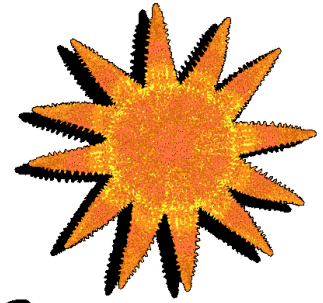


March 2009

SubScript

The Sunstar Sub Aqua Newsletter

www.sunstar.org.uk



Sunstar Sub Aqua

Welcome back!

Happy New Year. Despite the cold weather we still managed to do some diving at Stoney and some lucky people in the Red Sea. In this issue we've got the usual DO stuff and reports from recent and not so recent trips Thanks for contributions – keep them coming! We also have a Competition to win two tickets for the dive show at the end of the month. Also included in this issue is your own **free** gift, labels for your cylinders.

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Your Committee

Post	Holder
<i>Chairman</i>	John Cook
<i>Diving Officer</i>	Toby Hope
<i>Training Officer</i>	Chris Bond
<i>Secretary</i>	David Parkinson
<i>Treasurer</i>	Adrian Barker
<i>Expeditions Officer</i>	Paul Mann
<i>Communications Officer</i>	Matt Yates
<i>Minibus Officer</i>	Matt Yates
<i>Boat Officer</i>	Dave Lock
<i>Equipment Officer</i>	Simon Steward
<i>Social Secretary</i>	Chris Nixon
<i>New Member's Rep</i>	Joe Cullum

DIVING OFFICER'S DOINGS

~ Training

Our new intake of Ocean Diver students are due to start their lectures and pool sessions on 23rd of February. At the time of writing, I'm not sure exactly how many new members we've got in the club, but they include: Sydney Reynolds, Priscilla Mobley, Maureen Gibson, Holly Tonge, Mike Lovell and maybe David Ludlow, Craig Robinson, Andy Bartlett and Nicola Joenes! Welcome to all of you.

Sport Diver training is also going well, thanks to the efforts of all the trainers for supporting Adrian's pleas for instruction.

There has also been a Dive Leader session this year already, and Paul Mann is due to start his course shortly. If you're one of the people who've yet to finish your Dive Leader sessions, please get in touch with either Chris or myself and we'll factor you into the schedule for the year.

As well as these courses, we've also got the Boat Handling SDC. This will be run on 25th and 26th April out of Levington. Dave Lock has been working hard on Calypso and the trailer to make sure everything is ship shape for the new season.

New Season

Some foolhardy folk have already been to Stoney Cove this year, some people several times. To make sure you're ready for the coming season, please take the opportunity to refresh your skills. This is particularly important if you're heading off to Egypt for the March expedition to Sharm El Sheikh. If you don't fancy the icy waters of Stoney Cove or Gildenburgh, why not bring your kit down to the pool? Let me know when you can make it and I'll find you a buddy to help buff up those rusty skills!

Well done to both Adrian Barker and Joe Cullum who have completed their Sports diver dives and now only need to pass the Exam.

The calendar has been updated on the website, so please have a look through the list of upcoming trips and let the organiser know which ones you're interested in.

A Non divers Guide to Egypt

By Emma Yates. Intro by Matt Yates.

With talk of a trip to Sharm in march I thought it might be interesting to hear a dedicated non divers views of Sharm. And so have volunteered Emma to write about her version of Egypt.

As you all know I am married to a dive freak! So all our holidays revolve around Matthew's diving, so when he first suggested going to Sharm, I will admit I was not very keen, as I knew Matt would be diving everyday and I was worried that I would get bored and lonely.

HOW WRONG WAS I – Egypt is just amazing, I loved Sharm so much so that I have now been twice and hopefully I will be going back in March.

There is so much to do. Egypt is an amazing country and full of history.

We have been lucky enough to stay in the most amazing hotel called the Grand Rotana resort and spa which is about a 10 min taxi ride from the centre of Naama bay, where the staff are very friendly and helpful and the spa is great where there are many treatments to have (the only down side about this is when Matt goes to pay the hotel bill and has a fit about the price!!!)

Last time we went to Egypt we went with Longwood holidays who were really , and offer a number of day trips which I took full advantage of.

The trips I took were to:

St Catherine's monastery

Cairo

A snorkelling day trip to Ras mohamed

Quad biking

St Catherine's – It took about 3 hours by mini bus from Sharm, to reach the monastery. After a guided tour of the monastery, seeing

many relics and the gardens we headed to nearby in Dahab. Where we had lunch in the Hilton before I was let loose in the shops.

Cairo – Was an hours flight. On arrival at Cairo we were met by a longwood rep, Who then introduced us to our guide for the day. We visited the pyramids, the Egyptian museum and then onto a market where we did some more shopping. The market was extremely busy with all the shop keepers trying to convince you that their goods although identical to everybody else's were so much better and much more cheaper.



Snorkelling trip – This trip was fun, spent a day on a boat where we stopped at a number of reefs in the Ras mohamed national park, the fish and coral were simply amazing! And this was one of the few times I wished that I could dive. On the boat there were plenty of drinks and at lunch plenty to eat. On the return to the jetty we ended up taking another boat under tow as they had broken down.

Quad biking - I did this trip with Matthew and it was real fun, we got picked up at the hotel, and were taken to the Quad biking centre, After being kitted out with some smelly helmets and gloves we had a couple of practice laps on a test track before we headed into the desert and rode the bikes for a couple of hours. At the half way point we stopped at a Bedouin camp for some Tea before setting off through the mountains and back to the centre. When we got back to the hotel we received some funny looks from people as we didn't realise how sweaty and dirty we were (You get very dirty on this trip). We will be doing this trip again when we go back.

All of the above trips were fun to do and well organised.

However, if you wish not to do any of the above, the weather in Egypt is good all year round so it is nice just to lay by the pool or visit the beach.

Naama bay offers a number of great restaurants and bars and the prices are very reasonable.

My top tip for when you visit Sharm is to get a good hotel where there is a Spa to have some well earned pampering and do some day trips.

Roll on March, I cant wait!

Stoney Cove Over Christmas

By Matt Yates

I suppose I should actually write an article myself seeing as I am now the Communications officer, and until now have never bothered to contribute to Subscript. (Dont do as I did, get those articles sent in). I have to admit that i am a complete dive junkie and given the opportunity will try to go diving. Back in December it was the day before Christmas eve. When three of us (Paul, Joe and myself) set off from Ipswich at 7 in the morning and were pleasantly surprised to reach that diving nirvana the bottom car park at Stoney cove. With our lovely waterfront location we set about rigging our kit and discussing dive plans and options. During this time Paul spent a fair amount of time sorting out his kit rearranging things and mumbling to himself. Fearing he wasn't up for the dive we had a quick chat with him to make sure the plans were suitable and that he wasn't too worried about the upcoming dives. Fortunately it wasn't pre dive nerves it was that he had only just discovered that mice had been chewing on his mask and torch. So what was the diving like? Surprisingly the water didn't feel too cold, the dive computer said 6°C. We were all still comfortable after a 40 minute dive. The best thing about the dive (apart from the bottom car park) was the visibility. From the surface you could see the Staingarh's outline and whilst on the wreck you could see from the engine hatches to the bow. The second dive that day was pretty much a repeat of the first, With the good vis allowing me to take a number of decent pictures although there were a lack of fish to be seen.



A composite image of the Viscount Cockpit

This cold water madness was repeated on the 4th of Jan when Joe and Myself again set off for Stoney. This time it was colder but the vis was still amazing at least 10 meters, at the end of the first dive (45 minutes) we were making a safety stop on the permanent line from the Staingarh when i must admit my fingers were getting cold. During the surface interval it was cold enough for ice to form on any wet surface.



Ice forming on my wing

Our dry suits which we had taken off became stiff and icy. And while we had something to eat our gloves and hoods also froze solidly to the wall. This prompted me to purchase a new pair of gloves. Again the good visibility allowed plenty of opportunities for photography, and during this dive we also saw a large pike resting just below the galleon site at the far side of the lake. This time we managed a dive of 1 hour and surprisingly didn't get as cold as we had on the first dive probably as were a lot shallower and more active during this dive.

So what have I learned from these two trips? Firstly dress for the conditions and make sure that any fittings on your dry suit are tightly fastened, an amusing leak in the summer could be potentially serious in these conditions. It was also good to get out of my

dry suit between dives and put on more clothes to keep extra warm. A spare hood made getting ready for the second dive more pleasant as did a second pair of gloves. If you are going to wear more clothes under your dry suit you may be significantly more buoyant than normal so take spare lead and carry out a buoyancy check.

Finally don't be afraid to terminate a dive early should you become uncomfortable.

So what were the benefits for diving this time of year apart from getting into the bottom car park? Stoney was quiet on both occasions and as already said the vis was very good, but the best reason for diving this time of year? Any diving has to be better than Christmas shopping.

As promised here are your **free** gifts of cylinder labels. All you have to do is find somebody responsible to cut them out, and stick them to your cylinder with some clear sticky backed plastic. (This fine publication will not be held responsible for any cut fingers or sticky backed plastic incidents, or refusal by cylinder filling stations to fill your cylinders, or funny looks you may receive) These labels are recommended by the British Diving Safety Group and are the same as the ones that guildy trys to sell, when you go for a fill.

Talking of shopping Fancy wining two tickets to the upcoming dive show?

At the end of the month (Saturday 28th/Sunday 29th) it's time for LIDS. As usual the club will be making a visit. Contact David if you wish to join the trip and let him know which day you would prefer. This year we have a pair of tickets to give away to lucky winners of a difficult competition. All you have to do is answer the following question:

Where is LIDS 2009 taking place?



Answer to the Chairman by word-of-mouth, email, phone or whatever by Monday 19th Feb. Winners will be drawn from a hat in the Lord Nelson that evening.

	Air	Oxygen	Nitrox Trimix
UN 1002	Air, Compressed	Oxygen, Compressed	M.O.D:
		 	Mixture of: --- % Oxygen --- % Nitrogen --- % Helium
UN 1002	Air, Compressed	Oxygen, Compressed	UN 3156 Compressed Gas Oxidizing N.O.S. (Nitrox/Trimix/Heliox)