

**The
Diving
Club**



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The views expressed in the articles in this newsletter are personal and should not be taken to be representative of The Diving Club or its Committee, unless specifically stipulated to be so

Special points of interest:

- Copy to be received by 15/07 for inclusion in the July 2005 issue
- Please continue sending in reports, comments, articles etc

The Hyperbaric Times

Issue 110

June 2005

A Message From the Editor



Apologies to all of you out there, but contrary to popular belief, I am still alive - and so is my foot!

It's a long story, but suffice to say that on my son's fairly recent Stag weekend in Amsterdam, I managed to collect a black eye and, as it turned out, a Beckham fracture (that's a fractured metatarsal to you). I found that with a little lubrication (alcoholic not the other sort!), it is not always possible to continue to steer a straight line through the uneven cobblestones in Amsterdam. This is particularly the case when you try to hold a conversation with someone behind you whilst walking. Well, that's my excuse - and I'm sticking to it. And no I didn't get the black eye from upsetting one of Amsterdam's ladies of the night - I wasn't even sure you *could* do that. It was the result of protecting myself from splitting my head open on the stones by the sensible method of sticking my knuckles in my eye.

All of this is a rather long-winded way of saying sorry for it being so long since the last HT. As you will have surmised, there has been a wedding in the family recently, and any of you who have been involved, will know they tend to take up a

lot of your time as the big day approaches.

I also had the misfortune to get persuaded to try my hand at amateur dramatics! For many years I have helped out backstage with my local scout districts Gang Shows, and recently my wife suggested I might like to do the same with the AmDram group she had joined. So I found myself helping out backstage with the group and even persuaded onstage as a non-speaking waiter in The Boyfriend last year. The director of our recent production - South Pacific (still a marine/scuba connection) suggested I might like to audition for the show and before I knew it, I was a principal performer (Commander William Harbison USN) in the show. It was amazingly addictive and I'm thinking about next year now!

So, if you think you might like to try a hand at the HT, start thinking about putting your name forward for it at the AGM. Generally, there hasn't been much interest in the past, but I won't stand in your way if you fancy a try! I am prepared to continue if nobody else has an interest, but my time is a bit more restricted nowadays.

Peter Winn

Editor

PS I have left out the dive calendar this month (as a trial). The most up to date listing is to be found on the club website www.thedivingclub-reading.co.uk

Dry Dive

London Diving Chamber 24th March 2005

Go in the Pot? You must be joking..... do that and they won't let you dive again!

Well, that's what I always thought. However, at least 2 club members have been 'in the pot' in the last 12 months and they have both been diving since.

A dry dive is something that has been mentioned around the club for ages but has never been organised. Roy started this one off, months ago, and several people were interested. Sounds great... 50m, no dry suit to have to squeeze into, no kit to wash afterwards, have a chat and a laugh as we do it, The list went on. We had also offered a Dry Dive as one of the prizes in the Club Quiz at the beginning of February. Unfortunately, the person who won it wasn't able to join us as he was somewhere much more exciting!

On 24th March, we gathered at the LDC for the club's first Dry Dive. We had a briefing from Simon and we were given some very becoming outfits to wear. It would get hot as we compressed - Charles' law in action! As it was Easter holidays, Clare and I had decided to make a day of it with our boys by visiting the natural History Museum first. The guys at the LDC made them welcome, and gave them a t- shirt and a mini briefing, which consisted of keeping quiet and looking through the windows. We gathered our 'narcosis ex-

periments' and entered the decompression chamber. I thought I would get a bit claustrophobic once inside, but it was a lot roomier than I expected. We put our computers in the bucket of water and sat in slightly nervous expectation.

To maximise the narcosis effect, we were compressed very quickly, but I don't think any of us realised just how fast it would be. Equalising seemed to be needed much more frequently than on an ordinary dive, just about with every breath. We stopped at (3m) to ensure everyone was comfortable and after what seemed like ages, we began the rapid descent. It was quite uncomfortable. Compression was noisy, the air was getting thicker and hotter and I was getting a bit light headed as we de-

scented. I remember seeing my son's head watching through the window, but not much else about the descent.

Suddenly, it went quiet. We were there! 50m without going anywhere! As we started chatting, I noticed our voices sounded weird. Trying to be sensible, I asked Simon if we were breathing Trimix (a mixture of Ni-



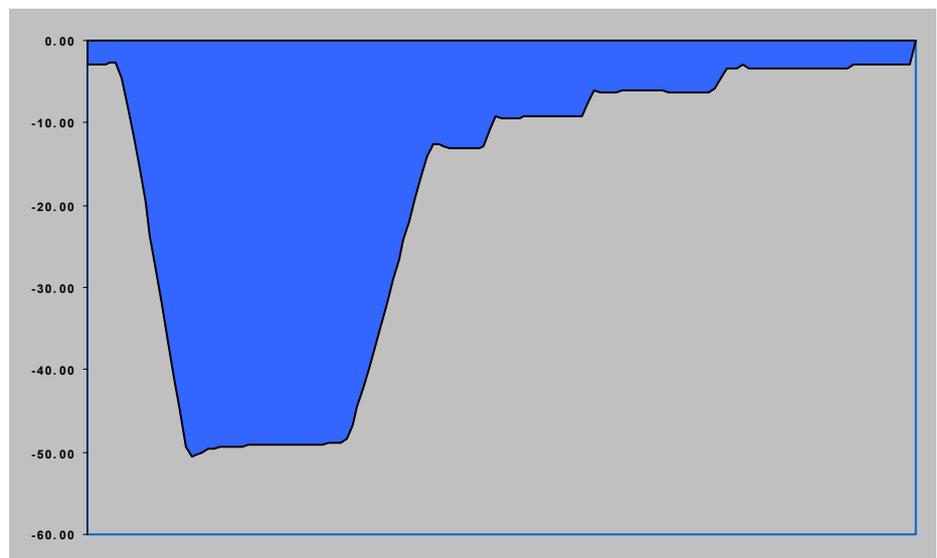
The narcosis affected us all differently

trogen, Helium and Oxygen). If I had thought about it, I would have remembered that in the briefing, we had been told that we would be breathing air. Simon started to explain the effects of the denser air on the vibration of our vocal chords. That seemed far too complicated. I whispered, not very quietly, between giggles, to Clare that I didn't understand a word he was saying and I hoped he didn't notice. He did. Fortunately, he laughed. He must have seen crazy behaviour from dry divers loads of times.

The narcosis affected us all differently. I couldn't stop laughing; neither could Clare, although she blames me! Some of the group were playing Andrew's farmyard lotto, but Clare was very concerned that the others weren't getting the right cards, so she helped them along. I had thought long and hard about what I could take into the pot to refute the rumours that I get narked. Adam let me take a Lego car, which I had built at home while he had timed me: 7 minutes. It was in bits when we went into the pot and I started it as soon as we got to depth. I found that I couldn't concentrate, being easily distracted by the farmyard lotto and connect 4 which seemed much more interesting. I was still building it (very badly) when we started our ascent after 15 minutes bottom time. After 21 minutes, I had done as much as I could, had 3 bits left over and the headlights were on the side rather than the front.

Several of us had taken computers in with us and they all read different depths, ranging from 49.8-51m. This really brought home why we all need to dive with our own computers. Nick had 2 computers with him, and was watching them, side-by-side. They gave different depths, and different deco times. Actually, it seemed as though he was obsessed with them!

Then we remembered Narco-saurus. He had come directly from the Natural History Museum and had been inflated before we compressed. By the time we were at 50m, he was completely droopy. (apparently, at this point, external sound was turned off as there were concerns about how much the two boys were learning from their Mummies!) Simon attempted to inflate him, but the density of the air made it very difficult to get more than a



couple of breaths in. The effect of those 'couple of breaths' as we started our ascent soon became apparent. It was possible to feel the dinosaur inflate itself at the pressure decreased and the volume increased. There were some concerns from outside that he might explode before we got to surface pressure. He didn't! He is now enrolled as a new club member and will have his own column in the HBT.

*... the chamber became very steamy and cold.
Charles Law again!*

As we ascended, the chamber became very steamy and cold. Charles Law again! As we had been down for about 15 minutes, we had to do stops on the way up. As we gradually came to our senses, again there were peals of laughter as we discussed what we had been up to.

I asked the other divers how they felt.....

"I had to concentrate on breathing between clearing"

"The air was like syrup"

"appreciating how air shrinks under compression"

"The kids will have us committed"

"All I can remember is not being able to understand the display on my Smart Pro computer when in deco as there were about 8 bits of information"

"when you take a volume of air and compress it, it generates heat, like when you have your cylinder filled only this time we were in the cylinder"

Divers:

Morag Ward

Nick Laskaris

Clare Selwyn

Mike Hoolihan

Andrew Askwith

Paul Rowse

For more information about the London Diving Chamber and it's availability and facilities, visit their website : <http://www.londondivingchamber.co.uk/>

Morag Ward

Club Dive Organiser

Guidelines for Club Dives

1. Dives booked by the club will be published on a schedule which will be available on the club website, the notice boards, and from committee members on request. It may also be possible to obtain a copy from DiveStyle.
2. Bookings for dives will be on a 'first come, first served' basis.
3. When you register your interest in attending a dive with the DIVE ORGANISER whether by phone, e-mail or face-to-face, a deposit is must be paid within 2 weeks, either by post or to a committee member on a club night. Deposits should not be left at the shop in the hope that the dive organiser will collect them (unless this has been arranged).
4. Any diver who does not pay a deposit within two weeks of booking may forfeit the space unless (s)he has notified the dive organiser of the reason for the delay.
5. Once a deposit is paid to secure the space, the diver is obliged to pay the remaining balance by the due date. If the diver is subsequently unable to dive for any reason, they will only be released from their obligation if another diver fills the space.
6. When all the spaces available on a dive (usually 12, but sometimes 10) are full, a reserve list of those interested will be kept. Those on the reserve list will be approached should a space arise. If they still wish to go on the dive, they will be expected to pay a deposit to secure their space.
7. For whole weekend trips, accommodation is the responsibility of the diver unless indicated otherwise on the dive schedule.
8. The balance of the dive and any accommodation cost is payable one month before the date of the dive. Any balance not paid by that date may result in the diver forfeiting his/her space on the dive.
9. For boat/shore dives, check with the dive organiser the day before by phone to ensure that there are no adverse weather conditions which may prevent the dive from going ahead. The dive organiser will not contact divers unless there has been a change to previously given advice.
10. If a dive is cancelled due to adverse weather, refunds will be made in accordance with the contract the club has made with the boat skipper. Normally, this will either be a refund, or the option of attending a rescheduled dive.
11. On Orientation Dives, some spaces will be reserved for experienced divers for safety and organisational factors. Those spaces will be offered to: Instructors, Divemasters and Divemaster trainees. Any diver accepting one of the supervision spaces will be expected to participate in all planned dives unless there are exceptional circumstances (eg injury).
12. On Orientation Dives, the Dive Supervisor will assign buddy teams appropriate to training and experience to ensure safety. Individual requests will be taken into account. For Club diving, the dive supervisor will, where appropriate, assign divers without 'natural buddies' in the interests of safety.

The supply of equipment for dives is the responsibility of the diver.

The Diving Club, Reading 2005

... another lap of the first tank spotting Blennys

Big Dinghy Poole 24th April

Well this is the second time down to Poole this year for me. Last time was a Club dive, where we dived the Betsyanna and the Power Line!! This time though it's an Orientation dive.

A relatively late start sent a good precedent. 10am was the official start time, but with a relatively rapid, early morning drive down, we were set and ready go well before that time.



For me this was the first time on the Valentine Tanks, so I was really looking forward to it. Also the skipper (John) had mentioned some of the more subtle sites that can be found on the tanks, such as putting your bare hand in the sand under the gun turret to have prawns crawl all over nipping your skin. This in the end wasn't something we had time to do.

Gary and I were second buddy pair down, after Pob and Anne Marie had tied the shot in. Hence the viz was still reasonable, since Pob had headed straight over to the second tank. So Gary and I did our first lap. Coming back to the start I noticed line from Gary's reel heading off into the distance, so with the help of a couple of other buddy pairs and a knife we 'resolved' that problem.



After that, another lap of the first tank spotting Blennys, a conger and a large lobster, and then we headed off to the other tank to avoid the crowd. A quick trip their, tour round, then back again, and it was time make our way the short distance to the surface.

For Gary and myself, an interesting dive. For others there were a couple of other DSMB issues, but all were back on board safely.

For the second dive, we were to head over to Swanage to look at the Fleurs de Lys, and then have a slow drift away. A couple of divers decided to give this a miss, since there was certain amount of swell, we hadn't taken shelter and lunch had not settled so well....

The guidance on this one was that we would all get in the water together, stay on the wreck for 15 minutes and the drift off on DSMBs. This gave the skipper a sporting chance of keeping an eye on us all. And this is

... HM Coastguard had also turned up ...

(Continued from page 6)

pretty much exactly what happened. I thoroughly enjoyed the wreck, with plenty to have a look inside and under. Not so much in the way of larger sea life, but you can't have it every time. The drift was slightly less exciting with relatively little to see, apart from those who followed a line to investigate some lobster pots.

The slight oddity of the day occurred between the two dives, when we were called to the *Mary Jo's* aid. For those who don't know, she is a hard boat that runs out of Swanage. She seemed to be having problems with her engine, so we stayed nearby until her skipper (Martin) had got the engine going again. Of course by this time the tide had risen, and she was tight on her anchor. In the mean time HM Coastguard had also turned up.... In the end Martin had to buoy the anchor and then cut it free. So we followed her back towards Swanage before heading out for our second dive.



After the second dive, it was back to base, and then into the bar at the Thistle Hotel for logbook signing and the like. All in all a fun day.

Roger Selwyn

Divers

Roger Selwyn	Laurence 'Pob' Crow	Nick Laskaris	Anne Marie Foley
Dan Cocks	Paul Rowse	Gary Ollington	Nigel Stephenson
Martin Day	Andy Neatham	Alyson King	Vicky Watkins-Pitchford

Report on - Nautical Archaeology Society (NAS) presentation by Ian Barefoot

Have you ever had the feeling: ...dive the wreck, look round, wonder what to do next, come up again? Well, here is an alternative!

Nautical archaeology provides a purpose for wreck diving plus gives something back in recording and even preserving our history. We often see programmes on the television, for example Time Team and Wreck Detectives which glamorise the murky conditions but being UK divers we tend to notice more that 'this should be done' or 'why don't they get on and do that'...

The NAS looks at the full picture and teaches the in-between actions to nautical archaeology, ie the surveying, recording, investigation and publishing, etc.. Its not all diving although the predominant membership are divers. Other opportunities to become involved with are on the foreshore, for example at Purton on the River Severn where hulks were beached to preserve the canal, and in lakes and rivers such at the Capability Brown ornamental lake at Stourhead. Their main base is on the English Heritage site at Fort Cumberland in Portsmouth, which is handy for us, and they have input to projects around the world as far apart as Argentina and Israel. Plus, an important factor, they (staff and members) are a friendly bunch which adds to the fun catching up each time when you attend a course or meet on a dive.

If Ian's talk and this concept has not yet whetted your appetite, why not try some of their courses. They start with a 1-day introduction and work on from there with modular elements that can build up over time and with work on projects. You can help in any of the fieldwork dependent on the level of your training.

Introduction

1-day classroom and pool work introduction to foreshore and underwater archaeology (£50)

Part 1 2-day classroom and open water sessions to build on the theory and practice learnt in the Introduction course (£110 including NAS membership)

Part 2 Project work, which can be individually, group or NAS led with report assessed by the NAS

Part 3 Modular courses with classroom and practical work that lead to full participation in underwater fieldwork

If you would like to know more, the NAS website is:

www.nasportsmouth.org.uk, or contact Andrew Askwith or me. If enough people are interested, we could arrange for an Introduction and/or Part 1 course with just Club members. If you would be interested in this, please respond to Andrew's invite on the Club website.

Will Tabner

Membership Matters!

Hello all.....

Somewhat into the diving season, but I would like to welcome a plethora of new members to the club since the start of the year: Donald Aitken, Martin Murray, Nick Reece, Miranda Barnard, Christine & Matthew Bentley, Mike & Irena Wade, Heidi Belshaw, Dawn Trinder, Steve Ollington, Gary Ollington, Sheryl Hall, Pete Bullen, Matt Cook, Dave Wilkinson, Vicky Watkins-Pitchford, Ben Lovegrove, Jonathan Littleford, Claire Williams and Gemma Feldman, .

This brings us to a current total of 135 members.

You should be getting notification about new issues of HBT via email. If not please send an email to myself and Peter Winn (Publicity Officer) - there may be a mistake with your e-mail.

If you have changed your e-mail address, don't forget to let us know. You can also change it via the website.

Please make a note - the contact info for the membership secretary is:

Clare Selwyn

Home address: 14, The Mews, Bramley, Tadley, Hampshire, RG26 5QX

Phone No: 01256 882119

e-mail: membership@thedivingclub-reading.co.uk

Your Club Web Site is: www.thedivingclub-reading.co.uk

This contribution is somewhat out of date - in my rush to get something out to you, I did not have time to get the *latest* information on Club membership. I'll make sure that we have that in the next issue

Editor

Some Pictures

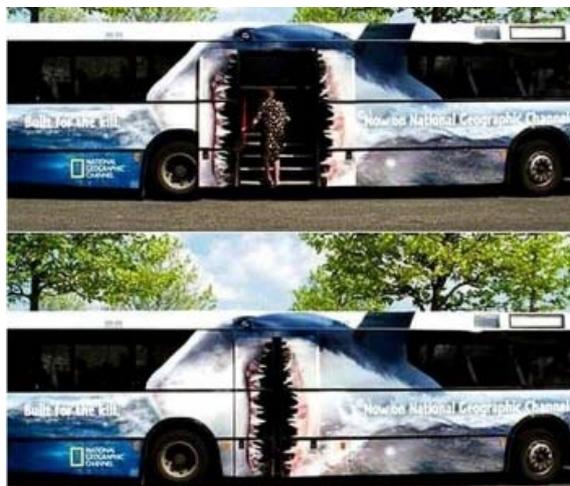
We recently were asked to assist Berkshire Scout County once again with a regular event

Nemesis

This is the third time that DiveStyle and the members of the Diving Club have helped to introduce young male and female scouts to our sport of diving. Every time it seems to gain in popularity. This time was no exception - well only in the matter of snow on the ground on the Saturday morning. Nevertheless we managed to get something like 150 youngsters in the pool over a period of one and a half days!



And finally - The Great White Bus!





We're on the Web
www.thedivingclub-reading.co.uk

DiveStyle
 Mikes Waterfront Warehouse
 Maiden Lane Shopping Centre
 Lower Earley
 Reading, Berks
 RG6 3HD
 Tel: 0118 926 2288
 Fax: 0118 926 9616
www.divestyle.co.uk



The Diving Club is a chapter of the PADI Diving Society and aims to allow newly qualified divers and existing members a forum to meet and dive with other divers. We are a PADI orientated group, which accepts divers from any diver-training agency (eg BSAC, SAA, NAUI, IANTD etc). We have close ties to DiveStyle, who conduct all our training and offer us use of their pool sessions for equipment testing and practice sessions when space permits.

The Diving Club - Committee Members (at the moment!)



President	Peter Wright	0118 926 2288	07768 726599	president@thedivingclub-reading.co.uk
Chairman	Roy Stevenson			chairman@thedivingclub-reading.co.uk
Treasurer (temp)	Nick Thompson			treasurer@thedivingclub-reading.co.uk
Club Secretary	Alyson King			secretary@thedivingclub-reading.co.uk
Orientation Dive organiser	Andrew Askwith			diveorientation@thedivingclub-reading.co.uk
Club Dive organiser	Morag Ward		07904 207306	diveadvanced@thedivingclub-reading.co.uk
Social secretary	Position vacant			social@thedivingclub-reading.co.uk
Membership secretary	Clare Selwyn			membership@thedivingclub-reading.co.uk
Publicity Officer	Peter Winn	01344 455280	07971 024307	publicity@thedivingclub-reading.co.uk
Webmaster	Roger Selwyn			webmaster@thedivingclub-reading.co.uk