



# TFI STRATFORD BSAC

*motto:*

'HE OR SHE WHO DARES FIN'S'

## OCTOBER 2017

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

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### Chairman's Bit

There is very little that I have to say for this edition of TFI, as I have been away for almost all of the school holidays and have not been at the club or the pool and my emails have been quiet.....so this must be a good sign?

I know that there have been several trips and that all were incident free but as usual the weather was not as kind as it could have been but let's hope that its good for the rest of the UK dive season, especially Sally's Weymouth trip and Angie's Lundy trip as I'm on both of these!

I have seen the Training Officer (Hilary) email about instructor progression, so please don't forget that without dedicated instructors, YOU would not have been taught to dive, so this is your chance to give something back and share your skills with others.

I mentioned that I would email all members for YOUR opinion on where the boats are based for next year, this will be sent out after Hilary's Red Sea trip, so early in October.

Enjoy your diving for the rest of the season and feel free to talk to me about anything to do with the club, either at the club, by email or call me.

Pete Talbot

### FROM THE TRAINING POOL

The Ocean Diver training is going well with Kirsty, Jon and Sarah now having qualified and Maya nearly there. We have also welcomed back Anna Payne who will complete her Ocean Diver skills with us.

Sarah and Jon Lloyd, Alistair Manning and Gatis Paseks have now passed their Sports Diver Theory Test and are well on their way to completing their open water skills and getting experience in the sea on the dive trips, both on the RIB's and on hard boats.

We have 4 members who are joining David for the Dive Leader training, Chris and Sophie Hastie, Simon Charles and Paul Nash, which will be starting very soon. I'm also really pleased that Chris and Sophie are going to do the I.F.C. in November in Coalville, so good luck to them.

We have 2 new members, Simon and Reece, who have just started their Ocean Diver course, hopefully we will soon have a few more members to join them.

Hilary Wilson Training Officer

## **QUOTE OF THE MONTH**

*"I have unreserved respect for the story told on pages 7 – 9 of this edition of TFI" - Prich*

## **DIVING OFFICER'S REPORT**

The month of August was rather a washout with only 34 dives, 16 in Stoney Cove and 18 sea dives.

This year's Hope Cove trip was blown out and most of us only managed two dives as the week of constant wind and a fair amount of rain took its toll. The great British spirit endured and we made the best of it, thanks partly to Geoff's modified awning and his efforts at cooking.

I would like to thank Geoff and Russell for their efforts to make this trip happen and keeping us all amused.

These photos from the week flatter the weather.





Here's hoping for better diving weather in the autumn.  
Happy and safe diving,  
Miles

## **EQUIPMENT REPORT**

The committee has approved the purchase of new masks and snorkels. These are now available for try dives and short term loan. We have had a good clear out so stock is very healthy. The only items we are short on are fins, especially smaller sizes so if you have any surplus fins for small feet at home, donations would be gratefully received.

Alastair Manning

## **DECOMPRESSION SICKNESS**

If you want to see an unusual and extreme case of the Bends then go to :-

<http://www.dailymail.co.uk/news/article-4854784/Diver-swelled-double-size-getting-bends.html>



## **CLUB BOATS – Hornet and Portia**

I have mentioned previously, via TFI that I would seek the opinion of all club members regarding Hornet and Portia, so now it's your opportunity to say what you think should happen with them.

Hornet is based at a boatyard in Lyme, as it has been for many years. This is the most used boat and is favoured, over Portia as it is slightly bigger and has a larger outboard engine. Lyme is well placed for many of the trips that take place and can be launched at Lyme or West Bay

Portia is now based at a boatyard in Salcombe and was moved here from Lyme approximately 12 -18 months ago. This is less used than Hornet BUT has been used more for club diving since being in Salcombe and I understand that launching is straightforward here.

There have been numerous suggestions regarding the boats, for example:

- Sell them both and buy a bigger RIB(Net cost circa £25k)
- Sell them both and buy a hardboat with a lift(Net cost circa £30/40K)
- Keep Hornet and sell Portia
- Keep them both but replace the engine on Portia (Net cost circa £10K)
- Leave them both based where they are, Lyme and Salcombe
- Move Portia back to Lyme
- Plus some very silly suggestions as I'm sure you can imagine!!!!!!

I personally believe that we should not spend more money on a new engine for Portia as she is not being used sufficiently to justify this and that as she is being used more from Salcombe than ever she was from Lyme (in recent years) then, this is where she should remain.

Hornet should remain at Lyme and not be replaced with a bigger boat (towing would be massively restricted).

They should both be maintained well and in a totally sea and roadworthy state.

Finally, I would like to see them both brought nearer to home for the winter months so that they can be given some serious TLC and 'Boat familiarisation' can take place so that people that want to be involved with using the boats in the future, can learn how to look after them, how they get on and off the trailers, how the engine gets washed through, how this and that works etc and maybe even have a session on the Avon, to practice some of this, with some of the few that are 100% capable of doing this?

It does cost a lot of money to get both boats towed back up here and back down again but for the reasons above, I believe it will be well worth it, as the boats and members can benefit.....plus, we have some capable individuals that can sort some maintenance but all can provide TLC.

**Where/Who can suggest or offer some secure local (ish) storage (Nov-Mar/Apr approx) and this can be outdoors but in a barn would be perfect and it doesn't have to be free but of course it helps???????**

**What would you like to happen???????** Email me and let me know your thoughts.....and don't say, nobody listens; I am and we will and when it's decided, I'll share with you the reasons why, whatever was decided.

Regards

Pete Talbot

**We have a range of clothing available bearing  
our Club Logo.**



**The range includes T-shirts, polo shirts,  
sweatshirts, hoodies, fleeces, hats, in many  
colours and sizes.**

**We are selling these garments to you at cost i.e.  
this is not a fundraising exercise but an exercise  
in**

**UNITY and TOGETHERNESS!**

**This catalogue is available to view on Thursday  
Nights at the Football Club.**

**Just ask Sally Richards**

**Small print: Money up front at time of  
ordering please.**

**We can now get the LOGO added to any garment so if  
nothing in the catalogue appeals, bring along your favourite  
WASHED garment and our Logo can be added for £6.**

## EVENTS

I hope you are all enjoying a least a little bit of diving , so far this summer.

Well I just wanted to let you all know that our annual BBQ was a great success - I hope that all of you that attended enjoyed the food , drink and frolics ! I would like to extend a big thank you to Ellen and Mark for all of their efforts - it takes a lot of organising and I know that they worked very hard . The big news is that the takings were over £1200 , which is superb .

A special thanks also goes out to all the helpers : Dan, Wellsy and Andy for cooking , Jay , Prich for the Nail Game (which I particularly enjoyed) and everyone else who helped make the day work out so well (you know who you are ).

**The other main event is The Christmas Dinner - please save the date - Saturday 16th** . The venue is The Stratford - having won the vote of the people! I have booked us a different room , so this time we will have the luxury of our own bar , so getting rounds in will be much easier this year .

On another note I am planning to arrange a Wolf run : it should be lots of fun and is all about having a laugh and mucking about with obstacle courses whilst attempting to jog/run/walk - but most of all have a hoot . I have taken advice from "old hands" at this event and decided that the winter run may just be a bridge too far : in short too damn cold !!!.

So as soon as the spring dates are released I will need to book us a group slot - please let me know if you are mildly interested in coming along and then partaking in fizzy beverages afterwards - once the date is published I will have to move quick to secure places .

Angie Deaves

### DELAYED SURFACE MARKER BUOYS (DSMB's)

You may have read a mis-leading article in the June edition of Scuba magazine. The new Equipment Editor for Scuba, Neil Hope, said *"Generally I think most people regard red or orange as an emergency colour (for DSMB's)"*

You may have seen in a subsequent edition a letter from Chris Prichard saying: *"Perhaps he (Neal) should refer to page 16 of BSAC Safe Diving – DSMB's which says that red/orange buoys are for general use and that yellow buoys are to be used when a diver needs assistance."*

Editor's comment: *Thanks for setting the record straight on that one Chris.....your point is a good one and worth making.*

In case you are in any doubt, Stratford Club always regards **Red / Orange DSMBs as the ones for normal use.**

Members of the Club will always regard **a yellow DSMB as an indication that the diver requires assistance.**

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## KMD Copenhagen 2017



Its 05:25 on the 20th August 2017 and the sunrise across Armager StrandPark in Copenhagen greets just over 3000 competitors, it is a welcome feeling that race day will actually be starting soon, having just got off the Metro there was a 10 min walk to get to the lagoon for the start of the Ironman event, however there are definitely still some nerves fluttering away in my stomach.

Having enjoyed a series of Sprint and Olympic distances and an unplanned middle distance triathlon August 2016 I booked a further 3 middle distances for 2017 as training and the Long distance as the ultimate goal. By no means a competitor but certainly enjoying being a participant.

The 2017 training program had been fairly time consuming and looking back the following distances had been covered across the 3 disciplines. 361 km running – kept low due to heel niggle, plantar fasciitis. 2100 km cycling and 142 km swimming.

I was now looking forward at last to actually getting in the water and then on to the bike. The days leading up to getting the swim gear, bike gear, bike packed in box, run kit packed and checked had been nerve wracking. The flight was changed at the last minute because the airline had accepted the bike boxes on the original flight but the plane was not large enough. Getting confirmation that the later flight could cater for a growing number of bikes was difficult to say the least.

On the trip were fellows members of Stratford upon Avon Triathlon club and also the Wednesday morning swim Triathlon Club Do3. Also to add to the numbers were some of Stratford upon Avon Athletic club as supporters, so a merry band of Triathlon and running enthusiasts. Alice was along for moral support and hopefully some sightseeing in Copenhagen.

### **A summary of the day's activities**

#### **2.4 mile swim (3.8 km)**

I had decided to stick to a medium steady pace and was very happy to be finished by circa 1 hr and 25 mins. I had seen some jellyfish and lost swim goggles underwater along the way. The goggles reminded me of dismantling my own swim goggles for a

lens clean a few days earlier and not getting them back together again – lesson 1 leave it alone and you won't have to buy a new pair in a hurry.....

There was the occasional argy bargy and elbow bumping with other swimmers but generally the water was a nice 18 degrees and it was good coming out to Transition 1 without feeling out of breath or shaky. It was then time to grab the prepacked blue bike bag at T 1 and go to the changing tent to get out of the wetsuit and get clothed for the bike.

### **112 mile bike (180 km)**

The sunrise and pleasant weather was soon to change and after the 30 miles of the bike the rain came. There were 3 episodes of soaking and hard rain. Drying out and feeling relieved only to get soaked a few times more. There was a fairly constant crosswind which was surprising on a circular route. I set out too quickly on the first lap, happy with 7 hrs overall but this could have been shorter. 3:15 followed by 3:45 could have been closer to 3:20 each. It was then time to grab the prepacked red run bag at T 2 and get to the changing tent to get ready for the marathon, the thought of which was not lost on me.

### **26 mile run (42.2 km)**

This was my biggest worry due to the aforementioned plantar fasciitis, having tried to run on previous occasions and then stopping due to heel pain. So the marathon was going to be a slow and careful affair. Adopting a trail running technique of 2 mins on and 2 mins off and a few variations of this. The most fantastic street support along the mostly Nyhavn 4 loop route it was definitely a case of keep moving forward. Alice was present in the crowd and stood for a little under 6 hours a lot of it in the wind and rain to keep me going and it did.

To finally cross the red carpet under the lights and cheering was very rewarding and I can still hear the shouts from the crowds and the final confirmation from the IM compare of "Clive Shepherd you are an Ironman" this was validation for the training and that my crumbling knees were about to get some respite.

Copenhagen certainly know how to put on and support this event. The cut off time is 15:45:00 and to get 14:55:27 was really a little unexpected however I think a lot of this was driven by the fact that I thought I was half an hour behind from where I should have been, Luckily not.

And to confirm, this was not a solo affair, to thank the coaches that have given up their personal time to coach weekend swim sessions and runs is a start but not enough. Hopefully they know that a small portion of themselves crosses the line with the people they train goes a bit further.

As a mamil (Middle aged man in Lycra) nipple plasters are now a part of my triathlon tool box and without wishing anybody a heart attack you can actually see one of them in the final photo.





## TRY A DIVES

## SPECIAL RATES FOR FAMILY AND FRIENDS

Speak to Lynne Bunker to arrange one.

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## **STONEY COVE LONGER SUMMER OPENING HOURS**

Just to let you know that on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays in each month, Stoney has extended opening hours. On those Wednesdays it opens as normal at 8.30 AM but instead of closing at 4PM it remains open until 9PM. However, you have to be out of the water between 5PM and 6PM. I believe also that you have to be out of the water at 8PM but the shop remains open until 9PM.

This raises the possibility for trainees and their Instructors to either go and stay all day and get maybe 3 or even 4 dives in, Surface Intervals permitting, or arrive in the afternoon and get 2 or 3 dives in.

Please note: This isn't every alternate Wednesday, it's the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month only.

Regards, Sally

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## **GUEST SPEAKER MONDAY NOVEMBER 13<sup>TH</sup>**

We are lucky to have secured an inspirational speaker, Michelle Mills-Porter, to present her Talk- Human Magnificence Beyond The Tsunami.

Michelle was affiliated to the Bromsgrove Dive Club and witnessed first hand the devastating effects of The Boxing Day Tsunami whilst on a diving holiday to Poseidon Dive Club in Hikkaduwa.

She describes what living through the disaster and it's aftermath was like for the people there and how the experience led her and her friends to establish a Charity that raised money to help the villagers that saved them to get back on their feet and how it took her life on a new trajectory.

Because the subject of the Presentation is not specifically diving related it will be on Monday (Nov 13<sup>th</sup>) rather than a Thursday, as we feel that it will be of great interest to you AND other non-diving friends and family. So please put the date in your diary now!!

It will be held in The Function Room at The Football Club on Monday November 13<sup>th</sup> starting at 7.30PM. (Entry is Free)

Kind Regards, Sally Richards

## **MARIJUANA AND MARRIAGE**

For those who haven't heard, Washington State recently passed two laws.

They legalised gay marriage and legalised marijuana.

The fact that gay marriage and marijuana were legalised on the same day makes perfect Biblical sense.

Leviticus 20:13 says: "If a man lies with another man they should be stoned"

We just hadn't interpreted it correctly before.

## **RYANAIR LATEST**

Spare a thought for poor ole Michael O'Leary, Chief Executive of Ryanair. After arriving in a hotel in Manchester, he went to the bar and asked for a pint of Guinness.

The barman nodded and said, "That will be £1 please, Mr. O'Leary."

Somewhat taken aback, O'Leary replied, "That's very cheap," and handed over his money.

"Well, we do try to stay ahead of the competition", said the barman. "And we are serving free pints every Wednesday from 6 pm until 8 pm. We have the cheapest beer in England".

"That is remarkable value", Michael comments.

"I see you don't seem to have a glass, so you'll probably need one of ours. That will be £3 please."

O'Leary scowled, but paid up.

He took his drink and walked towards a seat. "Ah, you want to sit down?" said the barman. "That'll be an extra £2. You could have pre-booked the seat, and it would have only cost you £1."

"I think you may be too big for the seat sir, can I ask you to sit in this frame please". Michael attempts to sit down but the frame is too small and when he can't squeeze in, he complains "Nobody would fit in that little frame".

"I'm afraid if you can't fit in the frame you'll have to pay an extra surcharge of £4 for your seat sir".

O'Leary swore to himself, but paid up. "I see that you have brought your laptop with you" added the barman. "And since that wasn't pre-booked either, that will be another £3."

O'Leary was so incensed that he walked back to the bar, slammed his drink on the counter, and yelled, "This is ridiculous, I want to speak to the manager".

"I see you want to use the counter," says the barman, "that will be £2 please."

O'Leary's face was red with rage. "Do you know who I am?"

"Of course I do Mr. O'Leary."

"I've had enough! What sort of a Hotel is this? I come in for a quiet drink and you treat me like this. I insist on speaking to a manager!"

"Here is his e-mail address, or if you wish, you can contact him between 9.00 am and 9.01am every morning, Monday to Tuesday at this free phone number. Calls are free, until they are answered, then there is a talking charge of only £1 per second, or part thereof".

"I will never use this bar again".

"OK sir, but do remember, we are the only hotel in England selling pints for £1."

Have a good weekend

x ♥ □ ♥ □

### **UPCOMING TRY A DIVES**

There are a high number of try dives about to catch me through, as we have 2 scout groups.

Basically although there is a query over one week, we have probably six scouts on each of the following weeks.

October 19<sup>th</sup>, October 26<sup>th</sup>, November 2<sup>nd</sup>, November 9<sup>th</sup>, November 16<sup>th</sup>,  
November 23<sup>rd</sup>, November 30<sup>th</sup>, December 7<sup>th</sup>, December 14<sup>th</sup>,

I also have 2, not scouts, next week.

There are some of you who are happy to take the scouts in, but I am appealing for all instructors to please volunteer to assist over these weeks.

To those of you who are able to take them in, please let me know which weeks you are able to help. I would hope that between us we can share the load.

Lynne Bunker

## **BLAST FROM THE PAST**



Leamington and Warwick Sub-Aqua Club members Keith Bond and Dave Key have both passed the British Sub-Aqua Club instructors' course, 250 took the course and Keith and Dave did very well to pass. They are pictured with club chairman Mr. Trevor Batchelor (centre).  
M/9/93/S

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### **EQUIPMENT HIRE FEES FOR TRAINEES**

The Committee has agreed the following charges for future kit hire:

Initial Rental Fee – £60.00 for 5 months

Covers rental of stab jacket, cylinder, reg set, weight belt & weights as required for 5 months. Mask, snorkel and fins will be provided on short term loan on pool nights but must be returned at the end of each session. It is expected that these low cost items will be purchased by the diver within a few weeks of starting lessons.

Fees Payable after the initial 5 month Period –

For Full Set - £45.00 for 3 months

Covers rental of stab jacket, cylinder, reg set, weight belt & weights as required for each 3 months period or part of.

For Partial Set - £25.00 for 3 months

Reduced Fee to cover rental of 1-2 items stab jacket, cylinder, reg set, weight belt & weights as required for each 3 months period or part of.

Short Term Rental of Cylinder – £10.00 per week

Covers use of cylinder for up to 1 week. Cylinder will usually be provided full. Cylinder must be returned full or a fill charge of £5.00 will be payable. Short term loan of other items may be possible depending on availability at the same rate.

## Stratford BSAC 0730 Committee 2017

Chairman :Pete Talbot 07958 447544  
Training Officer: Hilary Wilson 07779 287558  
Diving Officer: Miles Howarth 07779 287558  
Recruitment: Lynne McCarthy 07775 940000  
Equipment Officer: Peter Scapellino 077087 25050  
Treasurer: Geoff Russell (01789 552614)  
Membership Secretary Paul Nash 07966 401610  
Events: Angie Deaves 07792 775971  
Secretary: Sally Richards 01789 773668

**SUGGESTIONS OR PROBLEMS? THEN CALL ONE OF US**

### MEMBERSHIP FEES 2017

**To the Stratford Branch**, all Members pay an annual subscription of £120 towards costs of the Branch.

**To BSAC**, Members pay an annual subscription of £57.50 that covers BSAC costs, their monthly 'Scuba' magazine and their third party insurance. Both of the above are due on the 1<sup>st</sup> 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 1<sup>st</sup> April.

**Hire of kit** for a new trainee is £60 for a period of for five months.

Thereafter it is £45 for 3 months.

**Pool Sessions** - £3 for all Members

**Try a Dive** £20 a session.

**Training Books** vary but typically the cost for an Ocean Diver is £60 which includes Sports Diver Books.

**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 50% of the fuel price e.g. 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 2017 is Miles Howarth and his contact number is shown above.