

## In This Months Issue

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# Free Flow

The magazine for LSAC

Photo by Dave Goddard

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# Free Flow

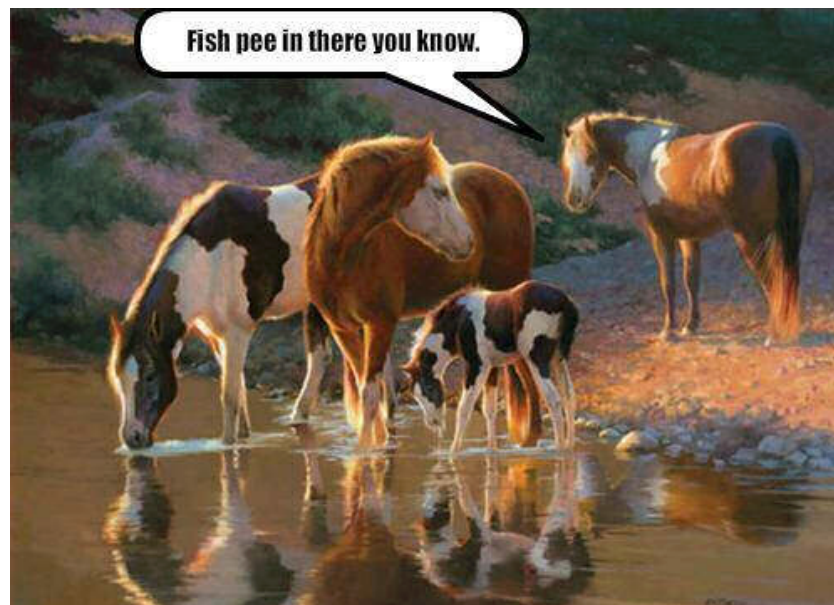
## Buddies

Welcome to this edition of Freeflow, Had a good time at the annual dinner, including the opportunity of showing off my airplane construction expertise, or at least throws stuff at the other tables.

A slightly sober edition this month after says farewell to Manfred, so next edition will start a run of humorous page clips, so if you like them please send me anything similar.

Stats are running to the finishing post so any last dives to get in now is the time. Stoney is cracking at the moment, went last Friday, had the place to ourselves and the viz was great. I know it was freezing but when your mad you don't notice.

PeteB



This could explain why Stoney gets so cloudy during the spring and summer and clear up in autumn and winter, i.e. as the fish numbers increase so does the cloudiness and as they thin out it clears up.



# Manfred Rooke

15/02/1970 - 17/11/2010

Manfred had been interested in the idea of scuba diving for quite some time and in October 2008 took a try dive at Lutterworth. He immediately fell in love with the sport; this was plain for all to see from the beaming grin that was spread across his face as he left the pool that night. He joined LSAC as soon as he could afterwards and went on to complete his Ocean Diver in February 2009.

He was always enthusiastic and inquisitive about diving and would often hold lengthy conversations pondering various aspects of his training. It was this effort, thought and enjoyment that led to him receiving both the chairman's award and the trainee of the year award for the 2009 dive season.

Manfred was a real people person as was evident by the number of good friends he made in the short time that he was with the club. He enjoyed the social aspects of club life as much as he did the diving and attended a couple of annual dinners and barbeques.

Manfred's place on the 2010 Red Sea trip was always in doubt; it was a constant uphill battle against massive uncertainty but he did eventually manage to get dive clearance only a few days prior to leaving. The trip proved to be the highlight of Manfred's time with the club.

Manfred really appreciated the effort and time that everyone put in to the club along with the friendships that he gained.

A truly caring, considerate and generous person whom we had the fortune to be friends with. He will be greatly missed.



### DO's Bit

Just time to report that a good night was had at the annual dinner, see below, will publish a list of the award winners next month. So with that will remind you of the quiz night at the Royal Oak 19:30 on the 21<sup>st</sup>, so see you there, I might even buy the first round unless Chris beats me to it, in which case I'll buy the second round.

Rich Hall  
D O



## Photographic Tips (1)

Hi All,

In my article last month I recommended a couple of tips from my recent photographic trip to the Red Sea, but I realized I might not have explained them very well. These two hints could help all photographers, even if you never take your camera underwater. I'm tackling the first (Exposure) this month; the second (White Balance) will be next month, after that... who knows!

### Exposure

If you take a picture on a 'normal' day with optimum exposure then you should have some detail recorded in the lightest bits and in the darkest bits (highlights and shadows). The problem is that when the dark bits get darker and the light bits lighter then your camera may not be able to record the details in the dark and light areas, and you will have exceeded the camera's 'Latitude'. If you haven't got the correct exposure in the first place then you will lose one before the other. One of the problems with using digital cameras is that the Latitude of the camera is not as good as the 'good old film days'. Film generally had a latitude of about 9 stops whereas digital cameras have about 6 stops (as an aside there is a technique called high dynamic range where you can apparently improve the latitude of your digital camera, but this either needs the picture to be recorded in 'RAW' or you have to take multiple pictures at different exposures and join them together).

Going back to the original problem, put in simple terms you have got to get the exposure correct otherwise you could lose detail in either the highlights or the shadows. The manufacturers try to optimize the exposure, they normally get it about right but they can be a bit off sometimes. To check the exposure is quite simple. With your camera take a series of photos - of the same thing, but varying the exposure, then check the detail recorded in the highlights and the shadows and choose the exposure that you get the best exposure in both areas

### **The Practical Bit**

This is where it gets a bit tricky, because different cameras have different features. Ideally if your camera has an EV button that's where to start.



On my faithful old Olympus (left) I can adjust the exposure compensation by pressing the right and left buttons (see photo - 1) and I can get exposures from -2 to +2 stops in 1/3 stop steps as shown on the display.



On my newer Canon compact (right) you bring up the info screen by pressing at the centre (1) then by using the command wheel select the exposure compensation (by moving up and down - 2) and then select exposures (left and right - 3) from -2 to +2 stops in 1/3 stop steps.



On my Canon SLR (left) you have to press the AV +/- button (1) and operate the command wheel (2) by the shutter button - same exposure adjustments and shown on the screen (3).

As you can see different cameras have different methods/buttons, if you cannot find the relevant methods/buttons then refer to your camera's instruction book and look up "Exposure Compensation"

Then take some photos (don't use the flash) over the whole series of exposures. I would suggest the privacy of your own garden (unless you have nosy neighbours). Take the same picture each time (ideally put it on a tripod as I have here) and then examine the same features on all the photos. For this example I took some pictures in my garden (the day it snowed) and then chose an area of (snow covered) lawn and the hedge behind as my light and dark areas. I don't know how well this will be reproduced in Freeflow, but hopefully looking at the samples you can see it that there is detail being lost in the light areas when the pictures are over exposed, and if you look at the dark areas there is some detail being lost when the exposures are reduced.



Hopefully you will agree (and again it depends how it is reproduced in Freeflow), that looking at the light area that exposures above about plus a third of a stop you are starting to lose detail (you can't see the bits of grass sticking through the snow), and for the dark areas it is starting to lose detail when it goes beyond minus a third of a stop (you can't make out the post so well). So the best compromise is between minus a third and plus a third i.e. where the camera thought the exposure should be (which is good news for my Canon SLR!). If your tests showed that the exposure is out a bit you can compensate by always taking pictures with the exposure adjusted.

As a parting comment, and as there is snow on the ground... if you take a photo of a snow scene with mainly snow in it (i.e. not a picture of 'Fred' in the snow) it will probably come out with dirty looking snow, instead of the vibrant scene you wanted to record. The camera is trying to get a good exposure, but for a 'normal' scene... and you don't have a normal scene. You need to lighten it up so you need to overexpose that picture. Back to the 'AV' button mentioned earlier. I would start with + 1 stop to start with, see how that looks. (Don't forget to reset it afterwards - otherwise all your photos will come out overexposed!)

Next Month: White Balance

## Members Dives 2010 - December Update

Hi Again,

Another Month and more statistics... but not many more dives! It appears that only Bill Johnson is the only one going diving - or at least the only one getting the info to me! This month just the chart, next month the final stats for 2010. Ian Jennings

	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+			
Johnson Bill	90	3570	59.5	178	93250	43	48	23	19	22	14	5	49	1	7	7	50.8	25.1	1	78	40	7	8	10	28	12	17	6	2			
Barnard Pete	65	2688	44.8	236	70270	64	27	19	19	25	15		25	3	8	8	50.6	25.5	15	69	41	3	4	6	25	9	13	4	1			
Spickett Nigel	65	2498	41.6	370	63051	62	36	9	20	16	9	2	38	3	15	15	50.4	24.4	9	69	38	2	5	7	27	6	16	1	1			
Hall Richard	56	2406	40.1	81	44887	22	14	12	30	16	21	2	17	3	3	3	36.9	18.5	6	83	43	4	17	11	13	8	3					
Hall Kath	49	2117	35.3	44	39384	15	12	7	30	14	20	2	13	3	1	1	36.6	18.9	6	83	43	2	16	9	13	6	3					
Brown Claire	42	2000	33.3	37	44684	39	16	5	21	18	8		16	12	1	1	40.2	20.7	12	69	48	5	7	2	17	8	2	1				
Jennings Ian	35	1922	32.0		33905				35	14	21			1			32.2	18.2	33	83	55	2	13	6	7	5	2					
Taylor Chris	39	1830	30.5	60	38468	39	11	9	19	16	9	1	13	5	2	1	36.9	20.2	17	63	47	3	5	9	11	8	3					
Fiatt Mike	37	1739	29.0	87	33251	27	7	7	23	11	17	1	8	6	2	2	30.8	18.1	11	63	47	5	8	7	11	5	1					
Brown Neil	31	1509	25.2		34503	30	7	5	19	16	7		8	3			39.3	21.4	12	68	49	2	6	3	11	7	2					
Appleton Steve	24	1370	22.8		34584	22	5		19	12	7		5	5			41.0	24.7	34	66	57	2	2	2	9	6	4	1				
Marshall Derek	38	1353	22.6		24495	7	13	25		9	6	3	20				30.9	18.8	9	67	36	7	5	4	13	6	3					
Goddard Dave	24	1182	19.7		26451	24	2	3	19	10	12		2	4			29.7	22.1	20	67	49		4	5	5	10						
Parker Kevin	19	1058	17.6		29315	19		8	11	13	6						44.4	27.3	26	79	56		1		8	7		3				
Jacques Dave	23	985	16.4		23507	21	6	2	15	11	6		6	4	3		35.0	22.9	9	61	43		2	4	8	7	2					
Beesley Steve	23	937	15.6		17780	23	4	4	15	11	6	1	5	6			26.2	18.0	24	60	41	3	4	4	8	4						
Hooper John	20	916	15.3		24952	19	5	15		10	4	2	4				44.4	25.8	21	79	46	1	1	3	6	3	4	2				
Turney Phil	18	912	15.2		22666	18	3	1	14	7	8		3	2			30.4	24.2	14	64	51		1	2	6	5	4					
Hill Michael	24	738	12.3	26	13578	18	19	5		7	3		14	1	9	1	36.4	16.2	13	52	31	9	3		8	2	2					
Shaw Sam	18	726	12.1		13837	18	3	3	12	6	8	1	3	3			29.0	18.3	24	58	40	2	4	4	5	3						
Walford Barry	16	646	10.8		12689	4	4	1	11	7	5		4				29.6	20.0	10	53	40		3	5	4	4						
West Jason	15	513	8.6		8989	15	13	2		2	2		11	5	8		23.0	18.4	21	60	34	2		4	9							
Rooke Manfred	11	428	7.1		7241	11	1		10	7	3		1	2	1		21.3	16.6	15	59	39		5	3	3							
Duinker Fran	9	384	6.4		8574	5	1	8		6			3				38.0	22.5	34	53	43		1	3	2	1	2					
Day Jason	11	321	5.4		4740	11	8	3			3		8		4		21.6	13.9	13	40	29	4	2	1	4							
Hage James	7	190	3.2		3979	6	7						7		6		21.6	20.9	21	34	27				7							
Warrier Ceilia	6	177	3.0		1203	6	3	3			3		3	2	4		7.5	6.8	1	44	30	6										
Tocca Louise	7	169	2.8		2761	7	7						7		7		21.6	16.0	15	31	24	2	1		4							
Tomlin Neil	5	159	2.7	54	3078	5	2	3		2		1	2	2	2	2	21.0	18.5	11	51	32		1	1	3							
Tocca Dominic	6	152	2.5		2375	6	6						6		6		21.6	15.0	15	34	25	2	1		3							
Shaw Emily	2	84	1.4		1222	2	1	1					2	1			17.0	12.7	24	60	42	1		1								
Whyment Daryl	2	81	1.4		1887	2		2		2							24.4	23.3	39	42	40				2							
Burke Sean	1	32	0.5		624	1	1						1				19.5	19.5	32	32	32			1								
Deacon Tim	1	7	0.1		33	1		1			1						4.7	4.7	7	7	7	1										
TOTALS	839	35799	596.7	1173	786213	612	292	186	361	290	224	21	304	75	89	41						75	130	117	280	132	83	18	4			









Program & Training Schedule 2010-2011 (revision 2 01/11/10)

Date	Ocean Diver	Sports Diver	Dive Leader	Skill Development	Interest Evening	Pool Training	Trips/Social	Pool Marshal	Date
02-Nov-10	DIVER	ST1				Ocean & Sports	6/7th - BH PRACTICAL COURSE	Vicki Urch	02-Nov-10
09-Nov-10	TRAINING	ST2			Silver Dolphin Photography Competition	Ocean & Sports		Fran Duinker	09-Nov-10
16-Nov-10	WILL			CHARTWORK & POSITION FIXING		Ocean & Sports		Dave Jacques	16-Nov-10
23-Nov-10	Club Open Evening	Club Open Evening	Club Open Evening	Club Open Evening	Club Open Evening	Ocean & Sports	27 - Annual awards & dinner dance	Neil Brown	23-Nov-10
30-Nov-10	Run			CHARTWORK & POSITION FIXING		Ocean & Sports		Phil Litchfield	30-Nov-10
07-Dec-10	ON	ST3				Ocean & Sports	11th- vhf RADIO COURSE	Kath Hall	07-Dec-10
14-Dec-10	DEMAND			CHARTWORK & POSITION FIXING		Ocean & Sports		Chris Taylor	14-Dec-10
21-Dec-10	Quiz Night	Quiz Night	Quiz Night	Quiz Night	Quiz Night	Quiz Night	Quiz Night		21-Dec-10
28-Dec-10	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	28-Dec-10
04-Jan-11	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	04-Jan-11
11-Jan-11		ST4	DT1						11-Jan-11
18-Jan-11			DT2	CHARTWORK & POSITION FIXING		INSTRUCTOR TRG			18-Jan-11
25-Jan-11		ST5	DT3			BUOYANCY & TRIM			25-Jan-11
01-Feb-11	TRIP PLANNING	TRIP PLANNING	TRIP PLANNING	TRIP PLANNING	TRIP PLANNING	TRIM	5/6th - CHARTWORK W/END		01-Feb-11
08-Feb-11	OCEAN	ST6	CATCH-UP			WORKSHOP			08-Feb-11
15-Feb-11	DIVER	REVISION	DT4						15-Feb-11
22-Feb-11	TRAINING		DT5		BASIC LIFE SUPPORT REVISION	SPORTS DIVER REVISION			22-Feb-11
01-Mar-11	WILL		DT6	BOAT HANDLING / DIVER COX REVISION		SPORTS DIVER REVISION			01-Mar-11
08-Mar-11	RUN		CATCH-UP	BOAT HANDLING / DIVER COX REVISION		SPORTS DIVER REVISION			08-Mar-11
15-Mar-11	ON		DT7	BOAT HANDLING / DIVER COX REVISION		SPORTS DIVER REVISION			15-Mar-11
22-Mar-11	DEMAND		DT8						22-Mar-11
29-Mar-11			DT9		BASIC LIFE SUPPORT REVISION	BASIC LIFE SUPPORT REVISION			29-Mar-11
05-Apr-11			CATCH-UP	BUOYANCY & TRIM WORKSHOP					05-Apr-11
12-Apr-11			DT10	BUOYANCY & TRIM WORKSHOP		DIVE LEADER REVISION			12-Apr-11
19-Apr-11			DT11	BUOYANCY & TRIM WORKSHOP		DIVE LEADER REVISION			19-Apr-11
26-Apr-11	No Club Easter	No Club Easter	No Club Easter	No Club Easter	No Club Easter	No Club Easter	No Club Easter	No Club Easter	26-Apr-11
03-May-11	No Club May Day	No Club May Day	No Club May Day	No Club May Day	No Club May Day	No Club May Day	No Club May Day	No Club May Day	03-May-11
10-May-11			DT12	BUOYANCY & TRIM WORKSHOP	BASIC LIFE SUPPORT REVISION	BASIC LIFE SUPPORT REVISION			10-May-11
17-May-11			CATCH-UP/REVISION	BUOYANCY & TRIM WORKSHOP	BASIC LIFE SUPPORT REVISION	BASIC LIFE SUPPORT REVISION			17-May-11
24-May-11			CATCH-UP/REVISION	BUOYANCY & TRIM WORKSHOP	BASIC LIFE SUPPORT REVISION	BASIC LIFE SUPPORT REVISION			24-May-11
31-May-11	No club Spring Bank	No club Spring Bank	No club Spring Bank	No club Spring Bank	No club Spring Bank	No club Spring Bank	No club Spring Bank	No club Spring Bank	31-May-11
07-Jun-11	Trip Planning	Trip Planning	Trip Planning	Trip Planning	Trip Planning				07-Jun-11
14-Jun-11			EXAM	FIRST AID FOR DIVERS					14-Jun-11
21-Jun-11	OCEAN	SPORTS		FIRST AID FOR DIVERS					21-Jun-11
28-Jun-11	DIVER	DIVER		FIRST AID FOR DIVERS					28-Jun-11
05-Jul-11	TRAINING	TRAINING		FIRST AID FOR DIVERS					05-Jul-11
12-Jul-11	WILL	WILL		FIRST AID FOR DIVERS					12-Jul-11
19-Jul-11	RUN	RUN		FIRST AID FOR DIVERS					19-Jul-11
26-Jul-11	ON	TO		FIRST AID FOR DIVERS					26-Jul-11
02-Aug-11	DEMAND	SUIT							02-Aug-11
09-Aug-11		DEMAND							09-Aug-11
16-Aug-11									16-Aug-11
23-Aug-11									23-Aug-11
30-Aug-11	No club August Bank Holiday	No club August Bank Holiday	No club August Bank Holiday	No club August Bank Holiday	No club August Bank Holiday	No club August Bank Holiday	No club August Bank Holiday	No club August Bank Holiday	30-Aug-11
06-Sep-11									06-Sep-11
13-Sep-11									13-Sep-11
20-Sep-11									20-Sep-11
27-Sep-11	AGM	AGM	AGM	AGM	AGM	AGM	AGM	AGM	27-Sep-11
04-Oct-11		ST 1							04-Oct-11
11-Oct-11		ST 2							11-Oct-11
18-Oct-11	OCEAN	CATCH-UP							18-Oct-11
25-Oct-11	DIVER	ST3							25-Oct-11
01-Nov-11	TRAINING	ST 4							01-Nov-11
08-Nov-11	WILL	ST 4							08-Nov-11
15-Nov-11	RUN	ST4							15-Nov-11
22-Nov-11	ON	CATCH-UP							22-Nov-11
29-Nov-11	DEMAND	ST5							29-Nov-11
06-Dec-11		ST6							06-Dec-11
13-Dec-11		CATCH-UP/REVISION							13-Dec-11
20-Dec-11	Christmas Quiz	Christmas Quiz	Christmas Quiz	Christmas Quiz	Christmas Quiz	Christmas Quiz	Christmas Quiz	Christmas Quiz	20-Dec-11
27-Dec-11	No club Christmas	No club Christmas	No club Christmas	No club Christmas	No club Christmas	No club Christmas	No club Christmas	No club Christmas	27-Dec-11

## 2010 Dive Trips

<u>Date</u>	<u>Site</u>	<u>Organiser</u>	<u>Type</u>	<u>Diver level</u>	<u>Places</u>	<u>Accommodation</u>	<u>Advanced Diver</u>	<u>Towing</u>	<u>Anticipated Cost</u>	<u>Deposit</u>	<u>Trip confirmed</u>
13/14 March	Bovisand	Fran D	Training	All	Unlimited	TBA	Fran D	TBA	£30	£10	Complete
2/5 April	Plymouth	Mike F	Shore/ Club Ribs	All	Unlimited	Lodges	Neil B	Rich H/ Mike F	£75	£10	Complete
23/25 April	Plymouth	Chris T	Charter	Sports	12	B&B	Nigel S	n/a	£150	£150	Complete
1/3 May	Pembroke	Neil C	Club Ribs	?	10	?	?	?	?	?	Cancelled
8/9 May	Weymouth	Rich H	Club Ribs	Exp Sports +	10	Camping	Rich H	Rich H/Mike F	£50	£10	Complete
15/16 May	Lyme Bay	Derek M	Club Ribs	?	10	?	?	?	?	?	Cancelled
30 May/6 June	Red Sea	Mike F	Liveaboard	Sports	20	Livaboard	Nigel S	n/a	£800	£200	Complete
3/4 July	Plymouth	Fran D	Club Ribs	Ocean	10	Camping	Fran D	Fran D/?	£70	£10	
24/25 July	Swanage	Neil B	Club Ribs	Ocean	10	Camping	Neil B	?	?	£10	Yes
6/8 Aug	Farnes	Nigel S	Club Ribs	Ocean	10	Camping/B&B	Nigel S	Nigel S/?	£50	£10	Yes
15-22 Aug	Baltimore	Mike H	Charter	Sports +	12	B&B	Pete B	n/a	£360	£100	
21/22 Aug	Plymouth	Rich H	Club Ribs	All	10	Camping	Rich H	Rich H/ ?	£50	£10	Yes
18/19 Sep	Weymouth	Kath H	Club Ribs	Spots +	10	Camping	Kath H	Rich H/ ?	£50	£10	Yes
16/17 Oct	St. Abbs	Chris T	Club Ribs	?	10	?	?	?	?	?	

2010	January	February	March	April	May	June	July	August	September	October	November	December
Sunday								1				
Monday		1	1				Red Sea	2			1	
Tuesday		2	2			1		3			2	
Wednesday		3	3			2		4	1		3	1
Thursday		4	4	1	Plymouth	3		5	Farnes	2	4	2
Friday	1	5	5	2		4	Pembroke	6		1	5	3
Saturday	2	6	6	3	1	5		7		4	6	4
Sunday	3	7	7	4		6		8		3	7	5
Monday	4	8	8	5		7		9		4	8	6
Tuesday	5	9	9	6		8		10		5	9	7
Wednesday	6	10	10	7		9		11		6	10	8
Thursday	7	11	11	8		10		12		7	11	9
Friday	8	12	12	9		11		13		8	12	10
Saturday	9	13	13	10		12		14	Baltimore	11	13	11
Sunday	10	14	14	11		13		15		10	14	12
Monday	11	15	15	12		14		16		11	15	13
Tuesday	12	16	16	13		15		17		12	16	14
Wednesday	13	17	17	14		16		18		13	17	15
Thursday	14	18	18	15		17		19		14	18	16
Friday	15	19	19	16		18		20	Plymouth	17	19	17
Saturday	16	20	20	17		19		21		18	20	18
Sunday	17	21	21	18		20		22		19	21	19
Monday	18	22	22	19		21		23		20	22	20
Tuesday	19	23	23	20		22		24		21	23	21
Wednesday	20	24	24	21		23		25		22	24	22
Thursday	21	25	25	22	Plymouth	24		26		23	25	23
Friday	22	26	26	23		25		27		24	26	24
Saturday	23	27	27	24		26		28		25	27	25
Sunday	24	28	28	25		27		29		26	28	26
Monday	25		29	26		28		30		27	29	27
Tuesday	26		30	27		29		31		28	30	28
Wednesday	27		31	28		30				29		29
Thursday	28			29						30		30
Friday	29			30						29		31
Saturday	30				29	Red Sea				30		
Sunday	31				30					31		
Monday					31							
		Chilly Booked		Chilly Not Available			Springs			Other Trips		
		Skinny Booked		Skinny Not Available			Neaps	