

Naas Sub Aqua Club Ltd



Pool Training DAY Changed



On a trial basis we are trying out pool training on a Tuesday night. It started on Tuesday the 15th of Jan. It is from 9 o'clock to 10 o'clock. So far it is a great success with more than thirty members both nights keep it up. It all runs smooth under the watchful eye of Liam Staunton our Diving Officer and Barry Lawlor Training Officer putting us through our paces.

Medical Assessment ***** Dive Ireland 2008 ***** New Members

Medical Assessment by your doctor will be required when you join CFT. When you reach the age of 35 a three yearly assessment until the age of 55. After 55 the assessments will be carried out annually. Chest X-rays, ECGs and other investigations will be at the discretion of the examining doctor. The main focus of these assessments will be on the important general factors such as heart, lung or neurological diseases or medicines that may create risk.

This year CFT divers will be asked to complete a fitness test and confidential medical

assessment each year together with a medical assessment by your own GP which will be less frequent than in the past.

You can get a full report on the Winter / Spring 2008 issue of Sub Sea. www.cft.ie

Dive Ireland 2008

Promises to be the biggest and best Dive Show Ireland has ever seen. If you can believe that!

CFT and BSAC are hosting the event and CFT will hold there annual delegate meeting, along with many other lectures and work shops.



All are welcome to attend. It will start at 10 o'clock Saturday February 23rd and Sunday 24th. Lectures for Trainee Divers / Club Divers should start at 10 o'clock this will be your last opportunity to get a lecture before diving starts. If you have missed some or all make it to Belfast for these two days The show and lectures are on in Wellington Park Hotel Belfast.

More info on schedule can be got on www.diveireland.org

Fitness Test * New Registration Date * Cylinder Testing

CFT have brought in a pool fitness test for all CFT members. Liam Staunton D.O. will sign each individual off when passed. The requirement will be to swim 200 meters naked! OK in swim gear and 25 meters underwater with fins snorkel and mask.

The registration date in Clubs will now be open from the 1st of October every year so Insurance and training of members and pool test can be carried out in time.

Our Equipment Officer Tom McCabe is kindly organizing with a Test Center, Hydro and or Visual Inspection on diving cylinders. As you all know time expired for Hydro is every 5 years and VIP 2 1/2 years from last check. Collection Date and fee to be decided later.

*** MEMBERSHIP FEE ***

Due Now
Is again 450 Euro a bargain

Maire Lawlor our Treasurer is collecting this. She will have her receipt book and be more than willing to take money on Tuesday pool night or before so please don't leave it too late.

***** EQUIPMENT *****

Tom and Bernard have done great work in the club house to get the equipment in order. The Three Boats are in for service and will be ready for the diving season ahead. They are looking for your help.

**** Dive Schedule 2008 ****

Carraroe Co Galway	15th—17th March
Hook Head Wexford	22nd—24th March
Schull Co Cork	3rd—5th May
Malinbeg Co Donegal	31st May - 2nd June
Kilkee Co Clare	19th—26th July
Beara Peninsula Cork	2nd - 4th August
Killary Co Galway	24th—27th Oct
Hook Head or Kilmore Quay	Some Sundays

***** Accommodation *****

The committee decided that we should keep the club members together as much as possible over the year on our weekends and week away. On our club web site www.kildare.ie/nsac You will see the accommodation and contact numbers as it is up dated through out the year by Liam Whelan Chairman

***** Did You Know *****

*Sharks attack some 50-75 people each year with perhaps 8-12 fatalities. 350 or so shark species about 80% grow to less than 1.6 M Only 32 species have been documented in attacks on humans and another 36 species are considered potentially dangerous. At a size of 1.8M three species have been identified repeatedly in attacks Great White, Tiger & Bull sharks.

*An estimated 80% of all life on earth is found under the ocean and the ocean contains 99% of the living space in the planet. Less than 10% of that space has been explored by humans. 85% of the area and 90% of the volume constitute the dark, cold environment we call the deep. The average depth of the ocean is 3,795M The average height of the land is 840M. The oceans cover 71% of the earths surface and contain 97% of the earths water. Less than 1% is fresh water and 2-3% is contained in glaciers and ice caps. 90% of volcanic activity occurs in the oceans.

*The highest tides in the world are at the Bay of Fundy which separates New Brunswick from Nova Scotia. At some times of the year the difference between high and low tide is 16.3M taller than a three story building. Pressure at the deepest point in the ocean is more than 11,318 tons / sq M, or the equivalent of one person trying to support 50 jumbo jets.

ICE Number

In Case of Emergency Number. This number is used by the Emergency Services in Ireland and other countries. It is very important to enter in your Mobile Phone under ICE your next of kin's phone number or the person you would like the Emergency service to contact in the case of an emergency. They would normally look under ICE on your phone.

Handy Phone Numbers

Liam Staunton DO 0868656428

Naas SAC TextBack 086606060

Emergency 112

CFT 01 2844601

Great Outdoors 01 6727154

Flag Ship Scuba 01 6670988

Naas Pool 045 876119

Dive Mag News

German WW1 U12 found in 50M of Eyemouth Berwickshire.

Great White could still be in English waters Seal was found with Major Injury in Norfolk

Thistlegorm re-opens with new moorings

Combating Jellyfish stings Medics concluded that hot water was the only successful cure 115°F over Ice, Vinegar or Sulphate.



***** First Snorkel of the Year *****

Liam Staunton Diving Officer in charge. The members took the plunge for 2008 our first snorkel of the year at Digby Bridge. We had 15 in the water and as many on lookers to give us support in a challenging for some snorkel.

Sandycove was the second outing on Sunday the 6th of Jan. Another great turnout with eighteen in the water. There were a lot of other clubs with the same idea and goal to get the five snorkels done. Text will be going out before each outing weather permitting.

Coming Events

Dive Ireland Show Belfast 23rd & 24th Feb.

Party will be held in Carraroe over out weekend away. With a meal out for all and back to the cottages later after the Pub. More info closer to date.

London International Dive Show 8th & 9th March not to be missed. www.diveshows.co.uk

News Letter

If there is any topic or pictures you would like to see on future issues of the News Letter please email me at naassac@hotmail.com or Text 0876624166

I would hope to print a news letter every two months and see how it goes. Your positive feedback will be welcomed.

Eamon Russell PRO.