



The daughter of a keen diver, it was perhaps inevitable that after years spent carrying Dad's fins along the beach and watching him disappear on underwater adventures, Bo'ness' Diving Officer Sam Paske would herself venture into the deep blue. Five years ago she did just that and hasn't looked back since... ..



■ WHERE DID YOU LEARN TO DIVE?

● I learned to dive in Scotland through ScotSAC five and a half years ago with the Bo'ness Branch. My first dive was at Carrick Castle in February 2002, it was cold and snowy and I can still remember the clarity of the water (and the snowball fight we all had afterwards). I was officially hooked.

■ WHAT TYPE OF DIVER ARE YOU?

● At the moment I am doing a lot of instructing in my branch and as such I go on a lot of shallow dives with the beginners. I love this though as the shallow dives can often be the most scenic, so I guess that's what I am at heart - a scenic diver.

■ WHAT'S YOUR FAVOURITE PIECE OF KIT?

● Without a doubt this has to be my UK800 torch, it's not too exciting to look at and it was cheap as chips but it has never let me down and having it with me on my dives makes such a difference as I can actually see what is around me.

■ DIVE-BUDDY - WHO DO YOU ENJOY DIVING WITH MOST?

● I like to dive with the more experienced people in my branch - the people I trained with myself, as they know me and my techniques well. Equally though it is always a pleasure to dive with the newcomers - I guess I am just happy to dive with anyone really if it means I get to go under.

■ FAVOURITE DIVE-SITE?

● I don't really have a favourite dive site as such but I do really enjoy diving at St Abbs & Eyemouth. Being a 'scenic diver' - these locations are perfect for me as there are plenty of scenic sites and the visibility is always good. Going to St Abbs is invariably a great day out, especially if you are diving off a boat.

■ BEST COUNTRY VISITED?

● Bodrum in Turkey was absolutely fantastic. It was my first ever blue water dive and I loved it - it really was amazing compared to what, where and how we dive over here. I was able to wear a wetsuit, the water was warm and clear and the sea-life was colourful. I would like to go back, but I have already made plans for this year and will be heading to Norway for some wreck diving in September and then to Australia for Christmas and New Year where I will be paying a visit to the Great Barrier Reef.

■ WHAT MOTIVATES YOU TO GO DIVING?

● The fact that it is a totally different environment to the day to day norm and the multidimensional sensation that you get by being able to move in all directions - forward, back, up and down makes it as close to flying as I can imagine. Add to that the fact that you get to experience underwater seascapes and you can see why it becomes so addictive.

■ DREAM DIVE BUDDY?

● There isn't one person in particular I would like to dive with but top of the list would be someone with a blank chequebook so that I could go and dive anywhere I wanted in the world.

■ DREAM DIVE DESTINATION?

● There is a long list (hence the reason I need someone with a blank chequebook). Top of this list would have to be the Red Sea, I have never been and I do feel that it is a must do destination for all holidaying divers thanks to its crystal clear waters, large marine animals, general abundance of marine life and wrecks too. Papua New Guinea and the Galapagos feature on the list too - for obvious reasons.

■ BEST DIVE BOOK EVER READ?

● I don't read that many dive books, but the last one I read was *Shadow Divers* and I really enjoyed it. It was great to read about the sort of diving that is going on all over the world and how things have changed in the last 20-30 years.

■ WHAT BUGS YOU MOST ABOUT DIVING?

● Two words - agency bashing! People saying: "I trained with this agency and therefore I am better than you." I believe that we shouldn't take each agency at face value and should really take the time to learn more about them before we criticise. I am a PADI Divemaster as well as having my ScotSAC qualifications and I know that there are good and bad points about all the agencies, everyone really could learn something from each other.

■ HOW WOULD YOU DESCRIBE DIVING TO NON-DIVERS?

● It is FANTASTIC and everyone should have a go!

Advertisement for SDS Watersports Sheffield. Includes logo, website URL (www.sdswatersports.co.uk), and award information (7 Times Retailer of the Year).