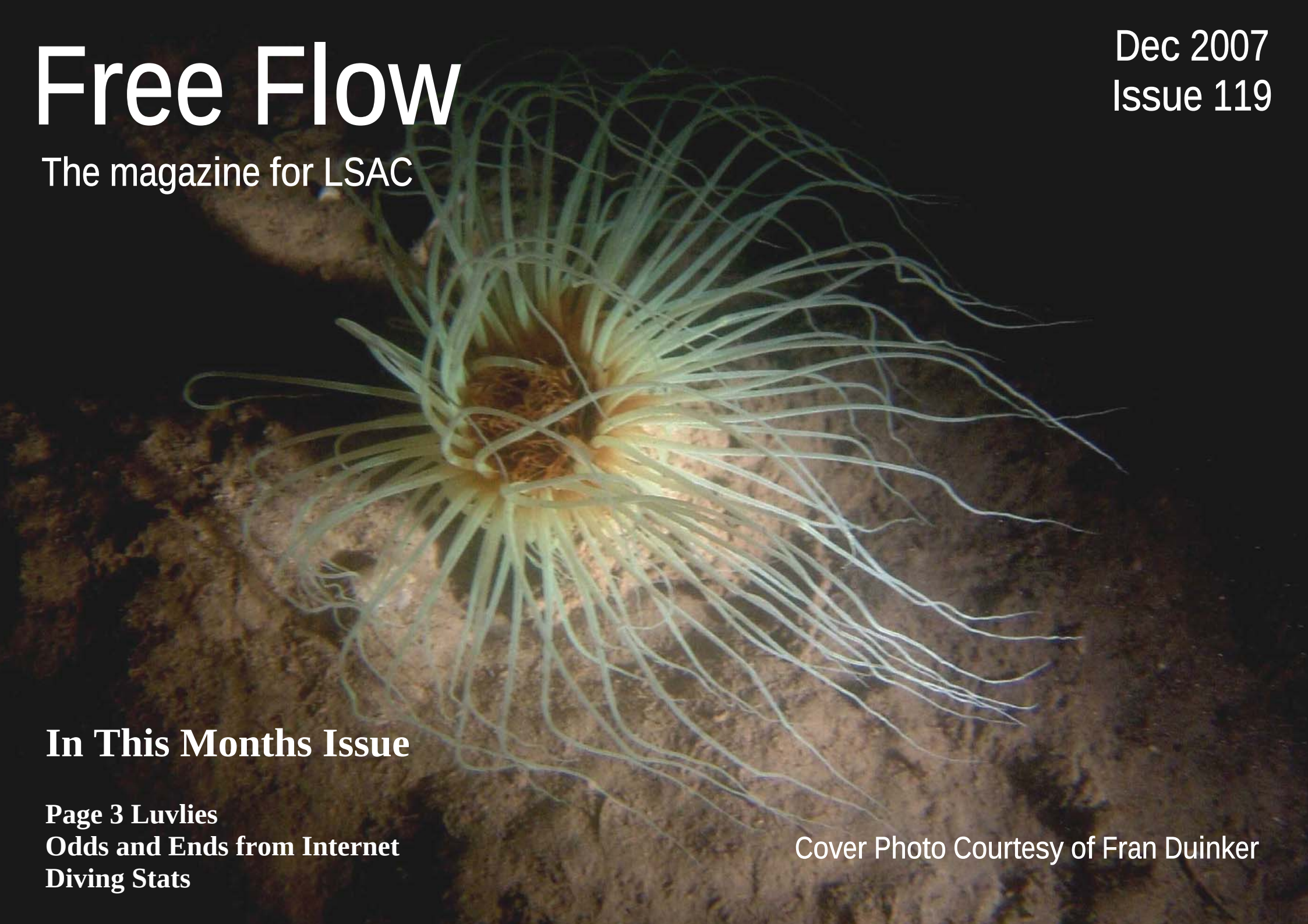
Free Flow

The magazine for LSAC

Dec 2007
Issue 119



In This Months Issue

Cover Photo Courtesy of Fran Duinker

Free Flow

Free
It should be

At all good Newsagents now….
Hence only downloadable from lsac.co.uk

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Editors Bit…

This is me signing off in the only way I know, under water and happy as Larry. It been a good year for diving, no injuries or problems and thurs club has missed only 3 weeks. Lets hope for as good a season next year.

Buddies

Yes my last edition, so my thanks go to Neil for taking up the reigns. Also thanks go to all those who have contributed over the years. A special thanks for those regular contributors, namely the DO, Chairman, Stats Man and TO, who's regular copy has made my job so much easier.

The next main event in the club calendar is the quiz night, 14th Dec, at the cricket club. If you haven't booked your ticket by the time you read this then its probably too late to join those of us who enjoy the humour of the quiz masters and the challenge of digging into the recesses of the mind to tickle out those nuggets of memory.

Next comes the annual dinner and awards evening. This is a cracking evening open to all members and partners so take my advice and come along dressed to the nines with your down as far as can be managed.

Ed.

Page 3 Luvlies

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With the annual dinner in mind, here's three Luvlies all dressed up and definitely with somewhere to go. So come on girls and boys Glad Rags on and head for Ullithorpe Court for the annual dinner.

If you would like to become Miss or Mr Jan. 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. n**eil-scuba@hotmail.co.uk**

Freeflow – Diving Officers Bit

A worrying time of year for all of us.

Did anyone spot that stupid mistake?
Will they tell the current holder of the Volney Award?

Trust me!

Yes they did, and Yes they will.

The current holder – Fran's only remaining duty is to find a worthy recipient for this year. You may recall that she won the award for her entry into the RIB paddling championships. Next time – buy more petrol Fran.

The other awards are of less concern. The Silver Dolphin Award for the best underwater photograph will be judged by all of you (or at least those who are at the Club) on the last Tuesday evening before Christmas.
Apart from the judging of the competition, the evening usually provides an excellent display of photographs.

The Pathfinder Award will be decided by the current holder (Ian) for the best example of navigation. We have tried all sorts of competitions, from sample navigation in Stoney Cove, to navigational theory questions. Most have only enjoyed limited success, so if you have any ideas, let the next winner have them.

Our new Ocean Divers have now completed their pool training, and it won't be long before they are making their first trip to Stoney.
We have reinstated the 'Mentor' system, which pairs each Ocean Diver with an experienced diver. This doesn't mean that they have to do all their dives with their mentor, but it gives them a point of contact, so that their mentor can ensure that they get all the dives, and instruction they need.
We shortly have 'meet your mentor' and 'preparation for open water' evenings for the benefit of both Trainees and Instructors.

Congratulations to Neil Calver on becoming an Open Water Instructor. This makes out Instructor team even stronger.

We now (at last) have our own notice board at the Leisure Centre. It's between the Swimming Club notice board and the door to the pool.
We will shortly be putting our name above it and displays of photographs and information, including contacts and the program to attract public attention.

Don't forget that we have a boat-handling course in Plymouth in February. We only have a couple of places booked so far, so if you want to get involved with the boats next year, reserve your place. It will be a good weekend, with plenty of time at the helm, but also very relaxed.

Finally, this will be the last issue of ***Freeflow*** before Christmas and the New Year, so a very happy Christmas and a prosperous New Year to everyone, and good diving in 2008.

Nigel.

Locals mull plan to sink warship in Seaford Bay

Powered by CDNN - CYBER DIVER News Network

by DAN NAKASO

SEAFORD, UK (11 Nov 2007) — Proposals to sink an old warship in Seaford Bay to create an artificial reef were met with mixed views at a public meeting.

The evening saw representatives from Marine South East and the South East England Development Agency speak about the plans, which are the idea of Seaford resident Anthony Fowler. Mr Fowler, who called the public meeting, was inspired by a similar scheme in Plymouth and feels it would boost tourism in the town.

Councillor Jon Freeman opened the meeting and said £3,000 was needed for a scoping study (initial report) to look into the scheme.

Jay Straith from the Canadian Artificial Reef Company, who has been involved with a number of similar projects, said, "People come from all over the world to dive these ships. This is very much the high end attraction for the tourism industry. "The artificial reef we sunk in British Columbia has gone very well. We have species that have been threatened that are now able to reach maturity on these ships because they are protected."

He added then when the ships are reefed, local interest in diving has increased and in other areas has led to further jobs for people in the hotel and tourism industry. He said if the latest plans got the go-ahead it would be a huge marketing project not just for Seaford but the UK.

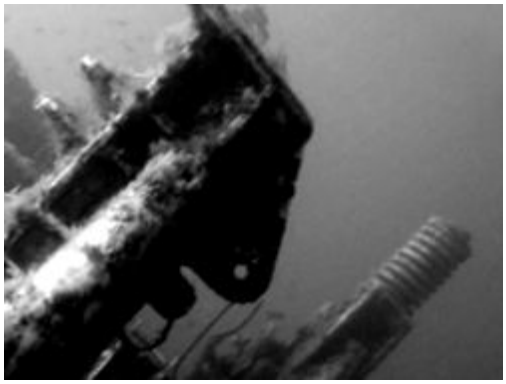
Mike Leece, who was responsible for the HMS Scylla project in Plymouth, also welcomed the idea and said diver safety was paramount and there needed to be an accountable body in such a project.

A spokesman from Marine South East said the organisation had offered £1,500 towards the scoping study if it was needed.

A number of questions and comments were raised following the presentation, with Councillor Bob Brown stating it was important to promote the health and safety aspects of the project.

One resident said they didn't feel the average citizen would get anything out of the project, asked how visitors would deal with parking in the town and mentioned the lack of hotels to deal with tourism.

A Newhaven resident asked how the fishermen in Newhaven would be affected by the project and added, "I welcome anything to improve the finances of Newhaven and Seaford and the opportunities this project seems to be promoting. I'm concerned about the existing industry in Newhaven, particularly fishing and sport fishing."



Sinking decommissioned warships as scuba diving attractions boosts tourism but the jury is still out on the impact of artificial reefs on marine ecosystems.

One resident who runs an accommodation facility in Seaford said she was thrilled by the idea but asked the board if they could confirm if similar projects elsewhere had increased retail sales.

Councillor Tracy Willis added, "I wear two hats – one is as a councillor and one is as a resident of Seaford. As a councillor I would have concerns about problems with roads, regarding the amount of people coming through.

"We've already heard that we have had problems with traffic congestion and I feel if all parties pull together it's a problem we could overcome.

"As a resident I would like to jump up and down in support of this project.

"Seaford is a growing town with lots of younger families.

"This isn't just about the diving community, I don't want to end up walking through a ghost town.

"We're a fantastic town and I would like to see us grow and I fully support this project."

Following the meeting Mr Fowler said, "I thought it was absolutely brilliant.

"I think the majority of people were for it at the meeting and I think by the end, lots more people were on board.

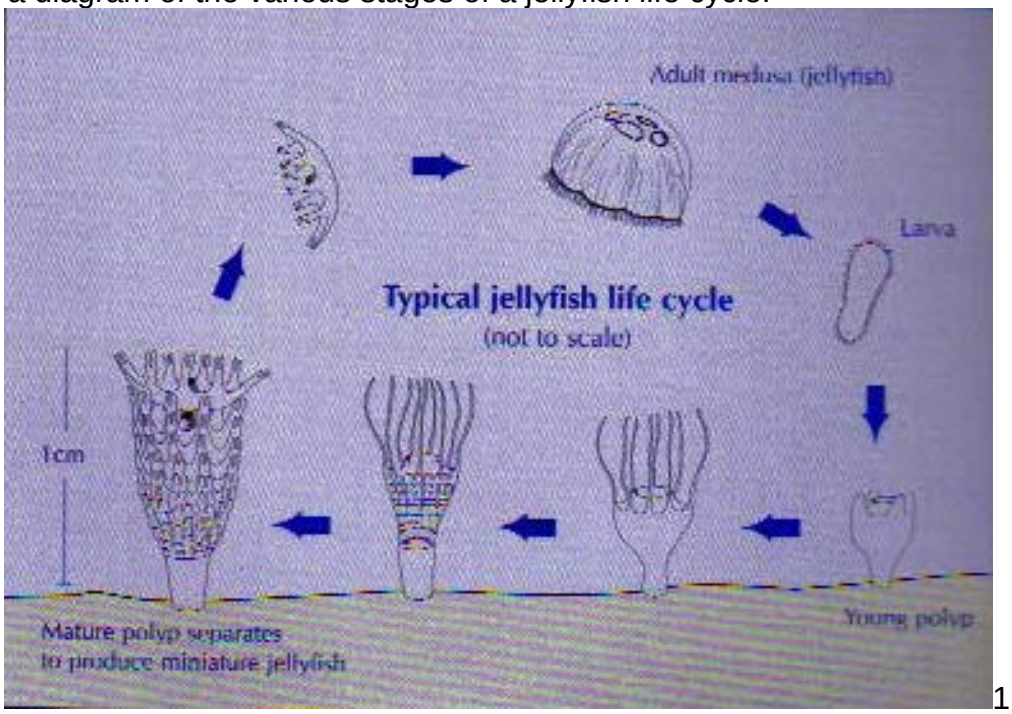
"There were certain comments made but because of the nature of what we're trying to do I think they will understand it later on.

"We now need to raise money for the scoping study which is an important part of it."

SOURCE - Eastbourne Today

AM's Biology Corner

It's that time of month again – in this issue I would like to look at jellyfish. These amazing creatures are part of the same group as anemones. So a quick reminder, jellyfish are Cnidarians which are distinguished as have stinging cells. These stinging cells are used for both defence and for capturing prey. Cnidarians have different tissues specialising In different function but they have no proper internal organs or circulation systems. Jellyfish have both polyp and medusa stages (attached to seabed and free swimming phases) see below for a diagram of the various stages of a jellyfish life cycle.



1.

The Swimming stage (Medusa) is the dominate phase. The "bell/umbrella" shaped-body contracts to push it through the water. The tentacles, with stinging cells, dangle below the body (like a floating sea anemone!) NB: the comb jelly does not belong in the group – this will be discussed in later issues.

Compass Jellyfish

This is one of the most common jellyfish seen around the UK coast; it is easy to distinguish by the radial pattern of dark brown "V" marks in the "bell". Within the centre of these marks is a dark circle which creates an old-fashioned compass rose appearance. A compass jellyfish has 24 stinging tentacles and 4 oral arms in the centre of the tentacles. The long stinging tentacles capture the prey and contract to pass it to the oral arms. Spread between the stinging tentacles there are 8 sensory organs which help the animal navigate in the water. They grow up to 30cm across. A human can expect a painful reaction if sting by this jellyfish – so beware!!

 1.

Pelagia nocyiluca

This jellyfish is smaller than other UK jellyfish, but it has a striking appearance. The body is shaped like a “globe” and is covered in stringing warts. It is a purple colour and therefore is sometimes called “mauve stringer”. The powerful string can produce a very severe reaction. It glows at night when it is disturbed. They can grow up to 10cm across.

 1.

Lion’s Mane

Very Painful if get to close, this jellyfish is an impressive sight! With 3 metres of stringing tentacles it can be easy to swim into. The body “mane”, growing up to 50cm across, is quite flat with large lobbing edges and is covered with brown markings. Four large, short arms surround the mouth with hundreds of tentacles around these. They are common in the north, east and west of the UK.

 1.

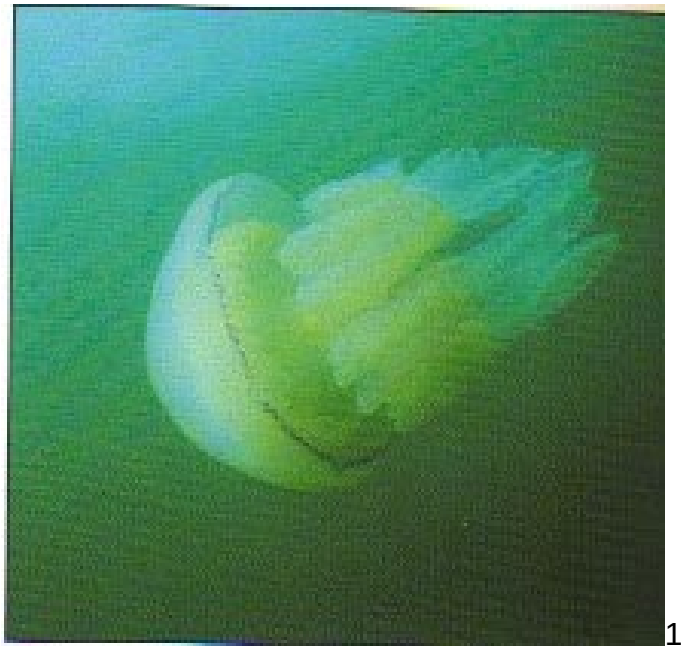
Moon/Common Jellyfish

This jellyfish is distinguish from its lack of long tentacles and the four opaque “horseshoe” shaped reproductive organs seen in the body. Tiny tentacles fringe the edges of the body and four arms surround the mouth used for feeding. The strings from the tentacles are weak and no bother to us humans! They are small and grow only up to 25cms across.

 1.

Barrel Jellyfish

These are large jellyfish growing to up to 80cms across, the largest in British waters. The body is white with no markings expect the dark rim at the edge and has no peripheral tentacles. A dense mass below the body is formed from eight arms, each containing hundreds of tiny mouth surrounded by tiny stringing tentacles. The string is harmless to humans and the jellyfish is quite shy and will move downwards when approaches. They are very rarely found near the shore.

 1.

Reference & Books

1. Great British Marine Animals, 2nd edition, Paul Naylor.
2. Guide to Inshore Marine Life, The Marine Conservation Society, David Erwin & Bernard Picton

Members Dives 2007 – To the End of November

Hi All

We are coming to the close of the season (as far as this 'non' competition is concerned). Just for a change not only the chart this month, but also the main chart (which some of you don't like because it's just a load of lines!.... but I like it!)

The positions are fairly close at the top (and even closer at the bottom!) dives are still being done – but as you would suspect, not so many at this time of year.

Next month there will not be a report – just to keep the suspense of the final result to the dinner dance!

Having collected the data for almost two years now, I find it surprising (and a little disappointing) at the number of people who don't submit some or all of their dive details. This year I have had details from 57 people of their dive details, but I am convinced that it is not all those who have been diving and for some people it is not ALL of their dive details. There will be some who 'can't be bothered' (or KBA) to fill in the sheets, there will be some who don't want others to know what diving they are doing (why? Are you ashamed of your dives/diving). Realistically the Diving Officer should know what diving you are doing. After that, all we are doing collating all the dive statistics is to give us a some facts with which we can promote the club (eg We are an active club with over 1500 dives and we have an active membership with over 75% actually diving).

Why not make a resolution for next year to report all your dives. To this end at the end of this piece is a copy of the Dive Manager's sheet

Pathfinder – Final Call

Hi all again.

The competition is still wide open so if your buddy – or someone you know has done some 'above average' underwater navigation don't forget to nominate them for the Pathfinder competition

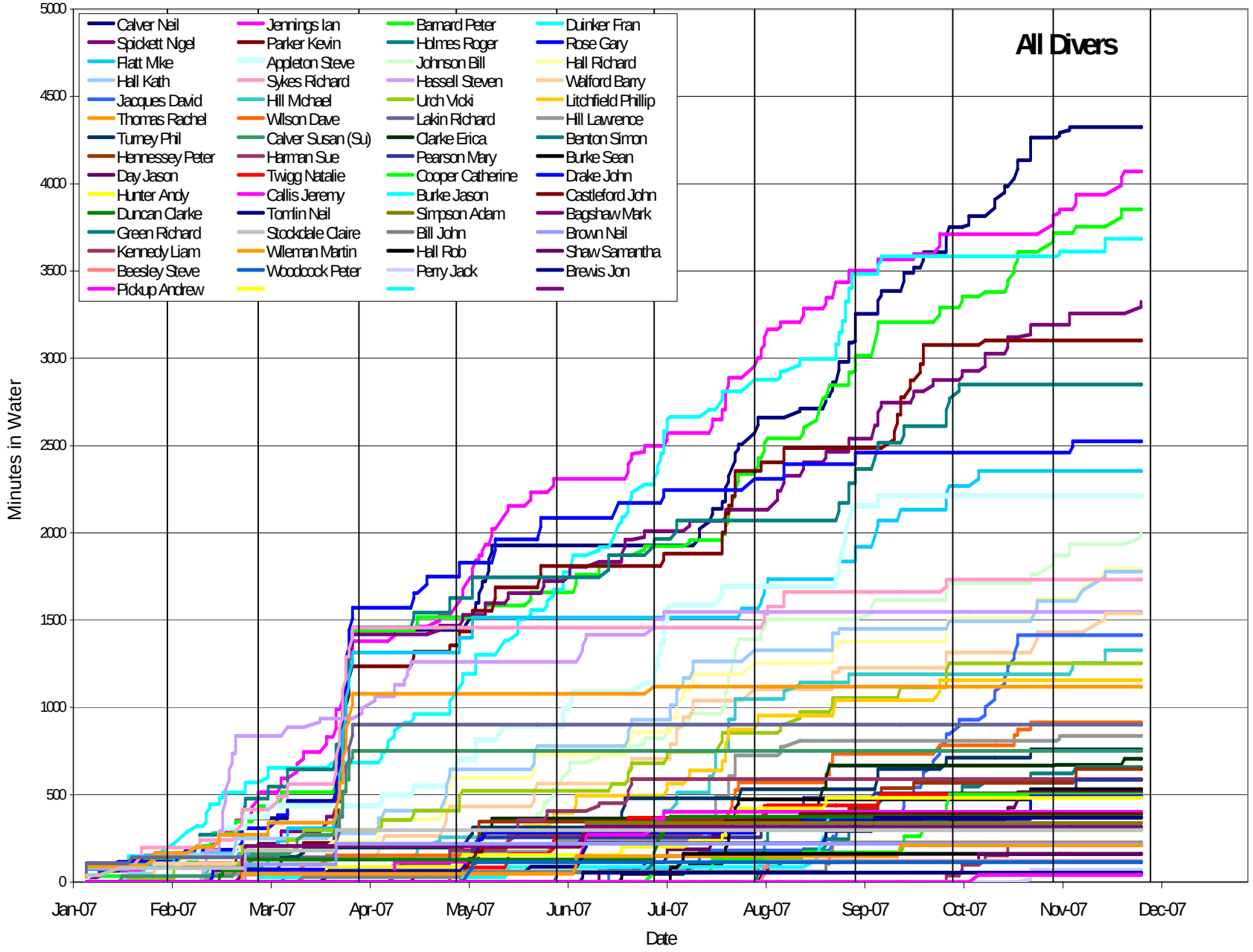
Just as a reminder: - There are no Rules.

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

If YOU think YOU have done some navigation to be proud of then badger your buddy to nominate you – don't be shy... blown your own trumpet!

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.

	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	15-20	20-25	25-30	30-40	40-50	50+
Calver Neil	105	4325	72.1	370	95303	99	67	20	18	22	19		64	10	17	8	42.8	20.2	8	69	41	29	6	6	31	8	23	2	
Jennings Ian	106	4070	67.8	541	91007	105	79	16	11	14	16	1	75	9	21	17	37.4	21.3	2	88	38	18	4	10	46	7	21		
Barnard Peter	95	3853	64.2	640	88440	86	53	21	21	21	22	1	51	3	21	21	42.8	21.8	2	75	41	14	8	5	36	13	18	1	
Duinker Fran	100	3685	61.4	1235	85436	67	64	9	27	19	14	1	66	13	46	42	76.0	19.3	6	101	37	26	6	15	25	12	13	1	2
Spickett Nigel	89	3323	55.4	1355	83996	85	58	8	23	25	7		57	4	47	47	49.6	24.3	8	75	37	4	8	2	42	7	24	2	
Parker Kevin	59	3101	51.7	33	72214	33	22	9	28	22	22		15	6	2	2	38.0	22.3	7	78	53	4	8	11	14	8	14		
Holmes Roger	58	2849	47.5	505	64163	55	38	7	13	24	9		25	6	14	14	37.2	20.9	4	83	49	10	8	7	15	3	15		
Rose Gary	46	2524	42.1	122	61812	37	28		18	14	12		20	10	5	3	38.0	22.6	28	87	55	7	4	2	14	7	12		
Flatt Mike	46	2354	39.2	103	55544	43	18	12	16	18	13		15	4	5	4	37.3	20.8	2	83	51	11	6	3	7	6	13		
Appleton Steve	50	2213	36.9	76	65784	22	22	2	26	15	9		26	9	6	3	76.1	24.4	15	101	44	12	1	2	8	10	13	2	2
Johnson Bill	57	2003	33.4		44680	54	36	21		7	12	2	36		19		39.2	22.4	15	57	35	2	2	5	40	2	6		
Hall Richard	38	1793	29.9		32682	11	11	19	8	7	15	1	16	1			36.6	18.5	20	98	47	5	11	5	14		4		
Hall Kath	38	1778	29.6		33379	11	13	17	8	6	14	1	18	1	2		36.7	19.1	18	98	47	5	9	7	13	1	4		
Sykes Richard	36	1733	28.9	72	38001	34	15	3	18	10	9		17	3	4	2	35.5	20.7	20	70	48	7	4	2	11	6	6		
Hassell Steven	38	1548	25.8		27203	8	17	5	16	2	3		33		1		28.0	17.2	20	65	41	5	2	15	15	1			
Walford Barry	34	1538	25.6		27237	8	9	17	8	7	14	1	12	1			36.2	17.5	25	98	45	5	10	4	12		3		
Jacques David	34	1414	23.6		25716	34	30	4		2	2		30	4	20		35.9	18.7	26	69	42	9		2	18	3	2		
Hill Michael	35	1329	22.2		24153	25	25		10	3	10		22		16		30.0	17.5	15	63	38	6	4	5	18	1	1		
Urch Vicki	35	1252	20.9		20221	35	28	7		2	5		28	4	16		31.0	15.5	15	62	36	11	4	6	12	1	1		
Litchfield Phillip	27	1155	19.3		21789	25	21	6		2	6		19		4		35.0	18.9	20	88	43	6	1		17	2	1		
Thomas Rachel	27	1120	18.7		27724	27	11		16	12	4		11	2	5		40.1	24.7	4	68	41	1	3	2	7	8	5	1	
Wilson Dave	26	914	15.2		19649	21	13	13		2	8		16	3	4		34.6	21.5	7	61	35	2	2	6	9	3	4		
Lakin Richard	19	901	15.0		22826	19	3		16	11	5		3	3			41.1	25.9	30	69	47	2	2	1	2	4	7	1	
Hill Lawrence	22	837	14.0		15779	13	13		9		9		13		10		26.0	16.8	12	63	38	5	2	4	10	1			
Turney Phil	20	760	12.7	118	16432	20	15	5		7			13		8	4	36.6	20.4	20	72	38	4	1	4	6		5		
Calver Susan (Su)	21	751	12.5		15369	21	9		12	8	4		9	1	8		31.7	20.8	8	51	36		3	5	9	3	1		
Clarke Erica	17	707	11.8		7897	12	12		5	2	3		12	1	4		24.0	12.0	5	72	42	9	2	1	5				
Benton Simon	23	659	11.0		14305	23	19	4		4	3		16		14		35.8	21.8	15	44	29	2	2		13	1	5		
Hennessey Peter	20	647	10.8		10328	20	16	4		4			16	2	4		35.7	16.0	3	48	32	10	1		4	2	3		
Harman Sue	18	589	9.8		8891	18	14	4		1	3		14		12		22.0	15.7	17	50	33	2	2	9	5				
Pearson Mary	20	585	9.8		10186	20	15	5		1	3	1	15	2	4		36.3	17.7	10	48	29	6	2	1	8		3		
Burke Sean	17	532	8.9		12151	17	6	11		4	7		6		4		35.0	22.8	20	42	31	2			8	5	2		
Day Jason	15	514	8.6		7834	14	12	2	1	1	2		12		12		24.9	14.8	18	51	34	5	2	2	6				
Twigg Natalie	16	504	8.4		9702	14	8	8		5	4		7				32.6	17.8	1	47	32	4	3	1	5	2	1		
Cooper Catherine	12	502	8.4		9545	12	8	4		2	3		7		3		21.8	18.6	17	53	42	1	2	1	8				
Drake John	14	490	8.2		8157	14	14				2		12		3		35.2	16.4	10	48	35	5		1	7		1		
Hunter Andy	19	483	8.1		9043	19	12	7		4	3		12		6		35.0	19.3	7	39	25	3		6	6	3	1		
Callis Jeremy	11	403	6.7		7792	8	6	5		2	3		6				24.5	19.4	22	50	37		2	2	7				
Burke Jason	8	389	6.5		3734	3	3		5	2	3		3		1		22.0	11.6	27	72	49	3	3	1	1				
Castleford John	15	389	6.5		6025	15	11	4		2	2		11	3	5		33.0	16.0	18	38	26	6	1	1	5		2		
Duncan Clarke	16	374	6.2		7236	1	1		15	11			5		3		37.0	16.9	15	61	23	5			9	1	1		
Tomlin Neil	11	368	6.1	27	9315	11	5	6		3	3		5		1	1	36.3	22.7	17	75	33	1	1	2	4		3		
Simpson Adam	10	338	5.6		4409	10	5	5		2	3		5		5		24.5	13.5	17	46	34	4	3	1	2				
Bagshaw Mark	9	317	5.3		3899	9	5	4		1	3		5		5		20.8	12.3	17	46	35	4	3	1	1				
Green Richard	8	300	5.0		4022	6	4	4		2	4		2				21.0	12.9	22	53	38	4	1		3				
Stockdale Claire	6	298	5.0		7302		2		4	1	4		1	1			34.8	24.7	39	71	50			1	2	2	1		
Bill John	5	225	3.8		3646	2	2	3					5	2			25.2	17.5	30	61	45	1	1		2	1			
Brown Neil	4	219	3.7		5678				4		4						34.8	26.7	46	71	55			1		2	1		
Kennedy Liam	7	211	3.5		3222	7	7						7		7		21.6	15.7	25	38	30	2	1		4				
Wileman Martin	4	210	3.5		3959	4	4						4				21.8	18.6	48	62	52	1			3				
Hall Rob	4	162	2.7		2534				4	1	3						22.0	15.7	38	43	40		2	1	1				
Shaw Samantha	4	160	2.7		1310	4	1	3			3		1		1		10.0	8.0	32	44	40	3	1						
Beesley Steve	4	120	2.0		830	4		4			4				1		8.8	6.7	9	41	30	4							
Woodcock Peter	4	115	1.9		1215	4	4						4		4		21.0	9.8	20	35	29	3			1				
Perry Jack	3	71	1.2		640	3	3						3		3		11.2	8.6	16	30	24	2	1						
Brewis Jon	2	54	0.9		785	2		2			2						15.0	14.5	25	29	27		1	1					
Pickup Andrew	1	41	0.7		451	1	1						1				11.0	11.0	41	41	41		1						
TOTALS	1588	64099	1068.3	5197	1362582	1275	918	310	360	337	337	9	907	108	403	168						302	157	170	571	136	240	10	4


All Divers
Minutes in Water
Date
0
500
1000
1500
2000
2500
3000
3500
4000
4500
5000
Jan-07
Feb-07
Mar-07
Apr-07
May-07
Jun-07
Jul-07
Aug-07
Sep-07
Oct-07
Nov-07
Dec-07
Calver Neil
Jennings Ian
Barnard Peter
Duinker Fran
Spickett Nigel
Parker Kevin
Holmes Roger
Rose Gary
Flatt Mike
Appleton Steve
Johnson Bill
Hall Richard
Hall Kath
Sykes Richard
Hassell Steven
Walford Barry
Jacques David
Hill Michael
Urch Vicki
Litchfield Phillip
Thomas Rachel
Wilson Dave
Lakin Richard
Hill Lawrence
Turney Phil
Calver Susan (Su)
Clarke Erica
Benton Simon
Hennessey Peter
Harman Sue
Pearson Mary
Burke Sean
Day Jason
Twigg Natalie
Cooper Catherine
Drake John
Hunter Andy
Callis Jeremy
Burke Jason
Castleford John
Duncan Clarke
Tomlin Neil
Simpson Adam
Bagshaw Mark
Green Richard
Stockdale Claire
Bill John
Brown Neil
Kennedy Liam
Wileman Martin
Hall Rob
Shaw Samantha
Beesley Steve
Woodcock Peter
Perry Jack
Brewis Jon
Pickup Andrew

LUTTERWORTH SUB-AQUA CLUB DIVE MANAGER'S SLATE

DATE …….. MANAGER(S) ……..

DIVE SITE …….. WEATHER ……..

NAME	Qualification	Equipment Type OC/SCR/CCR (See Below 1)	Cylinder 1 Pressure / Size / Mix	Cylinder 2 Pressure / Size / Mix	MOD	PLAN			Tissue Grade / Computer	SMB Colour	Time In	Max Depth	O/A Dive Time	STOPS	
						Max Depth	Max Time	Type (See Below 2)						1ST	2ND

1 OC=Open Circuit SCR= Semi Closed Rebreather CCR=Closed Circuit Rebreather MOD = Maximum Operating Depth

2 Dive Types: T = Training W = Wreck R = Reef D = Drift O = Other (Specify)