done our rescue training and should be ready to act in any emergency at sea but that is not the only place we could help. Read on.....

I was on the train home from London yesterday and a lady collapsed in the middle of our carriage, within a few minutes she had stopped breathing. Thankfully in our train carriage there was a radiographer and a trainee medic who knew what to do and began performing CPR.

Unfortunately the alarms were triggered on the train, the driver brought the train to a complete stop and it took a further ten minutes before the train could move again, during this time the lady stopped breathing. The train guards brought a defibrillator along, amazingly not one of the guards would get involved with using the machine, I'm not sure why - maybe it is the worry of liability or lack of training.

But would you know what to do in such a situation?

If you get 5 minutes today watch this video which explains how to use a defibrillator. I wish I had seen it earlier:

[Www.bbc.co.uk/news/health-13037602](http://www.bbc.co.uk/news/health-13037602)

Whilst not directly involved it was an eye opening experience to witness, the defibrillator monitored the woman's heart beat and decided if a shock was required – it was required twice. After the shock was delivered it was then a case of performing CPR on the casualty and her heart beat returned.

When did you last practise CPR on a manikin?

Do you know where your nearest defibrillator is?

We eventually arrived at Coventry station and the medics were there waiting, I don't know the outcome and I just hope it was good in the end.

The whole experience has got me thinking about doing a refresher course again, because you never know when you might need to help:

<http://www.sja.org.uk/sja/training-courses/course-search.aspx>

Jon Hardman

-OoO-

A MESSAGE FROM THE EQUIPMENT OFFICER

Can those members that borrow cylinders please ensure that they replace the inserts on the them when they are returnedas I am missing at least 6 at the moment!

Your friendly Equipment Officer (at the moment!) Jay Scott

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OMAN

I am already thinking about holidays in 2016 and, as some of you already know, I would like to do a liveaboard trip to Oman in early 2016. We went on this trip 2 years ago and I loved it, there is only one boat there so we were the only divers and it is humpback whale migration time so we heard whales almost every dive, saw them on the surface and dived with them at the end of the week. There was masses of fish life with plenty of variety of rays, no sharks that we saw, and a couple of wrecks and it was the easiest week's diving I have ever done.

I have made preliminary enquiries and the total cost is likely to be somewhere between £1800 and £2000 per person. We get a 6% discount as a BSAC club. I know Sally will be a definite "yes" but could the rest of you give me an idea if you are interested so that I know which way to take this. We can either have a few of us on the boat or we can take over the whole boat with up to 24 divers.

I know it's a lot more than the Red Sea but it is nice to have a change once in a while.

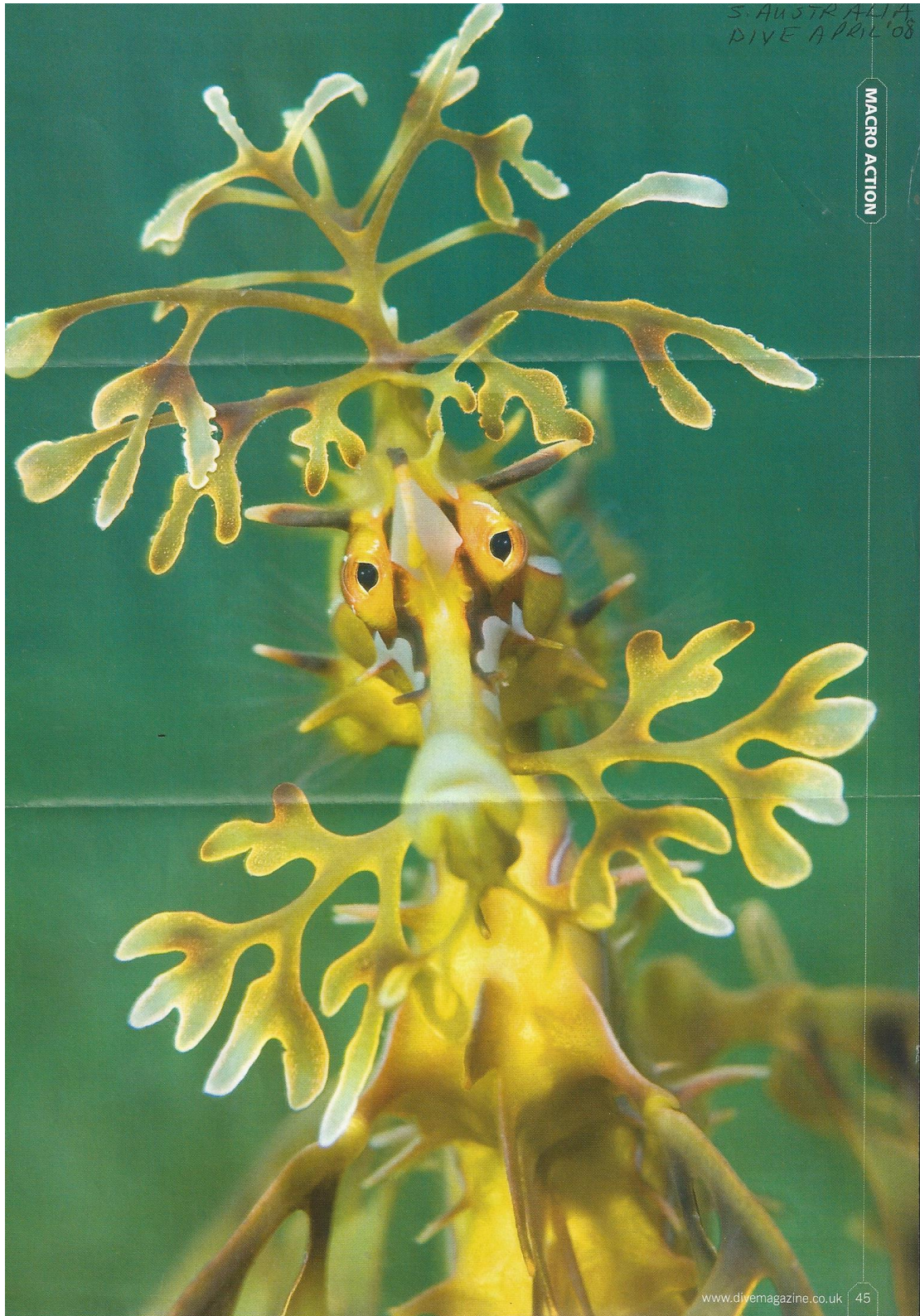
Regards, Hilary

WHO AM I?

Answer on page 14



-oOo-



If this looks like a bit of kelp don't be fooled it's a Sea Dragon and when it hangs around amongst the kelp around the coast of New South Wales, Australia it is invisible.

-OoO-

Sally named this as the second Stratford BSAC finning around the circumference of Stoney Cove.



It took about 75 minutes and at 6 metres in September it was plenty warm enough.
Will there be a third running of this event?

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**Amazingly it is that time of year already –
Christmas Party Time!**

This year's event will be held on 5th December and for a change we will be going to Menzies, Welcombe Hotel, Stratford. In usual tradition we have a room exclusively for the Club and a DJ so we can party the night away. I'm also assured the bar sells shots for those that wish to partake/those who just can't say no!

The cost is £40 per person which includes 3 course meal (there is a choice for each), coffee and mints, and some wine. The theme will be 12 days of Christmas, so you have licence to be as creative as possible! You are very welcome to invite others, even if they are non-divers.

Please do let me know if you would like to join us - I will need £10 deposit per person, although happy to accept full £40 in one go if easier. I'll be at the Club tomorrow.

Look forward to seeing you lots of you there!

Emma Hardman



I came across these pictures from The Turks Head which were taken during the 2014 Dive Trip to The Isles of Scilly and although they are recent I felt that they definitely fell into the Bad Old Days Category



-oOo-

WHO AM I?

I'm Brett of course, couldn't you tell from all that paraphernalia that I have wrapped around my wrists?



-oOo-



Above is a photo of some equipment that I am selling -

Twin 10 litre 232 bar with bands and one slob knob, manifolded and in test

Twin 7 litre 300 bar with bands and manifolded and in test

7 litre stage

A set of bands for 10 litre cylinders

Anyone interested Jay Scott 07976 283702

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FOR SALE

I have a Custom Diver TDB dual bladder wing with tec harness in excellent condition for sale. As I have 5 BCD's / wings you'll appreciate that it has not had much wear.

New price would be £590 and I'm asking £300.

Snap it up now before I put it on e-bay.

Peter Neal

WANTED

Badminton Players for the Wilmcote/Diving Club Badminton Group. Tuesday evenings at 9.00 - 10.00 Stratford Leisure Centre.

Not serious, just a good friendly knock around of pairs and singles. See Geoff Russell (01789 552614. 07836 503082)

Stratford BSAC 0730 Committee 2014

Chairman: Hilary Wilson 07779 287558
Diving Officer: Peter Neal 07967 656462
Training Officer: Miles Howarth 07779 287558
Secretary: Lynne McCarthy 07775 940000
Equipment Officer: Jay Scott 07976 283702
Treasurer: Geoff Russell (01789 552614)
Membership Secretary Pete Talbot 07958 447544
Recruitment: Angie Deaves 07792 775971
Events: Emma Hardman 07740 355836

SUGGESTIONS OR PROBLEMS? THEN CALL ONE OF US

MEMBERSHIP FEES 2013

To the Stratford Branch, all Members pay an annual subscription of £118 towards costs of the Branch.

To BSAC, Members pay an annual subscription of £56.50 that covers BSAC costs, their monthly 'Scuba' magazine and their third party insurance. Both of the above are due on the 1st April each year.

New members are required to pay a full annual subscription for both of the above when they join. In their second year they pay pro-rata to bring them to the next 1st April.

Hire of kit for a new trainee is £60 for a period of for four months. Thereafter it is £30 per month.

Pool Sessions - £3 for all Members

Try a Dive £15 a session. £10 of this is refundable when you join the club.

Training Books vary but typically the cost for an Ocean Diver is £45.

The Club has 2 boats (RIB's) and the Committee believes that Members should contribute towards the cost of running these boats in proportion to how often they dive from them. This is paid for by a compulsory Annual Boat Levy of £30 payable along with your Annual Subscription by all Members in their second year onwards If you do minimal diving from the Club boats during the year you will receive a full or part refund of your Boat Levy. Non members diving from Club RIBs will pay £10 per dive.

Members towing RIB's get a minimum of 60 pence per mile

CLUB DIVING STANDARDS

All Members are expected to dive in accordance with the guidelines of the BSAC as published from time to time.

No dives should be organised without the prior approval of the Diving Officer who will provide you with a Diving Log which is to be completed with details of the dive and returned to him.

On the reverse side of the Diving Log is a list of the main BSAC guidelines that the Committee wishes to emphasise at this time.

You are reminded that the depth limits for qualified divers is as follows:

Ocean Divers – 20 metres

Sports Divers – 35 metres

All other qualified divers – 50 metres

Members who ignore any of these guidelines do so entirely at their own risk.

You are also reminded of the following:

- Members are strongly recommended to use Delayed Surface Marker Buoys which can be filled by means other than purged air from a mouthpiece.
- Sports Divers and above are recommended to carry their own independent source of back-up air in a second cylinder (twin or pony)

These extracts are not exhaustive and so if you have any queries you should clear these with the Diving Officer before diving.

The Diving Officer for 2015 is Peter Neal and his contact number is shown above.