

Free Flow

The magazine for LSAC

Feb 2007
Issue 109



In This Months Issue

Diving Stats for 2006
Dobbins Corner
Diary of a First Dive

Cover Photo Courtesy of Phil Turney

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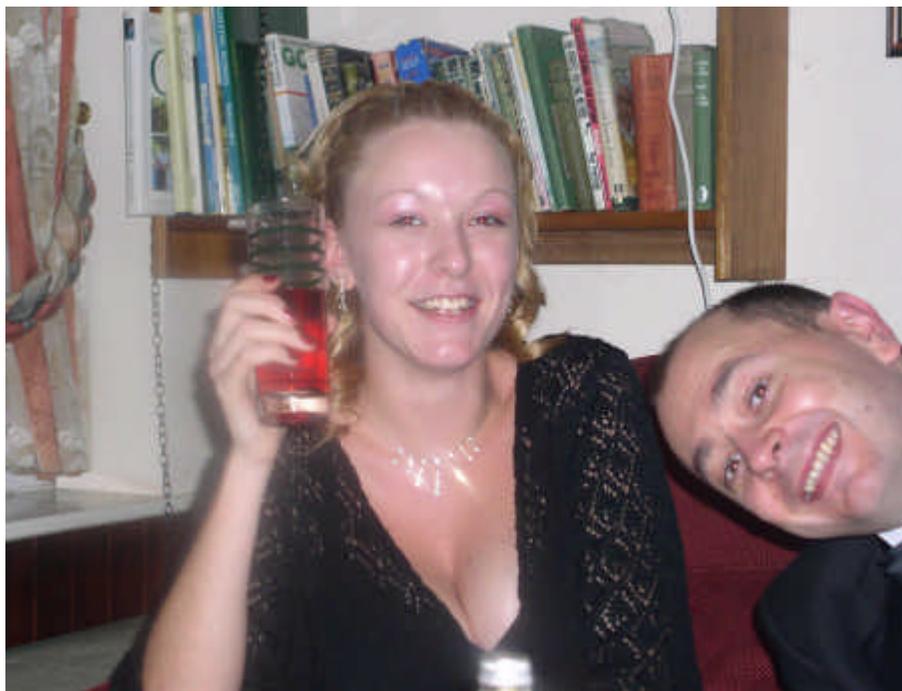
At all good Newsagents now....
Hence only downloadable from lsac.co.uk

Free

It should be

Free Flow

Editors Bit...



Now that someone, I'll not mention who but the above is a clue, is now able to legally buy us all a drink I'm sure we'll all be queuing after club at the bar of the Oak.

Buddies

Raffle Prizes Left Unclaimed After Dinner Dance

Blue Ticket 204

Blue Ticket 217

White Ticket 183

White Ticket 188

Yellow Ticket 139

If you have any of these tickets please contact Sue Calver to collect your prize.

Following the return of my two trophies from last year, and not winning anything this year, there is quite some space on my mantelpiece. So lets hope I can get some decent entries the Volney award. So check out the Dob of the Month and follow Fran's instructions.

Ed.

Page 3 Luvlies

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Since this is likely to be the last time Neil and Claire appear on page 3, I shall be kind with this selection. Good luck and God bless to you both.

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

Chairmans Knock

Thanks to everyone who attended the recent Annual Dinner Dance and Awards Evening. The new venue, Ullesthorpe Court Hotel and Golf Club, was a great success. For those that couldn't make it the winners were:-

Chairman's award	-	Neil Brown
Trainee of the year	-	Richard Lakin
Brian Maton	-	Kevin Parker
Pathfinder Award	-	Ian Jennings
Silver Dolphin	-	Clarke Duncan
Volnay Award	-	Fran Duinker

Thanks to everyone who helped with the organising and running of the night.

All of the main social events seem to happen during the winter, anyone up for a summer do? Suggestions on a postcard please!!

The Tuesday Night Calendar (including training, interest nights, etc) is almost complete and will be uploaded onto the website soon, along with the 2007 trip calendar.

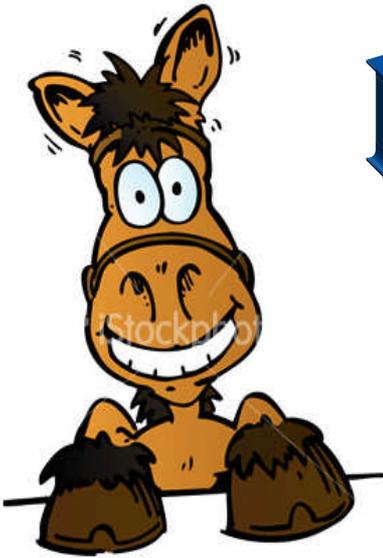
I am hoping to be able to start getting the website updated, so please send in photos (particularly for the rogues gallery, etc). Any ideas, suggestions greatly appreciated.

Some of us have uploaded photos onto www.ringo.com, if you would like to access these please drop me an email.

What's On

13/2	-	Buddying Rebreathers - Fran
20/2	-	South China Seas – Alex
27/2	-	Red Sea 2007 – Roger/Kev
6/3	-	Boat Troubleshooting (class) – Nigel
13/3	-	Drysuit repairs – Fran
20/3	-	Buoyancy – Alex
27/3	-	Marine Biology – Anne-Marie
3/4	-	Diving Bulgaria – Erica
10/4	-	NO CLUB
17/4	-	Boat Troubleshooting (practical) - Nigel

The interest night schedule is looking pretty full for the first 6 months, but any volunteers for the latter part of the year are greatly appreciated, please email – scubaroj@tiscali.co.uk.



Dobbin's Corner

Well Pete very kindly e mailed me to say that it's almost time for this months Freeflow.

So it's time for the Dob of the months, the biggest problem is that there hasn't been much diving this month, so it's only a very minor diving one, but there's also a non diving one, well I thought I'd might as well add that one in.

So the diving one.....

Once upon a time it was a sunny Saturday morning, and of I went with Cathy, we're were doing some DL drills, everything went very smoothly on the first dive, good vis, excellent company, good skills and drills. So back in for the second one, a simple lift and shift followed by putting up the delayed, simple, Cathy had done that lots of times. So off we went played with the weight, moved it around. Generally had a good time then it was time to put up the delayed, no problem getting it out easy to inflate it, except for one tiny thing Cathy didn't bother with the reel, so up it went on it's own. Well by the time we got to surface the wind had taken the delayed to the far side of the pub. A bit of a swim!

Now the non diving one.....

Once upon a time we had a bit of a party for Neil and Claire, and we had lots of guests, lots of them wore black boots, now Erica decided to take hers off, as did several other people, then it was time for Erica to go so she picked up 2 boots and off she went hmmn one was a lace up boot and one was a slip on boot! So Kev kindly returned the wrong one and took Erica's 2nd one home.

I'm sure over the year there will be many more, the important thing to remember is that if you are honoured with a mention it's worth dobbin someone else in !!!!!!!

Diving Officers Bit

The dive trip calendar is gradually filling up with hardboat charters and Club boat trips. Planning is still a bit slow, but hopefully when the weather improves, we will all feel a bit more enthusiastic about diving.

The revised training syllabus is now out.

Apart from a few changes in terminology – air becomes diving gas, or just gas, the dive marshal becomes the dive manager, CPR becomes Basic Life Support (BLS), and Trimix becomes Mixed Gas, plus a few more, the main difference is that Nitrox is included in the Ocean Diver Course.

At Ocean Diver level only the basics are covered with 32% and 36% the only mixes permitted.

At sports Diver level, it is covered in more detail, but still only to the level of the basic nitrox course.

We will be running workshops to cover the update for those already qualified or part way through the Ocean or Sports diver courses. This means that the combined Nitrox Course due to be run in February will be put back to April, allowing those currently training to catch up.

A number of us have concerns that we are trying to teach too much, too soon. However, we must remember that an Ocean Diver is still a diver under training, and by the time people are qualified as Sports Divers and are able to dive with other Sports Divers, they will have a full understanding of basic Nitrox use which will enhance safe diving.

The entry charges to Stoney Cove have gone up again. I know its quite a long time since the last increase, but it still hurts.

Assuming you have a Diverlog card, it now costs £10 to get in (although Dave Crouch is not actually charging the increased rate yet), plus air etc. etc.

It is still however the most convenient place to train and keep dive fit for the proper dive trips, and we are fortunate that it is only 10 minutes away. Many people travel from all over the country to dive there. I'm told that it is still cheaper than a round of golf.

There are alternatives, but none with anything like comparable facilities, or the depth range or so close.

At the Committee meeting, we discussed ways we could persuade the owners of Stoney Cove to give us discounts etc. Realistically though, all of these are non-starters and we are stuck with the increase.

Presumably they are setting out to make the place as attractive as possible for any prospective new owner.

Rumour has it that the owners of Alton Towers are interested – the mind boggles!

The pool is also to have new owners. Serco are handing it over to a trust which will include Council members and members of the gymnasium. We are currently making representations to see if we can get someone from our Club onto the ownership Committee.

Finally, with a number of trips – not least the Red Sea – getting closer, don't forget to not only get your kit sorted out and serviced, but also yourselves.

Some exercise and build up dives would do us all good in preparation for an enjoyable, and safe diving year.

My Favourite Dive - Cold at the Cove?

The trouble with writing a “best dive” article is that there are only so many ways you can describe the underwater environment, so instead I have decided to detail a dive that I am sure nobody else in the club will have done.

Location: Stoney Cove

Date: 11th January 1987

Buddy: Steve Liscoe,

Bob Liscoe was one of the founder members of LSAC (Steve is his son) and one of his contributions to the Cove that we know and love is the “wreck” found over in the far left corner. Bob built the scaled model of a Spanish galleon (well that’s what he told me) using the remains of a barn conversion he had completed at his home. The treasure scattered amongst the wreck were plastic discs from his place of work. The wreck looked a lot better 20 years ago – like a lot of other objects in the Cove, time and divers take their toll.

To complete his project we were to fit a rudder. I am sure that even today most of us would not turn down the opportunity of doing something different in the Cove, thus explaining how I found myself there very early on a Sunday morning in a snow blizzard.

Most of us are made of stern stuff, so mere snow fall would not deter us would it? How about ice slurry at the waters edges? – No, how about wearing a semi-drysuit?

The first thing we had to do was to assemble our 2 boats. Bob had obtained permission to use 2 inflatables without engines, all we had to do was put them together. Faffing around is an institution at LSAC, so by the time we had the 2 boats built we were cold.

We put all of the diving equipment in one inflatable, tied it to Bob’s inflatable (called the Black Pig) and rowed over to the far side of the Cove.

Bob and Steve Briggs dived first, their task was to fit the rudders hinges (barn door hinges) to the stern of the wreck. They took with them a manual drill, screws and a screwdriver. They took a very long time, it turns out that when you try to turn a drill or screwdriver underwater the divers turn around instead of the tool!

Snow was being blown over us and into the boat – we were very cold.

It was my turn to dive, jumping in seemed to warm me up – the cove was a steamy 5°C. The rudder (made from a barn door) had been dropped over the side from the second inflatable. We dropped down to it, tied off lifting bags, lifted the rudder and manoeuvred it to the wreck. We did manage to allow air to escape from one bag meaning we were down longer than anticipated. We positioned the rudder at the stern and surfaced. Even now I can remember sitting in the Black Pig in my semi-drysuit and boat coat watching the water actually freeze on me – I was very cold indeed. We also took pictures, I am not sure if any of them are in the clubs photo album.

The reason that we had to wait – the remaining 2 divers (Tracey Briggs and Steve Kaye) could not fit the rudder. The hinges had been fitted a few inches too low, and the bottom of the rudder fouled the bottom.

By the time they gave up we were more than ready to get back. We had to row. I don't think I have been more miserable – the oars were frozen, I was frozen too them and we hadn't even managed to complete the task.

Just to complete our day, by the time we had packed the boats away the pub had shut!

It was planned to dive again and dredge by the stern so that the rudder would fit. We never got round to it. For years the rudder could be found either by the wreck or over the 20m shelf if someone had used it for a lifting exercise. We did manage to get 3 lifting bags on it one year and attempted to stand on it – that would have looked good from the car park, but it tipped over.

I haven't seen the rudder for sometime now.

So there you have it; Cold water dive, Boat Dive; Lifting exercise all rolled into one. No wonder we all flock back to the Cove time and time again.

Neil Tomlin

Diary of a First Dive

By Christmas 2006 I was finally ready to make my first open water dive, the journey there had been quite long and for me often very challenging. I was initially terrified, struggled with the skills – I couldn't mask clear and was not the 'natural' that many of my fellow novices appeared to be. Eventually thanks to the patience of the instructors who helped me along the way I was ready for 'The Cove'. The day was set – January 6th – and I left for my Christmas break looking forward to the New Year and my first real dive. As the day approached disaster struck and I developed a terrible cold, not only could I not dive but I couldn't even get out of bed! Not to be deterred a week later and still not particularly well I agreed a new date, January 20th, and was determined to get well in time to get into the water.

At last the big day approached, in line with everything I had been told I didn't drink the night before and I had an early night so that I was well rested for the dive. Hmm, well that didn't work, nerves set in, I didn't sleep well and finally gave up and got up at 6.30am having spent most of the night going over and over in my head what might happen. By 9.30am I was a wreck so decided that I would check my kit in an effort to calm my nerves. It did help, but I discovered that neither of the cylinders had any air and I even had to replace the seal on one of them. A quick text later I knew what I had to do to get them filled and was ready to go.

Finally the allotted time arrived; I drove to 'the Cove', dropped the cylinders off for filling and joined Mike who was mad enough to have agreed to take me in. My nerves were finally starting to settle as I put on my dry suit. As we went through SEEDS I started to get excited and couldn't wait to finally get into the water. Ten minutes later Fran joined us and we were off.



I entered the water by walking backwards down the slope and 'sitting down as if I was in an armchair'. First problem, my feet immediately went straight up, however after a bit of a struggle I finally got them pointing downwards. Next put your face in the water – blimey that was cold but after a couple of minutes I got used to it. Now the big moment had arrived, time to get under the water. I tried, I really tried, I struggled, I fought and finally I panicked, I couldn't do it. All that effort and I couldn't get down and worse I was scared. Undeterred Fran and Mike took me to the side, calmed me down, added some extra weight and persuaded me that this was a hiccup and we should try again.



This time we knelt down where we were, then when I felt comfortable and with Fran holding my hand we started to swim forward. I was down!! I couldn't believe it, there were fish, hundreds of them! Despite my concerns I could easily see my instructors and what was going on around me. It was great, brilliant, fantastic, I couldn't stop grinning. Fran and Mike led me around the 6 metre shelf, I even managed a few seconds without Fran holding on to me, though my weigh was clearly too light and I struggled to stay at depth.

All too soon it was time to get out, though just as I arrived at the exit site a pike made an appearance just to finish my dive off. Then with help from Steve who was taking loads of photos, I struggled my way out of the water, tired but ecstatic. Thanks Fran and Mike.

**Now I can't wait to go again
– any volunteers?**

Vicki Urch



Members Dives For All of 1st Recording Period (Nov 2005 - Dec 2006)

I promised a 'Statistics Special' for the reporting period just gone – so here we go... - but I'll be brief!

Those who had been following the statistics through the year might have thought that Fran 'had it in the bag'. She had been leading since April and had a healthy lead over all – even putting some time between her and Steve, so you may have been surprised by Clarke Duncan taking the lead 'in the last furlongs'. If you look at the first chart you will see that Clark caught up with Fran in August (with a trip to Lewis, closely followed by a trip to Scapa Flow). The trip, which elevated him into an unassailable lead, was to the Maldives in October – a total of almost 20 hours underwater.

Hence the Final Top Ten Positions in the Time underwater 'Non-Competition' were:

1st Clarke Duncan 106.0 hours, 2nd Fran Duinker 101.0 hours, 3rd Steve Appleton 97.4 hours, 4th Kev Parker 88.0 hours, 5th Roger Holmes 78.4 hours, 6th Gary Rose 74.5 hours, 7th Pete Barnard 71.9 hours, 8th Neil Calver 69.5 hours, 9th Claire Stockdale 64.0 hours and 10th Ian Jennings 62.3 hours.

The Top 3 in the Instructing Time were: 1st Duinker Fran 781 mins, 2nd Barnard Peter 699 mins, 3rd Holmes Roger 682 mins.

The Longest times were: 1st/2nd Kev Parker & Gary Rose 135 mins, 3rd/4th Neil Brown & Claire Stockdale Claire 131 mins

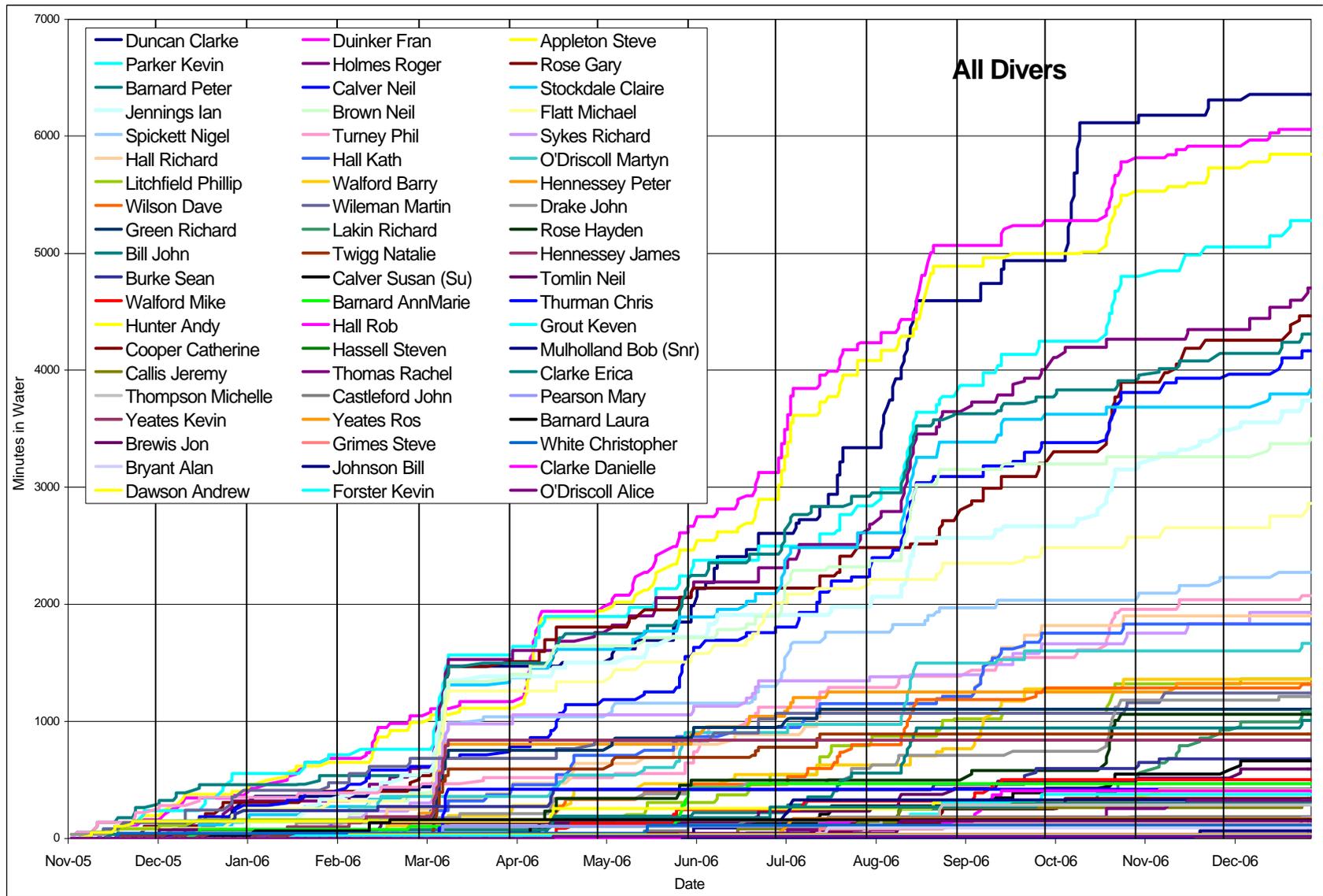
The Shortest time was shared by 4 people, all on 4 minutes: John Castleford, Mike Flatt, Keven Grout & Kev Parker.

The deepest dive was easily 'won' by Steve Appleton with 71.0m, from Fran Duinker with 64.0m and Neil Brown Neil with 50.0m

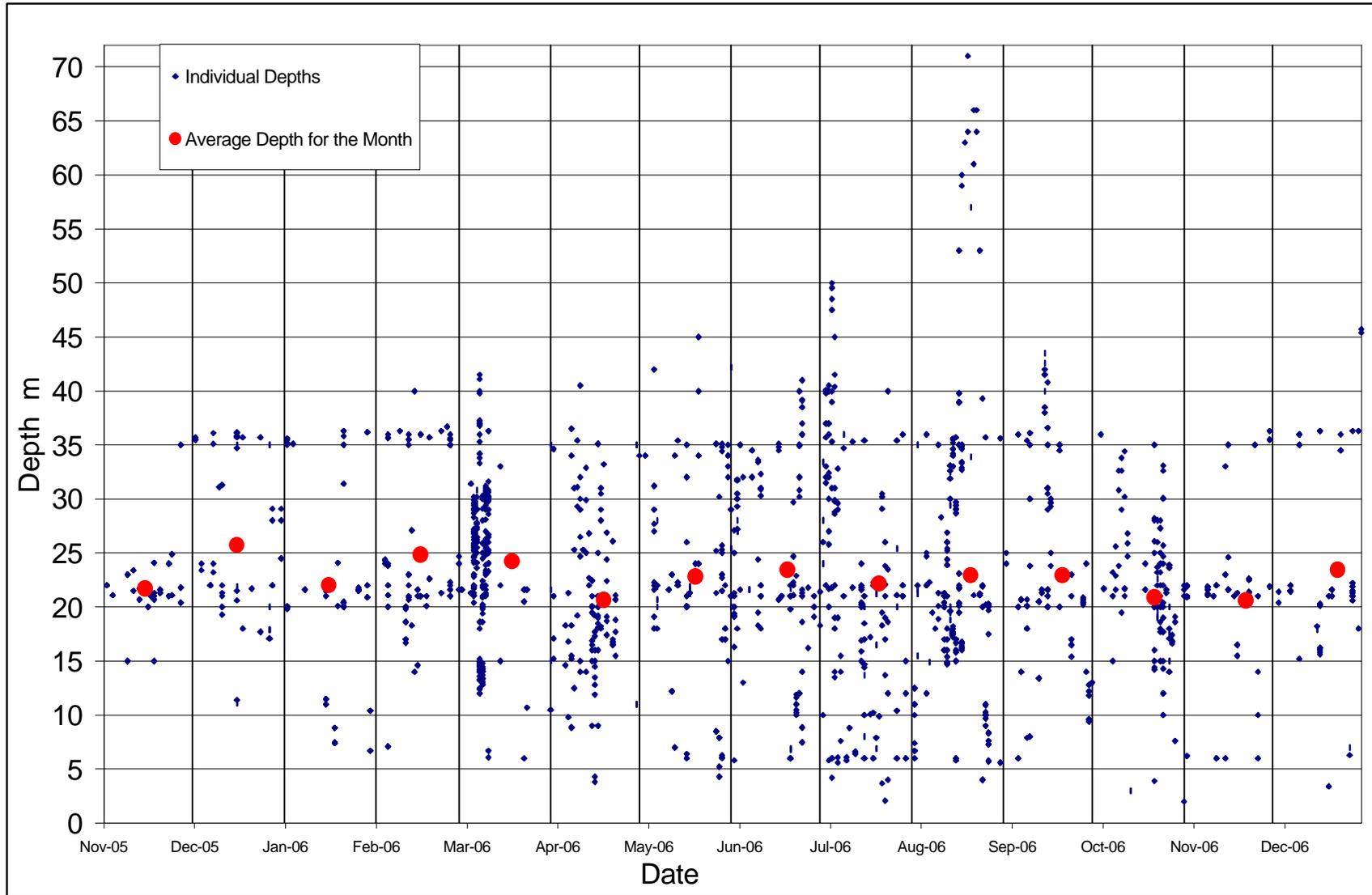
The total number of dives over the 14-month period (Nov 05 – Dec 06) was 2079 dives (1938 in 2006) with 961 being Inland (820 in 2006), 632 Coastal Dives (632 in 2006) and 486 Foreign Dives (486 in 2006). Approximately a quarter of the dives were on wrecks, and quarter on reefs, 2% were drift dives and the remainder unclassified. Night dives accounted for 9% of the dives and training dives were a creditable 14%.

The second graph shows all the dives through the year and the depths achieved. The notable features show that dives at 20m and 35 m are common – which are the major depths at Stoney. The concentration of points (like at the beginning of March) shows a trip where a good number of dives were carried out – in March it was the Red Sea trip.

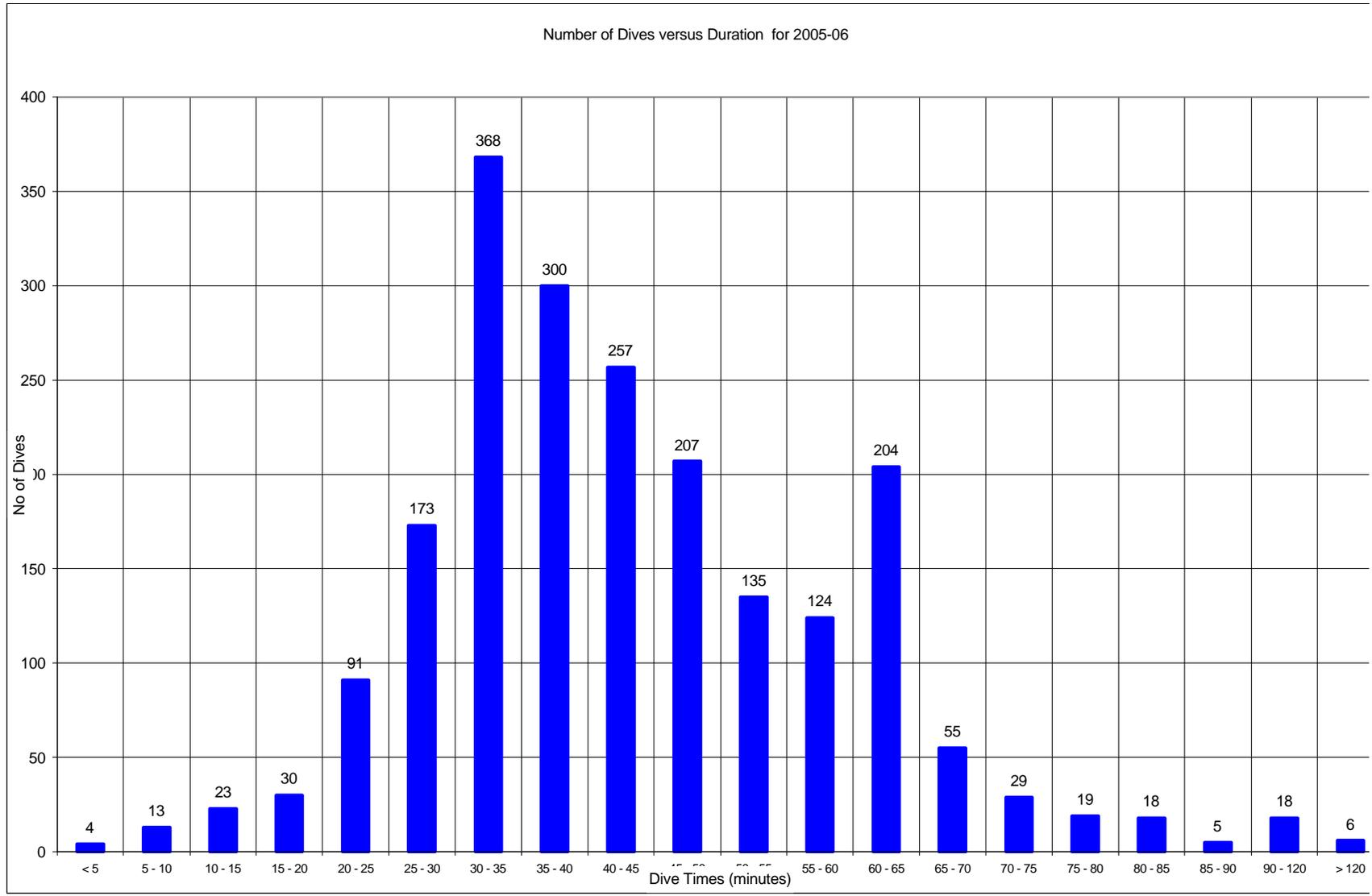
The third graph show the lengths of dives carried out. As you can see the most popular time is the 30 – 35 minute band and then the times drop until you get to the 60 – 65 minute band. This shows that 'doing the hour' is a popular aim point for duration!



All The Divers And Their Times



All The Dives – And The Depths Dives



All The Dives And The Time Band They Fit In

Members Dives 2007 - So Far

Of course a new year starts and so does a new set of statistics.

As expected (it is fairly cold out there) the number of dives is limited but I have received details of 40 dives so far

The leaders so far? Well I'm pleased to say I'm 'leading' with 152 mins, from Richard Lakin 143mins and Pete Barnard 122mins, though I'm sure these positions will change!

The longest dive section seems to have started well with a dive of 76 minutes (at this time of year!) from Mike Flatt & Gary Rose and in the shortest section we already have a couple of dives at 4 minutes.

I am making a couple of changes to the statistics this year:

I want to record if the dives are 'Club' dives or 'Personal' ones. So at the end of the year we can say that either 'our members carried out this many dives', or 'there were this many club dives'. Hence don't be surprised if I ask you if your dive was 'Club' or 'Personal'

Club dives are those that are promoted though the club, advertised or announced on the club evenings, and also any 'in-club' training dives. Personal dives are all the rest!

The second change I want to make is to encourage people to put dive details in promptly. I believe that it should be possible to get the details to Nigel within a couple of weeks, so dives details which are over a couple of months old might be overlooked when I am compiling the statistics! The simple way round this is to get the dive details to Nigel as soon as possible (the next meeting)

You will have seen from my resume of last years dives what details I am keeping. Is there any other details you think would make interesting reading – or could be useful for promoting the club. If there is then let me know and I'll see if I can add them.

Safe Diving and please get the dive details to Nigel promptly

Ian Jennings
4th February 2007

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