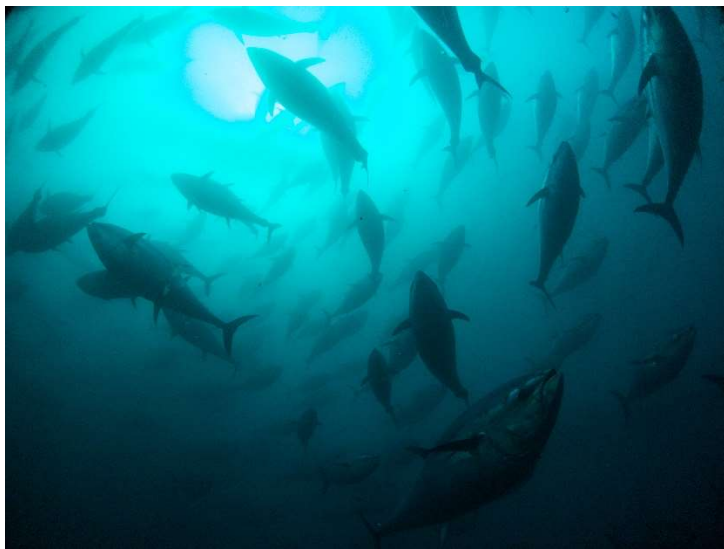


MOLES

MONITOR



MARCH 2020



MVSAC – March 2020

Welcome to our newsletter, we hope you are well & coping with the restrictions imposed on us by Covid 19.

As there is little club news to report we have put together a few things which we hope will interest you (please send us your ideas/ articles & we will put them in the next edition)

SCUBA Diving & Mindfulness

A 2017 study found that recreational diving could be more effective at reducing stress and boosting mental well-being than other sports.

The study concluded that the health benefits of diving for leisure include ‘a decrease in perceived stress and an improvement of multiple psychological factors associated with mindfulness abilities.



If we are stressed & we consciously slow our breathing down, that physical change can affect our emotions, our mood and our stress levels. In diving that is something we explicitly learn – to breathe slowly and normally and deeply. It has a regulating effect; it calms us down.

Strapping on a cylinder & jumping in the sea might not seem to be the most obvious way to achieve inner peace, but mindfulness, at its core, is about being present. Nowhere is this easier than underwater, where it is impossible to talk – let alone check emails or social media.

Diving means getting up close and personal with nature and the sensory aspect of simply being in the water can often feel therapeutic. You forget about your worries when you’re watching a turtle eat its lunch, or swimming off into the deep to watch hammerheads, and the buddy system means you tend to develop trust with people.

Of course, diving is not without risks, which must be taken seriously, but if something doesn’t go to plan we will refer back to our training, slow down, take a breath, think through the problem and then act on it – and that’s a basic life skill.

It’s been said that “You look at yourself in a whole different way once you start realising that you can breathe underwater”.

FISH OF THE WEEK

THE TOMPOT BLENNY

One of the UK's most distinctive & inquisitive fish.

Scientific Name: *Parablennius Gattorugine*

Usual Size: 15-20cm

Identification: The largest British blenny, its large headed, large-eyed fish found in crevices amongst rocks below the low tide line... Orangey brown in colour, sometimes greenish, with several darker bars running down the body. They have two branched, feathery tentacles on top of the head, one above each eye.



Habitat: Shallow rocky reefs around south & west coasts

Food: Small invertebrates including sea anemones

Unusual Fact: A study has revealed that they have unique face markings, like tiger scales, making each individual different from the other.



Jon showing the sign for a Tompot when under water!



RECEIPE OF THE WEEK

In memory of our favourite hard boat skipper:

Paul Pike's Curried Pea and Lettuce Soup

- 1 tbsp. oil
- 1 small chopped onion
- 1 clove of garlic
- 1 litre vegetable stock
- 1 lettuce
- 1small bag of frozen peas
- 1 tsp. curry powder
- salt & freshly ground pepper to taste (optional)
- 1 potato for thickening (if required)

Fry the onion in a large saucepan using oil, add the garlic/curry powder stirring until softened, add lettuce and peas stir over heat until lettuce is wilted, add stock and bring back to boil then simmer for 15 minutes. Blend until smooth.

TIP OF THE WEEK

Even though we can't go diving we can use the time to prepare our kit

Perform a visual inspection of all items.

Make sure to carefully check for any issues or damage. In particular, take a look at the following:

- Inspect the condition of all hoses and O-rings on your regulator; pull back on the hose protectors to ensure that they haven't started cracking.
- Examine the bite tabs on the regulator mouthpiece, verify their integrity.
- Check all zips on your BCD, wetsuit and/or dry suit, add some lubricant if they are hard to zip.
- Check dive knives for rust and re-lubricate them as well.
- Check dive lights for batteries and to ensure the bulbs are still working.

DATES FOR YOUR DIARY

8th – 10th May - Diving in Weymouth on Tango (This trip will in all likelihood not happen, & have to be postponed due to the current circumstances, we will keep you informed)

25th – 31st July – Jon's Club Trip to Devon

22nd August - Annual Club BBQ (If you have any ideas / games for this event please let us know, you may have bits & pieces in your shed you could put to good use as Eddie has in the past)

8th-9th September - Diving in Weymouth on Tango

Date TBA -Treasure Hunt

23rd – 31st October – Maldives

4th November – AGM December

5th December – Dinner Dance

STAY SAFE EVERYONE

