



University of London Sub-Aqua Club BSAC 0069

University of London Sub-Aqua Club



Go ULSAC Go !

CONGRATULATIONS ULSAC!

ULSAC are ULU's Society of the Year 2004/2005!

Last night, at the University of London Union Societies Shields 2005 Awards Ceremony and Reception, ULSAC swept the board - scooping the major awards of the night. Congratulations are in order to those individuals who won Awards:



ULU Society Shield (awarded for outstanding achievement or contribution within ULU Societies) : **Rosy Hosking** (ULSAC Secretary)

ULU Officer of the Year (Awarded to the Society officer who has shown the most personal commitment and dedication to the development of their society over the year) : **Catherine Stanley** (ULSAC Chair)

ULU Society Mentor of the Year (Awarded to the non-student who has given the greatest assistance and commitment to a ULU Society as an instructor, teacher or

volunteer over the year) : **Michelle Kim** (ULSAC Diving Officer)

ULU Society of the Year (Awarded to the Society which has displayed the most commendable development and achievement over the year) : **ULSAC (University of London Sub-Aqua Club)**

I would like to thank everyone on the ULSAC Committee, ULSAC's instructors and trainers, all of you as members of ULSAC, the BSAC, and finally ULU, for making 2004/2005 one of the most successful years in the clubs history - we have all worked together commendably well and these awards are recognition of our combined efforts and dedication to the promotion and running of the most successful University Sub-Aqua Club in London (if not the UK!).

Many thanks to one and all,
Catherine Stanley - ULSAC Chair



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Crossword Competition Update:- South of France Crossword

Unfortunately there were no entries for this competition so the prize will be sold to raise club funds. We will no longer run crossword competitions, but look out for future competitions such as the recent LIDS 2005 ticket draw.



Skill Development Courses

Fresh from teaching an Oxygen administration course I decided it was time to hone my rescue skills and broaden my first aid skills. With this noble quest in mind I decided to look into London region SDC's. I got talking to the club Wookie one evening and he decided that they sounded like a good idea so for the last two weekends of January and the first weekend of February myself and Nathan found ourselves in BSAC heaven! The courses we attended are:

23rd January First Aid for Divers (at imperial College) entry level 'Ocean Diver'

A revision of the resuscitation sequence and shock then straight into dressing wounds applying slings and improvising splints. A small amount of intimacy was involved in finding the brachial (and then femoral) pressure points and then improvisation (no not running around like some sort of lovey but how to fix people with what you might have handy on the boat).. Highlight of the day was carrying an instructor across the room using the stab jacket she was wearing and one wrapped around her legs (sorry Nathan, you rummaging around near my femoral pressure point came a close second...)

30th January Rescue First Aid (Harrow) (NB: Can't be Branch Run) entry level 'Sports Diver + O2 + First aid for Divers Course' Fixed cost of £37

This was an excellent course, highly recommend it (need to have done First Aid for Divers (hence previous weeks adventure). More slings and bandaging and then some new stuff; Bag mask resuscitators are an excellent way of providing high percentages of oxygen to a non breathing casualty, up to about 95% vs. 40% for a pocket mask, how to protect a casualties airway using Guedel Airways and how to fit a neck collar (although I'm not sure that's something I'd like to try and do because it's difficult to say the least)! Be warned there is an assessment at the end of the day! I'd urge

everyone in the club to give this course some serious consideration, the bag masks are a cracking piece of kit and it's a really good refresher of all the other first aid you've ever been taught.

5th/6th February Lifesaver (UeL Barking) entry level 'Ocean Diver'

Much more of a mixed bag this one, Saturday is a teaching day with an assessment (by different examiners) on Sunday. There's a dry session on CPR and also on some theory aspects followed by a pool session covering throwing ropes/buoys for casualties, how to approach a casualty, snorkelling rescue, swimming rescue and diver rescue (which has to be done in your suit). Again there was some new stuff on me (throwing and swimming rescues) and some revision (CBL's , AV) it was actually a very interesting exercise trying to do AV in a drysuit again, something I haven't practiced for a while and which had definitely deteriorated - perhaps a lesson for us all?

All of the courses have been really good fun and a real eye opener. You can't practice this kind of stuff enough. I'm hoping to work towards my approved instructor status and may look to start offering these courses in the club. One of the other really good things about the courses though is getting a non-club members perspective on things. Yes some of the stuff you'll hear is contradictory but a lot of it is real gold dust and it's only through mixing with other divers that new ideas are going to be brought into the club and best practice maintained. If anybody is interested in attending any of these courses one of the instructors we met would be happy to run a course for our branch. Please let me know if you'd like me to try and arrange it or get in touch if you have any questions

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By Sam Denby

Scoundrel Rides Again !

After 14 months without being in the water, Scoundrel finally returned to where she belongs, on the open sea, brand new twin 40 HP engines purring, pushing her effortlessly through the mirror calm waters of Portland Harbour.....

At least that was what we wanted, but we would have to wait just a little longer, before the initial running in phase

of the new engines was completed and we could let rip.

Three tedious hours at slow or almost on the plane but not quite and it was time, a flick of the wrist, and its up to full throttle for a minute then back to 75% to protect the gear box (only for the next 7 hours), and Scoundrel planes effortlessly across the Harbour

Ahhh..... a Boat Officers dream come true....



Dates for Your Diary

March 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			

April 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	

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

August 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				

September 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		

October 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						

November 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				

Key

- Special events
- Fundraising Events
- Dive Trips
- Bank Holidays

Social Events for Your Calendar

- 4th March Pre ET Party @ULU
- 5th-6th March LIDS 2005 Weekend
- 6th March 2nd ULSAC Fun Run
- 25th April ULSAC Annual General Meeting
- 10th June Annual Dinner

Upcoming Diving Trips for Your Calendar

- 12th-13th March Drills Weekend **Wraysbury** - Jimmy Cooke
- 23rd March - 3rd April Easter Training @ **Lizard Peninsula** - Mark Bell
- 16th-17th April **Portland** - Sam Denby
- 30th Apr-2nd May **Plymouth** - David Wright
- 28th-30th May **Torbay** - Richard Rowley
- 4th-5th June **Venue TBA** - Stephen Rome
- 18th-19th June Dive leader Weekend **Venue TBC** - Andy May
- 2nd-3rd July **Littlehampton** - James Royston
- 16th-17th July **Swanage** - Dean Williams
- 30th-31st July Dive Leader Weekend **Venue TBC** - Marcus Allen
- 5th-21st August **"Sound of Mull and the Firth of Clyde Wreck Special"** - Andy May
- 27th-29th August **Farne Islands** - Zoé Sharpe
- 10th-11th September **"Somewhere Nice"** Weekend - Jo Graham

ULSAC has got nearly every other weekend booked up with dive trips this summer as has been the norm for the last 15 years, so there's no excuse to not go diving during the summer, starting with Easter training to get everyone in the water and warmed up for the summer ahead.

So don't delay, visit the parents now before the good weather and great diving is upon us. Look out for the Sign up forms on the website www.ulsac.net or contact the organiser direct.

Also watch out for the October and November DL training weekend Specials.



U.L.S.A.C.

Any Contributions or Comments please send to

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EASTER TRAINING

23rd March-3rd April 2005

If you haven't already, make sure you've signed up for our Easter Training Extravaganza in Porthkerris, Cornwall. Guaranteed to be Wet and Wild, A little bit tiring, but most of all a great start to the British diving experience. Please contact any member of the training team for more details, or read first hand experiences from last years event in the April 2004 Newsletter which is available @ www.ulsac.net



London International Dive Show 5/6 March, ExCeL, London

Winner of the December Issues Competition for 2 free tickets to LIDS 2005 was Mr Martin Greaves, Congratulations.

ULSAC AGM 25th April 2005

Its that time of year again, when we look to members to put themselves forward to take the helm of ULSAC on its merry way through the next 12 months, yes the AGM will be closely upon us after the Easter training trip, so start thinking about which positions you would like to take on.

Check out the website www.ulsac.net to view the current holders of each position, and have a chat with them to see what's involved, there really is something for everyone, here's a list of the posts available, but be aware, certain posts have restrictions based on student status or being a National Qualified Instructor.

Chair *	Advanced Training Officer ***	Social Secretary(s)
Treasurer *	Membership Secretary	Member(s) Without Portfolio
Honorary Senior Treasurer	Assistant Membership Secretary(s)	Webmaster(s)
Secretary *	Equipment Officer	Fundraising Director
Diving Officer **	Assistant Equipment Officer(s)	Assistant Fundraiser(s)
Training Officer ***	Boat Officer	Newsletter Editor
Assistant Training Officer(s)	Assistant Boat Officer(s)	

* Must be a University of London Student ** Must be an Advanced Diver *** Must be a Nationally Qualified Instructor

Look out for the Nomination form on the website due out as soon as we all get back from Easter Training.

Summer Expedition 5th - 21st August 2005

Sound of Mull and Firth of Clyde Wreck Special

Look out for details of this 2 week diving extravaganza, guaranteed to get you wet, either in the water or in the bar(s). Keep an eye on the website for in depth details, action plan and the sign up list.