

Free Flow

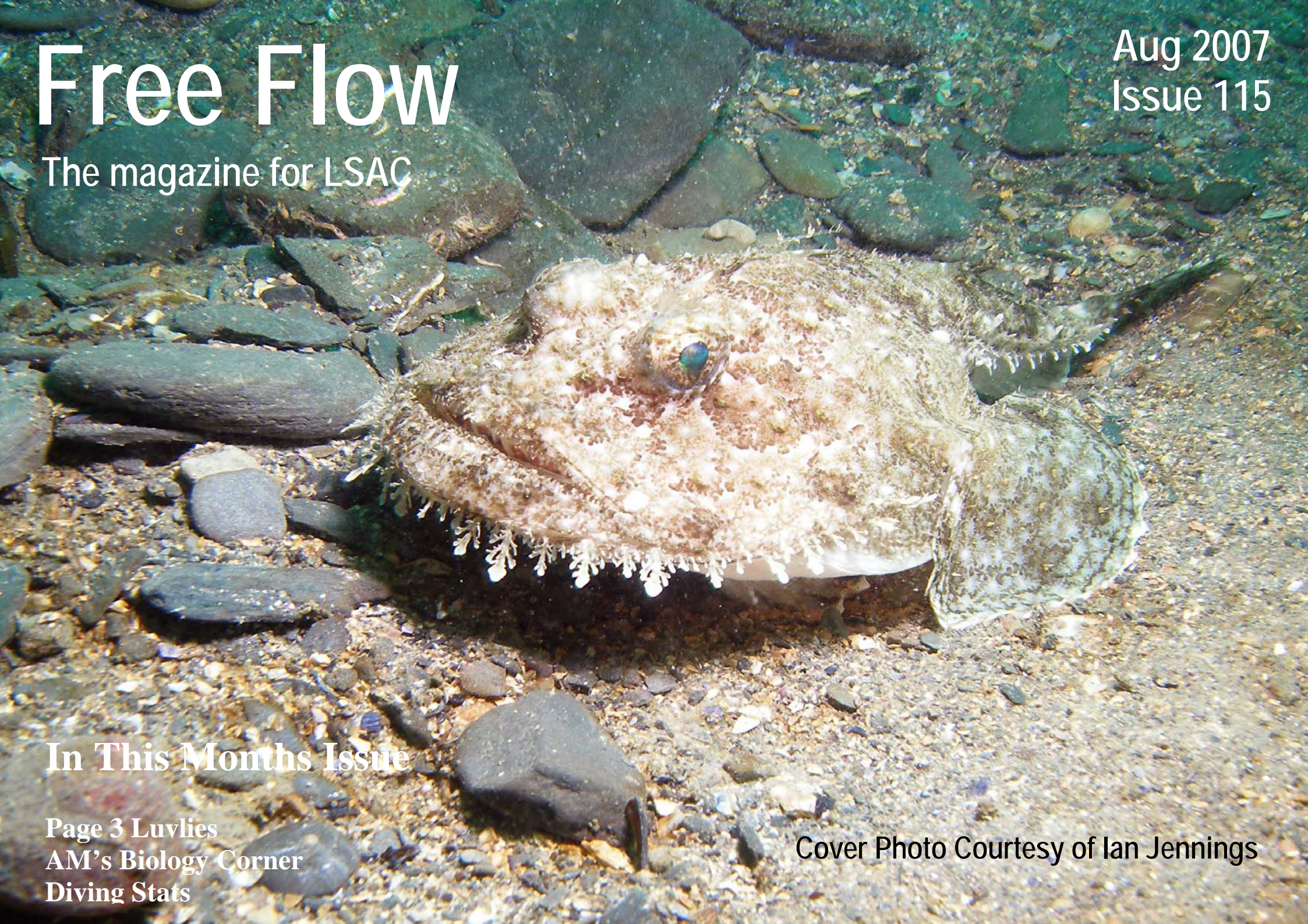
The magazine for LSAC

Aug 2007
Issue 115

In This Months Issue

Page 3 Luvlies
AM's Biology Corner
Diving Stats

Cover Photo Courtesy of Ian Jennings





Free Flow

CONTENTS

Page 1	Cover
Page 2	Editors Bit
Page 3	Page 3 Luvlies
Page 4	Chairman's Knock
Page 5	Dobbins Corner
Page 6	AM's Biology Corner
Page 8	Pathfinder
Page 9	Bonus ball Competition
Page 10	Diving Stats

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



Some defence for the youngsters, i.e. the under 50 section of the club. This goes to show how much effort the more mature of us have to put in so that we can sit at the top of the leader board, or should I say diving stats, since its not a competition.

Buddies

Looking at the stats for the year to date sees the old timers once again putting the youngsters to shame, with 4 of the top 5 being venerable club members.

As the Chairman has mentioned recently we are coming up to the AGM, so if you are thinking of standing for a committee position its well worth getting your application form in soon. Nigel has the appropriate forms and would welcome the opportunity of organising a hustings.

Looking back over past Free Flows I realise that I have been doing this for some 4 years come Oct with some 45 editions published. So it is time for a change in editorial style. Anyone wishing to take over publishing Free Flow then please feel free to push yourself to the fore.

This month we start a marine biology corner, which will probably alternate with the My Favourite Dive piece.

Ed.

Page 3 Luvlies

Free Flow
Aug 2007



FROM THIS  to THIS 
PASS THIS ONTO YOUR KIDS IT'S JUST NOT WORTH IT

These pictures and caption are taken from posters plastered all over the Warren camp site and harbour at Seahouses. They are reputedly of a club member but I can only recognise the DO. What I want to know is what was he doing in a den of iniquity.

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

Chairmans Knock

More and more club trips have been run so far, but there is still plenty of space left on the boat booking calendar – so come on get planning! I will be running a trip at the end of September (29/30th) to Plymouth with diving on Saturday (hopefully Persier etc) and Sunday (within breakwater with rescue practice/scenarios) so please put your name down on the form.

The boats seem to have been running well so far, with Skinny being temporarily laid up with an engine problem, this has now hopefully been diagnosed (thanks Mike/Ian) and will be fixed and back on the water soon.

Vicky has kindly offered to organise a fun family day out on Sunday 12th August (I think thats the right day) so please let her know if your interested in coming – keep a look out for email updates!

Try dive nights will be fast approaching (4th and 11th September), so please be prepared to either help out beforehand (advertising etc) or on the night (welcome/dry/wet instruction). If you have any good ideas and are willing to help please drop me an email or catch me at the club. If you have anyone interested in a try dive remember you can bring them along any club night.


We have had a very busy interest night schedule so far this year and I am currently looking at planning out the next six months. If you have any ideas or would like to put on an interest night talk then please contact me. When the rooms not in use please come along and make the most of it to catch up, plan trips etc.

What's On

17/7	-	Dive statistics – Ian Jennings
25/7	-	
31/7	-	Equipment Care – Gary Rose
7/8	-	
14/8	-	Swimming technique – Mike Hill
21/8	-	
28/8	-	NO CLUB
4/9	-	
11/9	-	Technical diving pros/cons – Phil Turney
18/9	-	
25/9	-	AGM

Regards

Chairman Roj scubaroj@tiscali.co.uk.



Dobbin's Corner

Well another month has come and gone, and the weather hasn't been too kind to us, so there hasn't been too much diving, or no one has admitted to much diving, certainly not many people have admitted to

making any real cock ups!

A big group went to Ireland, but very little information has come out about what went wrong or didn't go wrong!

A weight belt seemed to be a problem for Pete Barnard, for some reason he didn't like his weight belt and on three occasions decided not to bother with it, well until it was time to get in and then changed his mind.

Bill Johnson I heard had a bit of a problem with the lift, it was a typical man situation, where as we all know a man can only do one thing at a time, and he was trying to do two things, go up the lift AND had in the SMB. Well he didn't succeed, the SMB was handed in successfully, BUT he fell off the lift!

I did hear he also had other problems with the SMB, like which bit do you undo to open the bottle to send up the SMB, maybe Ian needs to explain that one.

I'm sure a lot more happened, I think Sean Burke mentioned something about his dry suit, and an ascent?

everyone is keeping very quiet these days, it's no good, it will all come out in the end.



AM's Biology Corner

In each issue of Freeflow I will be introducing a new creature from below the waves, with the hope that more marine biology will enter the club. I will start over the next few months with common species that you will see around the UK coasts. If there are species you are particularly interested in or if you have a creature that you would like help in identifying then please contact me and I will try to include it in the next Freeflow.

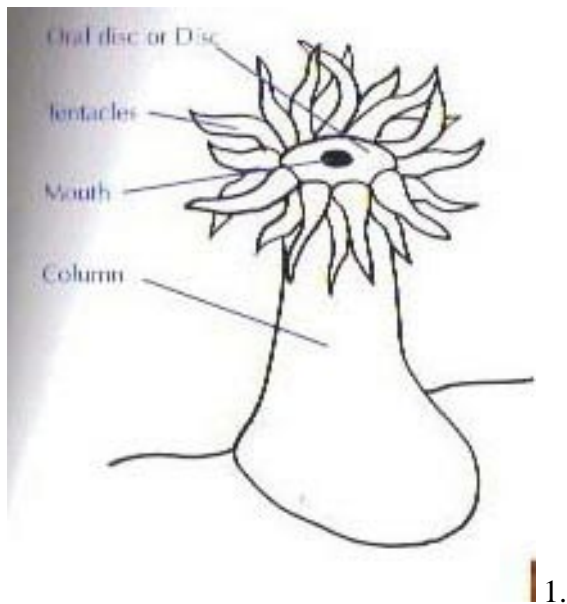
So this month I would like to introduce the group **Cnidarians**:

There are several very common species around the coasts, which I will talk about in next few issues.

Under the family Cnidarians there are sea anemones, corals, hydroids and jellyfish. All these species are distinguished by their stinging cells, used for capturing, stunning and eating their prey and also for defending against predators. Cnidarians are fairly simple creatures, as they don't possess proper organs. Contained in this group are both polyp species, these anchor themselves to the seabed, and free-swimming medusa species.

Firstly I would like to concentrate on the sea anemones, which only occur in the polyp form. They general attach themselves to hard surfaces and the water pressure helps hold the shape of sea anemones.

Below is a basic sketch and terms of a sea anemone:



A very common species is the **Beadlet anemone**, usually found on rocky shores and in shallow waters. Whilst underwater the dense mass of tentacles are present but once exposed to air these tentacles retract leaving a “blob of jelly” structure. The column is smooth with small blue bulges around the rim just below the tentacles. Beadlet anemones are general a deep red colour but can be

green, brown or orange. They can be aggressive when competing with each other for space and food. They can grow to up to 5cm in diameter. Below are two pictures of Beadlet anemone, one of a closed one and the other of an open one.



1.

Closed Beadlet anemone

Open Beadlet anemone

Reference and suggested resources:

1. Great British Marine Animals (2nd Edition) by Paul Naylor.

Glossary:

Cnidarians: fairly simple animals with exceptional weapon system in the form of stringing cells. Includes sea anemones, corals, hydroids and jellyfish.



Pathfinder 2007

Last month I said that if I hadn't had any nominations for the Pathfinder competition I would change the competition.

Well at the '11th hour' I had a nomination so the competition goes on unchanged. So this is just a reminder of the 'Rules'

There are no Rules.

Put simply if you have been impressed by someone's navigation on a dive (for whatever reason) then nominate him or her for this award.

Consideration will be given to the grade of diver, so an Ocean Diver finding the APC at first attempt could well win over a 1st Class Diver doing something much more difficult.

Nominations can be given to me in person, or posted to me at: 14 Stewart Avenue, Enderby, LE19 4LN or even e-mailed to me at: ian.jennings@alstec.com

So, **NOMINATE YOUR BUDDY** for navigational abilities (be they good or just 'interesting!')

As my 'Logo' for this competition is a pigeon I thought I would relate a (sad-ish) tale of one pigeon.

Diving the Cove we came across the remains of a bird on the 6m shelf. It was ringed so I took the ring off.



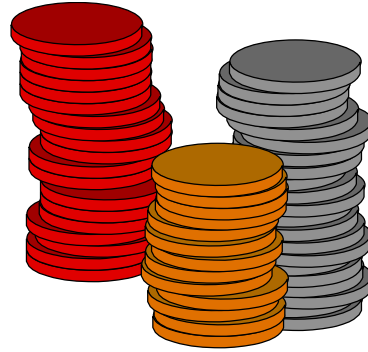
I then contacted (via the internet) the Royal Pigeon Racing Association,

told them the ring number and they told me it was from a Racing pigeon from Derby. I guess one of the birds of prey which are around the Cove was a bit peckish and fancied a bit of pigeon for it's supper!

Ian Jennings - 1st August 2007

Bonus Ball Competition - FREE Entries

One of the most onerous tasks of looking after the Bonus Ball Competition is chasing people for the stake money - and I can imagine that I'm not the most welcome sight when I come round asking for the money!



To make things easier on me I have tried to encourage people to pay by (monthly) standing order - I don't have to chase you, you don't have to find the stake money and you will always be in the draw.

A few people are now paying by standing order, but to try to encourage people even more people I decided to reduce the entry fees slightly. Previous to this the standing order had to be £4.34 per number per month for each number, but now I've decided to reduce it to just £4. Now you may think this is only 34 pence but it means that over the year you will get 4 **FREE** goes in the competition.

With this incentive how can anyone resist!

Just in case there is still someone out there who don't know what the Bonus Ball Competition is - then a brief explanation: It's a fundraising activity - and a bit of fun, which Mike Flatt devised and put into place.

Put simply; guess what the bonus ball will be in the Saturday draw of the National Lottery, back up your guess with a £1 stake and if you are correct, then you win £25 - or £37.50 on a rollover week (i.e. the money wasn't won the previous week). And now with the added advantage of 4 **FREE** goes a year! (if paying by standing order - don't forget the small print!)

There are a few numbers currently available, these are: **15, 19, 21, 23, 24, 28, 33, 34, 37, 40 & 43.**

Go on take a number - it's a bit of fun, only costs £1 a week (or £4/month by standing order) and any surplus is then ploughed back into the club for equipment for you to use.

I've got Standing order amendment forms if you need them

Ian Jennings
1st August 2007

Members Dives 2007 - To The End of July

Hi all.

Well the main diving season is well underway and the dive details are coming in thick and fast.

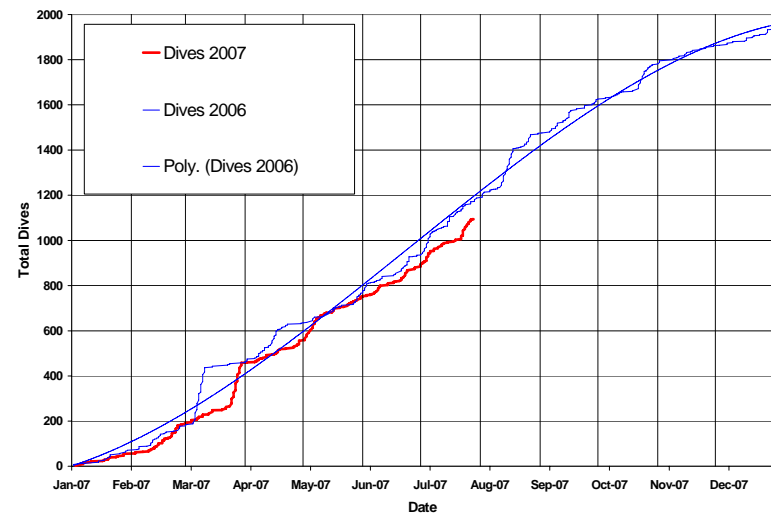
However... recently I overheard some comments like "well my details for that dive aren't in the statistics" or 'I didn't bother putting my details in for that dive' or "my buddy put the dive details in but they aren't showing up"

To answer these points:

- All dive detail sheets that have been given to me have been entered into the statistics - if you are not sure if your buddy has done the sheets then do one yourself - I don't mind duplicates.
- The main reason we are keeping the statistics is so we can promote the club by showing what an active club we are - the fact that I might 'enjoy' playing with them is incidental!
- The Diving Officer should be aware of the type of diving you are doing, and one of the ways is to tell him what you have done. (Telling him if you are going to do some diving is also good)

If you are unsure what dives I have recorded for you then let me know, I can easily print out a resume of your dives. Overleaf (twice) is the resume for our Chairman (Wot no coastal dives this year Roger?)

The main statistics chart is given overleaf and the graph below shows the overall number of dives carried

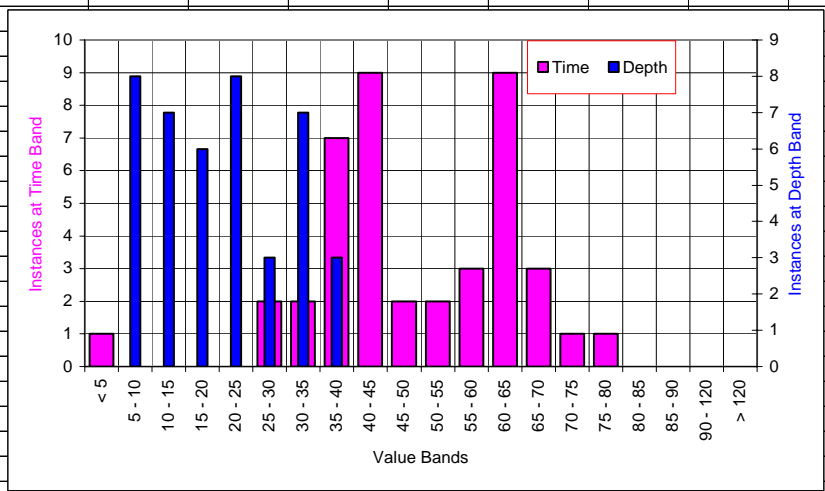
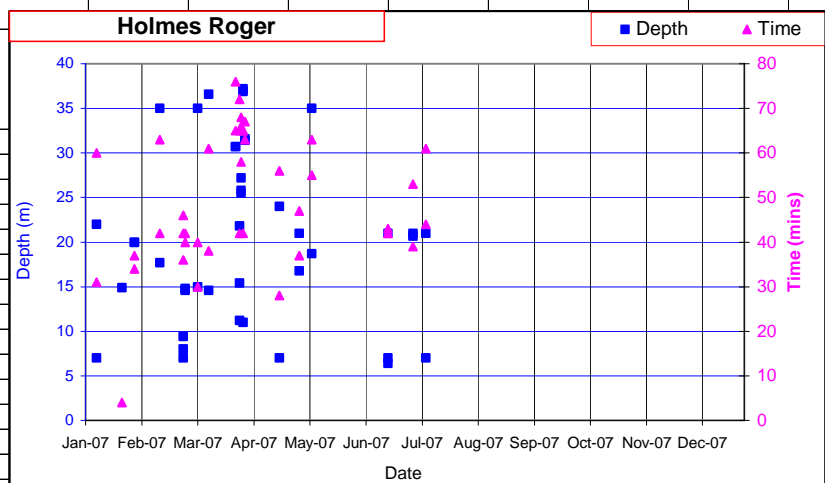


out for this year and last. This year's figures are thick red and last years are blue (for those reading in black and white that would be thick grey and grey). As you can see we are down on numbers relative to last year by about 80 dives - can we make it up before the end of the year? We do have an active membership with 52 members recording at least one dive (and two more booked onto the Farnes trip this weekend) - which out of a possible number of 63 (excluding Social members and trainees) is pretty good.

Ian Jennings - 31st July 2007

	Number of Dives	TOTAL TIME (Mins)	TOTAL (Hours)	Instructor /Trainer Time (Mins)	Time x Depth Total	Club Arranged Dives	Inland Dives	Coastal Dives	Foreign Dives	Wreck Dives	Reef Dives	Drift Dives	Other Dives	Night Dives	Training	Instructor / Trainer	Maximum Depth	Average Depth	Minimum Dive Length	Maximum Dive Length	Average Dive Length	0-10	10-15
Jennings Ian	76	2889	48.2	431	67522	76	56	9	11	10	10		56	7	17	13	37.4	21.9	2	79	38	12	3
Duinker Fran	77	2812	46.9	1012	64460	54	55	5	17	15	3	1	58	10	37	33	76.0	18.9	6	101	37	19	6
Calver Neil	56	2506	41.8	74	59999	56	28	10	18	16	12		28	5	5	2	42.8	22.9	20	69	45	12	2
Parker Kevin	43	2355	39.3	33	58715	29	19	8	16	22	9		12	6	2	2	38.0	23.8	7	78	55	3	5
Barnard Peter	58	2337	39.0	342	59522	58	30	11	17	15	13		30	3	12	12	42.8	24.2	2	69	40	5	3
Rose Gary	40	2244	37.4	122	55416	32	22		18	14	11		15	8	5	3	38.0	22.8	28	87	56	6	3
Spickett Nigel	54	2132	35.5	667	57414	54	32	3	19	16	6		32	4	24	24	49.6	25.9	8	67	39		4
Holmes Roger	42	2070	34.5	363	45009	40	29		13	18	6		18	4	10	10	37.2	20.3	4	76	49	8	6
Appleton Steve	39	1694	28.2	60	49336	20	22		17	13			26	7	5	2	76.1	23.5	15	101	43	10	1
Flatt Mike	28	1567	26.1	62	39267	26	12		16	12	5		11	4	3	2	37.3	23.0	23	76	56	5	2
Hassell Steven	38	1548	25.8		27203	8	17	5	16	2	3		33		1		28.0	17.2	20	65	41	5	2
Sykes Richard	29	1457	24.3		34074	27	11		18	10	6		13	3	2		35.5	22.3	20	70	50	4	3
Johnson Bill	41	1390	23.2		31347	38	26	15		5	9	1	26		18		39.2	22.5	15	50	34	1	1
Hall Kath	30	1263	21.1		23835	9	6	16	8	6	12	1	11		2		36.7	19.3	18	61	42	3	7
Hall Richard	28	1190	19.8		21707	7	4	16	8	6	12	1	9				36.6	18.6	20	61	42	3	8
Thomas Rachel	27	1120	18.7		27724	27	11		16	12	4		11	2	5		40.1	24.7	4	68	41	1	3
Walford Barry	25	1040	17.3		18231	5	2	15	8	6	12	1	6				36.2	18.0	29	56	42	3	8
Lakin Richard	19	901	15.0		22826	19	3		16	11	5		3	3			41.1	25.9	30	69	47	2	2
Litchfield Phillip	22	874	14.6		17334	21	17	5		2	3		17		4		35.0	19.2	20	60	40	5	1
Urch Vicki	25	854	14.2		13087	25	21	4		1	3		21	4	13		25.0	14.9	20	59	34	9	2
Calver Susan (Su)	21	751	12.5		15369	21	9		12	8	4		9	1	8		31.7	20.8	8	51	36		3
Harman Sue	18	589	9.8		8891	18	14	4		1	3		14		12		22.0	15.7	17	50	33	2	2
Wilson Dave	19	571	9.5		13759	19	11	8		2	6		11	1	4		34.6	22.7	7	43	30	1	
Turney Phil	15	532	8.9	54	11464	15	12	3		5			10		2		36.6	20.6	20	51	35	3	
Hill Michael	16	513	8.6		7723	16	16			2			14		12		21.6	15.6	22	61	32	3	3
Burke Sean	15	474	7.9		10864	15	4	11		4	7		4		4		35.0	22.7	20	42	32	2	
Hunter Andy	17	421	7.0		7732	17	10	7		4	3		10		6		35.0	19.1	7	39	25	3	
Callis Jeremy	11	403	6.7		7792	8	6	5		2	3		6				24.5	19.4	22	50	37		2
Duncan Clarke	16	374	6.2		7236	1	1		15	11			5		3		37.0	16.9	15	61	23	5	
Twigg Natalie	10	367	6.1		7075	8	8	2		3	1		6				28.9	18.9	22	47	37	1	2
Clarke Erica	10	364	6.1		4816	10	10						10	1	4		24.0	12.4	20	53	36	6	
Castleford John	14	354	5.9		5325	14	10	4		2	2		10	3	5		33.0	15.8	18	38	25	6	1
Hennessey Peter	11	347	5.8		2968	11	11						11	1	4		23.5	8.2	3	48	32	9	1
Simpson Adam	10	338	5.6		4409	10	5	5		2	3		5		5		24.5	13.5	17	46	34	4	3
Bagshaw Mark	9	317	5.3		3899	9	5	4		1	3		5		5		20.8	12.3	17	46	35	4	3
Day Jason	10	306	5.1		3382	10	10						10		10		21.0	11.4	18	44	31	5	2
Stockdale Claire	6	298	5.0		7302		2		4	1	4		1	1			34.8	24.7	39	71	50		
Drake John	9	281	4.7		3860	9	9						9		3		35.2	14.0	10	45	31	5	
Pearson Mary	11	256	4.3		3854	11	11						11	2	4		31.7	15.4	10	39	23	5	
Hill Lawrence	8	237	4.0		3499	8	8						8		8		20.8	14.2	21	42	30	2	2
Tomlin Neil	8	221	3.7	27	4457	8	3	5		2	3		3		1	1	35.7	19.5	17	35	28	1	1
Brown Neil	4	219	3.7		5678				4		4						34.8	26.7	46	71	55		
Jacques David	4	180	3.0		1450	4	4						4		2		9.9	8.0	40	55	45	4	
Hall Rob	4	162	2.7		2534				4	1	3						22.0	15.7	38	43	40		2
Green Richard	4	149	2.5		2839	2	4			2			2				21.0	17.9	22	53	37	1	
Wileman Martin	3	148	2.5		2620	3	3						3				21.8	17.6	48	52	49	1	
Cooper Catherine	3	131	2.2		2735	3	3			1			2				21.0	20.9	36	53	44		
Woodcock Peter	4	115	1.9		1215	4	4						4		4		21.0	9.8	20	35	29	3	
Burke Jason	3	86	1.4		1582	3	3						3		1		22.0	18.5	27	30	29		1
Bill John	2	60	1.0		1245	2	2						2				21.0	20.8	30	30	30		
Brewis Jon	2	54	0.9		785	2		2			2						15.0	14.5	25	29	27		1

Dives for : Holmes Roger		Where = C, I, F		What = D, O, R, W					
Date	Location	Where	Night	Divers/diver	Dive No.	Time	Depth	What	Training
07/01/2007	Stoney Cove	I		8	1	31	22	O	
07/01/2007	Stoney Cove	I		6	2	60	7	O	
21/01/2007	Stoney Cove	I		4	1	4	14.9	O	TI
28/01/2007	Stoney Cove	I		2	1	34	20	W	
28/01/2007	Stoney Cove	I		2	2	37	20	W	
11/02/2007	Stoney Cove	I		2	1	63	35	O	
11/02/2007	Stoney Cove	I		3	2	42	17.7	O	
24/02/2007	Stoney Cove	I		6	1	42	8	O	TI
24/02/2007	Stoney Cove	I		7	2	36	7	O	TI
24/02/2007	Stoney Cove	I		8	3	46	9.4	O	TI
25/02/2007	Stoney Cove	I		4	1	42	14.6	O	TI
25/02/2007	Stoney Cove	I		4	2	40	14.8	O	TI
04/03/2007	Stoney Cove	I		3	2	30	35	O	TI
04/03/2007	Stoney Cove	I		2	4	40	15	O	
10/03/2007	Stoney Cove	I		5	2	61	36.6	O	
10/03/2007	Stoney Cove	I		3	3	38	14.6	O	TI
25/03/2007	Red Sea - Ras Katy	F		12	1	65	30.7	R	
25/03/2007	Red Sea - Dunraven	F		10	2	76	30.7	W	
27/03/2007	Red Sea - Kingston	F		12	2	65	15.4	W	
27/03/2007	Red Sea - Giannis D	F		10	3	72	21.8	W	
27/03/2007	Red Sea - Shab Alley Reef	F	N	9	4	42	11.2	R	
28/03/2007	Red Sea - Chrisoula K	F		10	1	68	25.5	W	
28/03/2007	Red Sea - Carnatic	F		11	2	66	25.8	W	
28/03/2007	Red Sea - Ulysses / Barge	F		12	3	58	27.2	W	
29/03/2007	Red Sea - Rossalie Moller 1	F		9	1	65	37.2	W	
29/03/2007	Red Sea - Rossalie Moller 2	F		11	2	65	36.9	W	
29/03/2007	Red Sea - The Alternatives	F	N	10	3	42	11	R	
30/03/2007	Red Sea - Dunraven	F		12	1	67	31.4	W	
30/03/2007	Red Sea - Shark & Jolanda	F		11	2	63	31.6	R	
18/04/2007	Stoney Cove	I	N	7	1	56	24	R	
18/04/2007	Stoney Cove	I	N	7	2	28	7	R	
29/04/2007	Stoney Cove	I		7	3	37	21	W	
29/04/2007	Stoney Cove	I		6	4	47	16.8	W	
06/05/2007	Stoney Cove	I		3	3	63	35	O	
06/05/2007	Stoney Cove	I		3	4	55	18.7	O	
17/06/2007	Stoney Cove	I		2	1	42	21	W	
17/06/2007	Stoney Cove	I		2	2	42	6.4	O	TI
17/06/2007	Stoney Cove	I		2	3	43	7	O	TI
01/07/2007	Stoney Cove	I		6	1	53	20.7	W	
01/07/2007	Stoney Cove	I		4	2	39	21	W	
08/07/2007	Stoney Cove	I		2	1	44	21	W	
08/07/2007	Stoney Cove	I		2	2	61	7	W	



Typical Printout for A Diver – This one for Roger