

# Free Flow

The magazine for LSAC

Aug 2006  
Issue 103



**In This Months Issue**  
**And The Winner Is**  
**Members Dives to July**

Cover Photo Courtesy of Roger Holmes



# Free Flow

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At all good Newsagents now....  
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## Editors Bit...



This picture may have been a candidate for page 3 but the resolution is poor, i.e. a bit pixelly. It's worth expanding the image to page 3 size to make sure it looks as you wish it would. In this case the picture does not do justice to the knitting quality of the string under suit.

Welcome to the latest edition. The dive season is well under way as the monthly stats, provided by Ian Jennings reproduced at the end of this issue, go to show.

Lest we forget now is the time to be planning and booking the trips for next year. If you want to secure the club ribs for your trips please don't forget to book with the Boat Officer, i.e. Nigel.

If you're a novice don't be afraid to put your names down on trips, it gives you an incentive to get qualified and to acquire your own kit.

It's the AGM next month and our chance to re-elect or elect our club officials. The chairman's article below sets out the process and I would definitely encourage your attendance. Not just so that we will be quorate but so that the club is doing what we want it to do. It's the members chance to raise any issues and give direction to the clubs officers.

Pete

# Page 3 Luvlies

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I would like to say where this picture came from but a good journalist never reveals his source, me on the other hand am easy to bribe.

If you would like to become Miss or Mr Sept or know someone who should be, then please email me with the photo and a brief description of why the person should be a page 3 lovely. [pete.barnard@power.alstom.com](mailto:pete.barnard@power.alstom.com)

# Chairmans Knock

It's the summer holiday season so hopefully that will mean your all getting in plenty of diving. There are lots of trips coming up including Scapa Flow, Farnes (x2), Salsette, Weymouth, Plymouth (x2), Kirkby Lonsdale and Estartit. I'm looking forward to the Scapa liveboard, a week onboard a luxury boat being pampered, with world class diving.....hang on bring your own sleeping bag, cook your own food, what do you mean its not like the Red Sea.....!

Last month Ian reported that 51 out of 72 full diving members had been diving, hopefully with the nice weather, warm UK water and improving visibility this has improved even more! We're a dive club so this should surely be 100%!!!

## AGM

Please see the AGM notification and committee nomination form in this issue of Freeflow.

## Try Dives

We have had a couple of successful try dive nights recently which has resulted in some new club members (welcome on board!), so thanks to everyone who has helped out. We have 2 more try dive nights coming up soon, which will be the last "official" try dives this year.

## Pub

We tried the Fox for a while and its now back to the Oak again, keep your pub suggestions coming in please. Could all of the existing members also encourage the newbies along as well, including giving directions etc. so they can get to see the social side as well as the diving side of the club.

## WHATS ON - INTEREST NIGHTS

15/8	-	Dvd/Video - Fran	
22/8	-	Drysuit Repair Night - Fran/Claire	
29/8	-	NO CLUB (Bank Holiday)	
5/9	-	New AV/CPR (for All club members) - Richard	(TRY DIVE NIGHT)
12/9	-	New Zealand - Carl Gamble	(TRY DIVE NIGHT)
19/9	-	Ireland - Pete Barnard	
26/9	-	AGM	
3/10	-	Marine Biology - Ann-Marie Barnard	
10/10	-	Scotland 2007 - Fran	
17/10	-	Digital Photography - Ian Jennings	
24/10	-	Twinsets - Roger Holmes	
31/10	-	Bsac Instructor Scheme - Alex Bullard	
7/11	-	Zenobia and Cyprus - Kev Parker	
14/11	-	Marine Archaeology - Pete Hennessey (to be confirmed)	
21/11	-	South China Seas - Alex Bullard	

All of the above start at 19.30 in room H27

As you can see the interest night calendar is filling up well, but there are still some spaces available, including all 2007!! All of these presentations take a lot of time to put together so please make the effort to come along and support your fellow club members.

Regards

Chairman Roj

## **DO's Bit**

Hi all

I thought I would put some words down for Freeflow as I seem to have missed the last few editions.

Its great news that the recent changes in the rescue techniques are starting to filter through and the first two sessions carried out for the instructors, its soon to be rolled out to the rest of the club.

Whilst on the subject, if you are pool marshalling it is probably a good idea for Marshals to use the high chairs that are available as you get a good view of the pool.

As most of you will already be aware I have been DO for nearly three years. I have had a great time within the club and experienced a lot of new challenges.

This year has been no exception and it is great to see three live-aboard trips run in the same year, along with the weekend trips, and all the training.

It is also nice to have seen the membership increase and a high level of dives taking place, thanks to Ian for taking charge of crunching the dive statistics.

Sadly this is my last year as DO and I wish every success to my replacement. I would like to thank everybody who has supported me with special thanks to each years committee members without whom I couldn't have carried out my role.

The AGM is coming up on 26th September, it would be great to see club members old and new participating. It also acts as a great opportunity for all club members to catch up for a beer at the local afterwards – look forward to seeing you there ☺

Neil B

## Notice of Lutterworth Sub-Aqua Club Annual General Meeting

I am writing to inform you that the Annual General Meeting for the Lutterworth Sub-Aqua Club will take place at Lutterworth Community College on September 26th. 2006 at 19.30hrs in room H27.

I hope you will be able to attend. In case you do not know the composition of the current committee, it is as follows:-

Chairperson -	Roger Holmes (Standing for re-election)
Secretary -	Fran Duinker (Standing for re-election)
Treasurer -	Su Calver (Standing for re-election)
Diving Officer -	Neil Brown (Retiring)
Training Officer -	Richard green (Standing for re-election)
Equipment Officer -	Gary rose (Standing for re-election)
Boat Officer -	Nigel Spickett (Retiring)

Club Representatives: Mike Flatt, Ian Jennings (Vice Chairman), vacant,

The meeting will involve the voting in of the new committee for the forthcoming year. As a club member it is your responsibility to ensure that the new committee consists of people who will represent what you want from the club over the coming year.

Below is a nomination form for the new committee. If you feel that someone is an ideal candidate for a position on the committee then nominate that person, get that person's agreement that they wish to stand for that position and get another member to second your nomination.

**Then return the form to the secretary (Fran Duinker) by 12th. September 2006 .**

AGM Motion proposed by .....

.....  
.....  
.....  
.....

Further motions for consideration at the meeting must be proposed and seconded and delivered to the Secretary not less than 14 days before the AGM.

Many thanks for taking the time and trouble to read this article. I hope to see you at the AGM. Your vote and endorsement of the future of the club is vital.

Roger

## **Take a dive**

*Fancy a break from the gym but still feel you have a few pounds to lose before you can think about shedding your top on the beach? Well, if you're heading off to far away shores and want to explore the deep, it's a good idea to get some training in over here with a pool diving school before you go. So prepare to don some scuba diving gear and check out the fantastic mosaics on the bottom of the pool. "Not only does scuba diving burn an average of 300 calories every half hour, working all the major muscle groups, but you'll also have your dive skills in place ahead of your trip and be more confident when you brave the ocean" says Paul Toomer of Diving Leisure London. After all, looking good on the beach is pointless if you look silly in the sea.*

Based on an article that appeared in Mens Health Magazine, July 2006.

So its official diving is good for your weight loss plans (not just off your weightbelt!), that will explain all of the svelt, six pack totting instructors seen strutting around the cove, or maybe the cheesy chips, bacon butties, mars bars, oh and post dive pint might all get in the way!

Maybe a club experiment could be to compare the 300 calories burnt off every half hour in a pool to that which would be burnt off diving at 4 degree water at the cove in winter, even better in a semi-dry – any volunteers!!

As far as the “working all the major muscle groups”, anyone who uses a twinset will know its your thighs that take a bashing, either walking down from the top carpark or getting out of the water. A good arm/shoulder/back workout is available to the unfortunate person who has to lift them back onto the rib as well.

At least the article did'nt include the classics of breathing oxygen, flippers and goggles.

So cancel your gym membership and get diving.

Roj

..... **And the Winner is** .....

Well, one cold day in February Steve opened his e mails and there was one from a girl called Annette saying “ and the winner is ..... you”. Steve couldn’t remember what competition he’d entered and thought it was a joke, so he had to e mail her back asking. It turned out to be a week for two at the new Euro Divers Centre at Cala Joncols on the Costa Brava in Spain. Well, lucky or what! We thought that there would be a catch, but for once there wasn’t one.

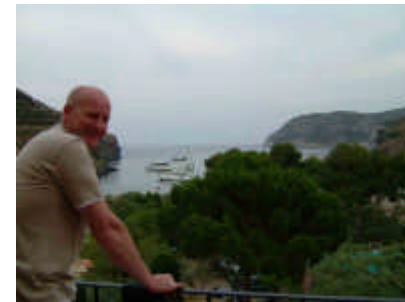
We booked a week in July and off we went.

We decided that this time we would go down through the Massif Central which would take us over the new bridge at Millau. The bridge was an awesome sight visible from about 10 miles away. There was a visitor centre there so we stopped to take some photos. The view from the bridge wasn’t as good as we’d thought it would be due to the very high anti-base jumper barriers.



Not far now we thought, as we drive into Spain. Well the roads got smaller and smaller and by the time we had gone through Roses we were down to dirt track, wondering what we had let ourselves in for, but we were following the road signs for the hotel so we knew we were on the right road. Soon we were following an old river bed, just as well it was 35 degrees and

sunny. “Wouldn’t like to do this in the rain.” I thought. Finally the track ended at a beach, and there behind us in the trees was the hotel in it’s own private cove, well off the beaten track!



We were made very welcome and shown round the hotel and

dive centre by Jan the dive centre manager. He took us up to our room and the





view from our balcony made the drive worthwhile.

At the evening meal Jan introduced all his staff and announced a photo competition was taking place over the following two weeks. To help us was a photographer called Peter Ryngaert. After dinner Peter gave a short presentation showing some of his photos. They were awesome. The form was that each day he would hold a clinic and look at your photos, either at lunch time or before dinner then after dinner he would do a short presentation on an aspect of photography. At the end of the week you could then enter three of your photos. My photography improved 100% during the week.

At the hotel there was a mixture of European Nationalities, which made for interesting rivalry at the start of the week specially when the football was on. We teamed up with another English couple, Jackie & Martin.



On the Sunday we started diving, Joy oh joy the boat had a lift on it. The staff were very helpful and worked hard helping everyone kit up and de-kit They were very re-breather friendly having run try a dives on the inspiration in May. It felt like having a personal dresser as we would be kitted up first and thrown in knowing that we would do an hour each dive. Then they sorted out everyone

else.

The diving was all scenic of varying depths to 40 metres, with good clear visibility (up to 20 metres) and fantastic marine life (from octopus to tiny neudibranchs), we were more than happy. Having been to Spain quite a

few times, I was stunned by the number of Octopus about, every single dive we would see at least 3 or 4. it was the breeding season for them so they were out and about a lot and at times almost landed on top of some as we descended from the boat.

The photography competition made you far more aware of the different sorts of marine life. It was also the first time I'd seen sunfish in the Med. We not only saw them on the surface but also under water. One of my personal highlights was the finding of



seahorses. They are the most amazing creatures and we were luck enough to see brown, red and yellow ones.

The sea was calm but only about 18 degrees so we were thankful for taking our drysuits. As the week progressed the barriers between the different nationalities was broken helped by the photography and the beer.

The hotel was not only home to humans but also to several families of swallows who nested in the corridors and frequently flew through the dinning room to get rid of any insects while on their way to their nests. It was a bit odd at first passing the swallows on the stairs, but we soon got used to it and it meant that there were very few insects in the dining room. Everyone was really interested in the re-breathers and how they worked, so that on the last day we ended up running a try a dive in the swimming pool.

The week went really quickly and despite only doing two dives a day with only 1 night dive, we never seemed to stop. We quickly got into a routine, a lazy start as the boat left at 10am each day, back by 12 noon, the kit was left on the boat so we went straight to the pool for a quick swim. Lunch at 1 pm, then looking at photos from 2 to 3pm and back on the boat at 4pm. Returning by 6pm, dive kit cleaned by 6.30, a beer and a swim, till 7.15, down loading photos and changing for dinner which was at 8pm, then 9.15 another talk by Peter, to give you something to think about for the following day, accompanied by lots of wine and beer.

Such a hard life but someone had to do it.

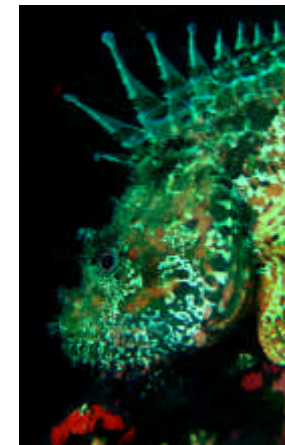


As for my photography? Well the start of the week it looked like this

but the end of the week it was more like this .....



Well there was a catch, at the end of the week we found out what the catch was.....  
...we want to go back again.



**2006 Dive Planning Click on the name of the Organiser to Email**

<u>Date</u>	<u>Destination</u>	<u>Organiser</u>	<u>Type</u>	<u>No.of boats</u>	<u>Level</u>	<u>Spaces</u>	<u>Available</u>	<u>Accommodation</u>	<u>Est.Cost</u>	<u>Deposi</u>
1th-5th Feb	Plymouth	Neil C and Pete B	Club Rib	1	SD	10		B+B	70	Expire
5th -12 March	Red Sea	<a href="#">Kevin Parker</a>	Hardboat L/A	1	SD	20	Full	Liveaboard	765.23	Expire
13th-24th April	Loch Fyne	Dave Wilson	Club RIBs	2	All	Unlimited		Camp + Caravan	TBA	Expire
5th-8th May	Plymouth	<a href="#">Nigel Spickett</a>	Club RIBs	2	All	10	2	Camp	TBA	10
20th 21st May	Farnes	<a href="#">Fran Duinker</a>	Club RIBs	2	All	10	Full	Camp	TBA	TBA
2nd-5th June	West Bay	<a href="#">Mike Flatt</a>	Club RIBs	2	All	10	1 TBC	Camp	TBA	TBA
3th-11th June	Weymouth Chart work	<a href="#">Phil Litchfield + Neil Brown</a>	Club RIBs	2	All	10	TBC	Camp	TBA	TBA
23rd-26th June	Lymington	<a href="#">Nigel Spickett</a>	Club RIBs	1	SD	6	Full	B+B	TBA	10
1st-8th July	St.Kilda	<a href="#">Nigel Spickett</a>	Hardboat L/A	1	DL	12	Full	Liveaboard	675	100
14th-17th July	Lizard Cornwall	<a href="#">Phil Turney</a>	Club RIBs	2	All	10	3	Camp	TBA	TBA
12th-19th Aug	Scapa Flow	<a href="#">Martyn O'Driscoll</a>	Hardboat L/A	1	Exp. SD	12	Full	Liveaboard	350	TBA
25th-29th Aug	Farnes	<a href="#">Mike Flatt</a>	Club RIBs	2	All	10	Full	Camp	TBA	TBA
3th 9th Sept	Kirkby Lonsdale	<a href="#">Bob Mullholland</a>	River	n/a	All	Unlimited	Unlimited	B+B	TBA	TBA
15th Sept	Salsette	<a href="#">Neil Tomlin</a>	Hardboat	1	DL	10 or 12	01-Jan	n/a	TBA	TBA
16th 17th Sept	Weymouth	Neil Brown	RIBs	2	oc	10	8 TBC	camping	TBA	TBA
23-24 Sept	Plymouth	<a href="#">Martyn O'Driscoll</a>	Club RIBs	2	All	10	10 TBC	Camp	TBA	TBA
30 Sept 1st Oct	Plymouth	??	Club RIBs	2	All	10	10 TBC	camp	TBA	TBA
October	Estartit	<a href="#">Fran Duinker</a>	Hardboat	1	SD	10 or 12	1 TBC	Apartments	TBA	TBA
TBA	Baltimore - Eire	<a href="#">Pete Barnard</a>	Hardboat or RIB	TBA	SD	TBA	TBA	TBA	TBA	TBA
TBA	Brixham	<a href="#">Fran Duinker</a>	Club RIBs + Shore	2	All	Unlimited	Unlimited	Camp	TBA	TBA
TBA	St.Abbs	<a href="#">Bob Mullholland</a>	Club RIBs	2	All	10	10	Camp	TBA	TBA
TBA	Anglesea	<a href="#">Ian Jennings</a>	Club RIBs	2	TBA	10	10	TBA	TBA	TBA

## Members Dives To the end of July 2006

### Leading Positions ... Fran & Steve Running away with it? (Not that it's a Competition!!)

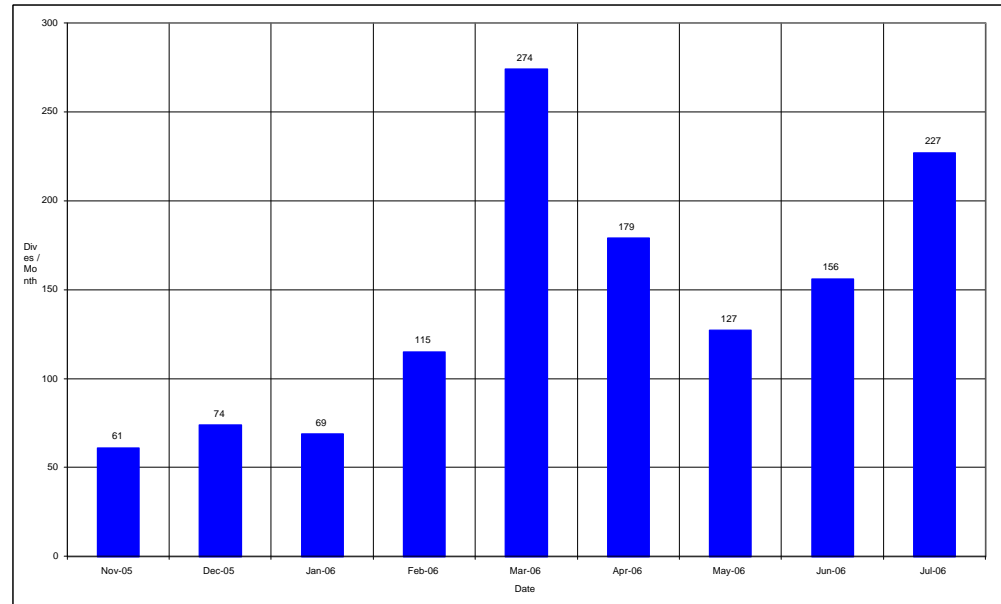
Two months ago I promised a full listing of all times and this is at the bottom of the page and shown graphically overleaf.

This month it is good to see the high number of dives carried out and this is reflected in the number shown in the chart on the right. We still haven't achieved as high a monthly total as we achieved in March (when the Red Sea trip happened) but it shows the club is doing a good number of dives.

To date we have completed 1282 dives, about half of these at inland sites, a quarter on British coastal dives and the remaining quarter on foreign dives.

And now as promised the complete listing of times:

Duinker Fran 4184 mins, Appleton Steve 4032 mins, Barnard Peter 2857 mins, Parker Kevin 2841 mins, Stockdale Claire 2611 mins, Holmes Roger 2518 mins, Rose Gary 2484 mins, Brown Neil 2361 mins, Flatt Michael 2133 mins, Calver Neil 2103 mins, Jennings Ian 1978 mins, Duncan Clarke 1694 mins, Spickett Nigel 1676 mins, Sykes Richard 1345 mins, Hennessey Peter 1251 mins, Turney Phil 1231 mins, Hall Kath 1150 mins, Wileman Martin 1110 mins, Green Richard 1104 mins, Hall Richard 1086 mins, O'Driscoll Martyn 974 mins, Twigg Natalie 892 mins, Hennessey James 840 mins, Wilson Dave 734 mins, Litchfield Phillip 726 mins, Walford Barry 628 mins, Drake John 626 mins, Rose Hayden 498 mins, Bill John 492 mins, Barnard AnnMarie 468 mins, Thurman Chris 420 mins, Burke Sean 409 mins, Mulholland Bob (Snr) 327 mins, Walford Mike 318 mins, Calver Susan (Su) 277 mins, Clarke Erica 265 mins, Hunter Andy 256 mins, Tomlin Neil 202 mins, Castleford John 181 mins, Hassell Steven 171 mins, Yeates Kevin 170 mins, Yeates Ros 170 mins, Callis Jeremy 141 mins, Hall Rob 133 mins, Cooper Catherine 124 mins, Barnard Laura 119 mins, White Christopher 113 mins, Pearson Mary 106 mins, Bryant Alan 93 mins, Grout Keven 90 mins, Grimes Steve 82 mins, Thomas Rachel 75 mins, Larkin Richard 48 mins, Brewis Jon 42 mins, Thompson Michelle 40 mins, Clarke Danielle 35 mins, Dawson Andrew 28 mins, Forster Kevin 22 mins, O'Driscoll Alice 16 mins.



**Fran & Steve's trip to Spain seems to have taken them well above us others – or can someone still catch them?**

