



# Newsletter

Totnes Sub-Aqua Club

June – July 2009

## WELCOME!

A very warm welcome to this first edition of Totnes BSAC's new regular Newsletter. The aim of the Newsletter is to give Members up-to-date information including social events, news, diving and training opportunities. We would like to invite contributions from all Members on any topic related to diving including top tips, great holiday adventures, pictures or new dive sites.

As the summer has now arrived and the visibility is 10+m (well at the moment at least), it's time to dig out and dust yourself and your dive kit- (if you have not already done so) – but of course make sure both are in working order.

Here's to a great season...

Krisztina and Malcolm

You can contact us or send information to  
[tsacnewsletter@googlemail.com](mailto:tsacnewsletter@googlemail.com).

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## NEWS

### Club Calendar

June		July	
17 <sup>th</sup> (Wed)	Rebreather workshop	01 <sup>st</sup> (Wed)	Quarterly meeting, Meadowbrook
27 <sup>th</sup> (Sat)	BBQ (Tony and Marj's House, Stoke Gabriel)		
28 <sup>th</sup> (Sun)	Family Beach Day		
Training events		Social events	

## Nitrox

In 2008 the branch installed a nitrox blending system allowing nitrox qualified members to obtain fills. A nitrox blending rota has been set-up and the "duty" blender will also be listed in the weekly email. However, given the time required to analyse and blend nitrox mixes, it is generally not practical to undertake this on a Wednesday evening and nitrox blending is therefore done on a separate evening, often on Monday or a Tuesday. The procedure for nitrox fills is for the member requiring the fill to contact the blender asap after the weekly email but certainly by Sunday evening to "book" a fill and to find-out when the filling session will be. If members just turn-up on a Wednesday evening looking for a fill, they are most likely to be disappointed. Cylinders to be filled must be in test, in current oxygen service, and correctly labelled. Nitrox Blenders will refuse to fill a cylinder if they believe that safety may be compromised in the filling, or in the use, of the cylinder, for whatever reason. Cylinder owners must be present to analyse and collect their nitrox (and pay). If not, the blender will lock it in the cage until they can pick it up, and at that point the fill must be analysed and paid for. Unfortunately, due to the fairly low take-up of nitrox within the club, it has been necessary to increase the cost to cover the ongoing rental cost of the oxygen cylinders and oxygen will now be charged at 1.25p per litre (it was 1p/litre previously)

Allen M



## Branch of the Year competition

Totnes BSAC has enrolled to the 'Branch of the Year' competition which is BSAC's new initiative with a much broader view on Clubs than the Heinke Trophy. Whereas the latter focuses primarily on interesting diving activities and expeditions and judged on the basis of which Club has furthered the interest of its members, the 'Branch of the Year' competition's objective is to "retain members and encourage new members to join the Branch". So, what can I do as a club Member to help TSAC win this competition? Well, branch members are encouraged to:

- *Attract new members*
- *Retain existing members*
- *Go diving (this should be easy)*
- *Attend skill development courses*
- *Attend instructor training events*
- *Present themselves for instructor examination*
- *Continue their development in attaining their next diver/snorkelling grade*



So what's the effort for you may ask? Well, the fantastic prizes all provided by Scubapro include:

- 1st prize - 5 sets of full equipment (BC, cylinder, regulator and computer value: £4550)
- 2nd prize - 5 dive computers - value: £1175
- 3rd prize - 5 sets of mask, fins and snorkels - value: £500

So please check out the list above and see how you personally, as a Club Member could contribute and help your Club to win the Branch of the Year competition. Contact either Richard K or Allen.

## New Boat Arrives

The Club has now purchased a new 6.0m Humber Destroyer from Tony Hole Marine which has been fitted out and is available for use.

Most of the £27,000 cost of the new boat was raised by a combination of fundraising and careful financial management over the past five years. However, £7000 was awarded by the National Lottery's Awards for All Scheme towards the boat's engine. For more information check out BSAC's News website. Many thanks to Allen, Rosemarie, Carole, Nick and Roger for all their hard work.



## Competition!!!

We are looking for an imaginative name for the Newsletter. The winning title will get a dive token. Please email entries to [tsacnewsletter@googlemail.com](mailto:tsacnewsletter@googlemail.com) by July 15<sup>th</sup>



## Diving Events



The Kernow weekend will take place on the 20th & 21st June 2009 at Penzance”

“There will be a range of sites catering for all levels of skill and interest. Members are able to choose the site they want to dive rather than go on 'their' club boat. We hope that divers will make new friends, have fun and learn a great deal as a result. On the Saturday evening there will be a big barbecue party at the campsite, survivors can dive on the Sunday. ”

For more information on the Kernow Weekend please visit: [www.kernowdiving.org.uk](http://www.kernowdiving.org.uk), or contact Allen Murray.



### Diving on Falcon

Remember! There are regular Tuesday evening dives on Falcon out of Dartmouth.

If you would like to come along contact Pete Watton, Laurie Frankel or Malcolm Nimmo.

## Training

### SUMMER

Make the most of the weather by going diving and developing your skills.

#### Upcoming training events:

**17<sup>th</sup> June (Wednesday):**  
Rebreather workshop

Site finding and position fixing using the side scan and chart plotter on the new boat.

AD and DL dive management

*For further information on training opportunities contact our Training Officer, Sarah Dashfield.*

## DIVING OFFICER'S NOTES

Diving is considered by many to be an extreme sport. As divers we know that if you play by the rules, diving can be as safe as any other sport. However, diving incidents do happen and in April 2009 an experienced rebreather diver got into serious difficulties in 4m of water – probably a heart attack. An effective rescue was undertaken but unfortunately the diver died 12 hours later in hospital of secondary drowning. Some members of Totnes SAC witnessed the event and took part in the rescue.

What lessons can we learn from this unfortunate incident?

1. Individuals react differently to a stressful rescue situation. This simple fact is often forgotten.
2. When a real emergency happens then strong emotions can arise – particularly if the casualty is well known to the rescuers. These emotions can interfere with the effectiveness of the rescue operation. Experienced divers are not immune from these emotions. Be prepared for this, and act in the best interest of the casualty.
3. An effective rescue needs management. This is something that current training properly emphasises and covers.
4. When a diver is unconscious, fading fast and badly needs basic treatment then the finer points of CC, RB and O2 administration can go out the window under the stress of the situation. Nonetheless, rapidly administered CC's and RB's are absolutely vital for life support and must be immediately followed up by O2 administration. All three elements are essential – and experienced divers should be pretty confident with deploying these key skills.

As divers we should periodically refresh our skills by attending O2 administration, Rescue Management, VHF and First Aid courses. This will prepare us for most types of accident. Practicing with O2 kits during club evenings would sharpen existing skills. And if you don't know what CC's or RB's are - then you really should refresh your rescue skills!

Richard K.



## Challenge Evening

The club held a most enjoyable Challenge Evening with Torbay BSAC at Meadowbrook on Friday 27th March which was attended by a total of about 36 members and guests equally divided between the two clubs.

The teams hotly contested pool, darts and skittles competitions, the pool being won by Torbay and both darts and skittles won narrowly by TSAC. The extremely difficult quiz was won by our own Laurie Fraenkel with 18 answers correct out of the possible 30. Everyone was asked to bring along a plate of food to share which resulted in a table loaded down with a plentiful supply of finger food. The skittles match was held in the large room beside the upstairs bar which itself had been arranged to be open for the whole evening which made for a very relaxed atmosphere.

Many thanks to all those who helped make it such a fun evening with special mention going to Helen Hardwicke, Alec Jacobs for his Skittles expertise, Paul Slemmings for organising the darts and Nigel Hayman for stepping in at the last moment to coordinate the Pool.

*Rosemarie*

## Social News



### Club Polo Shirt



**Short sleeves**     £17  
**Long sleeves**    £19  
**Sweat Shirt**     £23  
**T Shirt**            £13

*If you are interested, contact Rosemarie.*

### ...coming up in the next issue

**NAS course**  
**Review: our new boat**  
**Scillies – in May**  
**Duxy's talk**  
**Book review**  
 ...and much more!

[www.totnes-bsac.co.uk](http://www.totnes-bsac.co.uk)  
[www.wreckstorm.com/totnes](http://www.wreckstorm.com/totnes)

## Paul unlocks the secrets of underwater living

A good turnout of Club Members were treated by an informative and stunningly illustrated talk given by marine biologist and underwater photographer Paul Naylor (who most of you will know as the author of "Great British Marine Animals"). Paul's talk focused on the feeding, self preservation and reproductive behaviour of a range of marine species. Using both familiar (from his book) and unfamiliar photographs Paul revealed the private lives of species ranging from barnacles to basking sharks.



The feeding habits of plankton feeders (e.g. barnacles), predators (pollock) and scavengers (various crustacea), including of course the fussy nudibranchs, were all presented. Equally important to feeding are the strategies adopted against predation. Paul illustrated these strategies including the art of camouflage (cuttlefish), armour (edible crabs, velvet swimming crabs etc) and the production of chemical deterrents (nudibranchs).

We also delved into various styles of reproduction, ranging from simple budding (anemones) to the beautiful display made by three spot gobies, a prelude before spawning.. ..and not forgetting the loving embrace between nudibranchs. So whilst being entertained by Paul's fabulous images we all learnt a little more of the lives of the creatures we all observe whilst diving. For more details of Paul's photographs and his book take a look at his website [www.marinephoto.co.uk](http://www.marinephoto.co.uk).



*Malcolm N.*