



AUTUMN 2004

EDITOR/CHAIRMAN: JOHN RAPLEY

TEL: 020 8241 1830  
01372 475270 w  
Mob: 07843 529187  
FAX: 01372 475001

Email: rap@gearbulk.com

www.kingstonbsac.co.uk

## HEINKE TROPHY WINNERS 2004

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As at 21st September we have 138 current members of this branch.

Check out our website on [www.kingstonbsac.co.uk](http://www.kingstonbsac.co.uk) you will find a mine of information there, including the dive & social itinerary, the lecture schedule/ training programme and all the latest news, together with 532 diving related links - you will also be able to send e-mails to other members.

### DINNER DANCE TICKETS

AVAILABLE NOW  
FROM THE COMMITTEE  
SAT 13th NOVEMBER  
DON'T MISS OUT!

DREAM COME TRUE  
Yes, we won!

The Heinke Trophy is the Club's premier award. It was donated to the BSAC in 1958 by the old established British diving firm of Heinke, which had been making high quality hard-hat diving equipment for many years and had then developed its own special range of diving apparatus. Although the Company was later taken over by Siebe-Gorman, some of its original products continued to be made and were available from Collins and Chambers.

Heinke always took a pride in quality and service, so it is appropriate that this superb trophy, in the form of a shield with a silver sports diver motif, should be awarded annually to the BSAC Branch judged to have done the most to further the interests of its members and of the BSAC.

The trophy (which we keep for one year) will be awarded to us at the Diving Officer's conference on 4th December. BSAC's Chief Heinke Trophy Adjudicator, Honorary life

member and former Chairman, Mr. George Brookes will be guest of honour at the Dinner dance on 13th November to present us with the Heinke winners certification and cheque of £1,000.

This award is the finest achievement in our 49 year branch history. Fittingly, we will be holders of the Trophy during our 50th anniversary year. The publicity we will get will be tremendous and will expand our already increasing membership.

We are not resting on our laurels either!

We have entered next years Heinke Trophy competition, in a bid to become the first branch to win the trophy in consecutive years since the early 1960's.

We have formed a sub-committee to seek substantial lottery funding. The aim? - to re-develop the clubhouse.

We have also made the decision to replace the furniture before the year end, no more pugs!

We will be hosting next years BSAC AGM! The BSAC council will be in attendance at our clubhouse, with divers attending from all over the country, and indeed some will come from abroad.

All our members are invited of course! **This event will be held on Saturday 21st May.** A full programme of events will be provided to enhance the AGM and in the evening we will have a special social event for our guests and members.

Representatives of BSAC will be visiting us on 7th October for discussions with myself and Brian on the logistics of hosting next years AGM - please make them welcome.

Before that, we have a "Club involvement day" on Oct 2nd to spruce the place up - and it looks like we will have a good attendance!

Safe diving,  
*John*

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Visual Testing £15 - Hydraulic Testing £20 - Shot Blasting £9 - O2 Cylinder Cleaning £25.

***Gerry is offering current club members a generous 12.5% discount on production of their branch membership card.***

## CLUBHOUSE HIRE

Club members are entitled to hire the clubhouse free of charge for their own private events. Club members are actively encouraged to offer hire to friends / non-immediate family / ex-members etc but these hirers must pay the full hire fee which is currently £70.00. Bar staff are additional at £25.00 per person per night. All bookings must be made through the Bar Manager - a hire form MUST be completed at the time of booking, or the booking is not confirmed. It is a condition of hire that no blue tac or pins may be used on the clubhouse walls. The hirer is also responsible for clearing away food and ensuring that all rubbish is cleared and taken away from the clubhouse immediately after the event. Any drink consumed on the premises MUST be purchased from the Clubhouse bar and not be supplied from any other means.



## Past winners of the Heinke Trophy

(Where a Branch name is not shown, the Award was not made that year)

### YEAR BRANCH

1958 York  
 1959 London  
 1960 Brighton & Worthing  
 1961 Jamaica  
 1962 Southsea  
 1963 Southsea  
 1964 Southsea  
 1965  
 1966 London  
 1967  
 1968 Chelsea  
 1970 Reading  
 1971  
 1972  
 1973 Calypso, Malta  
 1974 Cayman Islands  
 1975 Bromley  
 1976 Perth, Scotland  
 1977 Reading  
 1978 London  
 1979 Blackpool & Fylde  
 1980 Bermuda  
 1981 Folkestone

### YEAR BRANCH

1982 UCNW, Bangor  
 1983 Coopers, Slough  
 1984 Maidstone  
 1985 Weymouth & Portland  
 1986 Edinburgh University  
 1987 Staines & District  
 1988 Merseyside  
 1989 Bermuda  
 1990  
 1991 Edinburgh University  
 1992 Doha  
 1993 Totnes  
 1994 Brunei  
 1996 Edinburgh  
 1996 High Wycombe  
 1997 Hull  
 1998 St Albans  
 1999 Clidive  
 2000 Leamington & Warwick  
 2001 Hereford  
 2002 Severnside  
 2003 Bishop Auckland  
 2004 **Kingston & Elmbridge**



## **ANNUAL DINNER DANCE**

**SATURDAY 13 NOVEMBER**

**BURFORD BRIDGE HOTEL. BOX HILL**

**TIME: 18:30 FOR 19:00 UNTIL 01:00**

**DRESS SMART**

**THREE COURSE MEAL - PRESENTATION OF CLUB TROPHIES  
PRESENTATION OF HEINKE TROPHY CERTIFICATION & CHEQUE  
THEN DANCE THE NIGHT AWAY TO STEREO 2 DISCO**

**TICKETS £38**

**ROOMS £95 B & B**

**FOR TICKETS SEE RACHEL OR COMMITTEE MEMBERS  
FOR ACCOMODATION SEE RACHEL BY 10th OCTOBER**

For those who have never been to our Dinner Dances, this is the one time in the year when we can look our best. We can enjoy good company, good food, plenty of booze, see who gets the trophies, and then dance it off to a lively disco. The disco finishes at 1.00am, and what you do after that..... Suffice it to say that last year one person was going to bed as we went to breakfast, and quite a number of people propped the bar up until 4.00am. Of course you can be sensible, either way usually a good time is had by all.

## A few words from the Diving Officer

Well the diving season is well under way, and a lot of diving has happened, despite the inconsistent weather, mostly without incident. We have had a few bends, so I would like to remind people that the number one cause is dehydration. Let's drink lots of Adam's ale, at least 2lts in a diving day. Some thoughts are that if we up our intake for at least three days beforehand that helps even more. If you really cannot stand water, then a possible alternative would be to change from coffee and or tea to decaffeinated, and take a small pot on the hardboat, or even as F and B do on their RIBs have a flask of hot ribena.

Can I also remind people that if someone experiences symptoms or feels unwell or even abnormally tired, within 48hrs of a dive, even if their profile was fine, that it needs to be treated as if it was DCI. It is possible that you won't see or get a bend, however we still need to be aware of the possibility and get checked out by someone qualified, if symptoms occur.

The first aid for any suspected bend is 100% Oxygen or the highest percentage you have. This should be continued until help arrives. We should give them fluids (water or isotonic), and that is helpful even if you do not have oxygen at the time – say you are on your way home etc.. The final thing is getting medical assistance. The chambers are willing to see anyone, and would prefer to see you can be able to say no this not a bend, than to treat you 12hours later because you delayed getting to them.

If you do end up having a bend, recompression will mean that you will be banned from diving for a period of time. This could be two weeks, a month, or with the more serious bends even three months. The reason for this is not to spoil our fun, but to allow the body to heal, and prevent a further problem in the same area. However, I think we need to think of bends as a diving accident, whatever the cause. If you break your leg skiing, it would take six weeks to heal, which we accept, even if it happens on day one. We do need to treat bends the same way, and also might I say treat people who have been bent the same way as if they had broken their leg skiing i.e. sympathetically, and not trying to judge. I only say this because if we have an atmosphere where we support people who have been bent, and are sympathetic then people are more likely to report bends. At present DDRRC reckon that at least 80% of bends are not reported or treated, and this is mainly because of the stigma involved.

In the past skin bends were thought to be minor, and although they can be, it has now been found that there is a definite link between them and a possible neurological bend, so they need to be treated seriously, especially if they are on the trunk of the diver. At the chamber they can ascertain whether there is anything further going on, and treat accordingly.

It is also thought that people who experience a few skin bends, or neurological bends might have a PFO. If you are worried, you can have a PFO test, which can be arranged through your GP once you have either been bent, have experienced migraines with the flashing lights, or have cold hands and feet most of the time. If it is found you have a PFO, it can be fixed through the NHS if it is of a significant size, one centimetre being quite large. If you are worried do come and have a chat with me and I'll see how I can help.

Right enough of the serious side of my job; I would like to say a big thank you to our instructors for giving of their time so freely, and enabling a lot of training dives to happen. I would also like to thank the experienced divers who have helped by taking inexperienced people in.

On a lighter note, please can you let me know of any blunders that your fellow divers are making.... No, not so that I can tell anyone off, but rather so that we can enter them for the wooden spoon award. So please do not be shy.....

### **Some dates for your diary:**

BSAC have asked us to start formalising risk assessments for each dive. We do this already, but it is now a matter of putting it on paper, and briefly running through things in the Dive Marshall Brief. As a result BSAC has produced a presentation which I shall give to the Club.

**Risk Assessment - 18<sup>th</sup> November 2004 at 21.45hrs – Rachel Sharp – for all diver marshals and potential dive marshals**

It has been brought to our attention that there are regulations which we should be adhering to about our Club Boats. These have been in force for a while, so we have a presentation about it. We also should be doing journey plans when we take the RIBs out, so we would like to demystify this at the same time.

**Club Boats and Journey Planning – 14<sup>th</sup> October 2004 at 21.45hrs Rachel Sharp and Dave Tressider –for all committee members and any Diver Coxes, Boat-handlers and any potential RIB users and marshals**

Anyone can come to these talks, but if those mentioned could try and make it, that would be helpful as you will then have the resources needed.

Also to let you know I shall be running a training weekend on 19<sup>th</sup> & 20th March down at Portland. The cost is £75 per day, for two days. This covers diving, air, B&B and a packed lunch. It will be cold, but we will be on a hard boat – Skin Deep, and it will be shallow easy diving. I am letting you know now, as the way the skipper runs it; he needs names with deposits by November. I shall put the notice up on the board on the 30<sup>th</sup> September.

Finally I leave you with a question:

Your buddy is having problems with their mask, it keeps fogging up badly. They do not have a spare and they cannot even see their gauges. They are beginning to feel panicky, and could make a rapid ascent. How can you help them? Please send your answers to me by e-mail, or if not, written answers only. I shall publish the best ones next newsletter.

**Rachel Sharp - Diving Officer**

Hi there, thought this might be of interest to anyone thinking of going for the exams. Also as one of the examiners, I am more than happy to help individuals with their preparation. Let me know if I can help.

Rachel

The Southern Region is running some preparation sessions to help those working towards the Theory Instructor and Practical Instructor Exams.

The following sessions are planned:

- \* PIE Planning Prep (Dry): 2 hours - venue tbc, but dependant on interest.  
- Wed 6th October 7:30pm
- \* PIE Practice Prep (Wet): 2 hours - venue tbc - pool or open water, eg Wraysbury:  
- Wed 22nd September 6:00pm  
- Wed 20th October 6:00pm
- \* TIE Practice Prep (Theory): 2 - 4 hours - venue tbc, but dependant on interest - Wed 3rd November 7:30pm.

If you, or a small group from your branch are interested, please contact Maggie Driscoll, tel: 07884-057270, or email: maggie.driscoll@capgemini.com. If you are interested, please book your place as early as you can.



## Training update

Joanne Eaton



### Congratulations to ....



Neil Martin  
 Dave Beadling  
 Roger Fairhurst  
 Colin William  
 Sandra Argent  
 Peter Argent  
 Sarah Jenner  
 Andy Ethell  
 Rachel Sharp  
 Marcus Sharp

Open Water instructor  
 Advanced Diver  
 Ocean Diver  
 Ocean Diver  
 Sports Diver  
 Sports Diver  
 Sports Diver  
 Sports Diver  
 Trimix diver  
 Trimix diver

### Skill development courses still available..

Boat Handling course	16/17 October	£55.00
First aid for divers	06 November	£30.00
Advance Nitrox course	09/10 October	£70.00
Basic Nitrox course	Date TBA	£45.00

If you wish to book on these, please see Jo...

### What is Nitrox?

**Nitrox** is an oxygen enriched gas. At present, we are breathing air, which is 21% oxygen. A **Nitrox** gas will be a high percentage oxygen, **Nitrox** is not a deep gas, so those of us who are interested in lengthen your diving time or increasing your **safety**, then this course is for you.. Either way, **Nitrox** can only benefit your diving career!

The nitrox course run in the club will allow the following :

The minimum grade is Ocean diver for a basic level **Nitrox**, which will allow you to use 36% and Sports diver for Advance **Nitrox**, which will allow you to use up to 50%. Basic Level is a one day course, Advance is a two day course, which will include one days diving.

### Open water-training.

Open water training days are being advertised on the training board, but if you would like a quick refresher before the next one is planned, then please speak to John as he can sometimes arrange to do a trip to Littleton Pit during the week.....

### Come & Dive with Kingston & Elmbridge BSAC

Come & Dive is the BSAC's new annual campaign developed from our successful Learn to Dive campaigns in the past. Taking place at New Malden pool on **Thursday 30th September**, Come & Dive is aimed at raising awareness of the BSAC to non-divers, holiday divers and divers who have been trained by other agencies, PADI, SAA etc..

### For the current Kingston & Elmbridge members

We hope that you will join us to make Come & Dive accessible to divers and non-divers across the UK and encourage them into the BSAC. Our Publicity will include plenty of posters and leaflets to display our Come & Dive event on the **30th September at New Malden pool**. As members of K&E BSAC, you can take these posters and leaflets away with you and display at your work places, Gyms, health club and libraries, anywhere where people may be interested in taking up diving! You can encourage your friends and family to take part.

Those of you who wish to help in the pool, then please feel free to volunteer your services for the night in the pool. Those not wishing to get wet, then we can use your help in giving out information on the night.

### For the Non-divers on the night...

You will have a try-dive and get to share in the experience that is, scuba diving in safe, controlled conditions. Following a safety briefing, kitting up and poolside tuition, you can then experience the sensation of breathing underwater in a near weightless environment. This will "whet the appetite" in the pool and already you will be hooked on diving!

### For Divers on the night...

Where Learn to Dive was purely for new divers, Come & Dive will include activities for holiday divers and divers trained by other agencies. We would like to give all divers from any agency the chance to cross over into the BSAC, you can learn about that process on your Come & Dive evening. Participants will gain a certificate of their achievements in the pool and information on joining your local BSAC branch, Kingston & Elmbridge.

For further information, please contact Sarah Jenner, Trish Emery, Stella Harrison or see the notices on the web site for regular updates.

### Skill development courses

Skill development courses are available for booking next year, yes, that's right, book for 2005!

10/02/2004	Practical Rescue Management	South-East	£45
09/10/2004	Combined Nitrox	South-East	£70
09/10/2004	Nitrox Diver	Crawley/Vobster	£45
16/10/2004	Boat Handling	Newhaven	£55
24/10/2004	Advanced Diver Theory	South-East	£0
24/10/2004	Diver Coxswain Award	Newhaven	£25
06/11/2004	First Aid for Divers	South-East	£30
07/11/2004	Oxygen Administration	South-East	£35
28/11/2004	Rescue First Aid	South-East	£37
05/02/2005	First Aid for Divers	Crawley	£35
19/02/2005	Nitrox Diver	South-East	£45
20/02/2005	Rescue First Aid	Crawley	£37
19/03/2005	Oxygen Administration	Crawley	£40
02/04/2005	Lifesaver Award	Rochester	£60
09/04/2005	TIE Preparation	South-East	£30
16/04/2005	Practical Rescue Management	South-East	£50
17/04/2005	Compressor Operation	South-East	£35
23/04/2005	Boat Handling	Newhaven	£60
14/05/2005	Diver Coxswain Award	Newhaven	£30
04/06/2005	Chartwork and Position Fixing	South-East	£70
11/06/2005	PIE Preparation	Horsea Island	£40
18/06/2005	Combined Nitrox	Tolworth/Vobster	£80
02/07/2005	Search and Recovery	Horsea Island	£60
03/09/2005	Dive Planning and Marshalling	Shoreham	£70
18/09/2005	Advanced Lifesaver Award	South-East	£45
24/09/2005	Combined Nitrox	South-East	£80
01/10/2005	Diver Coxswain Award	Newhaven	£30
02/10/2005	Rescue First Aid	Crawley	£37
22/10/2005	Boat Handling	Newhaven	£60
26/11/2005	Oxygen Administration	Crawley	£40
27/11/2005	First Aid for Divers	Crawley	£35

## CLUB COMPRESSOR COURSE

*Dave Tresidder has kindly offered to run a compressor course for those interested, probably late November - if you are interested please see Dave.*

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Speak to Dave Tresidder if you are interested  
Photos of the apartment are available.



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## CEREMONY OF THE KEYS



*report by John Rapley*

On Monday 13th September, a large group of club members and friends/relatives gathered outside the clubhouse for the coach that was booked to take us up to London for the Tower of London/Jack the Ripper evening.

The coach left promptly at 5.30pm, and Chris Chappell rang at 5.35pm to say he was on his way.....Len told Chris to carry on up to London and meet us at Tower Hill in his Jag!. A few other members who either work in London or could not make the coach, met us in London as well.

We were dropped outside the Tower, where the driver would meet us at the end of the evening. We met up with the trip organiser, Colin Williams (who works at the tower) and Colin led us to our first stop - you guessed it - the pub!. We just had time to finish our drinks when Chris's Jag turned up and we all had to leave to meet our guide outside Tower Hill tube station.

We were given a guided tour around the City and East end of London, around the Brick Lane area, to the sites of all Jacks murders in the early 1800's (of which there were 5 in all). Some of the streets around Brick Lane are still very atmospheric and you could just imagine what they were like back then in the pea soup fog and gas lamps, with no proper sewage or drainage systems, awful unemployment, cheap gin and plentiful prostitutes..... I found it very hard to concentrate on his talk with the aroma of dozens of curry restaurants in Brick Lane and not having eaten for 5 hours earlier! So, as we passed Tubby Isaacs seafood stand and I had to get a carton of Jellied Eels, which kept me going. I think there were about 50 people in all, and so at every stop the speaker asked the shorter ladies, who were usually the stragglers, to come to the front so they could hear properly, however I think they had been walking around the church - but thats another story!

The tour was over in around 1 1/2 hours - after which we were led back to the Tower of London, through the gates and into the Tower of London club bar (men had to wear collar and tie), where we could quench our thirst and rest our weary feet. The bar prices were even cheaper than our clubhouse bar! Shortly after our arrival our Fish & Chip supper's arrived!, most people had cod & chips, others had pie or chicken & chips, and Colin had even laid on a jar of pickled onions - the food went down really well - mine went down really really really well - I had finished before most had started!

At 9.35, we gathered outside the bar and were led down to see the Ceremony of the Keys. Every night at exactly seven minutes to 10 o'clock the Chief Warder emerges from the Byward Tower wearing his long red coat and Tudor bonnet, carrying in one hand a candle lantern and in the other hand the Queens Keys. With solemn tread he moves along Water Lane, to Traitors Gate where his escort provided by one of the regiments of Foot Guards awaits him. He hands the lantern to an escorting soldier and the party moves to the outer gate. En route all guards and sentries salute the Queens Keys. After locking the outer gate the Chief Warder and escort retrace their steps. The great oak gates of the Middle and Byward Towers are locked in turn. They now return along Water lane towards Traitors Gate where in the shadows of the

of the Bloody Tower archway a sentry waits.

When the party approaches the sentry challenges, "Who comes there?" The Chief Warder answers: "The Keys." "Whose Keys?" the sentry demands. "Queen Elizabeth's Keys." "Pass Queen Elizabeth's Keys. All's well" is the sentry's final rejoinder.

The party then proceeds through the Bloody Tower archway and up towards the steps where the main guard is drawn up. The Chief Warder and escort halt at the foot of the steps and the officer in charge gives the command to present arms. The Chief Warder moves two paces forward, raises his Tudor bonnet high in the air and calls "God preserve Queen Elizabeth." The guard answers "Amen" just as the clock chimes ten and the bugler sounds Last Post. The Chief Warder takes the keys to the Queens House and the guard is dismissed.

It was very british and very entertaining.

On the way back to the bar Colin showed me the two cells, either side of the clock tower, where the Kray Twins were locked up whilst awaiting trial - they are the last prisoners ever to be held at the Tower. Then an excellent impromptu show of fireworks was on show from nearby, probably from on the Thames somewhere.

Time for a couple more pints and then we made our way back to the coach where we were whisked back to Tolworth in about 25 minutes.

A very enjoyable evening, thanks for organising it Colin.

## CAN'T COOK WON'T COOK

### VODKA RED BULL CAKE

#### Ingredients:-

1 cup of water, 1 tsp baking soda, flour, 1 cup of sugar, 1 tsp salt, 1 cup of brown sugar, Lemon juice, 4 large eggs, Nuts, 1 bottle Vodka, 1 can of red bull, 2 cups of dried fruit

#### Method:

Sample the vodka to check quality. Take a large bowl, check the vodka again. To be sure it is the highest quality, pour one level cup and mix with a little red bull & drink.

Repeat.

Turn on the electric mixer. Beat one cup of butter in a large, fluffy bowl. Add one teaspoon of sugar. Beat again. At this point it's best to make sure the vodka is shtill OK. Flavour with red bull to taste.

Try another cup.... just in case turn off the mixer. Break 2 eggs and add to the bowl and chuck in the cup of dried fruit. Pick fruit off the floor. Mix on the turner. If the fried druit gets stuck in the beaterers pry it loose with a screwdriver. Sample the vodka to check for tonsistency - flavour with a little Bed Rull. Next, sift two cups of salt. Or something. Who giveshz a shi\*\*\*. Throw a pinch of Bed Rull over your shoulder. Pick up the can, mop the floor Check the vodka. Now shift the lemon juice and strain your nuts. Add one table. Add a spoon of sugar, or somefink. Whatever you can find. Turn the cake tin 360 degrees and try not to fall over. Don't forget to beat off the turner. Finally, throw the bowl through the window, finish the vodka and kick the dog.

Fall into bed. ...hic

## 10 go to Scapa

When Batman asked if I would like to go to Scapa, I jumped at the chance. It is a place I had always wanted to visit.. So, plane ticket in hand and bags packed.. I was all set.

Scapa Flow is one of Britain's most historic stretches of water - located within the Orkney Islands, off the northeast coast of Scotland. It's sheltered waters have been used by ships since prehistory and it has played an important role in travel, trade and conflict throughout the centuries - especially during both World Wars..

The group consisted of Batman, Boy wonder, Betsy and Betsy, the Dangerous brothers, Pie man, Plod, DT and Myself!

The plane journey was uneventful, well apart from nearly missing our connection from Inverness to Kirkwall. Oh, yes, and having to explain at every opportunity my pony cylinder was empty. We arrived at Kirkwall, met pie man and set off to Stromness, all squished into a taxi. When we arrived, we all breathed a sigh of relief as we have arrived with our entire luggage (small miracle!) and went to check in to our B&B, the Ferry Inn. Seemed a nice place, the less said about that the better, although, Betsy's totally addicted to bass now. So, Just "Geeet oooooot"

We got ourselves sorted out in the B&B, took our stuff to the boat, the MV invincible. An old fishing trawler that was the size of an ocean liner.. Well, that's what it felt like when it came to pick up. Had a look round the boat, fuffed with more stuff and then the kit nightmare started... everything that anyone touched went wrong. First stages, regs, cylinder valves, dry suit zips, you name it, it broke!

Would the next day be more successful, had the aqua-sure held Boy wonder's zip?

The next morning arrived, we tucked in to a hearty breakfast, a large bowl of porridge, several kippers but just the two bowls of fruit for Betsy and Betsy (Carol V would be proud!) All faces fed, we headed to the boat. What would go wrong with the kit? Had pie man come prepared with more spare diving kit than the local scuba shop, or would Boy Wonder save the day with his spare regs again...

The day started smoothly, and continued. Our first dive was one of the battle cruisers, Dresden, sitting in about 33m of water... As the week went on and we dived a variety of ships that has been sunk during the First World War. Brummer, Karlshulhe, Coln and not forgetting the go-bananas (actually the Gobernador Bories!) By far, my favourite dive was the James Barrie, which is a fishing trawler and not a WW1 wreck. Sunk in March 1969, she was referred to as the ghost ship as her 21 crew abandoned her after she was badly holed. She was adrift for about two days before she finally sunk after intervention from the Kirkwall lifeboat. The Doyle was another fantastic wreck. Upside down, you have a great swim through. Visibility on most dives was good and water temperature was about 12 degrees C, which is a bit chilly, especially when you clock up 38 minutes of deco on one of the dives!

All agreed the diving was really good, and the entertainment in Stromness was shopping week, this involved lots of drinking by the locals. Not to be outdone and too appear "one of the locals", Batman entered the yard of ale competition; it was definately a fix that he didn't win!

The last day had come and all at a lose end, we thought we would have a days sight seeing, so, Plod with his connections, called Jimmy Poke (which is his real name) and did a deal (yes, it was for cash) to borrow the mini bus for the day to do some sight seeing.

Unfortunately, the heavens opened and a whole weeks worth of rain fell. All stocked through to the skin, we took to looking at the sights through the mini bus window, with the exception of Dave, Betsy and Dangerous 1 who ran round the Ring of Brodgar. The last day had drawn to a close. Off for another hearty meal and a few drinkies, well, quite a few for Dangerous 2.

So many things had happened in a week, the bagpipes playing at 2am, the locals being thrown out by the bar staff shouting “geeeet ooooot”, the roller coaster ride to the Kirkwall curry house, Jimmy Crankie look alike winning the ladies yard of ale competition, the journey to Twatt, the endless chips that Batman and Pieman ate, the numerous attempts to dive the Tabarkka, toy throwing about no vegetarian starters, the extra portions of curry, the six lamb chops and five kippers fiasco!. After a weeks diving and eating more porridge, kippers and haggis than you could ever imagine, we set off home. All packed and with more excess luggage than posh spice, we were off home.

Thanks Batman for a good trip to Scapa... Shame the luggage was a few days late!

Here are a few photos.

By An Other...



**NOTICE FROM JO**

Regarding recent theory lessons on a Thursday night...

On a number of occasions now, students have not turned up to the planned lectures and have not advised that they will not be there. Whether this is for Ocean through to Advance diver lectures, out of courtesy, can students contact the instructor or myself to advise if they are unable to attend. It then saves the instructor for that lecture sitting there waiting for people to turn up. I appreciate that sometimes things come up at late notice, but if you know in advance you are unable to attend, please let us know!

A lecture schedule list is on the training board and a reminder email is sent out to all students and the instructor on the Tuesday before, if you then discover you are unable to attend, please let us know by return email or give me a call on 07714 721710.

A huge amount of time and a lot of effort goes into planning and preparing a lecture (far more than the lecture itself), please do not let the instructors waste their time. The good will of Instructors is at risk, so please show your appreciation and turn up for your lectures.

Thank you

Jo Eaton  
Training Officer

**NOTICE FROM SANDRA**

New Malden pool is become increasingly difficult to police.....

Please ensure you keep your dive kit stacked neatly, and leave plenty of room for people to walk to and from the entrance without risk of falling over your kit.

Poolside - would swimmers/breath hold divers keep to their own sections of the pool - likewise Divers please keep to your section of the pool - please be sensible about this, it could be dangerous if you stray into each others areas.

Thank you

Sandra Argent  
New Malden baths Manager

**THANKS**

You will notice both our classrooms have recently been decorated, they look really nice, thanks to The following members who gave up a Saturday to carry out this task for us:

Dana Urbanova, Vaclav Houzvicka, Andy Ethell, Alexandra Shanelova, Sarah Jenner, Gren Hamlyn, Trish Emery, Ian Emery, Fredrik Hjelstet, Dave Tresidder and Jo Eaton.

## SECOND HAND KIT FOR SALE

SCUBAPRO BCD SIZE LARGE	£ 99
SCUBAPRO REG WITH A SUNTO AIR/DEPTH CONSUL	£150
OCEANIC VEO 250 AIR/NITROX COMPUTER (NEARLY NEW)	£175

See Julie Ansell at the club

### COMPETITION

Each edition, I will try to include a photo for this competition for a free drink at the bar - witty caption needed - so here goes, answers to me by email or on a piece of paper with your name please. I will decide the winner and announce in the next edition of O.K. Here's our first photo then - Ed.



## THE THAMES CLEANS UP ITS ACT

**While a piranha was being fished out of the Thames in east London last month, another non-native was basking on the river's shores.**

Looking out of the office window, staff at Fothergill & Co were not shocked to see a seal's head bobbing in the water, oblivious to the passing traffic near Richmond Bridge.

Structural engineer Richard Philips, who caught the Richmond seal on film, said it indicated the change he has seen in the Thames over the past 30 years.

"Occasionally after you have heavy rain, some less than pleasant stuff gets washed in," he said.

"There's a bit of flotsam and jetsam on the surface, but apart from that it's remarkable.

"I have been rowing since the mid-70s and back then there were times when you would go and be ploughing through oil slicks - none of that is there now." But he appears to be in the minority. Those monitoring the river find that while it is well-regarded internationally - its success comes as a surprise closer to home.

"[The Thames] is actually an environmental success story but it's not well known in this country," said Steve Colclough, a fisheries specialist at the Environment Agency "People see a few bits of floating plastic which are unsightly and they assume it's pollution.

### Among world's cleanest

"We have had a recovery but the public does not realise it." To the untrained eye it might appear to be a moving mud bath, but the water has improved enough to sustain 121 species of fish. In 1960, a 20-year project began to extend London's major sewage treatment works and improve river quality. Now the Thames is one of the cleanest metropolitan estuaries in the world.

It is a sea change from 1957, when the Natural History Museum declared it "biologically dead" or incapable of supporting life. Now teeming with life - including large nurseries of Dover Sole, Sea Bass, oysters, cockle fisheries and some salmon - it reportedly supports the most diverse ecosystem of all Europe's metropolitan estuaries.

From the estuarine prawn at Battersea, the perch in Putney eastwards to Woolwich's thick-lipped mullet and the five-bearded rockling at Erith, the river is crawling with creatures.

Seals have been spotted as far up as Waterloo Bridge while dolphins and porpoises surface in the late summer and autumn and the burrowing Chinese Mitten Crab, which runs "like a spider" across the river bed, has been wreaking havoc on the banks of the Thames for some time.

"We often get calls from people in Lewisham or somewhere else saying: 'Am I seeing things? There's a dead crab in the river'," said Mr Colclough.

Last year the Drinking Water Inspectorate informed us London had among the best quality tap water (cheers Len! - Ed) largely drawn from the Thames, in the country and Coca Cola obviously agrees - it purifies tap water from Sidcup, just down the road from Peckham, for its new Dasani drink. But for those who just cannot shake the image of a murky Thames seeping through Westminster, Mr Philips suggests walking along just that bit further. "People look at the river and what they see is mud.

"But the colour is dictated by the silt suspended in the water.

"At the top and bottom of the tide the silt does settle for a short period and then it's quite clear. The river is remarkably clean."

## The Farne Islands - August Bank Holiday 2004

The Farne Islands are situated just off the coast of Northumberland. They are in the care of the National Trust, and are noted for their large colonies of sea birds and as a home of the grey seal. The grey seal colony is one of the most important in Europe and this species of seal, which is the rarest in the world, is the largest surviving carnivore in the British Isles.

This dive trip has been organised for a few years now and is very popular, so when the opportunity came up we were keen to go.

### We're Off

We met at the dive club for 08.30 all of us eager to get going. Jim and Kevin had picked up the mini bus and Peter and Colin were driving the van with most of the kit. As soon as the kit was stowed and Bo had got the bacon and sausage sandwiches (not an easy task for a veggie!) we were away although a little later than planned. The journey is about 365 miles, and on the way I kept hoping that it would be worth it. The traffic wasn't too horrendous considering it was a bank holiday weekend. We made three stops on the way and the time was spent laughing, joking, and sleeping, with a few drinks thrown in. It was raining when we left the club-house, but the further north we went the better the weather got. When we arrived in Seahouses at 6.30pm the sun was still shining. We found the camp-site easily as there weren't that many to choose from, and tracked down Len who had picked up all the keys for us.

We let ourselves in and made ourselves comfortable.

Jim and I were sharing with Terry, Irena and Bo. Len, Mary, Matthew, Sarah and Gren were together. Eraina, Kevin, Simon, Julia and their friend Alex were in the next van. Then there was Ted, Lorraine, Andy, with Chris Drabble and his wife. Peter, Colin, Tony Colato and his wife were staying in bed and breakfast.

The van allocated to us can only be described as luxurious. Exceptionally clean, well designed and surprisingly comfortable. The master bedroom even had an en suite loo!! Gas central heating, very handy for drying out dive gear, and a brilliant shower (big enough for two) to wash away the salt after a days diving. Having had a look at Len's van I definitely think ours was the best. Each caravan had a monitor who was responsible for sorting out the food for the weekend and I was the monitor for our van. We were advised to bring enough food for breakfasts and lunches for the weekend, which seemed a bit of a pain (a bit like taking coal to Newcastle). On reflection it worked quite well as we didn't have to worry about shopping over the weekend. That evening we wandered down to the harbour, had fish and chips; then onto the Schooner Inn to 'discuss arrangements' for the morning.

Saturday 28<sup>th</sup> August.

Two boats had been booked Wave dancer 1 and 2.

There was a shortage of advanced divers, due to some people dropping out, so Len had the unenviable task of re-arranging who went on which boat.

### Wavedancer

Julia and Simon  
Alex  
Andy  
Ted and Lorraine  
Terry and Irena  
Peter and Colin



**Wavedancer 2**

Len and Matthew  
Kevin  
Bo  
Cynthia  
Tony  
Sarah and Gren  
Jim and I.



We met on the slipway in the harbour at 10.00 to load the kit on to each boat. Timing was important as the boats could only moor in the harbour when the tide was in – too late or too heavy, and the boat would be grounded.

With the right kit on the right boat, off we went for the first dive of the day.

On the way out to the dive site, about half an hour, buddy pairs were decided.

Kit fiddling commenced, as always, and the general atmosphere was fairly relaxed.

Our skipper, Colin, was not a man of many words, so the briefings were brief. When he did speak his accent was fascinating; that said we were all too busy watching the seals popping their heads out of the water to look at us.

We formed an orderly queue and did a giant stride into the water when the skipper's mate gave the OK. The water was 15 degrees, a bit chilly, but the visibility was pretty good 10-15 metres.

The first site, called The Hopper, was a reef/wall dive.

At this point I can only speak for me and Jim and say that we saw an abundance of sea urchins and soft corals, white and pale orange deadmans fingers. A few good sized fish, starfish, jellyfish, hermit crabs, crabs and lobsters. But I never saw a single seal. My disappointment increased back on board, as it sounded as though most of the others had seen plenty of seals.

After a reasonable surface interval and lunch, we made off to the next dive site which was called Blue Caps. Once again, a pretty dive and this time I did see two seals diving down into the gulleys but they didn't come very close. Back on the boat we stowed our kit away and headed back to the harbour with plenty of time to shower, change and go out to eat.

Len had booked a restaurant, Jennings, in Seahouses for us that evening at 8.30pm so we all met for a drink first. In the restaurant we were all on separate tables and consequently some of us got served first and others had to wait; it can't be easy to cater for twenty people and serve them all together. After dinner we made our way through to the karaoke bar, which was mostly kids, some stayed on, but when you are married to the 'Horlicks Kid' you say goodnight to everyone and make your way back to the caravan!!

Sunday 29<sup>th</sup> August.

We met at 9.30am the weather was still good, sunny but a bit breezier. There was a bit of a chop on the way to the dive site - Longstone Point - near the Lighthouse. Jim, as most of you know, is famous for sharing the contents of his stomach with everyone else on the boat. He did however manage to keep his breakfast to himself – until after the first dive!

The dive, for us went well, we descended to about 15 metres and finned gently along the wall. We came to a gully and went in to have a look. Lo and behold we found a seal that looked as if it was sleeping on a bed of kelp just a metre away.

We kept still and watched it for a while, if we moved suddenly it opened its eyes wider, if we kept still it half closed them. I don't know how long we stayed there enjoying the encounter but I didn't want it to end. Then suddenly the seal was up and away – a very special moment!

We saw five seals on this dive.

Back on the boat, some of the others hadn't seen any seals, which just goes to show that it is down to luck, and being in the right place at the right time. With Jim puking and others feeling sick by this time, the skipper managed to find a fairly quiet spot for lunch.

Second dive was Brada, a sheltered bay with loads of seals popping their heads out of the water. Jim, Len and I dived together, I decided to take a waterproof disposable camera with me, and try to get some pictures of the seals. This turned out to be a really good idea, we dropped to 3-4 metres and it seemed as though there were seals everywhere. We didn't move very far as they were coming to us, nibbling at fins, reels, arms and legs. Popping out from behind rocks, hanging vertically in the water with their heads up looking around. One swam directly towards me, allowing me to stroke it and then it veered away, it felt very soft. It wasn't long before I had used up all the film, and I just hoped that I would have at least one decent picture.

Len, being the more sensible one of the three of us, went up to get a bearing on the boat so that we could get into deeper water for the boat to pick us up. Back on the boat Len told us he had counted 12 plus seals with us at one point!! A truly memorable dive!! - Bo and Tony's seal count – nil !

Back on dry land, having showered and some of us eaten, we were discussing how we could fit a trip to Lindisfarne into our busy schedule.

To visit Holy Island you have to drive across a causeway, which is underwater at high tide. Terry looked up the tide times in the information pack in the caravan and it was open from 19.00 to 01.00. It was an ideal opportunity to see some of the area, and we decided to go that evening. Often, when diving we miss attractions above the surface, so that we can see as much as we can below the water. We let everyone know what we were planning and ended up with a minibus full. We arrived on Holy Island – very quaint – parked up and had a wander. Lindisfarne castle was closed, but we had a good look round the Priory ruins, a quick visit to St Mary's Church to sign the visitor's book and make a donation and visited the local pub just to see if the beer tasted any different!

After a drink we all climbed back into the bus came back across the causeway, admiring the moon as we went, passing Bamburgh Castle on the way back which I am reliably informed is also worth a visit if time permits.

Arriving back at Seahouses most of the others wanted to be dropped off to get something to eat. The rest of us went for a 'not too late' night as it was a 7.45am start

#### Bank Holiday Monday

Woke up and the clouds were gathering. The boat had to be back by 2pm because it was the RNLI day in Seahouses. Cylinders were loaded from the slipway quickly and we were away.

On the way to the dive site the heavens opened before we could get our drysuits on, and we were soaked. (Almost worth it to see two complete rainbows) Again quite choppy. By the time we reached the site – North Hopper – the sun was out! Jim and I had a really good dive spending the majority of it at 10-12 metres amongst stunning soft corals, urchins and starfish. We sat on a shelf and were visited by a seal just as we were about to deploy our SMB. It nibbled my arm, came closer still giving me a good view down it's throat, and looked as if it was laughing. With that off it swam only to return seconds later for a nibble at Jim's fins. Back on board the boat we ate lunch and then realised it was only 10.30am!

During the surface intervals we had been meeting Wavedancer; but today they were nowhere to be seen. This was a bit of a drag, as there were rather primitive toilet arrangements on our boat (men peeing over the side, women balancing on a porta potti in the wheelhouse with no curtains!). and we had been nipping across to use the loo on the other boat. Our skipper radioed through and due to the adverse weather forecast Julia, as dive marshal for Wavedancer, had cancelled the days diving. No decent loo for us today then!! By this time of course the sun was out and we were all drying off. We felt for the others as we knew they would be feeling let down and disappointed at missing a days diving.

The last dive was Brada as it was reasonably sheltered. I think we were all getting the hang of it by now and to Len's surprise we were all lined up ready to get into the water together, minimal faffing having taken place. Jim and I got swept into the bay and kelp beds making it hard work to get out again. It wasn't long before the swaying kelp had Jim throwing up again. In the end we surface swam into deeper water and inflated our SMB so the boat could see us, watched curiously by the seal audience that had gathered around us. The boat picked us up and the skipper had a good laugh about us

getting stuck in the kelp. With everyone back on board we established that we had all had some brilliant seal dives over the weekend. We quickly stowed our kit away preparing for a choppy trip back, but it wasn't too bad at all! Back in the harbour it was quite busy. We transferred all the kit from the boat to the van and returned to the campsite.

Most of us spent the afternoon in 'The Olde Ship' swapping stories, comparing notes and generally having a laugh and relaxing. Terry and Irena had organised a meal in Seafields Restaurant for 8pm for twenty of us, and the meals had been pre ordered which made life easier for everyone.

After a leisurely meal and a toast to a great weekend and absent friends by Bo, some went on to 'The Schooner' and others went back to get organised for the return trip in the morning.

To sum up the trip, fun, excellent diving, and a really good laugh.

On reflection, any doubts that I had about the trip being worth the length of the journey have gone, and yes it is definitely a trip not to be missed.

Lastly, organisation was particularly difficult this year as there were a few last minute changes, and it is only because everyone put in a lot of effort that the trip was so successful – teamwork in the true sense of the word – thank you and well done everyone!



## CLUB INVOLVEMENT DAY

**Saturday 2nd October from 9.30am to late afternoon**

Lots of jobs need doing in and around the clubhouse - breakfast and lunch will be provided for the workers.

***Please see Colin or John if you are not already on our list.***

## MEDAS ISLANDS HOLIDAY 23rd JULY 2005 - ONE WEEK

There are a few places available on the above holiday due to a few people dropping out - Flights - 7 nights Full Board (breakfast, lunch and dinner with wine included in a comfortable Hotel in L'Estartit with a pool and separate area to store dive kit. 5 days diving, 2 dives a day on the fantastic Medas Islands, where the easy cavern/cave systems and Fantastic marine life make for excellent diving in warm clear water. Very lively town. This will be our 4th visit to the Medas Islands. We get a fantastic deal, all this for around £600 per person including everything. £200 deposit secures your place. Suitable for Ocean diver & above.  
See me if you wish to book a place - John

## BELGIUM CHRISTMAS WEEKEND

10th DECEMBER - TWO NIGHTS

We will be leaving our cars at Dover and taking the Ferry over to Calais in the afternoon of 10th December where a coach will be waiting to take us to Ostend in Belgium (about 1 1/4 hours). We stay 2 nights in a comfortable Hotel overlooking the main square and open air Ice Rink. We visit Brugge (10 mins train ride) on the Saturday, which is really nice.  
This is a fantastic weekend - space limited, still a few places left  
The list is on the noticeboard - cost approx £80-£90 tbc - A £50 deposit secures place - John

## FORTHCOMING SOCIAL EVENTS & IMPORTANT DATES

Sat 2nd Oct	Club Involvement day at the clubhouse
Sat 2nd Oct	Evening event - 60/70's night at the clubhouse
Thur 14th Oct	Guest Speaker - Nautical Archaeology Society at the clubhouse
Sat 30th Oct	Birmingham Dive Show
Sat 30th Oct	Halloween party night at the clubhouse
Sat 13th Nov	Dinner Dance at the Burford Bridge Hotel
Thur 25th Nov	A.G.M.
Sat 27th Nov	Blues Night at the clubhouse
Thur 2nd Dec	Whale Watching presentation by Kevin Morgan at the clubhouse
Thur 23rd Dec	Christmas Party at the clubhouse

## SPECIAL EDITION CLUB LEISUREWEAR

### HIGH QUALITY SPECIAL EDITION EMBROIDERED ITEMS

above the club logo will be embroidered: HEINKE TROPHY WINNERS 2004  
 below the logo will be embroidered: 1955 - 2005

ITEMS AVAILABLE IN VARIOUS SIZES & COLOURS, AS FOLLOWS:

- RUGBY SHIRTS - LONG OR SHORT SLEEVED - £25
- QUARTERED RUGBY SHIRTS - LONG SLEEVED ONLY - £29
- SOFT FINISH RUGBY SHIRTS - LONG SLEEVED ONLY - £29
- FLEECE WITH FULL LENGTH FRONT ZIP - £25
- SWEATSHIRTS - £20
- POLO SHIRTS - £18
- JACKETS (water & windproof, fleece lined) - £38
- CAPS - £10.50

### A NEW RANGE OF SCREEN PRINTED ITEMS ARE NOW AVAILABLE

(see photo examples of our new screen printed range of goods - sizes s - xxl)

SCREEN-PRINTED WHITE T-SHIRTS - £16  
 This is a new line, premium quality Hanes T-Shirt, with a large club logo on the front with 1955 - 2005 printed under that, and on the back of the shirt it says: HEINKE TROPHY WINNERS 2004

LADIES FITTED WHITE V-Neck T-SHIRTS - £16  
 As above

SCREEN-PRINTED CERAMIC MUG - £ 9

SCREEN-PRINTED BONE CHINA MUG - £13

SCREEN-PRINTED MOUSE MAT - £ 9

SCREEN-PRINTED CANVAS BEACHBAG - £17

SCREEN-PRINTED TEDDY BEAR - £16  
 wearing a club T-shirt !



Please see me to place your order, all prices include postage & packing to either your home/work or I can have them delivered to myself and will bring to the club for you - John Rapley