

# The Seahorse Dive Club Newsletter

January 2005<sup>Rev1</sup>

Dear Club Member,

Welcome to the first newsletter of 2005. A somewhat shorter letter this month as the dive season is at it quietest, ..... and also because I've run out of things to say 😊. However, there are several courses on the go at the moment and now is as good a time as any to take them.

It is on a sombre note that we end 2004 and begin 2005. You will all be aware of the terrible tragedy that has struck Asia and the Indian Ocean. It shows just how vulnerable we all are to the forces of nature. I am sure I speak for you all by expressing our deepest condolences to those who have suffered in this disaster or have lost loved ones. However, sympathy is the last thing these people need right now; they need practical support. If you would like to help then please visit: <http://www.dec.org.uk/> or call 0870 60 60 900 to give what you can.

I shall be creating photo galleries on the website soon. I have started to receive pictures from club members and I shall be posting them as I receive them. If you have any material you would like displaying (remember, this is a family website 😊) then please e-mail it to me. Links to personal websites can be inserted should you wish.

We recently had our club featured in the Swindon and the Chippenham Gazette and Herald. Our stars were Mark and Suzie Shipway. The article has also been published on the This is Wiltshire website at: [http://www.thisiswiltshire.co.uk/wiltshire/archive/2004/11/25/woot\\_news\\_local20ZM.html](http://www.thisiswiltshire.co.uk/wiltshire/archive/2004/11/25/woot_news_local20ZM.html)

I have noticed that a few people are using out of date e-mail lists to mail club members. The current list is version 15, which was mailed to all recently. If you would like me to send you the list again then please e-mail me (my e-mail address is below).

Just a note to anyone who wants to take a camera or camcorder into the pool area; perhaps you want to try out a new housing. You must inform the Leisure Centre staff of your intentions and sign the register at reception, before you enter the pool, not afterwards.

A very happy New Year to you all.

Dive safely,

Steve Cain

Contact: Steve Cain [stevecain\\_diving@tiscali.co.uk](mailto:stevecain_diving@tiscali.co.uk) Malcolm Cole [malcolm.cole@btinternet.com](mailto:malcolm.cole@btinternet.com)

## Latest News

The Christmas Dive and Dinner witnessed a record turn-out at Stoney Cove with 34 club members in attendance.

Everyone had a great time and the Christmas dinner was superb.



Mike has submitted some other pictures from the dives. Take a look at the Hot News page on the club website: <http://www.seahorsediveclub.co.uk/hotnews.htm>

Please note that the Saturday pool and social times have now changed. With effect from 8<sup>th</sup> January 2005 our new times will be:

Arrive and unload kit – 17:45  
Pool session – 18:00 to 19:00  
Bar and club – 19:00 to 19:45

Divers Gold cards will be distributed on most Saturday evenings at the pool. Please contact Steve Cain if you have not got yours yet.

The club website is constantly being added to and improved, so please check regularly.

## Courses and Training



Mark and Jason will each be running Open Water courses starting on 8<sup>th</sup> January. Mark's course is now full; Jason has a couple of places left if you know anyone who is interested.

Jason will also be running another EFR course on 15<sup>th</sup> January and starting Enriched Air courses in 2005. A Nitrox certification is an extremely valuable ticket to have, especially if you dive abroad from Liveaboards. When you take a Liveaboard trip one reason you do so is to maximise your dives per day. The downside of this is that you can also increase the amount of Nitrogen absorbed in your body. By diving on Nitrox you could reduce the amount Nitrogen absorbed and hence reduce your chances of getting 'bent'.

Other benefits may include longer no-stop times; as long as you aren't a gas-guzzler, and reduced surface interval times. You also tend to feel less tired at the end of the day. Contact Jason on 01793 347998 or [elephantmann@hotmail.com](mailto:elephantmann@hotmail.com)

**Luke Shipway on his Junior OW course.**

Whitehorse Divers is at: <http://www.againstthewind.org.uk/whitehorse/index.htm>

## For sale

The For Sale club webpage is now running on the website. If you have an item of diving kit that you would like to sell then please send details to Steve Cain [stevecain\\_diving@tiscali.co.uk](mailto:stevecain_diving@tiscali.co.uk). If you have a photo then please send it as well as it will help to sell the item quicker.

Club clothing is now available. We can now offer a range of Polo shirts, Fleece, and Caps with the club logo tactfully embroidered on them.

Contact Malcolm Cole [malcolm.cole@btinternet.com](mailto:malcolm.cole@btinternet.com) for prices and to order. They really are very good quality. We expect to see more items from a new supplier soon; with the same quality of course.

## Links

Some useful Links and contact numbers:

Seahorse Dive Club: <http://www.seahorsediveclub.co.uk/>

White Horse Divers: <http://www.againstthewind.org.uk/whitehorse/index.htm> Tel: 01793 731843

Website of the month: <http://underwatertimes.com/>

Contributions are always welcome, if you have something you want including in the next newsletter then please send it to: [stevecain\\_diving@tiscali.co.uk](mailto:stevecain_diving@tiscali.co.uk) Or [malcolm.cole@btinternet.com](mailto:malcolm.cole@btinternet.com)

Please send pictures as JPEGs or TIFFs and any text as .txt or .doc.

Remember, this is your club, your Newsletter.

### **Get involved!**

This Newsletter is published on the first day of every month.  
Please submit any content you want considering for publication by the 21<sup>st</sup> of the month preceding the publication date.