

November 2001

SubScript



Sunstar
Sub Aqua

The Sunstar Sub Aqua Newsletter

Annual General Meeting Time...



Welcome to November's **Subscript**. As you've noticed, the main news this month is the up and coming Club **Annual General Meeting** – which we would encourage all club members to attend if possible. Show your support, ideas and enthusiasm by turning up. Included with this newsletter is more info from Mike Saucedo on the agenda and actions for the event.

There are still a few places on the committee which are not assuredly filled as yet – so if you fancy having a go (with the full support and help of the committee to ease you in) then please talk to a committee member to get nominated.

Other bits and pieces include the recent new gradings of Dominic, Fiona, Shane and Shaun reaching Club Diver, Paul Beaumont reaching Instructor, Duncan getting Assistant Instructor and Mike, Suzy and Andrew getting their Dive Leadership – well done all!

Incidentally, the Communications Officer role *will* be up for grabs, so if you have an enthusiastic, creative way then please think about taking it on!? After 4 years diving I am likely to take a break next year, but hope to be back in the future – thanks to all those I've befriended, trained and dived with – please stay in touch!

Alex Edwards,
Club Communications Officer

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AGM CORNER

We have at least 2 nominations for the vitally important role of Club Chairman. Please read Tracey and Rob's petitions below, think carefully and decide who you would like to chair the running of our club.

TRACEY SKIRROW

Currently Interim Diving Officer

I am standing for the post of Chairman at the AGM, and have been given this opportunity to say a few words to let people know why I think I should be Chairman.

I have put a lot of effort into our club over many years, and I have been involved with every kind of activity within the club. I have trained new divers; increased skill and safety levels within the club by arranging skill development courses; arranged diving trips; arranged social events and I am currently working on developing our instructors so that we won't be dependent on just one or two instructors to run courses for us. I have enjoyed this work, and I am proud to belong to Sunstar and to be part of its committee.

Although not planned, this work has given me a unique perspective. I understand the needs of active divers, instructors, trainees and the social side too. I also understand how the club needs to develop if it is to thrive.

I think this perspective makes me a good choice for Chairman. Being involved with so many activities has made me aware of how dependent each aspect of the club is on all of the other aspects. I understand that if we neglect any part of club life that we will suffer in the future, and I want to make everything run smoothly. Also, I am not employed by BT which would emphasise the club is for all - not just BT employees.

Why do I want to be Chairman? Quite simply, I want more for the club: more members; more diving; more and better equipment; more choice of club trips and holidays; more instructors; more skills and knowledge within the club; more publicity for the things that we do so well and more involvement for the families of club members. If elected

as Chairman, I would achieve this by co-ordinating our training and diving well in advance so that things run smoothly, by actively recruiting qualified divers and by looking ahead to see what we will need in the future and planning for it now.

I believe that with my experience and enthusiasm that I am the right person to be Chairman and to lead the club forward. I hope that you will vote for me at the AGM on 28th of November. If you have any questions, advice or ideas for the club, then please feel free to talk to me at any time.

ROB SPRAY

Currently Expeditions Officer

Recent events and particularly the whole world of excitement that is the new boat have made up my mind to run for the post of chairman. I would like to think that this would lift everyone's hearts and bring smiles to every face but I'm not completely deluded. I am keen to declare my position early and avoid the backroom manoeuvrings that have marred committee elections in the past.

My view is that the next chairman should lead the club, have a healthy but not control freak interest in all aspects of the club and be on hand to support other members of the committee. I would want a strong team of club officers in posts which they were confident to lead but happy to ask advice and accept help.

My year as expeditions officer has been enjoyable but I have found myself spread too thinly trying to support numerous other activities as well. With no full time dogs body post to fill chairman seems a good central vantage point from which to get stuck in. Over the last few years we have made some important changes but it has been very hard work and I would like to encourage a more dynamic and responsive mood in the club and especially the committee.

I would very much like to hear from people who would like to form the next committee. To my mind the club is the best in the area, with the best training and the best equipped - but this is no reason to rest on our laurels and not seek to improve. We must aim to build on this and at the core of any effort will be a concentration on getting people diving, and enjoying that diving.

I haven't blanched from letting people know what I have thought of things as they have happened, that won't change, and I would not be at all interested in turning a blind eye when things need doing. I will try to be constructive but being human imagine things won't always turn out right first time. I am not above admitting mistakes and taking advice.

I wouldn't bother standing for this if I didn't think I could get elected, and I'm not doing this for the 'prestige'. There is a job to do. I'd welcome any thoughts any of you have on the subject.



Current list of Club Officers.

Do you fancy having a go?

POST	HOLDER
Chairman	Mick Morley
Diving Officer	Tracey Skirrow
Training Officer	Raj Mistry
Secretary	Mike Saucedo
Treasurer	Paul Beaumont
Expeditions Officer	Robert Spray
Communications Officer	Alex Edwards
Boat Officer	Peter Onion
Equipment Officer	Andrew Auchterlonie
Records Officer	Duncan Jay
New Members Rep	Drew Thompson
Social Secretary	Sharon Buckingham

HOWARD WESTLAKE - LEAVING BT

After a long career in BT Howard has decided to take advantage of the latest early retirement scheme and leave BT.

Howard was a founder member of the diving club and has held several posts on the committee including chairman. Some of you may remember the speech he made recently on the barge trip, which commemorated the club's 25th anniversary.

A leaving presentation was held on 12th October.

The club wishes Howard all the best for his future plans!

CLUB MUG-SHOT GALLERY

John Cook has taken the bull by the horns and almost completed a long held club-dream of having a 'mug-shot' gallery of club members on the website. Finally you can now check to see who that mysterious stranger was down the Lord Nelson! (or inform the Police if they were particularly strange and *not* a club member!).

It's at:

<http://www.sunstar.org.uk/>

under the button marked "PRIVATE".

You will need the user name and password you'll find on the contacts list that came with subscript.

If you don't like your thumbnail, or John hasn't got round to photographing you yet you are welcome to send John a JPEG image of yourself. Please make sure its good resolution and much bigger than the target thumbnail so that when its cropped and scaled it to fit 96 pixels the image will still retain a reasonable quality. John reserves the right to veto images...

New members might well like to browse the page to help them recognise members of the club.

GOZO VIDEO NIGHT (and John & Frances' Anniversary)

A very pleasant night was had at Suzy & Drew's reminiscing on the diving in Gozo (Malta) over the Summer. Rob prepared an incredibly professional video-CD of the holiday - which pretty much amounted to an hour of 'humorous' out-takes (depending on whether you were the object or not!). Great fun, lovely ~~beer~~ hospitality and a top curry from the Tandoori at the bottom of Grove Lane. To top it all John and Frances announced it was their Anniversary and unveiled a couple of gorgeous cakes for all to tuck in to - scrummy!

CHRISTMAS TURKEY AWARDS™ IT COULD BE YOU!

It is traditional at this time of year to present the club's Christmas Turkey awards to those members who truly deserve them. This year's award ceremony will be held immediately after the Christmas Dinner on Saturday 8th December in the County Hotel, Copdock.

Before describing the Christmas Turkey awards, there are two serious awards which are presented at the same time:

The Golden Porthole award - this goes to the person who has made the most outstanding achievement within the club. Last year Crispin Richards won the Golden Porthole award in recognition of his hard work improving and maintaining the boat.

The Steve Jensen Trophy - this is for the person/s who has arranged the most popular diving trip. Last year's winner was Morley Tours' for the November Red Sea holiday, which was probably the biggest trip ever (26 people?).

Finally, the Christmas Turkey awards will also be presented. These are for those who have blundered, slipped up, screwed up, fouled up or otherwise made fools of themselves in the past year. Nobody is allowed to escape!

All Turkey nominations are anonymous so there's no need to fear reprisal. So if there's someone you've been waiting to get your own back on for ages, now's your chance!

Nominations for Turkey awards should include a short description of why the award is being given, which will be read out at the ceremony and a small trophy/prize to accompany the award.

Examples from previous years include the the 'Duracell bunny award' presented to Dave Tonge for his incessant talking at early hours of the morning during a Red Sea holiday and the 'Spare Head' award presented to Jim and Cindy who turned up for a dive without their suits.

Please send your Porthole and Steve Jensen Trophy nominations to Mick Morley:

mickm@btinternet.com, Tel: 01728-860365

Please send your Christmas Turkey nominations to Brian Babbs:

Brian.Babbs@btinternet.com, Tel: 01473-212741

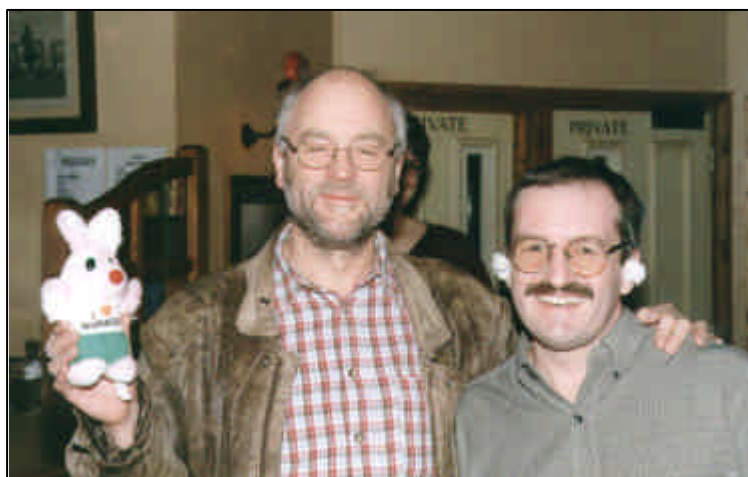


Photo: Howard tried to avoid hearing Dave's acceptance speech which went on and on and on...

DIVING OFFICERS REPORT

Tracey Skirrow

DIVING SUBCOMMITTEE

We have had an end of season meeting to decide how diving and training activities within the club could be improved with the benefit of this year's experiences. We came up with lots of useful suggestions and will be working to implement these. Many thanks to Fiona Simpson for taking minutes for us. I have compiled the minutes into a condensed form for discussion and action at the forthcoming training meeting.

TRAINING

Training is going well with all trainees advanced to Club Diver bar one who will be there by the end of October (all being well!). Nearly all of the people we had earmarked for being Dive Leaders have now got there, and I have interest in Advanced Diver development. We also have a new Assistant Open Water Instructor, so well done to Paul Beaumont and an Assistant Club Instructor - well done, Duncan Jay! And, as if this wasn't enough, we also have four new Club Divers, well done Dom, Shane, Fiona and Shaun for putting in all of that effort.

Latest: Mike Elliot (and we believe Suzy Young and Andrew Auchterlonie) have now completed the necessities to reach Dive Leader - congratulations from Raj and all the training team!

I would like to thank all of the instructors for putting in so much time and effort to catch up with the backlog that we had at the beginning of the year.

DIVE LEADER TRAINING

We will be running a course of Dive Leader lectures over the winter, to allow those who are currently Sport Divers to develop themselves as divers, and also to help develop our instructors. All are welcome to attend, whether you are a Sports Diver wishing to become a Dive Leader, somebody who would just like to get a deeper insight into diving or even somebody who has done the lectures in the past and who would like a refresher.

ADVANCED DIVER TRAINING

We have ordered a new Advanced Diver paper for those who are ready to take the AD exam. BSAC guidelines are that you should take this paper when you have finished all of the required SDC's, rescue drills and marshalling exercises.

DIVE PLANNING AND MARSHALLING SDC

We ran a Dive Planning and Marshalling skill development course at the end of October, along with with members from a Chelmsford branch and from a Bury branch. The course was a great success, and I know that all of those who went on the course now have a much greater understanding of all of the problems that occur, and a greater understanding of the effort that goes into planning a diving trip. Hopefully it will result in them arranging a lot of diving trips for us all to go on next year.

I would like to thank all of those who worked so hard to get the boat running in readiness for this course. The time and efforts of Pete Young, Andy Auchterlonie, Simon Keating,

Rob Spray, Craig Snowling, Raj Mistry, Paul Thomas (and others I've probably not even been aware of) were greatly appreciated.

TRY DIVES

We will be running some try dives in the near future to recruit new members for next year. If you know of anybody who would like to take up diving make sure you let them know as soon as the dates are announced.

DIVING OFFICER'S CONFERENCE

Tickets have been received for the Diving Officer's Conference which is on the 10th of November in London. David Bellamy will be the guest speaker at it.

SKILL DEVELOPMENT COURSES

We will be running some branch Skill Development Courses over the winter.

These courses will help to build up the level of skills and safety within the club and will also allow us to develop our instructors. I have tried to get a good spread which should appeal to all levels, from Trainee through to Advanced Diver.

The costs and dates are listed below.

CLUB LIBRARY

Some books have been purchased for the Club Library, these are 'Dive Dorset' and 'Marine Life of the West coast'. These were purchased with some of the proceeds of the Marine Life SDC we ran last year. Please contact FrancEs Cook for more details.

SDC Date	Course	Cost	Entry Level
Sat Nov 24 th	O2 Admin	£20	Club Diver
December	Equipment Care	£20	Club Diver
January 13 th	First Aid	£20	Club Diver
February	Boat Handling	£20-£30	Any
March	Outboard Engine Maintenance	£30	Any (+ boat handling)
April	Combined Nitrox Course	£75	Sport Diver + 20 dives
May	Chartwork and Pos Fixing	£30	Any

SOCIAL SCENE

By Sharon Buckingham,
Social Secretary

CHRISTMAS DINNER & AWARDS CEREMONY

8th December 2001

Dear all,

I am now taking orders and money for the Christmas Awards Ceremony and Dinner which will be held in the Constable Suite of the County Hotel, Copdock, IPSWICH on 8th December 2001. Cost is £20 per person (main course is turkey, beef or vegetable stroganoff plus a choice of starter and desert).

The booking form with menu choice is available here:

<http://www.octosys.co.uk/sunstar/xmas.pdf>

I need to have completed booking forms with money by 1st December 2001 please, as I have to let the hotel know numbers and menu requirements early this year.

More details of the evening (and booking forms) should be in the next Subscript.

Thanks

Sharon Buckingham

Sunstar Social Secretary



News from Dave Lock relating to clubs and activities of the BSAC and Eastern Region. Contact Dave Lock for more details. <http://www.bsac-eastern.org.uk>

PREP. EVENTS

I'll be running more First Class Diver prep. events next year so if anyone is interested please let me know. Costs are minimal so there's no excuse there. The ITS prep. events will move to classroom and open water to reflect the change on the exam.

SDC INSTRUCTORS

I'm looking for willing volunteers who want to help on Regional and Branch courses. The number of Branch and inter-Branch courses rose dramatically this year and the Regional Team is finding it extremely hard to support more events. The idea is to qualify as many Instructors ASAP so they can then teach in their own Branches. I would like to move to the Region only running the specialist SDCs during the next couple of years. This should make the branches completely independent to teach the Advanced Diver syllabus.

REGIONAL MEETING

I would like to hold a couple of evening meetings at the end of November, I'm fully occupied working away until then. Do you have a venue we could use on a weekday evening for 3 hours? Remember if we use your venue, you don't have to travel.

TRIMIX GROUP

I'm thinking of forming a small group who want to use Trimix to dive some sites next year. Obviously you have to be qualified before committing to this venture, I intend it to be in the normoxic range at first. We will dive mid-week of charter boats on the south coast. However RIB trips can be organised

if there's sufficient interest. Contact Dave Lock if you are interested.



I'm thinking of replacing this format with an E-group. This means you would be able to subscribe and unsubscribe yourself as well as subscribing other people. In addition you'll be able to advertise Branch events and kit for sale etc. There'll be an introductory E-mail when I've completed this. It also means that when this E-mail address changes next month it should be transparent to all of you. This has been trialled successfully by Southern Region and they now have 600 members in their E-group.

[Note from Alex: If this regional trial is successful, the club could benefit from using this system in addition to its current website and mailing list systems]

AREA COACHES

I've a few vacancies for Area coaches, you need to be at least OWI and have completed several SDCs. This is the only method I can use to improve to the service to Branches, so if you are qualified please volunteer your services.

Join Us!

Do you like what you've seen in this newsletter? If so, please consider joining our friendly, active club - believe us, this only represents a fraction of what the club gets up to! We have lots of enthusiastic members and lots of club equipment, boats and vehicles for all kinds of diving.

We have several schemes you could join under - varying from complete beginner to first-class diver. New Trainees normally pay £207 for the year (including training), whereas experienced divers pay £118 p.a. Please contact **Mike Saucedo**, club secretary for Membership forms and the exact payment details on 01473 645736 or info@sunstar.org.uk.

You can also find out more information on the club's website at www.sunstar.org.uk or pop down to meet us at the Lord Nelson Pub, Ipswich on Monday nights.

WORDS OF WISDOM

MIXED GAS DIVING; WHY USE HELIUM?

I continue to be fascinated by diving physiology. All divers have heard of Trimix but not all are aware of the reasons why it is used by some. In the early days of scuba it soon became apparent that when air is breathed at depth it has two major disadvantages. The first is the toxic effects of oxygen. However, of much greater practical importance is the narcotic effects of Nitrogen become apparent at the depths commonly encountered by sports divers and it is extremely hazardous beyond 50 metres when its partial pressure (pp) exceeds 4 bar. Narcosis is the single major problem at depths where trimix is traditionally used.

In deep diving Helium was originally employed as a simple diluent for both the Oxygen and Nitrogen found in air but it has four beneficial effects. Firstly it can simply be used to reduce the pp of the Oxygen in air for a deep dive. As Helium is much less narcotic than nitrogen the second and main beneficial use of Helium is the reduction of the narcotic effects of Nitrogen, which also is related to its partial pressure. If an air fill is diluted 50/50 with Helium it yields Heliair 50 (Trimix 10.55/50/39.55), so at any given depth the partial pressures of both Oxygen and Nitrogen are half that of air. This mix might be used in a dive to 120 metres, where the ppO₂ reaches 1.36 bar and the ppN₂ is 5.14 bar; the same as air at 55 metres (The Equivalent Narcotic Depth, END). In Heliair fills, clearly the Nitrogen fraction remains in proportion to Oxygen and it is just as narcotic as air for any given ppO₂ and regardless of any other considerations an END of 55 metres is very narcotic indeed.

At these extreme depths, normally only encountered in the commercial sector, the narcotic effects Nitrogen can be eliminated entirely and it is more likely that a gas mix containing only Oxygen and Helium alone, 'Heliox', would be used. At 120 metres a mixture of 10.7% Oxygen and 89.3% Helium gives a

safe Oxygen pp of about 1.4 bar. The danger is this mix contains too little Oxygen to be safely used at the surface. Using Helium has its disadvantages. Helium is expensive, it is cold and attracts considerably more added decompression penalties, which severely limits its use in sports diving, but at these depths the third and beneficial effect of Helium becomes apparent, as a diluent it is less viscid than Nitrogen so is far easier to breath. In addition the weight of gas carried is much less;- The fourth benefit of using Helium as a diluent. The gas in a 300 bar 10-litre twinset filled with Nitrox 28 weighs 6.7 Kg, while Heliair 50 weighs 3.28 kg.

Enriching with Oxygen

At a more acceptable depth of 60 metres a Heliair 50 mix (10.45/50/39.55) gives a comfortable END of 25 metres but the pp O₂ at this depth is only 0.73 bar, which is well below the toxic level of 1.6 bar. As with Nitrox, if a proportion of this Nitrogen is replaced with pure Oxygen, the mix is even less narcotic and, more importantly, decompression penalties are considerably reduced in comparison. If Trimix 20/50/30 is used the oxygen pp at 60 metres is increased to 1.4 bar. This mix produces extended bottom times, reduced decompression penalties and the ppN₂ at the target depth is reduced to 2.1 bar giving an excellent END of only 16.5 metres. In addition, it is safe to breathe on the surface.

As with nitrox, it is imperative that the final Oxygen mix is checked before diving but as it is not yet economical to measure either Nitrogen or Helium after mixing there is no effective way of checking the final mix of these two gases, which are almost certain to be

erroneous. As Helium requires more decompression than Nitrogen and as a Helium bend is more serious and more difficult to treat than any Nitrogen bend all Trimix divers are well advised to plan their decompression with added conservatism.

SUNSTAR BAZAAR

GPS and Digital Compass

Complete set of scuba kit, large size is up for grabs, preferably as a job lot, but could split.

DrySuit: Oceanic Flex 2000 (includes carry bag)

Under Suit: SnugPak WeeZle (includes bag)

BCD: Seaquest Pro QD
Safety Light: Seaman Sub (neon flash)

Torch: IkeLite PCLite (clear)
Divers Knife: Blunted end with cutting both edges.

Regs: Oceanic Alpha / Alpha7 / 1stStage (complete set with Octo)

Gauges: Oceanic (includes depth / pressure / compass (on reverse side))
Wrist Computer: Oceanic Data100 GLO

Fins: Mares Plana Avanti (large size 9)

Snorkel: (2) both with spit catchers

Hood: Oceanic Neoprene 5mm

Gloves: Typhoon Neoprene 5mm

Bag: Oceanic BigBag

DrySuit Hanger: correct hanging of suit from around the ankles of the boots.

All items (except wrist computer) are brand new and have only been wet once (Stoney Cove)

Sizes are all Large.

Price around £750 but I could split if I had sufficient interest.

Barry C Manning

05/11/2001

ReCycle – Don't Bin Me!

After you've read this stimulating letter,
Surely you can think of something a bit better
Than leaving me to crumple and weep,
At the bottom of some eventual rubbish heap.
So how about putting me somewhere good?
A place that I'll be read, not overlooked.
One never knows what things may come –
New friends, club members – all sound fun!



ACTIVE EXPEDITIONS

This table shows the current major expeditions previously listed in **SubScript** which still have places you can book!
Be quick – they're not going to hang around much longer!

Title	Oceania 2002	Menorca 2002	Scapa Flow 2002
Location	New Zealand and Australia Fly to Auckland: 6 days diving around the sub tropical Poor Knights Islands a week site seeing North island Fly to Cairns: 4 days diving and lounging off the Great Barrier Reef Fly home tied but happy	Menorca	Scapa Flow, Orkney Islands
Country		Spanish Balearic Islands	Scotland, UK
Depart & Return	2-25th Feb 2002	6 th -13 th April	7 th -14 th September 2002
Duration	23 days	7 days	7 nights
Dive Days	10 days	5 days (10 dives)	6 or 7?
Organisation	Sunstar	Sunstar	Sunstar
Travel Time	24hr flight!	Flight: 3hrs+	???
Features	Excellent! Different diving with some coral thrown in later for good measure.	Easy going, nice diving, lots to do, sites and history http://www.crystalseas-scuba.com/Main/English/Recreational/index.html	Famous wrecks, good visibility http://www.sunrisecharters.co.uk
Air Fills	Yes	Yes	Yes
Nitrox	No :-)		Yes (cost extra)
Boat	Yes		"Sunrise"
Accommodation	Hiring Cottage/Cabin	B&B	Onboard Boat
Max Persons		6+ ideally (free minibus!)	12 (sharing 6 cabins)
Who's Going?		Karen Gould Dave Lock Barry Manning Craig Snowling (+ family?) Chris Everitt? Shani Eimers James Moffat	
Grade Needed			
Price	£1500 - £2000 per person	£162 Flight (inc xtra 13kg allowance) £250 Hotel & Diving	~ £250 per head inc accommodation, breakfast and air fills. Travel expenses not included.
Deposit	Pay as required	£135 (£100 diving/£35 flight)	£100
Contact	Rob Spray robert.spray@bt.com	Karen Gould Karen.Gould@BTInternet.com	Andrew Auchterlonie

CLUB CALENDAR – NOVEMBER 2001

The current club calendar is listed below for diving and social events as collated by Rob Spray, Expeditions Officer.

<u>Month</u>	<u>Event</u>	<u>Who's it for?</u>	<u>Contact</u>
Nov	10 th -18 th Sharm El Sheik, Red Sea <i>still going ahead – though a couple people have had to drop out.</i>	Q(C)	Raj Mistry
	10-11 th Portland?	BM	Volunteers - Rob Spray
Dec	8 th Christmas Awards Dinner	All	Sharon Buckingham
2002			
Jan			
Feb	2 nd - 18 th New Zealand – Dive and drive	Q(C+)	Rob Spray
April	6 th -13 th - Menorca	M	Karen Gould
May	16 th -19 th Weymouth	BM	John Cook
June	Pembroke	BM	John Cook
July	Red Sea Liveaboard	M	Karen Gould
Sept	7 th -14 th Scapa Flow, Scotland	Q(S+)	Andrew Auchterlonie
Nov	Thai Liveaboard ??	Q(C+)	Rob Spray
2003			
May	Gozo	Q(C)	Rob Spray
NOTE:	B=Boat, M=Minibus, T=Training, t=trainees welcome, Q=Qualified only (C)=>Club, (S)=>Sports ?=Pre confirmation guess at trip and /or organiser.		
	All trips are, of course, subject to weather or adequate take up. Please check the qualifications needed for each event, if in doubt ask the organiser. You may be refused a place if you don't have enough recent experience. Aim to build your experience gradually, there are plenty of events.		
<i>Calendar last updated: 05/11/2001</i>			