

University of London Sub-Aqua Club BSAC 0069

University of London Sub-Aqua Club

Issue 8 30th April 2005



Easter Training 2005

Fun, exciting, scary, frustrating and amazing all rolled into one!

My first few days were rocky – it sounds silly but I didn't expect going in the sea to be so different from diving in the pool. The cold was my main problem. It just took my breath away and when I submerged, it was made even worse.

Thanks to some quite determined instructors, I overcame my problems and by the end of

the week I had been on some quite amazing dives.

The Volnay was really good, although as with all of my wreck dives so far, I couldn't really tell what was what, but it was still amazing to go down and see everything. Diving the James Egan Layne was amazing too, mainly due to the

vast amount of life down there, as well as a mutant starfish which had 4 tiny legs and one HUGE leg (at least we think it was a leg, either that or its Dad is very proud!!). The shore dives were really good too and seeing things like

big crabs, pipefish and loads of other things was cool.

Easter Training was so much fun and it was down to everyone for making it



Kitting up on Porthkerris Beach © Vicki Lees

so. I'm looking forward to loads more trips like that and also to loads more amazing dives!

By Sarah Jervis

(Ocean Diver ET 2005)



Starfish © Vicki Lees

ULSAC Fun Run II

Unlike in 'the Movies' the sequel WILL be better than the original.....

It is your chance to put something back into the your club - join the second annual ULSAC 5KM Fun Run- you can do it in sports gear, you can do it in dive gear you can do it in fancy dress, just get out there

and doooo it! Sign-up now all contributions gratefully accepted. You will be raising money for two fantastic causes the RNLI and our ongoing effort to support the long-term running of the club. Download your sponsorship form from the main site.

! Saturday June 11th !

Dive Inside This Issue:-

- Confessions of a Diving Instructor : ET	2
- A Relaxing Day by the Sea? : ET	3
- ULSAC AGM 2005	4
- ULSAC AGM: Advanced Training Finale - ULSAC Annual Dinner	5
- Plymouth Trip - May Bank Holiday 2005	6
- The Scylla: One Year On	7
- 101 Things Not to Do When You're Diving - Best Buddy Project	8
- Dates for Your Diary - Dear Deidre	9
- Forthcoming ULSAC Diving Trips	10
- Sea Watch Foundation	11

Message from ULSAC- Show me the money!

£ \$ £ \$ £ \$ £ \$ £ \$ £ \$ £ \$ £ \$
ULSAC Debtors please pay your lovely new Treasurer Vicky! Make your cheques payable to ULSAC
£ \$ £ \$ £ \$ £ \$ £ \$ £ \$ £ \$

Member Updates:-

Congratulations to all the:
New Ocean Divers from ET,
New Sports Divers from the Portland and Plymouth trips,
New ULSAC Committee
(check out page 5 for a breakdown of the ULSAC AGM 2005 and your new committee)

www.ulsac.net

Confessions of a Diving Instructor: Easter Training 2005 continued....

I've been making the annual pilgrimage to Cornwall for about 7 years now and Easter Training 2005 for me has to be the best event that I've been on.

Having been heavily involved in the organisation of ET there were several concerns that I had. Notably how the hell were we going to put a marquee up and were we ever going to get the T-shirts!! I also had a few concerns relating to the number of instructors coming and what they'd make of our select group of trainees. That wasn't to say that I thought any of the trainees were social rejects, freaks or otherwise inadequate, just that I'd been very heavily involved in the teaching this year, along with Will Robards, Richard Myatt, Nathan Long and Bonnie Webster, and was concerned that I might not have prepared them for the rigours of a meeting with the likes of Colonel. Andrew May and Sir James Withers (I do naturally mean on the diving front, I take no responsibility for their behaviour out of the water whatsoever).

So how did it go? Well we got off to a bit of a shaky start with lots of sticky ears and other minor issues, meaning that large parts of team ULSAC were forced to sit on the sidelines for a short period of time. By the end of my second day and second dive in a row, where both trainees had declared at least once during the dive and on shore that they 'Didn't like it' and rumours abound that they had 'Already heard how horrible it was before they even got in the water': I thought I was doing something wrong!

So what could be done? Was it just me? For those of you not privy to the inner workings of the clandestine gatherings that are 'an instructors meeting', I'm about to break our code of silence...it's been nice knowing you.

With the full expectation of having the usual 'tough love' of an ULSAC instructors meeting, you can just imagine the comments. 'Hobbits should stick to playing with rings' and 'Well, you are only an OWI, us AI's do it much better', I aired my concerns and found that they were shared. Hurrah, it wasn't just me! But then bugger, what were we going to do about it?

As instructors we were all concerned. Worried that we'd pushed our new trainees too hard and aware that they weren't all enjoying it....how could we make them see how good Easter Training could be?

We decided that a morale boost was in order. We needed to let the trainees get a decent nights sleep, take on some more of

the work ourselves and get everyone properly drunk in the pub. That night I decided that a great personal sacrifice would also help. For the sake of the trip, I Samwise Gangee would sacrifice my own personal dignity and shave in a 'Freddy' style moustache.

The next couple of days were a bit edgy, we still weren't sure we were winning people over to the joys of ET. A charm offensive of barbecued bacon sandwiches, cream egg substitutes, and general ULSAC lovin' was launched. With incredible results. Suddenly people started smiling! We knew we'd won everyone over on the 'Rescue' day at Mullion Cove! No-one seemed to notice how hard we were working the trainees – until they all came through it with flying colours. Indeed one National instructor was heard to remark that he 'Didn't know who'd been teaching rescue this year, but that it was the highest general standard he'd seen'! A huge pat on the back to all the new ULSAC diver trainees for that achievement!

From there on in things got better and better. Team spirit improved, the diving improved and shock horror, everyone seemed to be enjoying themselves! I had a great week going from being scared stiff about whether we'd get everyone in the water, to having all 'none broken' people qualified by the end of the week! A very pleasant surprise. What really impressed me was peoples' continued enthusiasm and commitment. We may have had a small group this year but thanks to the dedication of Mark and his training team, and all the instructors involved at ET we have developed and trained 15 confident proficient ULSAC divers. In fact guys, back it off you're verging on being diving anoraks!

I have of course, neglected to mention the last evening until now, but I was saving the best till last. None of the instructors saw our names or cards coming and it touched

all of us. I'm sorry to spoil his 'hard man' image but 'Funny Uncle' Andy and myself had a conversation about how we were both close to tears. Being told I was the 'heart and soul of scuba diving' will stay with me for a long time.

So what else can I add? It was a pleasure to be involved so heavily with this years Easter trip and trainees. I'm very glad I had the privilege of being allowed to spend 12 days getting to know 15 new people and reaffirm 30 odd (and I do mean odd) old acquaintances.

Let's keep the enthusiasm alive and hopefully I'll see all of you again soon.

By Sam Denby



Freddy-style moustache © Jimmy Cooke



A Relaxing Day by the Sea? Easter Training 2005 day trip to Plymouth.....

It's 6am and my alarm's gone off...surely there's been some mistake? I mean I know ET is hard work and long days but this is ridiculous isn't it? Well it turns out the ULSAC ET contingent are going on a day trip, but thankfully there's not a soggy cucumber sandwich in sight! Instead we're heading off to Plymouth to dive two UK sport diving gems, the James Egan Layne and the Scylla.

As we gather in the marquee for the early morning briefing everyone is looking (and sounding) remarkably chirpy for such an early start. The weather forecast is good and it's clear that everybody is excited at the thought of doing some quality dives after a week of difficult conditions and a lot of drills!

So after a 2-hour drive and a trip over the Taymar Bridge we end up at the Mount Batten Centre and proceed to take over the public slipway with our boats and masses of kit. All the trainees are happy as there are some rather nice changing and showering facilities for them to use and the marshals are happy as there's a handy pontoon to facilitate the 10 minutes turn-arounds required. From then on it's action stations as in order for everyone to get 2 dives each there were going to be 4 waves out to Whitsand Bay and there would have to be no faff which as we all know with ULSAC is easier said than done!

The first wave gets away half an hour behind schedule but favourable winds and wave height mean the time is made up easily. It's the Scylla first and we were grateful to see only a handful of dive boats on her as opposed to the 14 this time last year. The visibility was average



Silene Wavre on Scylla © Sam Denby

and the water still pretty cold but everyone enjoyed their dives on this one-year-old wreck. The second dive of the day was on the 60-year old wreck the James. A complete contrast from the Scylla in terms of marine life and atmosphere and a brilliant dive.

The day pretty much ran like clockwork with the last wave getting back at 6.30pm. We all arrived back in Kennack Sands at around 10pm absolutely shattered but having had a fantastic day. The aim of the day had been to show the trainees what fun UK diving can be and it worked a treat. Everyone was buzzing with talk of the days underwater adventures which continued well into the night in the pub. It had been a complete success thanks to everyone's hard work.

A few special mentions.

Thanks to the vehicle drivers who had to drive for 2 hours at 6am, dive twice, in some cases boatie a wave and then drive 2 hours back at 8pm...phew!

Thanks to the boat drivers for going out in multiple



Rascal Returns © Philip Loraman

waves and in some cases 3 waves in a row...yes that's 6 hours continuously on the water!

And finally thanks to our marshals for the day, Al and Marcus, for all their hard work in making the day happen and keeping a lid on the faff!

By Michelle Kim



Michelle © Philip Loraman



ULSAC AGM 2005

ULSAC going from strength to strength!

ULSAC Committee 2004-2005

ULSAC Committee 2005-2006



Diving and Training:

Total number of dives done by members:- 775
 Total accumulated depth of dives done by members:- 19 km
 Total time spent underwater on dives done by members:- 16 days
 Total distance travelled to dive trip locations:- 4200 miles (equal to driving from London to Chicago!)

But the most important statistic of all...
 zero...yes ZERO...
 decompression incidents!!!

Equipment:

If it needed servicing, we serviced it
 If it needed testing, we tested it
 If it got broken, we fixed it
 31 regulators serviced
 28 BCDs serviced
 24 cylinders tested
 10 BCD mini cylinders replaced

Boats:

Unnecessarily Replaced this year
 Tango Engine
 2 trailer Wheel Bearings
 2 Trailer Boards
 1 Entire Hitch

Finances:

Beginning of the year in debt – at the end of the year in credit!

Chair	Jeremy Davey
Treasurer	Vicki Lees
Honorary Senior Treasurer	David Wright
Secretary	Helen Collie
Diving Officer	Bonnie Webster
Training Officer	Michelle Kim
Advanced Training Officer	Andy May
Assistant Training Officers	Lorna Ballington
	Sarah Cant
	Jo Graham
	Rosy Hosking
	Anjali Shah
	Silene Wavre
Membership Secretary	Sarah Jervis
Assistant Membership Sec	Holly Mitchell
Boat Officer	Alyn Morgan
Assistant Boat Officer	Marcus Allen
Equipment Officer	Martin Greaves
Assistant Equipment Officer	Richard Rowley
Social Secretaries	Mairead Coneely
	Sarah Withington
Webmasters	Farez Rahman
	Dominic Waithe
Members without portfolio	Mark Bell
	Jimmy Cooke
Fundraising Director	Stephen Rome
Assistant Fundraiser	Sophia Jones
Newsletter Editor	Catherine Stanley



ULSAC AGM: Advanced Training Finale

A parting trip to Portland and some suggestions for progression....

After yet another day trip to Wraysbury (which cunningly also used the van to tow Scoundrel South to have the new engines fitted), we really needed to find the Dive Leader trainees the depth required for their remaining rescue drills.

Wanting to avoid the pea green soup of Bewl water, the queues at Stoney Cove and long drives around the country, for the last advanced training trip of the year we went back to Portland.

Portland is pretty ideal as it isn't too far away, has the required depth inside of the harbour walls – and the Countess of Earn allows divers to further their wreck penetration experience gradually with some easy swim throughs.



Mr Allen of Erne © Alyn Morgan

During the weekend trip several of the Dive Leader trainees managed to complete their rescue drills and experience a number of rescue scenarios ... including the boat rescue into the freshly run-in Scoundrel.

The weekend trip to Wraysbury planned for the 12-13th March was replaced by a second O₂ course. The O₂ course, now part of the Dive Leader syllabus, provides basic knowledge of the administration of pure oxygen to diving related casualties and refreshes first aid skills. Sam Denby was able to provide some useful handy hints to the trainees having attended other more advanced courses (see Issue 7 of the ULSAC Newsletter).

It is always a good idea to practice first aid skills and all members of the club should be encouraged to participate in future O₂ courses run by the club and further their diving knowledge by taking other BSAC courses...look out for new Skill Development Courses within the club run by your new Advanced Training Officer Andy May, and for those available through BSAC which can be seen in DIVE magazine and on the BSAC website.

By Jimmy Cooke

ULSAC Annual Dinner

Friday 10th June 2005

ULSAC ANNUAL DINNER
BLACK TIE ~Dress to Impress!

@ THE TAVISTOCK HOTEL

7.00pm till late

£35.00

It's that time of year again - annual dinner time! Yep, it's in the Tavistock Hotel on the Friday 10th June at 7pm. Its black tie with a 3 course dinner followed by coffee & mints (I'm trying to make it sound like a sophisticated event!) and dancing till late! Tickets cost £35 (same as last year) made payable to ULSAC and posted to:

Claire Halligan
24 Wrexham Road
Bow
E3 2TJ

Please can you get them to me asap cos I need to give numbers to the hotel and a deposit in the next couple of weeks. Also say if you want meat (Beef) or vegetarian option (think I said Moussaka) - just stick an M or V on the back of the cheque. You can bring a special friend too if you like! Look forward to seeing you all then!

Lots of Love,
Claire and James.

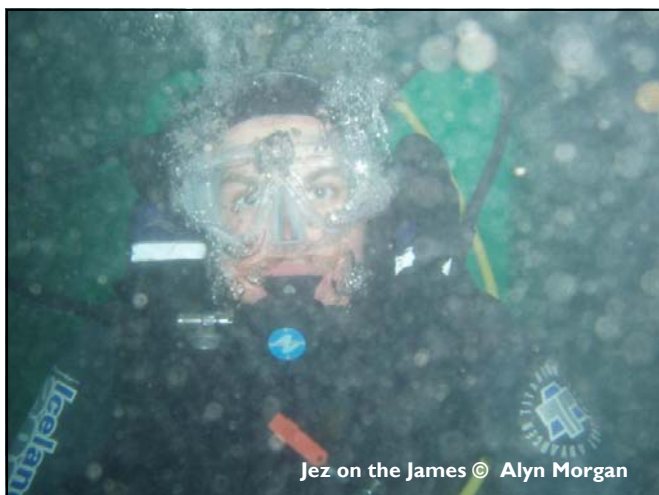


Annual Dinner © J. Cooke

Plymouth Trip - May Bank Holiday 2005

Organiser: David Wright (AD: Michelle Kim)

After an excursion to Plymouth during the Easter Trip, everyone was eager to get back to dive the Scylla and the James Egan Layne again. The contrast between these two wrecks makes for some great diving and seeing how the wildlife is changing on the Scylla, provides some great biology in action!



Friday we arrived in some luxurious caravans and had a few cups of tea to settle everyone to bed. Space wasn't an issue but still fights over sleeping arrangements ensued! Saturday, we headed out to the Mount Batten Centre to get kitted up and get out on the Scylla. Unfortunately, visibility wasn't optimum but with such a fresh wreck - serious exploration of the ship was made. Following the article on divernet.com, most people were fairly clued up on what they wanted to investigate. Jeremy Beadle with his candid camera, lurking in the wheelhouse was worth a visit (people will do anything to get on telly!).

The afternoon dive saw us take on the Fort at Plymouth Breakwater, which although not dense in things to see was pretty good fun (especially if you found the underwater habitat or crane!). The evening was topped off by being served Britain's favourite cuisine down in Plymouth town and everyone went to bed satiated on Prawn Bunas!

The James was attacked on the Sunday morning - a popular call with most people in the club. With so much stuff to look at on the James, you can't help but have an enjoyable dive. Clambering through the holds always leads to finding new stuff. Tonnes of fish, crabs and various other wildlife drew everyone's attention



away from Catherine's overly pink BCD.

Mew Stone was the site of Saturday afternoon's diving (Anthony, that's the really big stone off of Plymouth!). A good load of kelp to look at, dotted with various sponges, crabs and even a fish or two. Barbeque and British Bulldogs was the agenda for the evenings entertainment. People milling around eating sandy burgers and gritty sausages in the evening sunshine. Barely as soon as Al had eaten his food, the sugar rush kicked in and he started running round preparing a Bulldog court and generally psyching people up for the forthcoming mayhem. Was a fantastic idea but for the fact that there was no light - chaos ensued and having worn a white shirt, Martin was the only visible target!!

Hellsea Point on Monday morning was a great way to finish off the weekend. Except for the spattering of rain and the odd upset stomach. Some people managed to find the canyon which provided much enjoyment. Others just pottered around trying to keep warm as the weather had turned slightly nasty on top.

Overall, a nicer side of Plymouth was seen - with the sandy beach at Bovi and the luxurious caravans. Despite a few dead legs, black eyes and sore necks from the Bulldogs, everyone had a great couple of dives on a well organised trip.

By Jeremy Davey





The Scylla: One Year On Plymouth Trip continued.....

HMS Scylla is the largest ship sunk on purpose as an artificial reef in the British Isles and is only a few hundred yards from shore in Whitsand bay, Plymouth. It makes a vast contrast to the wreck of the James Eagan Layne, a Second World War Liberty ship only a few hundred yards to the East of it.

As I had dived the Scylla only a few weeks after she went down, I was eager to revisit her to see what, if any changes had occurred in the year. My first dive on her had been in such extraordinarily good visibility that it made you think you were off St Tropez, not the English Riviera! One could see from one side of the ship clear to the other, a distance of over 13m, and the surface waves could be seen from the top deck! She had been free of silt, and the fittings and fixtures left on board were still (almost) pristine. She had however, been sterile with no life to be seen anywhere on her, and it was the answer to this question I was most looking forward to discovering, had life started to colonise the new reef?

After rolling into the sea, with my two buddies, Mairead and David, I could tell that this dive was going to be in a different league altogether as a current was running and visibility was down to a more British three to five meters. The three shots to her bow, midships and stern had been replaced by a single floating shot on the bow. We started our dive finning straight aft and I had the answer to my main question almost immediately as we followed a small pollack towards the bridge over the missile launcher. The interior of the ship looked much less welcoming than it had in previous dives as a surprising amount of silt had built up, which, when added to the darkness, low visibility and strong current running through some of the entrances meant that there was not going to be much penetration. We therefore headed aft down the port gangway, peering into the passageways with our torches and meeting many more



fish than I had expected. Other life to be discovered was small patches of kelp on the top decks, as well as numerous tiny sea urchins almost everywhere you looked. Heading further back to the engine spaces we dropped down the port side and found a large hole into the engine rooms that did not have a fierce current pushing through. After checking with my buddies we entered and swam through to the dim patch of light we could just see on the far side of the ship, waving our torches around to ward off the oppressive darkness. We continued to head aft through the helicopter hangar, playing with the switches that surprisingly still functioned. At the stern, to my surprise, there were numerous soft corals already growing probably due to the fact the stern is less likely to be knocked into. After a brief pause we headed back midships, where I decided to try and push myself through the smallest gap in the railings I could see for practice. My buddies were more sensible and simply popped over the top of the chain. After half an hour underwater our air was creeping towards the point where we would have to ascend, and due to a combination of this and cold hands and exhausted torch batteries we put up a blob and ascended towards the sun, the boat, and later a beer, BBQ and a kip.

It is good to see the life coming onto the new artificial reef, however it will be many, many years until the amount of life present will rival the sheer abundance to be found on the James.....

By Anthony Chaddock



101 Things Not to Do When You're Diving: Lesson One - Playing with the Sealife Plymouth Trip continued.....

A few weeks ago I went on the club trip to Plymouth. It was the last dive of the weekend, and I was in a good mood. Despite the fact that it was relatively early in the season we had enjoyed a weekend of good diving and the relative luxury of staying in caravans. The weather had been kind and an excellent beach barbecue had more than made up for the slightly patchy visibility on the first few dives. This being a Bank Holiday Monday, none of us had to be in London, and so trip organizers David and Michelle had decided to fit in a cheeky extra dive before driving home. Hence I found myself in a RIB bouncing out to Halsea Point.

I was to be diving in a three with Mairead and Richard (Ronseal). Richard had elected to lead the dive, leaving Mairead and I free to potter around in his wake. The dive itself was one of the nicest scenic dives I have done in Britain. The water was weirdly clear; 30m felt more like 15m! The sea-floor was heavily stratified rock eroded by the waves into deep cut gullies, the walls of which were covered in life. Much to Mairead's amusement,



Hee hee © Jimmy Cooke

the bulk of this fauna consisted of sea-cucumbers. These were brown on their top and a custard yellow on their belly and were everywhere. I'm

not sure exactly why, but Mairead decided that I was clearly missing out, and so swam up and carefully balanced a particularly large specimen on my head, so that it drooped from ear to ear. She then



Starfish © Anthony Chaddock

used up 30 bar while laughing hysterically. Not to be out done, I reached for a large starfish and placed it carefully on her head

from above as she swam along at Richard's side. This is where the lesson comes in. Never do this if your buddy has exposed hair, as the tiny bristles on a starfish's underside get caught very easily! It turns out to be pretty difficult to get the starfish off again. It suffices to say that Mairead very nearly had to surface with a starfish stuck to her face (think Aliens...). So, in summary, leave the sealife alone, as sometimes it is more dangerous than it looks!



Will Reece © Jez Davey

By Will Reece

Best Buddy Project

2nd and 4th August 2005: get involved!

The Best Buddy Project is organised and delivered by the British Sub Aqua Club, the London Fire Brigade, Worth Unlimited (Youth Project) and ConneXions (North London). The initiative supports young people who are considered 'at risk'.

Throughout the week young people aged 13 to 17 years, take part in a range of activities to highlight & develop their problem solving and communications skills as individuals and as part of a team. The aim of The Best Buddy Project is to promote self-reliance, by improving the confidence & self-esteem of the young people whilst encouraging them to accept responsibility whilst placing their trust in others.

Through the very positive influences that this project has had we have seen a number of young people blossom and grow more resilient. Waltham Forest has seen a reduction in street crime and anti-social behaviour during the period of this project.

This year ULSAC will once again be providing much of the equipment for the event, and it would be great if we can provide a number of helpers for the pool events. The pool events will be during the day of the 2nd and 4th August, and this year helpers will also be able to take part in the fire brigade's action packed day on the 3rd. Last year Kristof, Sam and I all found the project very rewarding (see Issue 4 of the Newsletter).

Following the success of the project after the last 3 years in Walthamstow our regional coach is keen to see if it can be expanded across London...it would be really good if as many of us could attend this event as possible, so that we might be more prepared to run an event ourselves in the future!

Please contact: Jimmy Cooke (jimmy_cooke@yahoo.co.uk)



Dates for Your Diary

May 2005						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2005						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July 2005						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Special Events for Your Calendar

- 10th June ULSAC Annual Dinner
- 11th June ULSAC FunRun II
- 2nd and 4th August Best Buddy Project

Key	
	Special events
	Fundraising Events
	Dive Trips
	Bank Holidays

Upcoming Diving Trips for Your Calendar

- 28th-30th May **Torbay** –Richard Rowley
- 4th-5th June **Swanage** –Stephen Rome
- 18th-19th June **Salcombe Dive Leader weekend** – Andy May
- 2nd-3rd July **Littlehampton** –James Royston
- 16th-17th July **Swanage** –Dean Williams
- 30th-31st July **Dive Leader weekend** –Marcus Allen

Dear Deidre..... (your diving problems answered)

Dear Deidre,

I am writing to you for advice with a rather embarrassing problem. I hope you can help! Recently my twin sister and I have been having some problems with chafing, hot flushes, needing regular soothing drips in the ocean to cool off and feeling generally disorientated and keep loosing our bearings.

Some of our friends have suggested that HRT (Hitch Replacement Therapy) isn't all it's cracked up to be.

Do you have any ideas or suggestions to help me?

Hopefully yours,

Rascal and Scoundrel – Chiswick (5.5, 2.5, 2 x 40HP)

Dear Rascal and Scoundrel,

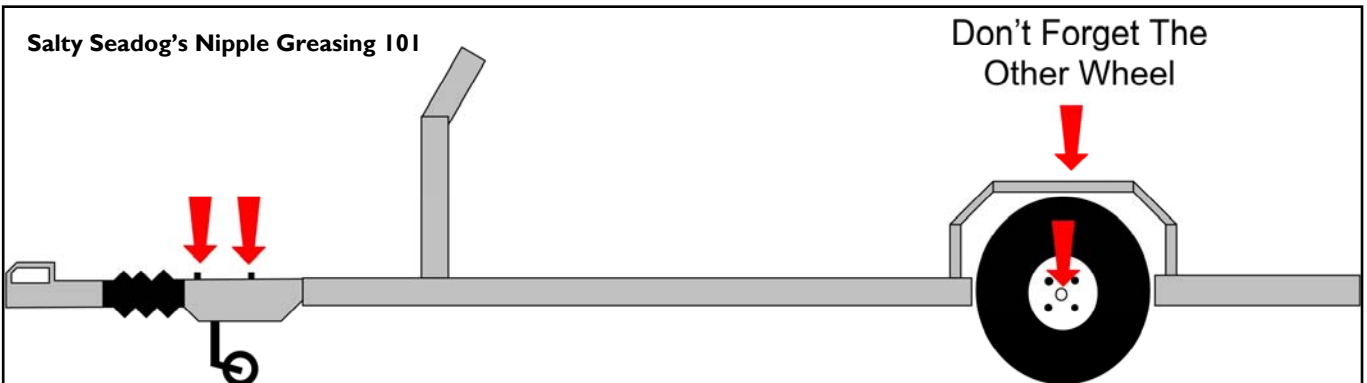
It sounds like you're suffering from major lack of lubrication whilst participating in active watersports!

I do sympathise and unfortunately it is far too common an occurrence. My recommendation is to find a group of young eager divers who are willing to lubricate / grease you properly every 150 miles. After each dip in the ocean it is also advisable to get a quick top up – salt water can aggravate the most hardy of complexions.

The art of nipple greasing was lost until I found this useful diagram in an old seadog's logbook. It may be of use!

Keep it lubed,

Deidre





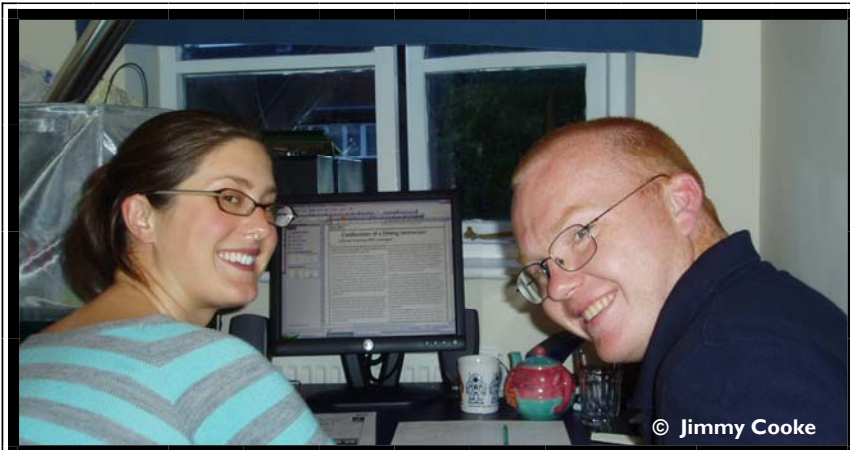
U.L.S.A.C.

Learning from the old master.....

Any Contributions or Comments please send to

Newsletter Editor
Caterina Ballerina
9 Grove Road
Harpenden
Herts
AL5 1QG

Email: catstanscuba@yahoo.co.uk



Forthcoming ULSAC Diving Trips : sign-up on www.ulsac.net

• **Torbay: 28th – 30th May**

I'm very pleased to announce that there are three more spaces for the expanded trip to Torbay that Marcus and I are running next weekend. We'll be leaving London on Friday the 27th and returning on the evening of Bank Holiday Monday the 30th; that means you'll get five dives! Torbay is one of the best diving areas in the South West and we'll be having a barbeque! What more could you want of a Bank Holiday weekend? Boaties would be especially welcome... Because the sign up sheet has left the website, please email me directly. I'll need to know your phone number, whether you're a full or associate student, your ULU number, next of kin details, diver grade, instructor grade, if you're a boatie or not, what kit you'll need and any dietary requirements; you know the usual stuff. I've booked the campsite and the DO's booked the sunshine. Please get back to me ASAP, Cheers guys.

Organisers: Richard Rowley + Marcus Allen
(ronseal81@yahoo.co.uk, 07771 960046)

• **Swanage: 4th - 5th June**

Weekend trip to the fabulous Swanage. Home to the most dived sites by ULSAC. Be it the immense structure of Swanage pier or the depths of the Aeolean Sky. We may even hit the carantan and Firth Fisher! Dives will be a mix of getting depth experience for the newly qualified and getting diving drills signed off to get those OD, SD and DL badges on your arm (depending on instructors and dive leaders). Hopefully the water will have warmed by this point and we will be treated to loads of marine life including Pollack, congers and prawns. Plus debriefings in beer gardens in the evening. Places will be limited so sign up to avoid disappointment.

Organisers: Steve Rome + AD

• **Salcombe Dive leader trip: 18-19th June**

A two day trip to the fantastic wrecks of Salcombe, in Devon, for Dive Leaders and above. Dives will be in the 50m range so you will need to be dived up on trips prior to this

weekend. It is very unlikely that there will be a chance to gain depth progression over this weekend. There will be space for twin sets on the boats as the initial trip maximum will be 12 divers. Accommodation will be camping

Organiser: Andy May

• **SUMMER EXPEDITION : 5-20th August**

It's that time of year again and plans are underway for the annual summer trip. For those of you yet to take part in an ULSAC summer trip this is the perfect opportunity to do a wide range of diving on many different wrecks, scenic dives and locations, while staying in a stunning part of western Scotland.

This year the trip will be between the 5th and the 20th of August and will be split into two equally attractive weeks.

In the first week (5th to 13th) we will be diving around the Isle of Mull and in the second week (13th to 20th) we will move down to The Firth of Clyde. Lots of very good wreck diving will be on offer, with such classics as the Hispania, Thesis, Rondo, Wallachia and Akka which are regarded as some of best wrecks in Scotland.

All grades of divers are welcome to sign up with priority given to those who are 'useful' (i.e. Advanced Divers, Boat/Van Drivers, instructors etc) or those of you who are current students (dived up).

Having said that I expect we will be able to take as many people as want to come.

At preset we aim to have around 28 people going, accommodation for the second week is already provisionally booked. So sign up today and have two weeks of quality diving to look forward to in the summer. And if you have any Questions at all, feel free to email us.

Organisers: Andy May + Rosy Hosking + Keith Howell

See sign-up sheets on: www.ulsac.net

FINAL NOTE: Keep those articles coming for Issue 9 of the ULSAC Newsletter—Many thanks! Ed.



Sea Watch Foundation

Special Communication from Hanna Nuuttila, Sightings Officer at Sea Watch...



Hello ULSAC,

I wanted to send in some info about Sea Watch Foundation and an event we run in August where we try to get any sea using public to report any cetacean (whale and dolphin) sightings they have (please see article I have sent in below).

For more information go to:

www.seawatchfoundation.org.uk or contact me:

Hanna Nuuttila, Sightings Officer

hanna.nuuttila@seawatchfoundation.org.uk

Tel: 01545 561227, Mob: 07973 167192

Hanna.

Sea Watch Foundation

The Sea Watch Foundation aims to achieve better conservation of whales and dolphins in the seas around Britain and Ireland by involving the public in scientific monitoring of populations and the threats they face, and by the regular production of material to educate, inform and lobby for better environmental protection.

Twenty-eight species of cetaceans have been recorded during the present century in British and Irish territorial waters. This amounts to more than one quarter of the UK mammal fauna. Keeping a check on the changing fortunes of cetacean populations not only leads to effective protection for these fascinating animals whose interests have been largely neglected until now, but can also provide a warning of potential problems in the marine environment and allow remedial action to be taken. Therefore the knowledge to be gained from the work of Sea Watch represents a quantum leap in our understanding of these animals and their habitats.

The Sea Watch Foundation monitors cetaceans within British and Irish waters through its team of volunteers, divided into regional areas managed by regional co-ordinators. Sightings from the shore provide essential background on the relative abundance and distribution of different inshore species. Complementing these, the offshore surveys often have several aims: they provide information for species occurring mainly offshore; they are ideal opportunities to study a species or area in detail; and they can also be used to train volunteers in field techniques and test new equipment.

How The Sightings Network Works

Volunteers complete sightings forms for Sea Watch, recording not only the sightings they make but also

the number of hours spent watching or the distance travelled in a boat. Even when no cetaceans are seen, it is important to have a measure of effort in order to interpret sightings more effectively.

Taking these sightings records, and adding data such as water depths, sea surface temperature and salinity, the Foundation builds up profiles of the habitat requirements of various cetacean populations and how they are affected by their environment. As an aid to identification of these animals, the Sea Watch Foundation followed up its illustrated identification guide with a slide training pack, and an accompanying manual, featuring 80 superb colour transparencies of all the main cetacean species to be found in the North Atlantic. It has also prepared a full colour waterproof species identification chart for use aboard ship or when finding stranded animals. Anyone can be a Sea Watch volunteer, if they spend some time at or by the sea and want to contribute their sightings to us. The sightings records get input to our website and the national database which is then used for further analysis. If you would like to give Sea Watch a try, why not join us for the nationwide effort this August for the National Whale and Dolphins Watch.

National Whale & Dolphin Watch 13-21 August 2005

This summer - between 13th and 21st August 2005, the Sea Watch Foundation are inviting you to take part in the UK's National Whale and Dolphin Watch. This event is aimed at providing a snapshot picture of the numbers and variety of whales, dolphins and porpoises to be seen around the British Isles.



Common Dolphin © Sea Watch

Research has shown that there is little awareness in the UK of the fantastic diversity of whales, dolphins and porpoises to be found around our shores. A staggering 28 species of whale and dolphin have been recorded in our waters, more than a quarter of the entire British mammal fauna. It is, in fact, quite possible to see a whale in various parts of Britain, almost at will and in a number of regions there are resident populations. Last year's event was very successful. As well as gaining valuable research data, we hope this event has drawn attention to the conservation of our marine environment. We try to get as many people as possible, watching for cetaceans in as many locations around the UK as possible. If you are out and about during those 9 days, why not join our teams and contribute to our efforts to monitor the status of whales and dolphins in the UK, we NEED you!!

How to take part: download special NWDW sightings forms, select a good spot, wear wind and rain proof clothing, get your binoculars and start watching! Remember to fill in your forms and send them to us.