



ESTEC SWIMMING & SUB-AQUA CLUB

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September 2004 Newsletter

* Second Edition



In this issue:

- Editorial
- Diving Matters
- Dive the Abyss In the Blue Hole
- A Family Holiday in Bonaire
- Equipment Matters
- Expedition Matters :
 The Isles of Scilly
- Snorkeling Matters
 Junior Snorkel Course - details
- Social Matters
- Swimming Matters
- A Thankyou From Chantal
- A Real Sea Horse
- Our Committee

** Updated versions of the newsletter, though automatically posted on our website, will not necessarily be distributed by email. Updates, following on from the first edition, contain corrections and/or information previously unavailable or overlooked.*

Editorial

Anthony's report on the Isles of Scilly (IoS) expedition in May failed to make it into the June newsletter. Being too interesting to ignore it is therefore featured here. Also, the same hyperlink to the IoS slideshow is included, complementing the article just as it was originally intended to do.

Anthony mentions that our divers crossed to the Isles of Scilly on the Scillonian III, reminding your editor of the first time he sailed on the good ship to dive the islands. Some wag then suggested that we would be diving on Scillonian's I and II later that week!

Vladi has provided this newsletter with the longest article ever. *Dive the Abyss In the Blue Hole* describes very well the preparation, equipment issues and execution of a deep dive, albeit in ideal conditions. It is a really good

read for divers and non-divers alike therefore it is here in its entirety.

A nice touch is Chantal's thankyou note to the diving instructors following her successful BSAC Sports Diver course.

Finally, congratulations to Colin and Margaret Jones whose eldest daughter Catherine and husband Martijn have produced their first grandchild, a boy. Named Quinten, he and Mum and Dad and Auntie Elizabeth and Colin and Margaret are all doing fine. No photos here but, we do know that Colin and Margaret have plenty!

Phil Baker

email: panda.baker@wanadoo.nl

Diving Matters

Dive Marshals during September are:

| | |
|-----------------|------------------|
| 4-5 September | Mario Monaldi |
| 11-12 September | Vladimir Pletser |
| 18-19 September | Keith Miller |
| 25-26 September | Mario Monaldi |

Peter

Dive the Abyss In the Blue Hole

This summer, the Pletzers went to Egypt for a dive holiday. And it was absolutely great. We took a 5-day dive travel package with Diving Adventures, an agency recommended by Anthony Thirkettle. Good choice. It was superb. We decided to extend our stay at Dahab, a medium site resort on the left branch of the Red Sea, halfway between Sharm-el-Sheikh and Eilat. The dive package included a Nitrox course that Dimitri and I followed

(despite me having done the BSAC basic and advanced Nitrox a few years ago). This Nitrox course followed the Technical Diving International standards. It was very interesting and a good refresher. The dives were great of course, and most of us have seen it all already: lots of fishes of many names, lots of colours, corals, and so on, and of course an abs fab visibility of thousands of metres and more. Every morning, we assembled at the Poseidon Club where we loaded our equipment into the pickups and jumped into old jeeps (and yes, we are already in Africa, so "old" is an understatement ...), accompanied by our dive guide for the day. The dive guides were always extremely professional, but fun. Together the three of us checked up the dives in the five-day package and experienced nearly all of their dive guides. No one dive could be criticized. A typical day consisted of a race through the desert to the desert site, a superb dive, staggering to a Bedouin tent to recline on cushions, and, protected from the sun, to have lunch. After lunch and a rest, it was back into the jeeps for another race along the desert and mountainous coastline to the next dive. The races were an adventure in themselves. The scenery above and below the water was quite spectacular. A third dive or a night dive could be taken directly outside the Poseidon Club and there was always a willing guide to accompany you.



Dimitri and Jayne - diving?

Jayne particularly recommends the club to anyone who has not dived for a while and feels nervous about the level of skills needed to enjoy all of the dive sites. Jayne's first dive was a try out of her skills with an experienced diver. His assessment that she was capable of attempting all dives gave her the confidence to go out and thoroughly enjoy herself. Funnily enough, we were introduced to carpet diving (after all it is an Arabic country). Once on the

beach (as all dives were from the shore), a carpet was laid down on the sand and all our equipment was downloaded on the carpet for us to finish kitting up before walking into the sea. Strange but very effective to avoid sand between toes.

After these five days of diving and after visiting the Saint-Catherine monastery near the Mount Sinai in the desert, we decided to take it easy. Well, not exactly for me, as I wanted to try the next step course offered by Technical Diving International, that was the Decompression Procedures course. It was a four days course with some theory, four dives and an exam. The course was given by a young Japanese lady answering to the sweet name of Sumiko Kataoka. In fact, this young lady is the most qualified Japanese instructor in deep and technical diving, having also been down at 100m previously in support of a world depth record attempt. The course was promising to be interesting; and it was indeed.

The first thing that you learn is that if you want to stay longer at depth, you have to go through several long decompression stops to allow Nitrogen accumulated in the body during the deep dive to off-gas from body tissues. Breathing normal air would not help for this. On the contrary, it would be a too limiting factor at depth yielding too long stops. So we had to use Nitrox, that is normal air enriched with Oxygen, up to 50% if needed.



Vladi introducing Sumi -
She's in there somewhere!

The second thing that you learn is that you need to rely only on yourself. Even if you dive by pair, you have to be completely autonomous and self-reliable, which meant that you have to carry everything in double with you in case of any underwater problem.

So, gone the single bottle used for recreational diving, and in with the twin set (two bottles of 12 litres each) with the dual

outlet manifold system and double mouthpiece. It is not like the classical octopus as one hose (called the long hose) is connected to the twin set left bottle and the other hose (the spare one) is connected to the right bottle. Also gone the buoyancy jacket used in recreational diving replaced by the twin buoyancy jacket, that is two air bladders connected each to one bottle of the twin set. The catch is that you cannot inflate the two bladders together as they are constrained in the volume inside this special jacket. It does not look like a jacket in fact but it shapes like an arc of circle around the twin set on your back. Quite surprising to find your balance when you use it for the first time, but one gets used to it eventually.

Third, carrying two bottles on your back is not sufficient, you have also to carry along with you a third 10 litre bottle, the deco stage containing a gas mixture different from the one in your twin set. Having gone through the theory, we did three training dives on three consecutive days before the real big decompression dive. The first one was at a max depth of 15m and was used to rehearse basic skills like air sharing with and without mask, SMB deployment and just get used to the twin set and this strange buoyancy jacket. By the way sharing air with this equipment is even easier as you carry the long hose (the primary air source) tucked around your neck and the secondary mouthpiece attached to a sort of elastic collar always in front of your mouth. So to give your primary mouthpiece to your buddy, just grab it from your mouth, pull the hose (don't forget to bend the head of course!) and give it to the buddy. The other thing that we practiced underwater is the switching on and off of the three knobs on the twin set dual outlet manifold (one knob on each bottle and one knob on the connecting manifold). The major problem that a deep diver can encounter at depth is the failure of the breathing apparatus either because of freezing (temperature drops quickly at these depths) or because of a burst o-ring (pressure also increase dramatically at depth). That is why the DIN system is preferred to a classical yoke valve. In case of such a failure, a deep diver must quickly evaluate the location of the failure and isolate it before he loses all his air (and again at depth it goes extremely quickly). So there is a series of signs and clues that you have to look for, but the main thing is that you have to be very coordinated to switch from the primary mouthpiece to the secondary one and close or open the correct valve (remember: you have a choice of three knobs). To practice this, there is a simple routine that you train for,

again, and again, and again, until you can do it eyes closed and in less than 45 seconds. It goes like this: switch mouthpieces from primary to secondary, close (counter clockwise) completely the manifold valve, close completely then open completely the right bottle valve, switch mouthpiece from secondary back to primary, close completely then open completely the left bottle valve, then open completely the manifold valve. Ouf! All this of course with your twin set on your back and eventually carrying all the remaining equipment (including the deco stage bottle). When I tried it for the first time at 15m, I did it in 53 seconds. Second time was better, third time better and so on. Later on, during the debriefing, Sumi told me that I did not do too bad, as some people spent up to 5 minutes the first time they tried. When I asked her what was her time, she said nonchalantly "Oh! I manage to do it in 10 to 12 seconds". Well, I still had a lot of training to do. By the way, we stayed 1 hour and 15 minutes at 15m during that dive. A shorty wetsuit was enough for me, but I noticed that Sumi had a double 7 mm suit on her. It is true that, although charming, she is only skin and bone and must weigh only around 50kg. How she does manage to carry that heavy twin set and stage bottle is still a mystery for everybody.

The second dive was also a 75 minute practice dive at 21m where we simulated deco stops at 12m, 9m, 6m and 3m switching from the twin set to the deco stage each time to check whether a stable depth can be maintained during long periods. We practiced rescue of an unconscious buddy with towing up to 6 m. Well, I can tell you that it is not easy with all that gear on and with this still strange hose feed and buoyancy jacket. I managed to tow Sumi who was playing the unconscious buddy, up to 6m, but having over-inflated my jacket, I found myself propelled to the surface and feeling like a Michelin man floating upside down at the surface while my pretended-unconscious buddy was laughing her head off 6m below. It happens even to experienced divers, so practice, practice and practice that skill again.

The third dive was again a training dive at 34m but this time, I had to plan it according to a pretended depth of 45m using air and Nitrox 50 in the deco stage bottle. I had to calculate all deco times according to the time spend at depth, the switching from air to Nitrox, the amount of CNS (Central Nervous System) poisoning due to the higher partial pressure of Oxygen in Nitrox at depth and the OTUs (Oxygen Toxic Units, measuring the

accumulating effect of Oxygen at partial pressure higher than in normal air). Very technical but interesting and requiring the mastering of a pocket calculator ... So, I devised a master plan and a plan B in case we went deeper or longer than expected. We had to carry these two plans with us, on two separate slates (in case we lose one of them, the other one comes always handy when your life depends on how fast you come up at great depths and how slow you ascent at shallower depths). During the dive, Sumi indicated me after 30 minutes at 34m that she was cold and that we aborted the dive. So here we go, with me in charge of leading the dive having to recalculate mentally in real time while ascending a new series of deco stops and times. Having arrived at the last stop at 6m, I signalled her if she was OK, and she wrote on her slate (yes with a normal pencil, it works in the water as well) that it was simulated. Good training for replanning a dive in real time.

Then the last dive, the real deco dive. We planned it carefully in the afternoon of the third day. It would be a real one at 45m for 20 minutes with Nitrox 25 in the twin set and Nitrox 50 in the deco stage bottle. The dive would be done in the Blue Hole. Now, the Blue Hole is quite a magnificent place but quite dangerous as well. On the surface, it is one of these places enjoyed by all the tourists in the area, foreigners and Egyptians alike. Lots of snorkelers and beginner divers who wont go deeper than 10 or 15m. It is true that all the fishes and colours are found above 10 m. So why go down deeper? Well, the Blue Hole is a very interesting geological formation. One has to understand first that the Sinai desert is not flat and full of sand. No, it is a series of mountains geologically quite young and with sharp features that come up to the shore of the Red Sea. The Red Sea itself is a huge scar between two continents, Africa and Asia, to which the Arabic peninsula belongs. The Blue Hole is one these strange underwater geological formations. It is a cylindrical structure of about 50m diameter and 100m deep, that opens up to the Red Sea at depth by an underwater arch at 56m below the surface, and coming to an underwater cliff in the Red Sea that goes down to more that a thousand metres. So you don't want to sink in places like these. And in fact, that is what happens regularly. A lot of divers have been killed tragically at depth in the Blue Hole for various reasons, but all linked to an improper preparation and an inappropriate use of equipment, usually going down on a single bottle and trying to reach and pass the arch and not

making it of course. Having exhausted all their air in breathing and filling the buoyancy jacket, they sink and drawn down to the bottom. Quite gruesome. Most of these divers are not novices, but qualified divers or master divers that try this in their spare time to eventually not come back to the surface. The visitors of the Blue Hole are constantly reminded of this by a series of plaques engraved in the rocks on the surface giving the names and the dates of death of these unfortunate but irresponsible divers. Professional divers also use this place in attempting to break depth records. While we were there, there was a famous diver (whose name I forgot) who was attempting to beat the world depth record of 355m, having chartered the only boat of Dahab for his technical support team.

Being well aware of all these stories the days before our dive, I thought about it carefully and decided not to do anything stupid. The morning, we reviewed once more the procedures, the plan, the equipment and then I realized what Sumi told me a few days before that you spent as much time in preparing your equipment as you spent in the water. It is a little bit like a Zen meditation, as you have to interiorise your entire equipment configuration and how you will use it. We left the Poseidon Club that morning, with a support rescue diver who would stay at the surface in case of problems at shallower depths. We were drinking a lot of water, partly because it was very hot (close to 40 degrees...) and partly to stay well hydrated, as dehydration is an important factor contributing to the bends. After having kitted up on the carpet and done our checks on the surface and in the water, we went down fast to 35m for a final check, after which we proceeded slowly and carefully down to 45m. Having arrived at that depth, my heart felt like a stone, maybe the stress or the depth pressure. After relaxing, we went on to explore the Blue Hole reef following the level line at 45m. No need for torches as the sunlight still makes it in this clear water, although blue colour predominates of course. No signs of life, no fishes, no corals, no nothing, just bare rocks and the silence. I look down and I cannot see the bottom. I look up and I cannot see the surface as well. Funny to think that your life depends only on this bubble of gas trapped in a plastic bladder in the buoyancy jacket. Should it break, leak or torn apart, you would sink like a stone without having enough time or gas to refill the spare bladder. After a few minutes, Sumi points to me the arch, in front and below us. Now I understand why it causes so many accidents. It

is beautiful! Suddenly, in this environment of greyish dark blue, a strong pale blue light comes through the arch beneath us. It is the sunlight refracted by the Red Sea water at large that passes through the arch. It seems so close and inviting. You think that it is at the same level and in reach, but there is another ten metres or more to go down to reach the arch upper part. Out of bounds for us today, as a few meters deeper would mean extending dramatically all the deco stops that we would still have to do, and we wouldn't have enough breathing gases. We continue to explore the cliff at the same 45m level until our 20 minutes have expired. It seems that these 20 minutes have passed so quickly. Time to go up. First stop for one minute at 21m after a slow 3-minute ascent. We see the surface again, but it is still so far. Second stop at 18m for two minutes. We check each other: everything OK, no first signs of bends and we stay stable at our depth, looking around the first fishes that we see since some time. Arriving at our third stop at 15m, we switch from our twin sets to our deco bottles of Nitrox 50 after double buddy checking that is the correct mouthpiece. During the two minutes at this depth, we see some divers passing above us. Fourth stop at 12m for four minutes: aah! Colours and fishes again. Fifth stop at 9m for 6 minutes. Suddenly lots of traffic around us: divers and snorkelers who come to see who we are and where we are coming from after so long. We stay quiet, as exhaustion is another factor contributing to the bends. Sixth stop at 6m where we have to stay for 46 minutes (!). I launch the red SMB to signal the shore party that everything is OK (we have also with us another yellow SMB to signal an eventual problem; luckily, we did not have to use it). As this stop is quite long, we have planned to go out of the Blue Hole through a pass at 6m into the Red Sea and look around the sea reef and fishes. We swim around slowly and nonchalantly, me hanging down at the SMB. From time to time, we stretch arms and legs and move hands and fingers to allow a better diffusion of the remaining Nitrogen bubbles in the tissues. At the end of this stop, we return in the Blue Hole and we go up for our seventh and last stop at 3m for another 15 minutes. Tantalizing close as it is, we still cannot go to the surface. We wait our 15 minutes, looking around and signalling everybody around that everything is OK. Finally, we surface after one hour and forty minutes underwater and we inflate completely our buoyancy jackets. Floating motionless for another few minutes, we start to exchange our impressions. Everything went well and it was

fantastic. Moving close to the shore, we hand over to the shore party all our equipment, piece by piece, starting with the deco bottle, the SMB, and the twin set, again avoiding any fast movement and staying as relaxed as possible. Finally, we come out of the water. We compare our gauges: I have 120 bars left in the twin set and 40 bars left in the deco bottle, from an initial 200 bars in all bottles. Sumi has more left in all bottles. At last, I have met a diver breathing slower than me. Extraordinary little woman! Incidentally, I have passed the 100h mark of accumulated time underwater during this dive. Great dive! Thanks Sumi!

Vladi

Equipment Matters

The end of the training season is here and time again to get all club equipment back for servicing before the new season begins.

Can I ask you to bring all club equipment back to me please. Email me beforehand to make an appointment before 15 September 2004 so that there is time enough for me to get it serviced before the new training season begins.

There will be a possibility to lend some equipment when you still want to do some diving with the club but, for now, we need it to be returned for maintenance.

Martin

A Family Holiday in Bonaire

At the time we booked this holiday it was only February and Chantal and Tíree were actively working their way through their respective dive courses. Chantal is now fully qualified as a BSAC Sports diver and Tíree as a PADI Open Water diver.

Bonaire is part of the Netherlands Antilles and is the second largest of the five Netherlands Antilles islands, situated 80Km north of Venezuela and is 37km long and 5 - 11km wide.

Bonaire has distinguished itself from most other Caribbean islands by making a serious, long-term commitment to preserving its coral reefs and fish life. Virtually the diving zone is a protected marine park with no fishing being permitted.

We were very impressed with Captain Don's Resort on Bonaire; the accommodation was good and staff really friendly. We also took advantage of their "dive freedom policy",

which meant that you could collect tanks whenever you felt like it 24 hours a day and take as many as you wanted. We frequently piled our pick up truck with enough tanks for two or three dives for the four of us before heading off for the day with our picnic. We also took advantage of Captain Don's three dive boats and carried out 14 dives from the boats alone. Most of our boat dives were to destinations, which could not be reached from the shore.



John and the girls

I will not bore you with umpteen lists of things we saw over the two weeks but here is a short description of just one day.

We started as usually by hand feeding the Iguanas after breakfast, which by the way was always very good and then headed off with our pick up truck to our first dive site "Ol' Blue. While parking we saw some more of the wild parrots feeding, which are common in Bonaire. This dive site has many Gorgonian beds and gigantic purple sponges, which are sometimes known as Finger Sponges though they don't look like fingers more like overcooked and tangled pasta. Some were up to three metres across.

Almost immediately we saw a Hawksbill Turtle who although keeping a short distance from us was quite happy to swim at a gentle ambling pace allowing us to follow him along the reef for quite a while. Needing to turn back and go up a bit we discovered a very large green Moray eel out in the open. We watched as he tried to do an ostrich impression by sticking its head into a hole while leaving the rest of its three metres length sticking out. As we left him Chantal's fin movement annoyed him and he came after her in an extremely aggressive manner. He then decided to follow us on a parallel course for a good 15m, which was intimidating.

The second dive was at Karpata, reached by some steep steps but well worth the effort. Many Pelagics are seen at Karpata along with

various cleaning stations along the reef. This was another turtle dive although we were searching for more Sea Horses. This turtle was green and holding onto a piece of coral with his fin while sleeping. We felt guilty at disturbing his snooze.

Our third dive that day was at "Front Porch" This dive site has a tremendous diversity of fish life. While enjoying all the different fish we couldn't believe our luck when we came across a massive Loggerhead Turtle, which had a very pronounced dent on one side of his shell. He was very happily crunching away at a piece of coral and wasn't at all concerned about us; so we lay down on the sand and watched him have his dinner. Eventually he went up for air and that was a beautiful sight. On the way back I saw two Morays on top of a piece of coral entwined around each other. They were either fighting or mating; I just couldn't make up my mind which! The smaller one eventually swam off. To end a really great day the resort had organized for its guests, passenger rides on Harley Davidson's.

Bonaire offers a tremendous range of diving and diving experiences, which is just what we wanted for Chantal and Tíree's first diving holiday.

The girls now understand why I will not dive in the Netherlands, as Chantal and Tíree summed it up; "They saw more in their Bonaire night dives than they normally see through the day in the Netherlands."

The girls did really well and took turns in selecting the dive sites and planning and leading the dives, which was particularly nice for John, who has given so much of his free time to teaching our club students.

We thoroughly enjoyed our two week diving there and must say a big thank you to Chris for the loan of books, fish charts etc and to Lucy for her hospitality when we were enjoying watching Chris's excellent homemade DVDs on Bonaire.

Myra

Expedition Matters

The Isles of Scilly

The Isles of Scilly are a large group of windswept islands in the middle of the Atlantic about 50km off the coast of Cornwall in England. Only five of the islands are inhabited. We headed to St. Martin's, which was a beautiful little island of 60 or so permanent residents. The main road was a small single lane down the middle of the island with quite magnificent views of long deserted beaches.

The journey was long, but not as demanding as it seemed when planning it. Everyone carpooled and the ferries were punctual and comfortable. Believe it or not, there were almost no traffic lights from Harwich to Penzance. In Penzance we stayed in two local bed and breakfasts. The service was excellent and the rooms were nice and cosy.

On the crossing on the Scillonian III from Penzance to St. Mary's it felt like the real voyage had started. A helicopter rescue was simulated on the aft deck, mighty entertaining and quite relevant after our Dive Leader lecture on helicopter rescue just the week before. In St. Mary's the final leg of the journey took us to St. Martin's where Jo Allsop collected our diving gear for us. We strolled over the hill to the Dive Lodge and Rock Cottage.



Manuela and Wim relaxing at the Dive School lodgings

The first impressions were very good and I was looking forward in anticipation to the diving. The next day we met Tim Allsop at the pier, where all of the diving gear was prepared. The first day we visited a wall and an interesting old wreck that consisted of wooden beams and some canons hidden in the sand. This was the general routine for the week, usually diving on a wreck and on a wall each day mixed with the odd dive with the grey seals.

The walls were often steep and covered in a fantastic array of sponges, anemones and coral.

The first dive with the seals was on the second day. When the seals are waiting for the retreating tide to uncover the rocks they apparently have nothing to do. This means that they are more than willing to play with the strange bubble blowing aliens who visit them occasionally and especially the junior seals were very curious. They would sneak up on us from behind, darting in and out of the shallow kelp with incredible ease.

The Isles of Scilly are famous for their wrecks though. It is a wild place where even today an experienced captain like Tim is a must. He dives himself and as such has found many dive sights that you won't find in the lonely planet guide. Some of the wrecks were spectacular. We saw lots of anchors, boilers, interesting swim-throughs and even a huge steering column up on its side at 38 metres.

After the diving the routine consisted of tea and cakes in the subtropical gardens. We also visited the bakery at lunch times and the local super-market. The evenings were spent down the pub. Good grub and a pint or two to round off a fun day of diving, was just what the doctor ordered.

At the end of the week Roger and Phil stepped up the entertainment and plucked their guitar and banjo to great effect, rolling out such classics as the Wild Rover and the Drunken Sailor. Finally we were left with the return journey and lots of good memories.

[Isles of Scilly slideshow](http://www.geocities.com/estecessac/ios04/sc04pgf.htm)

<http://www.geocities.com/estecessac/ios04/sc04pgf.htm>

Anthony

Snorkelling Matters

The Snorkel team show a stable participation, nevertheless is the group open to new participants who like to maintain their physical condition for dive activities or in general. Also during this year the friendly atmosphere between the snorkels is obvious a factor for the stability in the number of participants the team.

Earlier this year the club had organized snorkel training for the swimmers; this activity was well appreciated, and had indeed resulted in more participation in the weekly training on Saturday in the Wassenaar pool.

But now, we have a new activity, the

Junior Snorkel Course

This October/November we shall be running a snorkeling course for youngsters of between 8 and 14 years. It will be presented by qualified instructors and priced at €20 for the three sessions. Membership with our club until December, all equipment and course material is included in this price.

Contact either Bas Galewicz, Peter de Maagt or myself for further details:

Sebastian Galewicz:

sebastian.galewicz@essent.nl

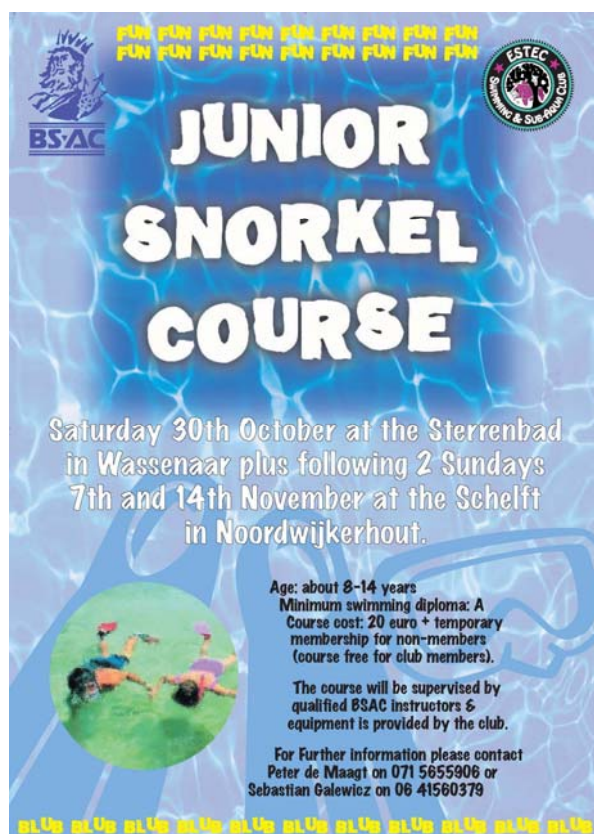
Peter de Maagt (x55906):

peter.de.Maagt@esa.int

Wim van Leeuwen:

wim.van.leeuwen@esa.int

The dates are Saturday 30 October in the Sterrenbad, Wassenaar and Sunday 7 and 14 November in de Schelft, Noordwijkerhout.



By now you may already have seen this poster prepared by Katherine and Jeroen.

Wim

Social Matters

We have booked a private room at the Indian Restaurant in Solasi, Noordwijkerhout for our club Christmas dinner on Saturday 11th December 2004.

Tickets will be (provisionally) €60 per person for the evening which also includes drinks and music.

Those familiar with this popular restaurant will know the food is real Indian but they are flexible, catering for many tastes.

There is still time so, any questions or further ideas, please contact me.

Kathy

Swimming Matters

Hi everyone. A reminder that our winter pool sessions begin at the Noordwijkerhout De Schelft pool on Sunday 3 October 2004 and ends on Sunday 24 April 2005. The time is always 15:45 - 16:45.

So far as we know, there are only two dates during the period, Sunday 26 December 2004 and Sunday 27 March 2005, when the pool is closed to us. Also previous experience has shown that the pool authorities may spring other cancellations at short notice therefore, keeping a careful eye on your e-mail is highly recommended.

For new members, De Schelft is a really good pool to swim in. It has two parts, one is the 25m lane pool used for more serious lane swimming and the other is a fun pool with a slide, fast flowing river with current and a smaller but warmer area for the younger children to play with their parents.

Unfortunately there was a comment made last year that too many non-members were using this pool. Our pools are for members and we welcome the occasional visiting family members or friends but, this policy should, of course, not be abused.

A reminder also that we revert to the winter pool times at the Sterrenbad, Wassenaar from Saturday 6 November 2004. This means that dive training and snorkel fitness training begin at 11.00 to 11.45 and other swimming activity is from 11.45 until 12.30.

Look forward to seeing you all there, swimming

Myra

Thank you

As I am now a BSAC qualified Sports Diver, I want to say thankyou, to all the instructors who helped me to get my diving certification.

Cesare, Wayne, Peter, John, Bas, Göran, Veronique and all the others who turned up every Saturday for the pool training, gave up their Sundays to give the theory lectures and to the instructors who took us open water, which meant travelling to various dive locations - again on Sundays.

Chantal

A Real Sea Horse

For those of you that haven't seen it yet, here is a little something that has been doing the rounds of our club recently - a real sea horse!



No animals were harmed in the creation of this shot
(only embarrassment to the subject!) Ed.

Our Committee

Our 2004/2005 elected committee is:

| | |
|---------------------|--------------------|
| Chairman | Con McCarthy |
| Club Treasurer | Audrey Paterson |
| BSAC Secretary | Bjorn Rommen |
| Diving Officer | Peter de Maagt |
| Equipment Officer | Martin de Boer |
| Expeditions Officer | Anthony Thirkettle |
| Snorkeling | Wim van Leeuwen |
| Social Secretary | Katherine Baker |
| Swimming Officer | Myra Macleod-Nolan |
| Training Officer | Bas Galewicz |

The committee minutes and reports can be viewed on our website under the 'Our Committee' icon.
