

# Free Flow

The magazine for LSAC

Feb 2006  
Issue 97

**In This Months Issue**  
**Pathfinder Course**  
**Members Dives to January '06**  
**Page 3 Luvlies**

Cover Photo Courtesy of Ian Jennings



## CONTENTS

- Page 1 Cover
- Page 2 Editors Bit
- Page 3 Page 3 Luvilies
- Page 4 Chairman's Report
- Page 5 Diving Officer's Report
- Page 6 Pathfinder Course
- Page 7 Tit Bits
- Page 9 Members Dives to Jan 2006
- Page 10 Tuesday Calander
- Page 11 2006 Dive Planning
- Page 12 2006 Boat Reservations

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



# Free Flow

## Editors Bit...



Not one known for their unbalanced stance on life the ed picks up not one but two awards at the annual dinner.

The annual dinner turned out to be even better than usual. Not only with the buffet format and Soap Opera from Margaret Baldwin but the awards went to the good guys and well deserved they were. Club trainee went to John Foster; Silver Dolphin to Ian Jennings; the Volney to Martyn O'Driscoll; Pathfinder and Brian Maton to Pete Barnard and the Chairman's Award to Fran Duinkers.

The race for next years awards have already started with Martyn having received a Volney candidate nomination and the compass course details are contained in this edition.

By the time this edition hits the street the first club outing should have taken place, with an intrepid few braving the early Feb weather at Plymouth. This is just to remind members to dust off the kit and skills, get that kit serviced and get yourselves dive fit for the rapidly approaching season.

Pete

# Page 3 Luvlies

Free Flow  
Feb 2006



This month's luvlies are two of our award winners. John with the biggest smile of the evening and Martyn with a super set of cufflinks, shame about the tie. (Sorry to Fran and Ian, the other award winners, for not making it to this months page 3)

If you would like to become Miss or Mr Mar 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)

# **The Chairman's Knock**

Since the last knock we have had the annual awards do which was a great night (I'm sure there will be some dodgy photos in this months issue somewhere!). Thanks to Marg Baldwin from the cove for giving a great after dinner speech. We were also kindly joined by representatives from RNLI and County Air Ambulance so that we could present the cheques following last years sponsored snorkel event. In case you couldn't make it the winners were:-

Chairmans Award – Fran Duinker  
Trainee of the year – John Drake  
Silver Dolphin – Ian Jennings  
Brian Maton – Pete Barnard  
Pathfinder – Pete Barnard  
Volnay – Martyn O'Driscoll

So well done to all of the above (although the volnay is not one you would normally aspire to – sorry Martyn!!).

Thanks to everyone who did make it, and for all who took part in the raffle (which raised over £200 to club funds) hopefully we will see a few more members at next years! A special thanks to Helen for all of her hard work in organising another good night.

It would be nice to see a few more social events run throughout the year so if you've got any ideas please come forward.

The interest evenings have now commenced (check website for details) and training lectures will be commencing soon so please come down to the club and support the people giving the talks/lectures as it does take a lot of time/effort. Although the calendar is looking quite healthy I will be pestering people especially if they have been away diving somewhere exotic (ie anywhere other than the cove!) so be warned!

We will be running try dives on 21/28 March and advertising will commence in the near future, but the best way of getting people down is by word of mouth so start spreading the word. Apparently Miss Blaby will also be coming along soon for a try dive and I'm sure we will not be short of willing volunteers on that night then!

Regards

Roj

# The DO's Bit

Hi all

The build up to the Dive season has started and the first trip successfully run down to Plymouth and has given Skinny Dip a good shake down prior to the season.

There is lots of training taking place not to mention the Advanced Nitrox which runs tomorrow and Thursday Night. Now is the time to make the most of events and training before the main dive season takes over. Don't forget that instructors tend to be away on trips a lot, so now is an ideal opportunity to pester them to take you in for training or build up dives. The cove at present has some awesome visibility, if a bit cold.

Whilst on the subject of the build up dives, for those of you need to dust of kit or have new kit to try out can they please take it in the pool first. Some people thought they new better! Fortunately the most serious thing that happened was dives being cut short. If it wasn't for the quick reactions of their instructors this could have easily been a different story ending up in the incident pit! Instructors can I also ask you to assess such situations prior to open water dives and offer advice and guidance.

There are plenty of trips on offer, the details of which are up on the web site and I will be bringing in some paper copies. If people wish to book on a trip then see Su Calver who will get you to sign the appropriate form and take some money off of you☺

Neil B  
DO

## **PATHFINDER TROPHY Competition 2006**

- Rule 1: All club members must submit an entry**  
**Rule 2: My subjective prejudices have the only and final say**  
**Rule 3: Bribery of the judge is encouraged**  
**Rule 4: There is only 3 rules**

**This year the competition is split into 3 categories so that all club members are competing on an equal basis.**

### **Ocean and Sport's Diver Trainees**

**During training OO5 (pilotage) and SO4 (compass navigation) you will be practicing your pathfinder skills. When you practise and/or get signed off on OO5 and/or SO4 get the instructor to let me know how you got on. In discussion with them and our Training Officer Richard Green I'll rank the performances.**

### **Sport's Divers**

**Starting with the Stoney map. Fill in all the missing items on the 6 and 20m dive area, i.e. there are a few underwater items not shown on the map all you have to do is submit a map with all these items. Bonus points for getting all the items in the correct position, yes not all those items on the Stoney map are in the correct position. All you have to do is go in and have a look. NOTE: only down to 20m. No bonus points for anything down the hole.**

### **Dive Leader's and Above**

**Same as for Sport's Divers but the whole of the Cove is included. As above there will be bonus points for getting items in the correct location. There is a double bonus for estimating the minimum decompression the you could get away with if you could dive all the underwater items in one dive.**

## Tit Bits from the Internet

# Bent in the Bahamas? Sorry, your DAN insurance is worthless

by LAMAR BENNINGTON - CDNN Industry News Editor

**NASSAU, Bahamas (25 Jan 2006)** -- The Bahamas Hyperbaric Centre, Ltd has announced that it will no longer accept Divers Alert Network (DAN) insurance for payment of fees related to medical treatment for diver related injuries.

The decision stems from DAN's attempt to fix prices charged by hyperbaric chamber facilities and its failure to settle claims for diving injuries treated at the Bahamas Hyperbaric Centre Ltd.

According to the Nassau-based facility, DAN is the only diver insurance company involved in the price-fixing scheme. All other diver insurance carriers including PADI, NAUI, Dive Assure, Diver's Security Agency (DSI), DiveSafe and major medical health plans in the US and Europe have settled claims for hyperbaric medical treatment at the Bahamas Hyperbaric Centre Ltd.

Divers insured by DAN who are planning to dive in the Bahamas and other destinations (go to [Insured by DAN? Sorry, you're not covered](#)) where DAN insurance is no longer accepted are urged to immediately cancel their DAN policies and reinsure with another diver insurance company.

In recent years, DAN has been plagued by a series of scandals related to its commercial spin-offs, price-fixing, tax evasion schemes and corporate financial shenanigans, which led to the ousting of DAN CEO Peter Bennett in 2001.

The North Carolina based "non-profit", which operates an off-shore multi-million dollar tax-free insurance business based in the Cayman Islands, has been widely criticized throughout the global scuba diving community for profit-oriented deals that compromise diver safety.



**DAN's failure to settle claims has provoked recompression chambers to reject divers insured by DAN.**

DAN corporate executives dismiss the criticisms as insignificant because "divers are still buying DAN insurance."

**© CDNN - CYBER DIVER NEWS NETWORK**

## **Scapa Flow chamber under threat**

A cost-cutting exercise in Orkney has led to fears that Scapa Flow's recompression service may be compromised. The chamber in Stromness is seen as an important safety facility for the 4,000 divers who visit Scapa each year.



Dr John Ross, consultant for NHS Grampian and a senior lecturer in hyperbaric medicine at The University of Aberdeen, contacted DIVE to express concern that Orkney Health Board could withdraw financial support for the doctors who staff the chamber.

'If local medical support is withdrawn, there is a chance that people who get symptoms after diving – and who don't really have decompression sickness – will have to fly to Aberdeen for assessment,' Dr Ross said. 'As it is, anyone with symptoms can be seen at Stromness and evaluated there.'

'I'm concerned that if divers are faced with a flight to the chamber in Aberdeen, they may not come forward for immediate assessment and those who actually have decompression sickness may miss out on the important early treatment.'

A spokesman for Orkney's NHS service said it had to address a £300,000 deficit, and that 'efficiencies' in the hyperbaric service were one of many possible routes being investigated. 'This is a review of clinical needs,' said the authority's medical director, Dr Rosaleen Beattie. 'We must have appropriate services for diving medicine, and we will definitely have to continue to provide an appropriate service.'

'There are issues that need to be ironed out... There is a recognisable risk, and if we have 4,000 visiting divers, plus locals and commercial divers, then we should expect at least 40 accidents each year and we need appropriate services.'

The issue was due to be discussed at an NHS Orkney meeting in January.



## Members Dives To January 2006

The leading positions in the main competition at the end of January are:

- 1<sup>st</sup> Fran Duinker 682 minutes
- 2<sup>nd</sup> Steve Appleton 649 minutes
- 3<sup>rd</sup> Kevin Parker 554 minutes
- 4<sup>th</sup> Pete Barnard 475 minutes

So far I have had information about 33 different divers and in 33<sup>rd</sup> position honourable mention must go to Erica Clarke with a total of 5 minutes! (I know the Cove can be cold at this time of year but even so... 5 minutes!)

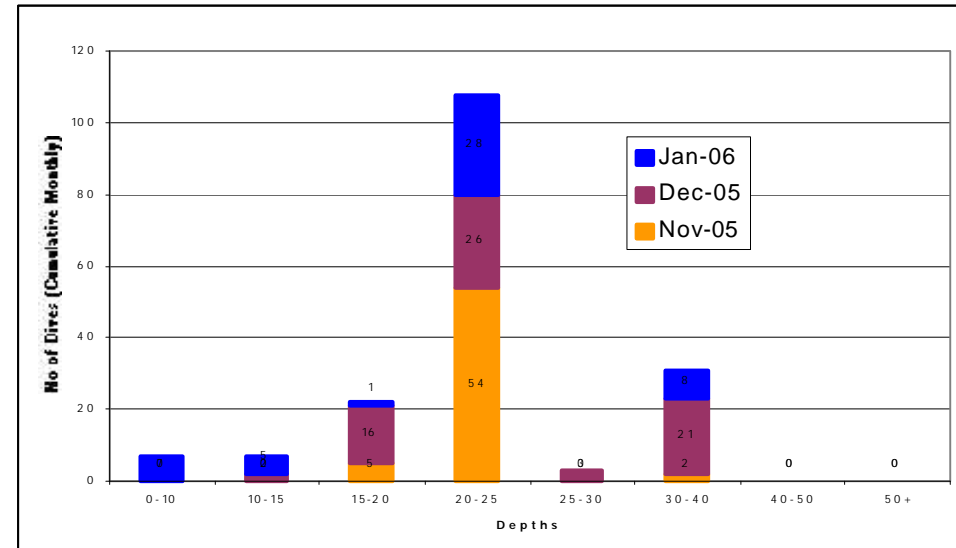
The leading positions in the instructor's competition are

- 1<sup>st</sup> Fran Duinker. 152 minutes
- 2<sup>nd</sup> Martyn O'Driscoll 146 mins
- 3<sup>rd</sup> Neil Tomlin 43 minutes
- 4<sup>th</sup> Richard Green 21 minutes

Anyone got any idea of how to handicap Fran?

So far we have information about 176 dives spread reasonably evenly over the 3 months the competition has been running so far. This isn't so bad considering how cold it is at this time of year. 28% of the dives have been training dives

If you look at the histogram it is obvious that two depths are preferred – but this is not surprising, as most of the dives have been at the Cove with the 20m ledge and the 35m 'hole'.



I am a little disappointed though, I hear on Tuesdays about dives that have been done – but I don't see get that much information passed through on the sheets. The main reason for the marshal sheets is so we can monitor the diving, but by keeping records we have information with which we can promote the club, and also, with this information we can plan future trips to suit the depths and type of diving which seems popular. So keep filling in the sheets and giving them in (promptly please)

DATE	LOCAL MEETING	SPORTS DIVER	DIVE LEADER	SKILL DEVELOPMENT	INTEREST EVENINGS	POOL TRAINING
03-Jan-06	<b>NO CLUB - HAPPY NEW YEAR</b>		<b>ND. Stoney Wed. 2/2</b>			
10-Jan-06	OT4 Catch up - Pete Barnard					
17-Jan-06	OT7 Catch up - Neil Tomlin				Dive Trip Planning	
24-Jan-06	EXAM - Neil Tomlin				Dive Trip Planning	
31-Jan-06	Drysuit Intro - Roger Holmes				Dive Trip Planning	
07-Feb-06				Dive Planning & Marshalling	Equipment maintenance-Pete Barnard	
14-Feb-06				Dive Planning & Marshalling	Alex Bullard-Diving south China Seas	
21-Feb-06		ST1- Jon Brewis		Dive Planning & Marshalling	Frans talk on New Zealand	SS1
28-Feb-06		ST2 - Neil Brown		Dive Planning & Marshalling	O2 - Refresher	SS1
07-Mar-06		st2 Pratical		Dive Planning & Marshalling	Boat Instruction NS	SS1
14-Mar-06					Open Forum	
21-Mar-06		ST3 - Pete Barnard				
28-Mar-06	<b>NO CLUB - EASTER</b>					
04-Apr-06		ST4 - Roger Holmes			Sponsored Snorkell Pete W	TRY DIVE
11-Apr-06		ST5 - Gary Rose			Chartwork NS	TRY DIVE
18-Apr-06	OT1 / INTRO - Neil Tomlin	ST6 - Phil Turney			New Zealand Talk Fran	Intro Course
25-Apr-06	OT2 - Jon Brewis	Catch up week			Tides NS	OCEAN DIVER
02-May-06	<b>No Club May Day Bank Holiday</b>					<b>Bank Holiday</b>
09-May-06	OT3 - Neil Brown	REVISION - Neil Brown		AT2 - Advanced Diving - Neil Tomlin		OCEAN DIVER
16-May-06	OT4 - Richard Green	Exam - Neil Brown		AT2 - Advanced Diving : Twinset configuration - Roger Holmes		OCEAN DIVER Twin Set
23-May-06	OT5-Roger Holmes			AT2 - Advanced Diving : Rebreather awareness - Fran Duinker		OCEAN DIVER Rebreather
30-May-06	<b>NO CLUB - WHITSUN BANK HOLIDAY</b>					<b>ND. StITSU</b>
06-Jun-06	OT6 - Gary Rose			AT2 - Advanced Diving : Rebreather awareness - Fran Duinker		OCEAN DIVER Rebreathr
13-Jun-06	OT7 - Phil Turney					OCEAN DIVER
20-Jun-06	Catch up week			O2 CPR Neil T		OCEAN DIVER
27-Jun-06				O2 Diving Incidents Pete W	Talk from mikes on servicing	OCEAN DIVER
04-Jul-06	REVISION - Neil Tomlin			O2 Casualty Assesment Neil B		OCEAN DIVER
11-Jul-06	EXAM - Neil Tomlin OT1/Intro NB			O2 admin practice Equip Jon B		OCEAN DIVER
18-Jul-06	OT2 Neil Brown			O2 Use of admin equip All		OCEAN DIVER
25-Jul-06	OT3 Nigel Spickett			O2 Positive Pressure vent/Assesment Fran D/All		OCEAN DIVER
01-Aug-06				O2 Positive Pressure vent/Assesment Fran D/All		OCEAN DIVER
08-Aug-06	OT4 Jon Brewis					OCEAN DIVER
15-Aug-06	OT5 Richard Green					OCEAN DIVER
22-Aug-06	OT6 Neil T					OCEAN DIVER
29-Aug-06	<b>NO CLUB - AUGUST BANK HOLIDAY</b>					<b>ND.StGUS</b>
05-Sep-06	OT7 Neil B					SS1
12-Sep-06	Catch up week/Revision					SS1
19-Sep-06	Exam				Marine Biology Anne Marie	TRY DIVE
26-Sep-06	<b>AGM</b>					TRY DIVE
03-Oct-06	OT1 / INTRO - Neil Tomlin	ST1- Pete Woodcock		Life Saver Award	North Ireland Fran	Intro Course
10-Oct-06	OT2 - Ian Jennings	ST2 - Ian Jennings		Life Saver Award	Talk on GPS NB	OCEAN DIVER
17-Oct-06	OT3 - Bob Mulholland	ST3 - Bob Mulholland		Life Saver Award	Chart Work Nigel S	OCEAN DIVER
24-Oct-06	OT4 - Nigel Spickett	ST4 - Nigel Spickett		Life Saver Award	Knots/Shots/Anchoring Pete W	OCEAN DIVER
31-Oct-06	OT5-Fran Duinker	ST5 - Fran Duinker		Life Saver Award	1-2-1 session on gps /Diver coxs NB	OCEAN DIVER
07-Nov-06	OT6 - Alex Bullard	ST6 - Alex Bullard		Life Saver Award/Boat Handling	1-2-1 session on gps /Diver coxs NB	OCEAN DIVER
14-Nov-06	OT7 - Neil Tomlin	Catch up week			Open Forum Roger	OCEAN DIVER
21-Nov-06	Catch up week	REVISION - Neil Tomlin			2006 Trip Planning NB	OCEAN DIVER
28-Nov-06	REVISION - Neil Tomlin	EXAM - Neil Tomlin			2006 Trip Planning NB	OCEAN DIVER
05-Dec-06	EXAM - Neil Tomlin					
12-Dec-06	Quiz and Social Night					
19-Dec-06	Christmas No Meeting					
26-Dec-06	New Year No Meeting					
	INTRO/OCEAN DIVER	SPORTS DIVER	DIVE LEADER	SKILL DEVELOPMENT	INTEREST EVENINGS	POOL TRAINING

**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>Deposit</u>
4th-5th Feb	Plymouth	<a href="#">Neil C and Pete B</a>	Club Rib	1	SD	10		B+B	70	
5th -12 March	Red Sea	<a href="#">Kevin Parker</a>	Hardboat L/A	1	SD	20	0	Liveaboard	765.23	200
13th-24th April	Loch Fyne	<a href="#">Dave Wilson</a>	Club RIBs	2	All	Unlimited		Camp + Caravan	TBA	TBA
5th-8th April	Plymouth	<a href="#">Nigel Spickett</a>	Club RIBs	2	All	10	10	Camp	TBA	10
13th-14th April	Plymouth	??	Club RIBs	2	All	10	10	Camp	TBA	1
20th 21st April	Farnes	<a href="#">Fran Duinker</a>	Club RIBs	2	All	10	10	Camp	TBA	TBA
2nd-5th June	West Bay	<a href="#">Mike Flatt</a>	Club RIBs	2	All	10	10	Camp	TBA	TBA
9th-12th June	Weymouth	<a href="#">Phil Litchfield + Neil Brown</a>	Club RIBs	2	All	10	10	Camp	TBA	TBA
23rd-26th June	Lymington	<a href="#">Nigel Spickett</a>	Club RIBs	2	All	10	10	B+B	TBA	10
1st-8th July	St.Kilda	<a href="#">Nigel Spickett</a>	Hardboat L/A	1	DL	12	0	Liveaboard	675	100
14th-17th July	Lizard Cornwall	<a href="#">Phil Turney</a>	Club RIBs	2	All	10	10	Camp	TBA	TBA
21st-24th July	Whitby	<a href="#">Pete Woodcock + Steve Appleton</a>	Club RIBs + PW RIB	3	DL	16	16	Camp	TBA	TBA
12th-19th Aug	Scapa Flow	<a href="#">Martyn O'Driscoll</a>	Hardboat L/A	1	Exp. SD	12	1	Liveaboard	350	TBA
25th-29th Aug	Farnes	<a href="#">Mike Flatt</a>	Club RIBs	2	All	10	10	Camp	TBA	TBA
Early Sept	Salsette	<a href="#">Neil Tomlin</a>	Hardboat	1	DL	10 or 12	10 or 12	n/a	TBA	TBA
Sept	Kirkby Lonsdale	<a href="#">Bob Mullholland</a>	River	n/a	All	Unlimited	Unlimited	B+B	TBA	TBA
Sept/Oct	West Bay	<a href="#">Martyn O'Driscoll</a>	Club RIBs	2	All	10	10	Camp	TBA	TBA
October	Estartit	<a href="#">Fran Duinker</a>	Hardboat	1	SD	10 or 12	10 or 12	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

