



THE NATIONAL Diving Council has recently launched a new range of Sport Diver lecture materials. A team of regional instructors and examiners have worked for some time to create the full range of Powerpoint lectures, and a 100 page lecture notes booklet. The Powerpoint lectures include hundreds of new images, photos and diagrams dedicated to Scottish Diving and ScotSAC Training.

They are designed to enhance the learning environment of diver trainee's and ensure a consistent approach to Sport Diver training throughout all branches. For those branches unable to use computers

during lectures, all lectures have also been converted, suitable for printing on overhead projector acetates or A4 paper and used to deliver the lectures to a smaller audience.

All Branch Diving Officers should now have the CD. Copying and distribution is permitted within ScotSAC for the purposes of diver training. The lectures are designed for Microsoft Powerpoint 2003, and a licence free viewer is also included on the CD. The new lecture notes are available to download from the downloads section of www.scotsac.com.

Special thanks go to Don Lees,

Iona Anthony, Andy Murray and many other members who contributed to the creation and review of the materials.



Hamilton's Half Century

IN 1956, three years after the foundation of ScotSAC, a group of members from the Hamilton area formed what was then called the Lanarkshire branch. By 1960 they had 85 members and were bigger than the original Glasgow branch. A few years later a branch was formed in Bellshill so the original Lanarkshire group changed their name to Hamilton branch.

Although membership has dropped to around 40 the branch

are still one of the most active and well organised branches in ScotSAC.

Kevin Miller and I were delighted to be invited to join them to celebrate their 50th anniversary in the rather splendid Town House. After a few words from the Provost and even fewer from me, we enjoyed a super meal followed by a brilliant ceilidh. Much heuchter-teuchtering fuelled by copious amounts of the amber nectar led to

a great night followed by a few sore heads next day.

The highlight for me was Joe, 'Lightfoot' Campbell showing us all how highland dancing should be done. Absolutely brilliant, Joe!

Good food, good company and an excellent band left us all looking forward to Hamilton branch finding an excuse for having another night to remember, put me down for two tickets please.

Jack Morrison



WOULD YOU like to get involved with Seasearch? Seasearch is a national project for volunteer sports divers who have an interest in what they're seeing underwater, want to learn more and want to help protect the marine environment.

There will be a Seasearch Observer course on the weekend of November 11/12 in Macduff on the Moray coast. This course will give you the skills to take part in Seasearch and is the first step to getting the Observer level qualification.

Go Seasearching

The course will involve a dry day on the Saturday which is the essential part of the course and there will be an option of diving on the Sunday to get some practice. On the Saturday we will go through some species and habitat identification and seasearch survey techniques, plus some simulation video dives.

Weather permitting, on the Sunday we will put this into practice and do some Seasearch diving. To do the course, no prior qualification is needed but to do the diving you need a minimum of ScotSAC/ BSAC sports diver or equivalent with at least 20 logged

dives, including 10 in temperate water. You are still welcome to come to the course on the Saturday if you are not yet qualified with a view to Seasearch diving in the future.

For more information about the Observer course please visit, www.seasearch.org.uk/training.htm The course will cost £35 (not including the diving).

It will be held at the Macduff Arts Centre and diving will be close by weather permitting.

If you would like to come on the course, please first get in touch with Marion Perutz, 29 Mount St, Aberdeen, AB25 2QX.

2006 Season - NAS Courses

IF ALISON Fuller Shapcott's X-Craft story on Pages 12 and 13 of this edition of **SCOTTISH DIVER** has whetted your appetite for archaeology on the foreshore or underwater then why not take a look at the Nautical Archaeology Society (NAS) website and the range of training and projects on offer.

You could get involved with the search for evidence of past maritime activities. The simplest way to do this is to record what you've seen on dives or visits to sites of maritime activity. Your observations can be preserved and acted upon through the 'Dive with a purpose' scheme.

If you would like to get more out of a site, NAS can offer training in a range of survey and investigation techniques. The emphasis is on marrying practical experience with a firm understanding of the cultural and archaeological issues.

Projects, advanced courses and field schools offer further opportunities to refine your skills and put them to the test in real situations. They also introduce you to other NAS members and tutors, who are drawn from a wide range of backgrounds through a common interest in underwater archaeology. Projects have an important role in

building a strong social network that encompasses both professional and amateur underwater archaeologists and others interested in the field.

Whether you're new to the subject, or have had professional or private interests in the area for many years, the NAS offers you involvement based on the time you have available and the level of your interest.

Course dates for Scotland and the north of England 2006 season are:

● *NAS Introduction to Foreshore and Underwater Archaeology & Part 1 combined course*

November 3-5 (three-day course)
Combines the Introduction course and the NAS Part 1 course. Includes pool session and 2 dives.

Cost: £140 (members/adopt a wreck groups), £160 (non-members)
Location: Scotland

● *NAS Part 1 Certificate in Foreshore and Underwater Archaeology*

Sat, November 4 (two-day course)
Part 1 in the NAS syllabus builds on

knowledge gained on the Intro course. Subjects include: project planning, conservation, 3D Survey. Includes 2 dives.
Cost: £95 (members/adopt a wreck groups), £110 (non-members)
Location: Scotland.

● *Part 3 - Advanced Diving Techniques - Survey and Recording Modules*

November 18/19 (two-day course)
Have a go using surface supplied diving equipment to undertake an archaeological survey in a 7m deep fresh water tank.

Cost £160 (members/adopt a wreck groups), £175 (non-members)
Location: Middlesbrough, England

● *Protected Wreck Series - Warship HMS Dartmouth*

November 25/26 - Dive with NAS Scotland on an example of an early frigate. *Dartmouth* was part of a punitive expedition against the MacLeans in 1690 and was driven from anchor by a storm. Subject to demand / cost to be confirmed
Location: Sound of Mull, Scotland.

For more information about NAS training and events visit the NAS Scotland and NAS Portsmouth websites

John Arrowsmith An Appreciation

JOHN ARROWSMITH was a man who lived and loved life to the full in every sense. A devoted family man he excelled both in his profession and the many activities he took part in with family and friends.

Born in Wigan but brought up in Blackpool John's first taste of adventure came through the 26th scout troop. His working life began in the civil service followed by national service in the Navy. During that time he met David Attenborough who recognised in John a natural teacher.

Attenborough encouraged him to become a teacher which led to an outstanding career that took John from Derbyshire to Dorset and in 1967 to Edinburgh as a lecturer at Dunfermline College of Physical Education. John loved teaching as well as physical education, and he took a diploma in Special Education needs and became a Chartered Educational Psychologist. From 1989 until 2005 he advised a number of local councils in Scotland.

Through his teaching and by example John has helped shape the lives and experience of many people. From the very start he has been as one of his old friends

from Blackpool put it 'Action Man Arrowsmith'. Although we know John through diving the list of sports that he was involved in through his life is staggering. Rock climbing, pot-holing, cross-country running, athletics, cricket, swimming and life-saving, dinghy-sailing, windsurfing, canoeing, skiing and finally roller-blading. The roller-blading he taught himself so he could join in with his daughter Sue.

It was John's involvement with ScotSAC that we remember him most for. He was a founder member of Moray House special branch where he excelled as an instructor and BDO. However like all branches things did not always go smoothly, as one of John's colleagues remembers.

When I joined Moray House in 1974, John had already been BDO of the College sub-aqua club for some time (I'm not sure how long). He was a great enthusiast, organising training every Friday evening through the winter, then diving on Fridays at Dunbar or elsewhere or on weekend trips to Oban, Fort William, Loch Goil etc. for 10 to 12 divers.

He was a first-class motivator and teacher, great at encouraging people to do

their best, or even better. Apart from that, he was the sort of person things happened to - everything from losing the minibus keys, to the following incident.

We were staying at Benmore Outdoor Centre, and John agreed to help someone by checking a yacht mooring in the Holy Loch. The owner rowed John and a novice diver out in a small boat.

The novice was kitted up first, and asked John if he could get into the water to wait for him. When John said yes, he promptly launched himself over the side of the boat without warning, tipping John and the boat owner into the water.

John still hadn't put on his fins, and as he went overboard his dry suit inflater was pushed, the suit blew up, and he promptly blew away on the surface, leaving the owner, who couldn't swim, floundering about. Meanwhile the Principal of Benmore was dancing on the beach shouting for a pair of "***** oars", to go to the rescue.

All ended happily, but it was a classic example of how John's 'best-laid schemes' often went awry.

Livingston Russell

Tank Action At Deep Sea World

ANSWER AN easy question and win a chance to dive with the sharks at Deep Sea World. So I did and I did. The offer was open to any group of qualified divers who wanted to accompany me, up to a maximum of twelve people.

Deep Sea World is just over the Forth Road Bridge from Edinburgh and sits almost directly under the Rail Bridge at North Queensferry. The site is a mix of exhibitions from around the world and from nearer to home. The main attraction is an underwater tunnel 112 metres long and 6.5 cm thick. The average visitor can see over 2000 fish, rays, congers, crabs and sharks cruising by. Because of the thickness of the acrylic tunnel everything looks smaller than real size, about 30% smaller. So if you think the sharks are big wait till you get into the tank!

The dive we booked was an early evening session, so the visitors had all gone and we had the whole place to our invited guests and ourselves. The divers were all herded into the education room for a check on

qualifications, a thorough briefing on what to expect and procedures during the dive before signing a disclaimer to say that this was all at our own risk.

Groups of four divers were invited to kit up and join the dive leader in an area behind the scenes. They also provide a tail end Charlie so no one gets lost. Getting your kit to the dive site couldn't be easier as there is a lift from the car park into the basement. I wish the usual dive sites we frequent had this on offer.

From the visitor's perspective the tunnel is a meandering stroll or moving walkway, for the diver it looks more like an oversized swimming pool containing 1 million gallons of sea water and with more interesting contents than the usual hair clip and elastoplasts floating past.

The pool is laid out in various depths and formations to represent rocky cliff drop-offs and sandy bottom miniature wreck site. Average depth is around 5 metres. It doesn't matter where you are in the pool there is always something swimming by.

The three types of sharks all tend to congregate on the bottom, mid water or near the surface so it's impossible not to get up close and personal.

The difference in diving technique is worth noting, no fins and extra weight to help keep the diver negatively buoyant. Crossing the tunnel from one habitat to another is a flying leap with a boost from the dive leader. Dive time is about 40 minutes but the time passes really quickly. Cameras are allowed in the tank but to be honest there is too much to see to have the time to take pictures as well.

Everyone enjoyed the night and for one of our divers returning after a break it was her first dive in two years. We were all impressed by the set up, the staff on the site and their professionalism.

Dave Simpson, Pentland Sub Aqua Club



Fashion Courtesy of ScotSAC

THE SCOTTISH Sub-Aqua Club is pleased to launch a new range of branded leisurewear. Coming just in time for Christmas, there is sure to be an ideal gift for the diver in your life - or perhaps you will just want to treat yourself!?

The range includes 15 different garments and merchandise; including mens and womens t-shirts, fleeces, polo shirts, hats and a backpack. All items are embroidered with a high quality gold or royal blue ScotSAC logo depending on the colour of the garment.

A further option to include your name, branch name or any other text below the logo is also available. No minimum order is required and a small postage and packing charge of £3 per order applies.

The ScotSAC online shop is operated by leading clothing manufacturers Image Scotland Limited who are the sole authorised suppliers of our merchandise.

Visit the online shop at www.scotsac.com/shop.htm or download an order form (in pdf format).



Decision Time

AFTER WHAT seems like a lifetime it is now time to vote on the matter of the Scottish Sub Aqua Club becoming a Company Limited By Guarantee.

An EGM will be held in Stirling University on Sunday, November 26. The meeting will be on the same day as the DO's conference and will start around 5.00pm - time to go for

a dive first.

A copy of the M&A's and the Bye-laws will be sent to every member soon with details of the proposals etc. Members have had the draft M&A's for some months now and after the consultation meeting in September there have been a couple of small changes.

I think most members are aware by now

that this change is for the protection of the members and as such is necessary in today's world of litigation. We do not anticipate this being a long meeting but time will be taken to answer any questions before a vote is taken.

We look forward to seeing you on the day,

Jack Morrison - Chair, ScotSAC

CONGRATULATIONS GO TO...

Congratulations to **Forth Valley SAC's** two most recently qualified Sport Divers - Kenny Couper and Mhairi MacKechnie, Well Done!

Cumbernauld Dive Club would like to congratulate Jimmy Paisley on achieving his Sport Diver qualification in March 2006 - a keen diver - it won't be long I am sure till we see him qualify as a master diver. Well done, Jimmy!

Congratulations to Simon Richards and Matthew Richards of **Minch Active Divers** for their recently acquired Sport Diver Awards.

Congratulations to Saski Loer Hasen and Jon Halland both of **Eastwood SAC** for attaining their Sport Diver qualification.