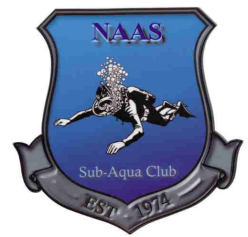


# Naas Sub-Aqua Club Newsletter



*Issue 1: 2015/2016 – 18th December 2015*

Greetings fellow members,

I would like to welcome all members new and old to what will be our 42nd year here at NSAC. We are looking forward to another year of diving at the club with all that has been planned. Last year we had a great year of diving with Rosemary missing no opportunity to get us out diving. Alice will be taking on the DO role this year so the trend of good diving and high standards this club has come to be known for will definitely continue. This is the 1st edition of the quarterly Naas Sub Aqua Club Newsletter for the 2016 season. We have some interesting content this quarter including a message from the chairperson, updates on the new committee team, clubhouse business, the 2016 diving schedule, updates on training, the pool fitness test, lectures, and open water snorkels. Many thanks for you article submissions in previous newsletters. I encourage all members to submit any dive related content. This season I've also decided to extend this to wives, husbands, partners and significant others. My wife has kindly submitted an article entitled "I'm a dive widow—get me out of here!!!" in this edition. Also included in this edition are some photos from the very enjoyable night at the 2015 Christmas party at the Ballymore Inn. I hope you enjoy the content.

*Shane Lillis,  
Public Relations Officer (PRO),  
Naas Sub-Aqua Club.*

## Message from the Chairperson

*The first 2015/2016 Naas SAC committee meeting was held shortly after the AGM, on the Wednesday the 28<sup>th</sup> of October 2015. As Chairperson I am once again very happy with the committee members, all of which are very able and enthusiastic members of the club. I am therefore certain that we will succeed in achieving all the goals we have set ourselves for the coming year. Over the year the club will have a number of fund raising events and this year's committee has set a target of €3,000. These much needed funds are used to upgrade the clubs equipment which is for the benefit of all members.*

*One of the goals of this year's committee is to purchase and install a 24' x 10' lecture/meeting room with toilet & kitchenette facilities in the club house. Hopefully this work will be completed within the next couple of months, in time for the new dive season. This room will be a huge benefit to the club with somewhere warm and comfortable to have meetings, lectures, a cup of coffee and a chat while filling cylinders or a coffee break when working on club equipment.*

*As a club member it is important that you play a role in the development of the club as we all share the benefits of these improvements. You can play this role by participating in all club fund raising events and helping out at the club house. As you know Instructors and other members of the Naas SAC committee pay the same club fees as all other members and give a lot their time free of charge so please respect this and co operate when asked to help.*

*Looking forward to a great years safe diving, fun and craic :-)*

*Liam Whelan,  
Chairperson,  
Naas Sub-Aqua Club.*



# NSAC Committee 2015/2016

The new 2015/2016 Naas Sub-Aqua Club committee were elected at the AGM in Lumville House Hotel on Friday the 16th of October 2015.

Chairperson	Liam Whelan	 Liam Whelan	Treasurer	Jonathan Dooley	 Jonathan Dooley
Diving Officer	Alice O' Sullivan	 Alice O'Sullivan	Secretary	Charlotte Mellon	 Charlotte Mellon
Training Officer	Rosemary Finn	 Rosemary Finn	Child Liaison Officer	Michael O' Mahony	
Equipment Officer	Bernard Kruger	 Bernard Kruger	PRO	Shane Lillis	 Shane Lillis
Ass Equipment Officer	Jonas Micevicius		Ordinary Member	Michael Cawley	

## Club House Opening Times

For the benefit of new members, the club house is located in **Tougher's Ind. Estate, Newhall, Naas** and is open to fill cylinders on Wednesday evening from 7:45pm until 8:15pm. We try to ensure that we get cylinders filled at this time as it is unfair to expect committee or other club members to open up the club house at other times. As always, keep your cylinders filled, ready to dive. This years equipment officer, [Bernard Kruger](#) and assistant equipment officer [Jonas Micevicius](#) carry out a lot of work on the equipment and keep everything in tip top shape. They can always use a helping hand and we encourage all members to help out. We all benefit from good, well maintained club equipment with no down time. Remember, always text Bernard before heading over to the clubhouse as there is no guarantee he will be there waiting for you!

# Diving Schedule

This years Diving Officer is [Alice O'Sullivan](#). Alice has given careful thought in planning the schedule for the coming dive season ensuring that there is diving to suit all members.

*“As 2015 comes to a close, just a few lines to update you on diving plans for next year. Over the past month my primary focus has been planning the diving schedule for 2016. As you know next year is jam packed with the bank holiday weekends scheduled in Oysterhaven, Smerwick and the 3 Ks! - Kilkee, Killala and Killary. We also have the club's week holiday in Valentia to look forward to – fingers crossed weather conditions permit a dive on the Skelligs! At this stage many club members have booked accommodation for these upcoming weekends so I would suggest to avoid disappointed and book sooner rather than later.*

*I have also been looking for alternative dive sites when weather conditions are not favourable and I have been successful in obtaining a 'permit to dive' for NSAC in the Upper Lake in Glendalough. I would hope to avail of this permit before the year end so that the Club has an opportunity to visit and dive this beautiful spot.”*

Dive Calendar 2016		
Date	Weekend	Diving Destination
17 <sup>th</sup> March 2016	St. Patrick's Day (Thursday)	Hook Head, Wexford
19 <sup>th</sup> – 20 <sup>th</sup> March 2016	Trainee (D*) Weekend	Hook Head, Wexford
25 <sup>th</sup> – 28 <sup>th</sup> March 2016	Easter B/H Weekend	Oysterhaven, Co. Cork
29 <sup>th</sup> April – 2 <sup>nd</sup> May 2016	May B/H Weekend	Smerwick Harbour, Co. Kerry
3 <sup>rd</sup> – 6 <sup>th</sup> June 2016	June B/H Weekend	Kilkee, Co. Clare
2 <sup>nd</sup> – 9 <sup>th</sup> July 2016	Weeks Summer Holiday	Valentia Is. Co. Kerry
15 <sup>th</sup> – 17 <sup>th</sup> July 2016	South East Dive Rally	Hook Head, Co. Wexford.
23 <sup>rd</sup> – 24 <sup>th</sup> July 2016	24 Hour Diveathon	Hook Head, Wexford
29 <sup>th</sup> July – 1 <sup>st</sup> August 2016	August B/H Weekend	Killala, Co. Mayo
13 <sup>th</sup> – 14 <sup>th</sup> August 2016	Wreck Weekend	Crosshaven, Co. Cork
25 <sup>th</sup> August – 6 <sup>th</sup> September 2016	Foreign Holiday - Dates TBC !!	Marsalforn, Gozo.
28 <sup>th</sup> – 31 <sup>st</sup> October 2016	October B/H Weekend	Killary Harbour, Co. Galway

## Training & Fitness Tests

[Rosemary Finn](#) is Training Officer this year and has been helping us get the laps in to ensure that we are all fit to dive for the coming season. Pool sessions take place every Thursday evening 19:45 – 21:00 at the Curragh Pool and we hope to see all club members taking full advantage of this great facility. We also held the infamous NSAC annual Fun Gala on Thursday the 17th of December which involved the usual fun and games with “no rules”. Rosemary and the club's instructors, Tony Leeson, Barry Lawler, Liam Whelan, Liam Staunton, and Russell Higgs have very generously given their time to assist with the recent “Try a Dive” discover scuba sessions. The guys have also been very busy instructing our new recruits. This has been very much appreciated—many thanks to all our NSAC instructors.

Alice has scheduled 2 dates for the pool test for the 2016 dive season— the **14th January 2016** and the **18th February 2016** so make sure you put them in the diaries. All members of the club must pass the pool test with ease – this is mandated by the Irish Underwater Council dive insurance requirements and it ensures all members are fit to dive. The pool test varies slightly from previous years. It will consist of 200 metres (8 lengths) **swimming without fins** within 10 minutes; 25 metres (1. length) underwater and 50 metres (2. lengths) tow. On the evening of the pool test, please show Alice your log book containing details of your **in date** fit to dive medical which should be stamped and signed by your GP. Can everyone please ensure that their 3 year medical is up to date and has not lapsed Alice will then update CFT Comms to fulfil the insurance requirements.



## CMAS D\* and D\*\* Course Lectures

NSAC'S annual CMAS Trainee Diver and Club Diver Lectures commenced on Sunday the 13<sup>th</sup> of December 2015. All club members are welcome and encouraged to attend. These lectures are not just for new members but for all members who intend participating in any CFT courses/test in the coming year. It is a great opportunity to refresh your dive theory knowledge. The dates for the lectures are summarised in the table below. Again, many thanks to the NSAC Instructors who have facilitated these lectures. This has been very much appreciated.

Naas Sub-Aqua Club Lecture Program 2015/2016					
First Session			Third Session		
Date	Sunday 13 <sup>th</sup> December 2015	Rathmore Community Hall	Date	Sunday 17 <sup>th</sup> January 2016	Venue TBC
Time	Lecture	Lecturer	Time	Lecture	Lecturer
2:00pm Sharp	Registration		2:00 – 2:30pm	Hypothermia	Rosemary Finn
2:15 – 2:30	Introduction to CMAS & CFT	Barry Lawler	2:35 – 3:05	Regs & Cylinders	Liam Staunton
2:30 – 2:45	Hand Signals	Liam Whelan	3:10 – 3:40	Respiration & Circulation	Rosemary Finn
2:45 – 3:20	Introduction to Dive Physics	Barry Lawler		<b>Coffee Break</b>	
	<b>Coffee Break</b>		4:00 – 5:00	Dive Computer	Liam Staunton
3:35 – 4:05	Out of Air	Liam Whelan	5:00 -5:30	Burst Lung	Rosemary Finn
4:05 -4:35	Decompression	Barry Lawler	5:30 – 6:00	Dry Suit	Liam Staunton
5:00 – 6:00	Equipment	Liam Whelan			
Second Session			Fourth Session		
Date	Sunday 10 <sup>th</sup> January 2016	Rathmore Community Hall	Date	Sunday 14 <sup>th</sup> February 2016	Venue TBC
Time	Lecture	Lecturer	Time	Lecture	Lecturer
2:00 – 2:30pm	Gas Laws	Tony Leeson	2:15 – 2:45pm	Night Diving	Liam Whelan
2:35 – 3:05	Effects of Pressure	Russell Higgs	2:35 – 3:05	Small Boat Diving	Rosemary Finn
3:10 – 3:40	Hypoxia & Anoxia & Drowning	Tony Leeson	3:10 – 3:40	Underwater Navigation	Liam Whelan
	<b>Coffee Break</b>			<b>Coffee Break</b>	
4:00 – 5:00	Dive Tables	Russell Higgs	3:55 – 4.30	The Sea	Tony Leeson
5:00 -5:30	Buoyancy	Tony Leeson	4:30 – 5:00	Dive Planning	Rosemary Finn
5:30 – 6:00	Ears & Sinus	Russell Higgs	5:00 – 6:00	SMBs	Tony Leeson

## Open Water Snorkels

The focus for January and February will be completing the prerequisite number of open water snorkels. These snorkels are a great way of improving your fitness and confidence in the open water. We will kick the year off with the much loved **New Year Day's snorkel** in the canal and followed by lunch and refreshments in Sallins. As always family and friends are very welcome to attend. Subsequent snorkels will take place in Sandycove, weather permitting. Alice is also planning to commence shore diving in late February or early March—hopefully in Hook Head, Co. Wexford.

## Club Fees

Annual Club fees were due by December 1st. Many Thanks to those who have paid. If you are still intending on joining this season please arrange payment before the Christmas break. This is required in order for us to finalise CFT Insurance payment which ensures that you are *insured* in time for the New Years Day snorkel. [Jonathon Dooley](#) is this years Treasurer and has been taking payment from members at Thursdays pool sessions. Please be aware that you will not be insured by the 1st of January for snorkels if not paid up .



## “I’m a Dive Widow - Get me out of here!!!”

7am on a cold damp Sunday morning. The alarm clock goes off. It's the sort of day when any sensible person would just pull the duvet back over their head and snuggle down for at least another three hours sleep. But not my husband. He leaps out of bed as if someone has just pressed a hidden ejector button and heads off with a spring in his step, singing away to himself. I should point out that this is the same man who normally has to be dragged kicking and screaming out of bed at the weekend if there's anything the rest of the family want to do! So what's different about today? Oh, that's right - he's going diving with Naas Sub Aqua Club...

Sunday evening. My husband is back after a day's diving. He tells me that the dives were fantastic. There was visibility of up to two metres, they got 2 dives in, saw plenty of life and even had a picnic in the driving rain on the Saltee Islands. A wonderful day. But how else do I know that he is home? By the sounds coming from the bathroom "drip...drip...drip...drip". Well, all the gear has to be hung up to dry somewhere, and where better than in the bathroom? The tortuous rhythm of dripping is in the background, a post-dive beat that will accompany us throughout the rest of the evening and into the next morning. Its not just the dripping, its also that strange odour. Monday morning, my husband gets up and shouts "I love the smell of neoprene in the morning!!!". A play on words, substituting "Napalm" from that quote by Lieutenant Colonel Bill Kilgore in the war movie Apocalypse Now. Ironically, Napalm is probably the only substance capable of eliminating the smell of wet neoprene as Febreeze and industrial strength odour destroyers are simply not up to the job.

Before joining NSAC my husband was a holiday diver. During the halcyon days of the Celtic Tiger when it was just the two of us, we were fortunate to get away to exotic locations on holidays. The deal was simple, we get to the sun, he dives during the day, I relax and sunbath, we meet up again in the evening and everyone's happy. So when I think about diving, I also have an image of a certain atmosphere, a feeling of being on holiday, which I just don't get here, at least not in spring, summer or autumn in Ireland. Instead of muddy grass along the banks of the canal at Digby Bridge or the small stony shores in Castletownbere, I like to imagine long stretches of white, pristine sand, palm trees instead of birch trees, a beach cocktail bar instead of a small stand selling fish and chips and the scent of coconuts on the light breeze instead of neoprene! I see what my problem is of course, diving is only something I'd do on holiday, if at all. But for real divers, like my husband, it's a passion that's about the feeling of floating weightlessly under water rather than seeing something beautiful - that's just a bonus. Most "holiday" divers don't have this passion, and don't actually need it. That's why the majority of divers would be unlikely to put themselves through the freezing agonies of a diving trip on an cold bank holiday weekend in Blacksod Bay, Belmullet, Co. Mayo!

Nevertheless, I digress...Now that I've set the tone, I wanted to use this newsletter as a forum to regale you, the readers, of the experience I had at one of the weekends away with Naas Sub Aqua Club. The weekend in question was the NSAC Diveathon, in Hook Head. My husband convinced the whole family to join him and the club on the weekend. "Where will we stay?" I asked naively. I was told that we'll be camping in a tent beside the lighthouse, there'll also be a barbecue, it'll be great craic. I had never camped in my life and neither had our 2 girls (aged 6 and 4). Do we actually own a tent? No, but Halfords have a half price sale, sure we'll buy one before we go down he said! Mmmh....Not really selling this very well is he? ...





It was a superb day at Hook. My husband was diving, the kids were playing in the sun with other kids in the playground area beside the lighthouse. There was face painting, bouncing balls, fun and games, it was magical. Between dives my husband joined us for a picnic and also managed to put the tent up. There was a barbeque in the evening and we all settled down into our tents and camping chairs, sipping wine and having the craic. The divers came back and joined us with news that the diveathon was cut short because of an impending storm that was heading towards hook. Ah, that's too bad I thought, because they were really enjoying the diving conditions on the first 2 dives. I was given assurances that we were well sheltered where our tent was pitched so we were still ok to camp for the night. Nevertheless, many of club decided that they weren't staying the night and headed home. What could possibly go wrong?

The rain started at about 11pm but even though it was very heavy, the 6 man tent stood up to the challenge. The girls were asleep by now and by midnight the wind started to pick up. I felt myself drifting off to sleep. Next thing I know I am awakened by a howling wind. I check my watch, 05:30 am. The wind is very strong and the tent is buckling under the force. The kids are still asleep and my husband is outside frantically hammering pegs into the ground trying to stabilise the tent. It was a lost cause however and after 30 more minutes the poles of the tent buckled and snapped under the pressure. Remarkably the kids are still asleep but we wake them up and relocate to the warmth of the car. Its 06:00 am by now so we decide pack up and head back to Naas. We sit in the car while my husband battles with the flysheet and tries to deflate the 4 inflatable camping beds that we brought along for the weekend. Its not very pretty but he manages to pack everything back into the car and we head home. I'm sitting in the back seat with the girls because the soggy and semi deflated camping beds and sleeping bags are in the front seat. Everything is drenched including my husbands clothes. He now has a towel wrapped around his waist and is driving barefoot. We get to New Ross and one of kids is feeling ill. We pull over and I try to get out to help her but the child locks on the doors have me trapped! My Husband jumps out of the car barefoot with the towel barely protecting his modesty and helps out again. Wearily, we then head home and laugh it off!

I will not let the events of that fateful night scar me from camping! We had an absolute ball down in Hook and we are very much looking forward to the 2016 diveathon.

*Audrey Lillis,  
"Dive Widow"  
Naas*





# NSAC Christmas Party 2015

A great night was had by all at the Naas SAC Christmas party on Saturday the 12th of December in the Ballymore Inn. Many thanks to Barry O'Sullivan and all his staff for the wonderful meal. Smiley, happy people having fun. Wishing you a very Merry Christmas and a Happy New Year!

