



What's Bubbling

September 2001

The Magazine of Ealing Sub-Aqua Club
(BSAC 514)

Editor: Natalie Ealand

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Letter from the Chair

As members of the British Sub-Aqua Club, we have to comply with the changes it sees fit to place upon us! it's all part of belonging to BSAC.

One change, which you all need to consider very seriously, is the introduction of the Self-Declaration Form 'UK Sport Diver Medical Form'. You will in future be given a form when you renew your membership to the Club on an annual basis. Read it carefully; if you have ANY concerns do not hesitate to seek proper medical consultation.

I would like to take this opportunity to point out something, which is strikingly obvious when you have had it brought to your attention. It is with regard to lapses in your membership fees: if your fees lapse to ESAC, Alan puts a reminder up onto the notice board and if you're lucky he will gently remind you of your need to pay (he is nice like that!). If however your membership to BSAC lapses you are no longer insured to dive with the BSAC diving club: this makes you a liability.

Please make life simple for everyone, renew your membership as soon as it becomes due. The last thing we want to do is to stop people diving with us, but we will if we have to, to protect the rest of the Club members.

R.Ayers (chairperson)

(feedback / comment? r.ayers@virgin.net.

Messages from your training officer

Please could everyone hunt in all possible dark corners – bags, cupboards, etc. for training materials that should be returned to me i.e. lecture notes, pool training notes etc.

Following Rik's plea in the last edition – PLEASE ensure all blue qualification books are signed and up-to-date. Ensure you have your blue book with you at every training event.

CALLING ALL INSTRUCTORS AND TRAINEES!

Please check your diaries and make any dates you are available to dive known to me. Any method of contact will do – see me on Thursday, phone, fax, e-mail or sign the notice on the board. There's lots of OW training still needing to be done. I'm particularly keen for an instructor to volunteer to get Rob Mills, Adrian Jones et al to Stoney Cove to get them to DL. (Editor's note: Congratulations to Adrian and Errol who both became Dive Leaders during the Looe holiday in August).

Resuscitation Training Update

I should like to point out that the guidelines in the last edition of What's Bubbling contained an error in the recommendations for two person CPR.

The sequence of chest compressions/ventilations for two person CPR has been standardised on 15:2. The 5:1 ratio is now only recommended for paediatric life support and is a function of the casualty not the number of rescuers. It is therefore not relevant to the diving situation.

It has also been recommended that if the rescuer is unsure whether or not a pulse is present and there is no apparent sign of 'life' e.g. breathing, coughing, movement, then chest compressions should be commenced.

One further aspect that has emerged relates to in water AV. During mouth to nose resuscitation soft parts of the nasal passages may flop back (very technical) to obstruct the airway. This will not affect air reaching the casualty but can obstruct flow coming out. It is therefore recommended that the casualty's jaw is allowed to open during the expiration part of the cycle – in practice this will mean relieving any pressure holding the jaw shut.

Back into the pool and start practising!

Jackie

Mohegan vs Reef : Nigel vs Jackie

After an eventful day's diving at Porthkerris I requested of the next day's marshal that I have an easy day i.e. the morning sunbathing and an experienced afternoon buddy – one to whom I can inflict no harm. Nigel was awarded the dubious pleasure. No problem there – in theory.

My diving started in 1991. A glance through my first two years reveals a lot of diving with Nigel. In those days, as an obedient Novice and then inexperienced SD, where Nigel went, I followed. How things change!

The dive started well.

I believe Nigel still owes Rik a pint for his perfect shot drop on the Mohegan boilers.

Down to the boilers and a pleasant meander around at 20 – 21m. Lots of life; looking good. Things then got interesting. Imaging the scene: Nigel's on the left, I'm on the right. Reef to the left, wreck to the right! Those that know Nigel and I have probably guessed the scenario. Nigel's heading right to explore more of the Mohegan whilst I have thoughts only for reef off to our left. Shoulder to shoulder we do battle! It may not have escaped notice that Nigel's a little bigger than I am and consequently he won. We explore down to around 27m then turn back up along the wreck until approaching the boilers where Nigel seems to be taking us parallel to them. PANIC. Another battle follows – this time I'm NOT going to be beaten and I manage to direct us to the left to pass the shot at the boilers where we had started. Nigel indicates his DSMB. No way I signal furiously. A glorious dive of jewel anemone plastered rocks is this way. He gives in and follows.

At 11m Nigel's still desperate to send up his SMB whereas I know we can continue, protected by the reef, to 6m or less and then deploy it. After all Greg knows EXACTLY where I am most likely to appear! Eventually I felt I had to give in. Unfortunately as I fill the buoy my fingers slip and the pathetic orange buoy fizzles gently upwards. We continue the dive but are soon joined by the buoy. A little merriment accompanies the second attempt to send it upwards. This time Nigel refuses to let me interfere and fills it himself. All seems well and I quickly take off again in case Nigel has other ideas – there's more reef waiting.

A few metres later I feel a little twinge of guilt. As I glance up at the line it seems to be pulling Nigel back. I must be making him fin against it. Still, Nigel likes finning – it's me who's the lazy diver. I carry on. A second glance up – it's gone! No it hasn't, it's trailing behind us like a windsock. Much hysterical laughter follows as Nigel reels in the line for yet another attempt. Third time lucky? Definitely, and this time once at the surface it stays there.

Lessons learnt? Plan the Dive, Dive the Plan. We teach this to every trainee! We did it – unfortunately each to our own agenda.

Every dive needs a leader. Again taught to all. Two leaders are not helpful!

Jackie - (hope you enjoyed the reef, Nigel!)

For Sale

1 two- piece Diamond off- shore pro semi-dry suit, fitting male with medium chest (size 97cm) £50

Contact Tom on: (Home) 01895 469 875
(Work) 01895 277 427
(Mobile) 07903 556 563

Brain Teaser

Ta to Simon for the following brain-teaser; hopefully he'll also supply the solutions!

No.	Cryptic	Answer
0	24 H in a D	24 Hours in a day
1	26 L of the A	
2	7 D of the W	
3	7 W of the W	
4	12 S of the Z	
5	66 B of the B	
6	52 C in a P (WJs)	
7	13 S in the USF	
8	18 H on a G C	
9	39 B of the O T	
10	5 T on a F	
11	90 D in a R A	
12	3 B M (S H T R)	
13	32 is the T in D F at which W F	
14	15 P in a R T	
15	3 W on a T	
16	100 C in a R	
17	11 P in a F (S) T	
18	12 M in a Y	
19	13=UFS	
20	8 T on a O	
21	29 D in F in a L Y	
22	27 B in the N T	
23	365 D in a Y	
24	13 L in a B D	
25	52 W in a Y	
26	9 L of a C	
27	60 M in a H	
28	23 P of C in the H B	
29	64 S on a C B	
30	9 P in S A	
31	6 B to an O in C	
32	1000 Y in a M	
33	15 M on a D M C	
34	4 P H on a F	
35	6 W of H T E	
36	T S Q t t Q	

Ealing Sub-Aqua Club's Trip to Porthkerris 2001

This year's summer trip to Porthkerris featured some regular attendees, some new faces and the welcome return for Rik and Nigel (so would there be a repeat of the notorious 'Porthallow Red Boxer' incident of three years ago?). The trip started with high hopes of spotting Basking Sharks – Jackie in particular was convinced that this was the year we would see them.

Wednesday 27th June

We set off earlier than usual, around 08:30, but the M25 was in a benign state of mind that day and we were well past Exeter by the time we stopped for lunch. The lunch break brought the only incident of note on the journey down. The area we stopped at just off the A30 contained: some picnic tables, a burger van and an 'Andy Loo'. Jackie made use of the latter just before setting off again. As soon as she was safely inside, an Andy Loo truck turned up complete with crane and two spare Andy Loos! It looked as though our Training Officer was about to be abducted – what appalling luck, they only change these things twice a year! Rik, Rob and I fell about laughing, as did Jackie when she emerged to find out what was going on outside. The rest of the journey passed off without further incident and we arrived in Porthkerris to find some people already there enjoying the excellent shore dive around the Drawna rocks. The four of us were quick to get kitted up and into the water. The visibility was excellent, there was loads of life around and both pairs clocked times in excess of an hour.

We arrived at Trelawny (Porthkerris's B&B accommodation) to find Enrico unloading supplies of biscuits and other goodies. This was the shape of things to come as over the following days more and more food appeared in the kitchen and it became apparent that we had two members of the party with serious eating problems! We all trooped over to the Five Pilchards for dinner where Enrico and Alex first showed what serious appetites they have. Happily the portions are large and they both seemed satisfied by the time it came to leave. In a Cornish village like Porthallow, once the pub turns out, things go very quiet. There is none of London's background noise, no aircraft overhead, no distant drone of traffic on a main road nearby. But what's this? Five minutes after Rik goes to bed, it sounds like the Large Herbivore collection from London Zoo is having a restless night in room 2! Allegedly, things aren't so good in Room 1 either as Nigel reports that Enrico is capable of making some strange nocturnal sounds of his own.

Thursday 28th June

After breakfast, it's shore dives and skill development for all. I looked after Enrico as he tackled the delights of navigation. We got on OK on land, but his first attempt at snorkelling towards one of the Drawna group of rocks resulted in him swimming straight past it on a course for Falmouth. The next effort was fine, which was just as well because I wasn't going to chase him a second time! All other exercises completed successfully, we left the water to find we had a casualty. Alex had pulled the muscles of his back so severely that he had had to

be helped out of his gear on the waters edge. That afternoon we did a drift dive opposite Pencra Head. The seabed here had more than its fair share of kelp but it was full of interesting rocky gullies and small stacks and walls. That night we ate at the Shipwright in Helford where Enrico turned his Latin charm on the waitresses, gesticulating extravagantly and exploiting his Italian accent in an outrageous manner. I'm not sure how far it got him, but it was fun to watch!

Friday 29th June

The Volnay was the first on the menu for Friday. Rob Kaminski took me on a guided tour as part of his Dive Leader training, with me playing the obedient Sports Diver buddy dutifully following him round. I have never been much of a fan of the Volnay, probably because I've usually stayed too close to the boilers where everyone else is kicking the vis to death. Robert has obviously thought about how to dive the wreck because a good deal of the time we were out on our own in excellent vis and still returned to the boilers in plenty of time for a slow ascent up the shot. Thank you Robert. At lunchtime we saw a group of three large dolphins crossing the bay, which caused some excitement – a good omen for a Basking Shark siting perhaps? We missed the afternoon slack on the Manacles and headed for another drift dive around the pinnacles off Pencra Head. Roberta decided that she would upstage Alex's back problem by scaring us all with a rapid ascent. Our Oxygen Administration and incident management skills were put to the test in the pouring rain, but happily there were no symptoms beyond the initial shock and some extremely wet people. The good news of the day was that David finished his Sports Diver qualifications - many congratulations! That night Alex attempted to cure his back by increasing his body mass index, clearing up all the spare food he could find. Luckily he was sitting the opposite end of the table from Enrico who was similarly engaged.

Saturday 30th June

Rob Willin set off with the boats to find the Peterssen which unfortunately proved to be rather elusive. Nigel went shopping for souvenirs, Jackie got to page 13 of Captain Correlli's Mandolin and Bobby and I got some training in on the shore dive. This really is a brilliant little dive. It has a range of depths for most training needs, the bottom is flat and level over a lot of the area, the vis is great and there are fish too. It needs a lot of effort to concentrate on the training! Lunchtime saw some silly showing off by Nigel and myself. The boats were moored offshore and needed bringing back in for re-fuelling, so we stripped off, swam out and brought them in. The water was so bracing there are parts of my body that still aren't speaking to me. Much to our annoyance, nobody really noticed this macho stunt, but Jackie has the photographic evidence if you don't believe me. In the afternoon we made it out to the Mohegan on the Manacles reef which is looking particularly healthy this year. There are plumose and jewel anemones, rose and fan corals and the fish all look plump and well fed (the Ballan wrasse in particular). The way the anemones grow is interesting. The jewels grow in distinct blocks of colour with a distinct boundary between the blocks. There is no intermingling of colours and the boundary is often a straight line. The plumoses tend to appear in single

colour areas but there is intermingling and sometimes, individual anemones will be a different colour from their surrounding neighbours. There was a false alarm on the Basking Shark front as we manoeuvred into position over the Mohegan. There was a hard boat out there that had divers down as we arrived. There was a sudden yell of "sharks!" from the skipper, but it was only the group of three dolphins cruising past a couple of hundred metres inshore from us.

Another strange phenomena is the way the dominant anemone species on a particular dive changes. For instance; until last year, Vase Rock was almost exclusively plumose covered. Last year it had switched to jewels and now it's back to plumoses. I'd be really interested to find out what factors control the way they reproduce and colonise the rocks - has anyone got any ideas? We had become aware of another strange phenomena by this time. A very tall (six foot six plus) Dane with a huge beard and a very small tent. When I asked him if he had to sleep with his feet sticking out of the end of the tent, he told me with a manic grin that he slept with his head on the outside! He seemed to float around the place dividing his time between having bizarre conversations, grinning and shore diving. He walked between the camping field and the beach pushing his gear in a baby buggy; no mean feat up that hill.

Saturday saw the first of the three evening venues organised by Maura - Poppy's in St Keverne. She kindly took on the task of organising the eating after getting fed up with our collective indecision. Thank you Maura. Anyway, Saturday night saw Rik on form. No one was safe from his attention, particularly the Welsh for some strange reason. We were of course the last to leave, despite the fervent prayers of everyone else in the restaurant! After the efforts of his cabaret turn, Rik went straight to bed on our return to Trelawny and slept like a baby....warthog!

Sunday 1st July

Two available slacks, Jackie in charge and so much diving yet to do! Raglan Reef and Vase Rock were the chosen targets - there's a surprise then! The aim was to get away before the Porthkerris boat with its cargo of divers of who knows what disruptive capability, about to be let loose on Raglan Reef. It's strange how these things happen, but at the point of leaving the beach, the Humber decided to refuse to start. There was a flurry of activity involving Rob Mills and Nigel and we were off. There was a predictable case of too many cooks as we lined up the transits, but it ended in amicable agreement as the shot hit the top of the reef. Our success was confirmed when Giles turned up in the Porthkerris boat and dropped his shot in next to ours - praise indeed! The scenery on the dive was spectacular and my buddy Frank enjoyed his first sight of the stunning field of anemones, and the large variety of fish. The gap between slacks gave us time to visit Coverack for a Roskilly's Ice Cream, some fudge for family appeasement use and a stroll around the picturesque village. The Humber didn't want to go to sea again in the afternoon, but Rob coaxed it out to play. Vase Rock was found with ease - we're getting good at this - and once again enjoyed a spectacular dive. After the boats were recovered, the Humber engine cabling got a good seeing-to from Rob - it behaved itself for the rest of the trip.

Rik had another conversation with the mad-Dane on Sunday. It went along the lines of:

Mad-Dane: "Halloo, you haave a nice hat",

Rik: " I got it in South Africa",

Mad-Dane: " goot – haf you any hash for smoking?". Surreal stuff indeed.

That evening it was off to the New Inn for dinner. Everything was fine except for Jackie's Thai Chicken in the Basket. The problem with it was that the wicker basket it was served with was actually the noodles! When the problem was pointed out, the response was that they were supposed to be crispy and that they didn't come out of a packet – there has to be another explanation as to why they turned out that shape then! Just to make things worse for Jackie, she called home and was told off by daughter Alice for not answering her mobile. Because of the poor coverage, the phone was unreachable and she had got the answering service instead – 30 times! "What sort of a Mum are you?" asked Alice. Frank and Deri did their own thing Sunday night, enjoying the live entertainment in the Five Pilchards to such good effect that Deri was too hungover to dive the next day.

Monday 2nd July

I took charge again, just in case somebody didn't want to do Pen Vin, the last of the big four reef dives. Nick tried to upset our plans by putting the launch tractor everywhere except in a position to launch the boats at the requested time. However, we got there in time for slack water and Pen Win didn't disappoint – more anemones and big fish. In fact Rik and the crew on his boat saw a very big fish – a BASKING SHARK. And not just one, but two! Poor Jackie, she was on the other boat but she took it very well. Lunchtime was spent snoozing on the beach, or snoring on the beach if you were guess who? Rob Willin had a less than restful time. After getting back from Pen Vin he took Bobby in for some shore dive training and then shot off to Roskilly's with Maura for an ice cream. He made it for the afternoon's dive - just.

The afternoon dive was billed as a drift but it wasn't really going anywhere so Jackie, Alex and I just ambled around in the kelp, Alex completely disappearing from time to time. I think he likes kelp. Jackie took pity on me having to tow the SMB in and out of the kelp so she took it from me. This was the cue for us to move into a completely kelp free area – he he! We then found an abandoned fishing net strung about a metre above the seabed suspended between two ropes. It looked for all the world like a tennis net so I let the other two cross it and then served a couple of balls over to them. Jackie caught on, but hampered by the SMB, couldn't get the return in. Poor Alex didn't have a clue what was going on and obviously thought I had finally cracked up. That evening Bobby passed the Club Diver exam paper faxed to Jackie from John back in Pinner. Congratulations! Monday night was spent eating like kings in The Lion's Den in Manaccan, a superb restaurant run by an ex-publican from London. A more laid-back approach you couldn't have imagined. He didn't take credit cards, so he offered those without enough cash the option of coming back and paying in the morning.

Tuesday 3rd July

The day before Independence Day is - Indulgence Day! With only four of us wanting to dive before facing the long drive home, Jackie, Rik, Rob Kaminski and I booked ourselves onto the Porthkerris boat for a last ride out to the Manacles. I have to say we were treated as honoured guests; we were asked where we wanted to go – Raglan Reef please and Giles gave us some clues on local navigation and how to find other interesting sites in the area. Giles nearly slipped up when he asked if we were happy to keep the dive to 45 minutes. The look Jackie shot his way should really have knocked him off the back of the boat! It was suggested that an hour was more like it and Giles assured us that all he was saying was that he wanted to know when to expect us back – problem over. The preferential treatment continued as we were allowed off the boat first, but not before the twit next to me had swung his cylinder around and hit me on the side of the head. This confirms my opinion that everyone except Ealing divers are members of an ill-disciplined rabble who should never be allowed out of a swimming pool. Giles calls Raglan Reef his Sunday Dive, because it's the closest he gets to a religious experience and I know that it and its sister reefs have always had the same effect on me. This dive was no exception as the life was once again prolific and spectacular.

We had a brilliant time drifting along the walls inspecting the anemones, corals and fish. There were some beautiful rose corals with feather stars and baby spiny starfish living in them. We also saw an enormous Pollack that squared up to us from a deep gully, but I wasn't in the mood to chase anything and I didn't have any air to waste with Jackie as a buddy! All too soon we had worked our way to the top of the reef and were sitting in the kelp letting the delayed SMB off. For some peculiar reason, my buddy looked a little anxious at this point, checking that I wasn't caught up in anything and hanging on to me like I might go somewhere without her! Needless to say the last 6m were travelled extremely slowly and without incident. We broke surface on 59 minutes to find everyone else back on the boat and ready to pick us up – what service. We heard that Rik had met his mad-Dane friend again, this time underwater. He was zooming about trailing his hapless buddies and kicking things – including Rik. After surfacing he was apparently complaining that their air consumption was so heavy it had cut his dive short!

So that was that. While we had been off enjoying ourselves, Rob Mills had organised boat cleaning and prepared them for the run home, so after saying our goodbyes to Heather, Lisa, Giles and Mike, it was homeward bound. The journey home was uneventful apart from a single incident that has inspired a little quiz. Jackie was keeping me awake as we drove home by compiling the list of events that makes up this report. When that was done, we started working out how many dives people had done, thus forming the basis of the accounts for the trip. This annual exercise ensures that the further into the journey we get the harder I have to work my brain and it stops me nodding off. This year, Rik and Rob added a contribution that I'd like to share with you. The title of ESAC Mathematician of the Month will go to the person who submits the first correct answer to the following puzzle:

Greg and Jackie are towing the Humber back from Cornwall along the M4 at a steady 60 mph (as this may go on the website where anyone could read it, that was how fast we were going alright?). Just behind them are Rik and Rob towing the Tornado. Suddenly, the trailerboard on the Tornado starts to work loose and Rik and Rob have to stop and sort it out. This takes exactly 10 minutes and they set off again in pursuit of Greg and Jackie who are so busy remembering funny things about mad-Danes they haven't realised they're not being followed. Just as they set off again, they call ahead to say what's happened and Greg reduces speed to a constant 45mph to allow them to catch up. The question is, how long does it take and many miles do they have to travel to catch up given that Rik again drives at the legal maximum towing speed of 60mph?

Greg Taylor

July 2001

The Continuing Tale of the T-Shirt Order

Well, I've still got all your cheques! The company originally approached to supply the t-shirts turned out to be not very nice to our esteemed Treasurer when he queried the escalating cost of each item, so were promptly dumped. Another company was asked to quote and took their time about it, only to be dearer than the first. I now have what is hopefully the final quote from a third company and the order will be placed just as soon as I can confirm the final choice of colours. Delivery is expected within 3 to 4 weeks of the placing of the order, so don't lose heart! Will keep you posted via the notice board.

Natalie

Wanted!

Articles, letters, diving related jokes or quizzes plus forthcoming diving trips and social events – anything really that's suitable for What's Bubbling, plus all those articles already "promised" . . . you know who you are!!

Natalie

Summary of Minutes of Ealing Sub-Aqua Club Committee Meeting, 20/6/01

Present: R. Ayers, R. Nash, J. O'Dowd, J. Glynn Wood, D. Broad.
Apologies: J. Fisher, A. Radlett.

Equipment: John Glynn-Wood

Minor items of equipment will be bought for the boats, however, given that we aim to replace both boats and engines by the end of this year (subject to successful grant applications), we will not be buying new radios.

A set of club kit was stolen from someone's car. Please can we remind everyone that club kit must be looked after whilst in your care. It should be removed from your car, cleaned and stored carefully.

The oxygen kits have been tested. We now have one set on each boat and one set which will be land based. The land based set (in the blue bag) must not be taken to sea as it is not waterproof.

Chairman: Richard Ayers

We will be updating the Club Rules and reissuing them in due course. We also intend to reinstate an information pack for newcomers.

Diving Officer: Richard Nash

Rik had arranged the copying and distribution of What's Bubbling (June issue).

Natalie Ealand will be the new editor, assisted by Janine. Articles may be given to any member of the committee, who will ensure that it reaches the publishing team on time. Articles may also be given, sent or e-mailed directly to Natalie. Items for publication are invited from any club member on the subject of club trips, dive articles etc.

Training Officer: Jackie O'Dowd

BSAC try-a-dive session is scheduled at the same time as the September Isle of Scilly trip, we will try to reschedule the try-a-dive.

Training lectures have been well attended. Thank you all for taking part.

Exams were taken and the following people passed: Mark Seymour, Terry Seymour, Shailly Malik, Enrico Marconi and Mark Dwyer at CD level and Dave Taylor at SD level. Congratulations to all.

Treasurer: Alan Radlett

BSAC HQ has confirmed that we can bring friends and family into the pool and we are insured to do so. As long as we do not charge complete strangers during ESAC 514 training time, we are not running for profit or gain, therefore we are insured. However if the strangers want to give a donation, we would be most grateful, but this can't be encouraged.

Summer snorkeling will be running again. If you are interested in helping to run this, please contact any committee member.

Social Secretary: Debbie Broad

Pot Luck supper at Home of the Chairperson 30th June.

London Eye trip on the 24th June.

Diving BBQ will be on the 22nd July, on site at Bracklesham.

Other social events will be happening, watch the notice board.

Debbie has approached the Sports Council to ask for money to help with the purchase of new boats and engines.

Michelle Burrell
Secretary

Editor's Note

Judy has left us for pastures new in Paris, and our best wishes go with her. She is contactable via her usual e-mail address and has asked to be kept in touch with happenings here at Northolt. Thanks to Michelle for filling the Secretary's role following Judy's departure.

What's Bubbling will be e-mailed wherever possible. We will also keep in contact with Henrik and Anna, Judy and anyone else who wishes to remain in touch with us via this publication. I hope to have an updated contact list to attach to the next edition.

Natalie