

BUBBLING UNDER



Banbury Sub-Aqua Club Newsletter

April 2010

What's on Calendar			
April	1 st	Compressor Rota: Shaun West	Pool Marshal: Mick White
	7 th and 21 st	Night Dive 	
	8 th	Compressor Rota: Rob Gericke	Pool Marshal:
	15 th	Compressor Rota: Mike White	Pool Marshal:
	16 th to 18 th	Swanage - Camping & Diving	See: Julie Holden
	22 nd	Compressor Rota: Dave Singleton	Pool Marshal:
		Social: Club Night Talk - from the Whale and Dolphin Society Starting @ 20:00	See Clare Barber
	8 th	Compressor Rota: Graham Barber	Pool Marshal:
May	1 st to 3 rd	Dive Fest - Pentewan Sands, Cornwall	See: Clare Barber
	5 th and 19 th	Night Dive 	
	6 th	Compressor Rota: Axl West	Pool Marshal:
	13 th	Compressor Rota: Dave Merry	Pool Marshal:
	19 th	Swanage - Seahorse Hunt	See: Shaun West
	20 th	Compressor Rota: Clare Barber	Pool Marshal:
	27 th	Compressor Rota: Duane Knight	Pool Marshal:
June	1 st	Compressor Rota: Martin Cook	Pool Marshal:
	2 nd and 16 th	Night Dive 	
	3 rd	Compressor Rota: Dave White	Pool Marshal:
	4 th to 6 th	West Wales Trip	See: Shaun West
	10 th	Compressor Rota: Ken McDougal	Pool Marshal:
	17 th	Compressor Rota: Brian Harris	Pool Marshal:
	23 rd	Costal Dash	See: Shaun West
	24 th	Compressor Rota: Paul Crooks	Pool Marshal:
July	4 th to 11 th	Red Sea Trip - Whirlwind	See: Clare Barber
	7 th and 21 st	Night Dive 	
	11 th to 18 th	Red Sea Trip - Cyclone	See: Shaun West
August	4 th and 18 th	Night Dive 	
	5 th to 9 th	Farne Islands Trip	See: Shaun West
	20 th to 22 nd	West Wales Trip	See: Shaun West
September	1 st and 15 th	Night Dive 	
	5 th	Social: Banbury Open Air Pool Open Day	See Clare Barber
	11 th - 18 th	Scillies Trip - Scillonian III	See: Louise Wallace
October	6 th and 20 th	Night Dive 	
	10 th	Banbury Sub-Aqua Club Annual General Meeting	
	30 th and 31 st	DIVE 2010 at NEC Birmingham	
November	3 rd and 17 th	Night Dive 	
	4 th	Social: Digital Submission Deadline for the Annual Photo Competition	See Shaun West
	11 th	Social: Annual Photo Competition	See Shaun West
	27 th	Social: Dinner Dance	See Clare Barber
December	1 st and 15 th	Night Dive 	
	19 th	Scuba Santa's @ Vobster Quay	See: Shaun West
September	18 th to 25 th	Scapa 2011	See: Alice Townsend

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- o SS Thistlegorm - By Shaun West
- o Girl Guides Invade - By Clare Barber
- o BSAC Book Launch - The Expedition Manual
- o Try Snorkel with BSAC 2010
- o Crawfish, Crayfish or Spiny Lobster?
- o Vobster Quay 31.01.2K10 - By Rob Gericke
- o Missing - Duane Knight
- o Scapa 2011

Dive Fest

Well April is here and the snow is falling once again despite this it's with eager anticipation that I am looking forward to Dive Fest again this year in the hope of actually adding some diving to the weekend combination of drinking, dancing, BBQ's, Lectures and tours around the stalls. Fingers and toes duly crossed.

Dive weekends are beginning to appear from a quick dash to Swanage over the weekend of the 16th April to get everything sorted for Dive Feast to a full blown weeks diving in Scapa Flow on the German fleet, more details from Alice Townsend the trip organiser in this edition of



But remember diving this time of year can prove rather cold and there are additional precautions you need to take. We have an article this month from the Vobster web site with some very good advice on keeping warm.

If you fancy taking a day off from work on Wednesday the 19th May how about joining me in a Seahorse hunt in Studland Bay. We will be launching the RIB from Swanage and will spend the day looking for these most elusive of creatures. Let me know, the more the merrier.

This month we have a new feature "Poets Corner" with our first contribution from one of our newest members Robin Clark. I have unofficially awarded him the title of "Resident Club Diving Poet" and added his first submission after this month's Nudibranch Article... enjoy.

Safe Diving



Editor *Shaun West*



On behalf of Banbury Sub-Aqua Club I would like to welcome the recent joiners to our club:

- o Steven Bennett
- o Zara Andrews
- o Jack Coles
- o Joanna Smith
- o Callum Bateman
- o Amy Hattersley

Safe Diving Shaun West

Winter Warmer

A Vobster Quay guide to keeping yourself warm 'n' cosy with this winter!



Equally important as ensuring that your dive kit is up to the rigors of the British winter, you need to keep yourself warm and cosy when the temperature starts to drop. Below you'll find some common sense advice on surviving the worst that the winter can throw at you.

Thermal Protection - Whilst a semi-dry wetsuit might suffice during the summer, we recommend a drysuit during the winter months. If you must dive in a semi-dry, keep your dives short and shallow - we recommend a dive no longer than 20-30 minutes. **Any longer than this and you could risk hypothermia.** Know your thermal limits and stick to them.

It's worth putting some real thought into the sort of under suit you wear under your drysuit too. We'd recommend a good 200 or 400 gram Thinsulate or a Weezle Extreme with a Fourth Element Xerotherm base layer. Trust us - under suits don't come much warmer!

Hood & Gloves - It might seem obvious, but you'd be surprised by the amount of divers that turn up without these two vital items of equipment! During the winter months, we'd recommend a good 7mm fleece-lined hood and some 5mm neoprene gloves. For extra toastiness, a decent pair of dry gloves is a good investment.

Hot Food & Drink - To keep the winter chills at bay, tuck into a hearty breakfast containing lots of heat-generating carbohydrates to give your body fuel to burn throughout the day. After each dive, warm yourself up with a hot drink or soup and something hot and filling from our catering van.

Pre- & Post-dive - Stay warm before the dive. Heat loss is gradual and can start long before you get in the water. Try to stay warm between repetitive dives - standing around in wet gear between dives can add to your body's loss of warmth through evaporative heat loss. Instead, get warmed up as soon as possible after a dive. Towel yourself dry, get into some dry clothes and then enjoy a hot drink!

Hot Shower, Anyone? - Although it may seem very tempting, jumping straight into a hot shower after a cold dive is not a good idea. The rapid increase in temperature can stimulate bubble formation, increasing your chances of a skin bend. Instead, towel off, change into dry clothes and get a hot drink down your neck!

safe, and the ship's bell. The February 1956 edition of National Geographic clearly shows the ship's bell in place and Cousteau's divers in the ship's Lantern Room. Cousteau documented diving on the wreck in part of his book *The Living Sea*.

Rediscovery and recreational dive site

A view of the winch sitting on the deck Following Cousteau's visit the site was forgotten about except by local fishermen. In the early 1990's Sharm el-Sheikh began to develop as a diving resort. Recreational diving on the Thistlegorm restarted following the visit of the dive boat Poolster, using information from another Israeli fishing boat captain.

The massive explosion blew much of her midships superstructure away and makes the wreck very accessible to divers. The depth of around 30 m (100 feet) at its deepest is ideal for diving without the need for specialist equipment and training.

The wreck attracts many divers for the amount of the cargo that can be seen and explored. Boots and motorcycles are visible in Hold No. 1. Trucks, motorcycles, Wellington boots, rifles, Westland Lysander wings, about twenty Bristol Mercury radial engine exhaust rings and a handful of cylinders and Bristol Blenheim bomber tail planes are visible in Hold No. 2. Universal Carrier armoured vehicles, RAF trolley accumulators, and two PUNDIT lights can also be found. Off to the port side of the wreck can be found one of the steam locomotives that had been stored as deck cargo.

The wreck is rapidly disintegrating due to natural rusting. The dive boats that rely on the wreck for their livelihood are also tearing the wreck apart by mooring the boats to weak parts of the wreck leading to parts of the wreck collapsing. For this reason in December 2007 the Hurghada Environmental Protection and Conservation Association (HEPCA) a Non Governmental Organisation installed thirty-two permanent mooring buoys and drilled holes in the wreck to allow trapped air to escape. During this work the vessel was closed off to recreational diving. However, as of 2009 none of these moorings remains as the blocks themselves were too light (resulting in ships dragging them), and the lines connecting the moorings to the wreck were too long (meaning with the strong currents in the area people would find it impossible to transfer from the mooring to the actual wreck). As a result all boats now moor off directly to the wreck again.

2008 Shaun Visits the SS Thistlegorm

Back in 2008 Ken organised a trip to the Northern Red Sea and no trip there is complete with out paying homage to the SS Thistlegorm. On a dive from the base or the rear hold up through the engine room I found the coal room for the ships engines and picked up a little 1.5cm square memento from the coal stack still in the hold where its sat since 1941.



Girl Guides Invade



In an attempt to raise funds for the club I contacted the divisional guide leader at canal day last year and she booked her group of guides in almost straight away for a snorkel session.

This took place Thursday 18th February when we were bombarded with 16 young ladies and two guide leaders for a snorkel session. Our usual master of snorkel sessions Louise was unfortunately unable to come down to assist so it was left to me to attempt the session. We did a short run down on kit in the training room (and bribed them with sweets!) then headed down to the pool.

We took half the pool with the snorkellers and set up a try dive session on the other side to give them a taster. The session went really well and all the girls seemed to enjoy themselves.

The guide leader will recommend us to other groups and I already have two groups that are interested of similar sizes. I just want to say a big thank you to all that helped, Louise for her excellent hints and tips and loan of equipment, David Spencer for supporting me in organising this and being the poor person stuck in the water keeping an eye on the girls and stopping them from drowning, David White and Shaun West for assisting with the try divers, Duane Knight for organising the equipment and being the goal!, Gill Barbour for her extra kit and all the others that assisted (Robert, Axl, Martin) and those that offered.

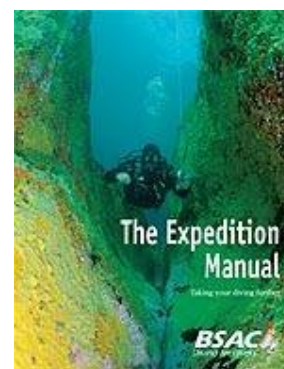
We made £90 for the club and hope there will be many more snorkel sessions to come. Please do continue to offer assistance for these events as this may help Bansac to stay open for the future.

Clare Barber

BSAC Book Launch

The Expedition Manual

Expedition diving is a great example of why diving with BSAC is so unique. BSAC has been exploring the underwater



world for more than 50 years and the exploration of some BSAC divers has gone down in history. This highly anticipated new manual is a must-have for all divers who want to extend their personal diving skills and experience diving as part of a team.

The manual is excellent reading for all levels of diver from those with only a few dives to those who have been diving for years. Chapters focus on all aspects of diving expeditions, from leadership, through research and planning, to the equipment required and how to deal with emergencies. Actual case studies are used throughout this practical manual, and are complemented by many diagrams and photographs.



"BSAC divers have been enjoying diverse and exciting expeditions for decades. This new book, aimed at all BSAC divers, is the perfect read for those with a taste for adventure or those who fancy adding a new twist to their diving experience." Mary Tetley, BSAC Chief Executive

"Essential reading for all divers; all you need to know about how to run an expedition in one book. I have no doubt it will inspire confidence in many more divers to explore and enjoy!"

Clare Peddie, BSAC Chair



Geoff Hide

Diving expeditions are fun, exciting and often challenging. There is nothing more exciting than exploring a new dive site or location! However, the challenging nature of expeditions brings with it a greater need to consider the detailed safety aspects. Diving new sites, diving unfamiliar locations, diving from unfamiliar diving platforms, conducting underwater projects, all add in extra risks that need to be considered by the expedition leader.

However, these risks should not deter us from organising expeditions. The expedition is the tip of the iceberg and is underpinned by careful planning of logistics, personnel, dive sites, locations, routes, tides, boats, accommodation, equipment, techniques, resources and safety procedures. In the last couple of years BSAC members have organised expeditions to Shetland, St Kilda, Scillies, several Scottish islands and even the Falklands. This last mentioned expedition had to be completely self-contained and involved shipping everything they needed, including oxygen cylinders and two RIBs, in a container to the islands via Argentina!

Why not think about organising your own expedition for this summer? Or perhaps, you might want to do something more unusual and plan for next year. To help you, the new BSAC

Expedition Manual contains a lot of guidance and several case studies of how others have done it. The BSAC Expeditions web page on bsac.com is also full of reports and details BSAC funding for expeditions. Whatever you do though, careful planning and preparation are key to a safe expedition.

Geoff Hide

Co-author of Expedition Manual

Available end of March 2010.

Retail Price : £25.00

Members Price : £15.00

One of the greatest attractions of diving is the opportunities and experiences it provides for exploration. Every dive has the potential to provide new experiences and even familiar sites can offer a new challenge. However, Expedition diving provides the pinnacle for exploring new experiences and adventures. The brand new Expedition Manual sets a framework for planning and organising your own expeditions for groups of divers. The Manual offers consistent advice that will enthuse and encourage those with little or no such experience and experienced expedition organisers alike.

Planning and Organisation

The foundation of all-safe diving is Planning and Organisation. Much of the planning required for an expedition is common to any diving trip. There are however additional considerations that arise from taking a group away to an unknown or remote location and often the logistics are such that they will benefit from planning significantly in advance. A further important factor is ensuring that you have the right balance of team members to cover all the necessary skills and competences and this may mean organising training in advance of the trip as well.

Management and Leadership

Management of all aspects of an Expedition is not just a larger and more complex version of a normal weekends diving. The key consideration is to ensure that the workload is shared amongst the members of the team and that the Expedition leader does not attempt to do everything themselves. Successful management and leadership are built on sound delegation skills and the building of trust between all team members.

Diving with a purpose

Extending the objective of a diving expedition to incorporate a specific purpose, for example locating and identifying a new wreck or dive site or collecting SeaSearch data, rather than just a diving holiday not only increases the level of interest for the team but also provides a structure to the activity that helps improve the management and safety of the expedition.

Think SAFE – Dive SAFE

Jim Watson

BSAC Safety and Development manager



This new initiative is offering members of the public free Try Snorkel taster sessions with a local participating BSAC branch. All BSAC branches can register for the campaign and we are encouraging any branch who regularly offers snorkelling activities, would like to build in more snorkelling within their club or have snorkel instructors - in particular our new Snorkelling for All instructors - to sign up.

Crawfish...Crayfish, Spiny Lobster.

It's a marine creature that has lots of common names but there is one thing for sure - they are not common.

SeaSearch volunteer Kate Lock is asking for BSAC divers's help to build a better picture of the crawfish's situation....



Kate Lock

Crawfish are now a UK Biodiversity Action Plan species and such we have been asked to help learn more about them - where they are found, how many and where they have been found in the past. They are also classed as a sensitive species so any records that you provide the site information will only available on databases/reports in 20km squared area to help protect their whereabouts!



I run the Seasearch volunteer diving project in South and West Wales and as part of this we are collecting records on Crawfish - BUT you do not need to be a Seasearch diver to do this - we need records from everyone! In addition I have been asked to run a project collecting historical records - so please have a look in your old diving log books - or shake up those grey cells to remember where and when you have seen Crawfish in the past!!

I need information on: Date, site, approx depth and size of the beast - the more specific the info the better BUT general info welcome too!

Please send your records to Kate Lock: rumbalock@tiscali.co.uk
For more information on SeaSearch, go to www.sea-search.co.uk

Vobster Quay

31.01.2K10

By Rob Gericke

On Sunday 31st January a group of us braved the winter conditions and ventured to Vobster Quay for the first time. Things did look a little dodgy on the way down with the outside temperature fluctuating between -1 & -3.5 degrees, seeing puddles frozen along the roads and even some snow. Vobster Quay kindly donated 5 annual memberships & 5 x £10 gift vouchers to the prize fund for last years Dinner Dance, hence the 2.5 hr trip to VQ. Weather aside and the long trip, we had a good day.



Photo By Duane Knight

Before the first dive we were all a little concern about the water temp as there were numerous screams or yelps as other divers took the plunge with a stride entry only to be met with 5 degree water! Not to mention over hearing other divers who had complete their first dive saying, "my hands are frozen", " I can't feel my hands" and such like. We did take pleasure (well I did) in teasing Martin Long prior to his first dive, as he was going in, in a DRY SUIT!!! He did comment a few times "I still haven't seen anyone else in a Semi" Needless to say Martin had a good dive and managed a good 30 minutes before calling it a day.



Photo By Duane Knight

The first dive was lead by Duane who did fantastically well in navigating around the various sites as planned on the surface. The second dive was also good and we managed to navigate directly to our planned dive sites and made our way down the pitch-dark tunnel, which exits in 20 meters of water.

All in all a good day was had by all and VQ is definitely worth another visit. For those who haven't been it is a fantastic set up. Parking is perfect, the shop is well stocked, burger van sell good food and generally well laid out!

Rob Gericke

Missing

In the move from the old equipment room to the boathouse it has been noticed that the lead weight mould was missing. Last seen on the shelves in the old equipment room the mould is now required as we have some lead that needs turning into free weights for the club.

If you have seen the weight mould recently or are holding on to it for safe keeping in the move please contact our equipment officer **Duane** as soon as possible.



I have to organise the boat well in advance as it tends to get booked up quite fast.



MV Invincible

Scapa 2011

I am sure most people have heard about the fabulous diving at Scapa Flow in the Orkney Islands. One of the biggest natural harbours in Europe it has been a base for the Royal Navy for many years. As a result there are masses of wrecks and maritime heritage. A highlight for most people is the remains of the scuttled German fleet. I have been lucky enough to go twice and I can genuinely say they have been the best diving holidays I have been on. The vis is great, the flow is so sheltered so you are rarely totally blown out and there is so much to see and do. It is a Mecca for UK diving and a must do if you have yet to collect your Scapa wings!!



Hopefully you are fired up now and keen to join a trip I am conveniently organising to Scapa for September 2011. We will be staying on the comfortable MV Invincible, which is the largest livaboard in Scapa <http://www.scapa-flow.co.uk/>

Trip details

Dates: September 18th - 25th 2011

Cost: Approx £450

Costs include: Travel and ferry, accommodation on board, all diving (2 dives per day), air, Continental breakfast and a seriously nice daily decompression fry up as well as as much coffee and tea as you can drink.

Costs don't include: Evening meal, Nitrox/O2 fills, hire of equipment or alcohol, extra ferry crossings.

Deposit: £150 each ASAP. Deadline: April 1st 2010

Payment 1: £150 by October 1st 2010

Payment 2: £150 by April 1st 2011

(Please note the final payment is a provisional as the cost may be slightly higher or lower depending on how we arrange the transport)

Numbers:

12 divers for the first boat – **Almost full 11 deposits paid.**

8 to 10 for a second boat

Experience and qualifications: Experienced Sports Diver and above (Recommend 50 dives + with UK experience). Most of the first dives are in about 30 - 35m of water with the surface to hull depth usually being 20 - 25m. I think you need to be happy going to 30m to enjoy the trip. But you have a year and half (2 summers) to gain the experience you need. Also, I found I learnt a lot and my diving progressed substantially on the Scapa trips I did. If you wish to discuss this with me further do not hesitate to give me a shout.

I shouted this trip at the club a couple of weeks ago and already had some interest so the trip list looks like this at the moment:

Please could the people on this list confirm their interest to me via E-mail. As you can see there is a place free and until I have deposits no one place is confirmed (except mine!) so if you are interested please let me know. Places will be allocated on a first person to pay their deposit basis.

I need to get the deposit sent off to confirm the boat as soon as. If you would like to come, confirm your place by sending me £120 as a deposit. Either post me a cheque, made payable to Alice Townsend or you can send it to me via Bank transfer. If you want to do that drop me an email and we can arrange it.

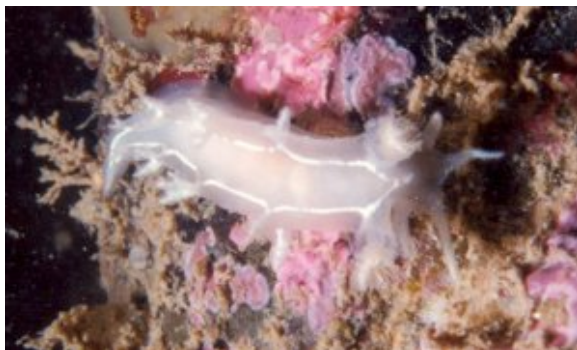
Hope that has made everyone's day and look forward to getting this trip on track.

Alice Townsend

Nudibranch of the issue



Tritonia Lineata



Common name: None Alder & Hancock, 1848

Phylum: Mollusca
 Class: Gastropoda
 Order: Nudibranchia
 Suborder: Dendronotina
 Family: Tritoniidae

Description

The body of Tritonia Lineata is translucent white, but sometimes a pinkish hue is present. There are two white lines that run from the base of the rhinophores, down the back and unite at the base of the tail. The head bears 4 oral processes that are tipped with white pigment. There may be up to 6 pairs of arborescent gills on the back of the animal. Adults may reach 34mm in length

Habitat

The diet of this nudibranch is unknown, however it is speculated that it feeds on small octocorals such as Sarcodictyon roseum. It is usually found in silty conditions on rocky surfaces. The spawn consists of a coiled thin ribbon of eggs.



Sarcodictyon roseum

Distribution

Tritonia Lineata has a wide distribution around the British Isles and from Norway to Brittany, but is rather localised in its occurrence. It is not uncommon around Skomer Island and Lundy, but rather scarce in Irish localities

Identifying Features:

- o Two white lines run down the back.
- o Four processes on the oral veil.

Shaun West

Next Issue

- ✓ What's on Calendar
 - o Details of local and national diving events
- ✓ Nudibranch of the issue
 - o Another little critter for you to keep a lookout for.

Coming Soon:

- ✓ More "Your new committee"
 - o Personalised detail of your committee.
- ✓ Your article?
 - o **Something you want to share?**



Poets Corner

By Robin Clark

There once was a diver called Rob,
 Who broke his ankle (the kn*b!),
 But hey it was handie,
 Coz he could still drive his Landie
 And transport the rest of the mob...



ED: I know its technically more of a limerick but just call it artistic licence.

