

An underwater photograph showing two divers in a wreck site. The water is clear and blue. One diver is in the foreground, facing right, holding a camera. The other diver is in the background, facing away from the camera, looking towards a large, dark structure that appears to be part of a shipwreck. The scene is lit from above, creating a dappled light effect on the water and the wreck.

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Issue 152

Free Flow

The magazine for LSAC

Photo by Chris Taylor

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Free Flow

Buddies

Welcome to this latest edition of Freeflow. Several items to note is the Statsman's request to complete the 2011 results, i.e. get your figures in PDQ else the dive stats will be closed and hopefully published in next months edition.

Dive trips are being booked up quickly so don't hang about waiting to be invited get stuck in. The same goes for those who wish to go diving or need help with kit, either new or servicing, just grab an oldie and 9 times out of 10 they will be only too pleased to be of help.

The Easter trip to Loch Fynne is a great place to start your salt water experience. Although not the best of under water experiences is a guaranteed place to dive with no tide or swell to contend with. See Claire for more details.

PeteB



Not sure what message this under water sign means. Since this is BSAC exam there are 4 possible questions, please select the correct answer

- A) Ignore and carry on regardless
- B) Photograph sign then carry on regardless
- C) Pinch sign, it will look good on the wall in the den at home
- D) Read sign and make an informed decision

Chairpersons Bit

Hi buddies,

February is the month for dusting off and updating dive kit, for refreshing skills and finalising some plans for forthcoming dive trips. With so much already planned in the calendar I am really excited about this year. If there is somewhere you wish to dive that is not planned in why not give an instructor a nudge and get involved with organising your own trip. There are also heaps of opportunities to get down to the cove. Keep your eyes peeled on the email with details or why not send out a note out to lutterworthsa@yahoogroups.com.

If you are planning on buying a few new bits and pieces in preparation don't forget you do so through easyfundraising - a simple and easy way to raise funds for our club. Click here <http://www.easyfundraising.org.uk/> to find out more and register.

It's great that Tuesday evenings are so busy with theory and practical training and congratulations to all that have recently passed exams. There are interest nights, skill development courses, Phillip's brewery tour coming up and please check out the calendar online for more info (http://www.lsac.co.uk/downloads/LSAC_Programme_2011-2012v4.pdf). If you haven't already done so remember to save April 17th for Jack Ingle's presentation. We are incredibly lucky to have someone like Jack visiting us and more information will follow shortly.

So with the thought of sunshine and warm waters in mind I thought I'd take this chance to share with you a couple of (very novice) pictures from our Cuba trip..... Enjoy!



Claire

Happy diving.

D.O.'s BIT

A belated Happy New Year to everyone.

The year has now got underway with a dive planning session, which has confirmed a healthy number of trips, and a very full training program.

I'm sure I do not need to remind people to get their equipment serviced and checked and get dive fit etc. Perhaps what I should use this page for is a reminder about insurance. This is a subject that many people, at best, pay scant attention to. Many ignore altogether, and I'm sure that there are members who have not even got their equipment insured.

Firstly the BS-AC Third Party Insurance (or Public Liability Insurance).

This covers all BS-AC Clubs and their Members against any claim made by a third party due to injury or damage to themselves or their property. Third parties include people such as the College, Leisure Centre and even Stoney Cove. It does not provide any cover for the Member - YOU.

Equipment: - Some house policies will cover equipment whilst being stored in the house. Your vehicle policy may cover theft or damage whilst in the car. It is unlikely that either will cover it whilst in use, or on a boat.

Have you got sufficient cover?

The problem is that you could easily loose the whole lot in one go, for example if the boat was stolen with your kit on it. If there was an accident in a boat, the whole lot could disappear over the side. (Sorry to be pessimistic, but the principle of insurance is to provide for the worst case scenario).

Does your cover include emergency jettison? This covers you if you need to dump your kit in an emergency.

And finally, does it cover you for hiring replacement kit if your own is stolen or lost while away on holiday? It would be bad enough loosing your kit, but to be sat on the boat in the Red Sea unable to dive because you had no kit? With modern baggage allowances, it is unlikely that the rest of the group would have enough spare kit to get you in the water.

Travel: - Many bank accounts include travel insurance. That is fine for the average holiday, but does it provide sufficient cover for your dive trip? In the UK we enjoy unlimited medical assistant to any value. This should extend to European countries.

Beyond that you need specific travel insurance.

Does your policy cover you to your qualified depth, or the depth you wish to dive to?

Does it cover you for the gas you intend using?

Does it cover you for full recompression and medical repatriation?

The USA was at one time a problem, but most policies now seem to cover the USA.

Read the small print.

Finally, once you have your travel insurance, make sure you stick to its limits.

If the maximum depth covered is 35metres (perhaps your qualified depth), that means 35 metres, not 36 or even 35.5. If you exceed it on any dive on the trip, your cover may be void.

The same applies to your PPO2. If you are using a gas other than air, the BS-AC recommendation is 1.4. Again, if you exceed it, your cover may be void.

Don't forget, in places such as Egypt, the first question you will be asked is you credit card details.

A serious note I know, but sort out the details now, then enjoy the years diving.

Nigel

nigelspickett@talktalk.net

With my Boat Officers hat on, it was great to see so many people down on Tuesday, looking around the boat and booking onto trips. It makes it all the more worth while for the effort that people put in to making the club work.

The boat is nearly ready to go out on the water, and at a cost of £35/day is not overly expensive between six people. If any one would like to run a trip using the boat then please let me know and I will put you in the calendar. Don't worry that you don't know how to use the boat there are plenty of other members that do.

I have to say that I quiet looking forward to getting some sea water around my dive gear, well perhaps in a month or so when the conditions are a bit warmer ☺

In the next few weeks I am hoping to give you a bit more info on the boat, so look out for the announcements

Cheers

Neil

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News and Snippets Corner

Dive Statistics

There's still some dives coming in for 2011 (so I'll give it another month) but there is little for 2012 (apart from a few from Bill - starting this year as he finished the last!) so no formal report. But a reminder for anyone who has dive information from 2011, please get it to Nigel (or me) as soon as possible.

Ian Jennings

And on the general News:

Congratulations to Colin Barnes for passing his Ocean Diver Theory exam.

Also congratulations to Ann-Marie and Simon for birth of number 2 son, Zach Jacob Benton.

Congratulations for Rosie receiving her Ocean diver Qualification



James Hauge has received an e-mail from the editor of SCUBA, asking for amongst other things, stories of great dives and what made them so. If you have anything can you email it him, jameshage@ymail.com, so that he can forward it onto SCUBA.

RAMBLINGS FROM DOWN UNDER No2. Perth, West Australia.

The Poor Knights.

Mention New Zealand and diving in the same breath and the answer's always the same, "You must dive the Poor Knights". The publicity is no less enthusiastic, describing it as 'the most awesome scenic diving in the southern hemisphere'. Above the surface, I couldn't agree more; stunning scenery, typical wild New Zealand beauty. Underwater, I'm not quite sure what all the fuss is about.

Had a day with 'Dive! Tutukaka' <http://diving.co.nz/> (have a look at the pics there). Pleasant bunch of folks. Buddied me up with a Dutch I.T. guy who bent my ear about not having sufficient anti-virus software on my computer. Nice guy despite that and a PADI Master Scuba Diver (eek, better brush up on my signals). Gave them my diver grade and wrote down my MOD. Was fixed with a steely glare during the briefing when the divemaster said "Anyone exceeding 40m – fine. We'll just take away your scuba gear for the second dive and you can enjoy the sunshine on deck. Ok?" I never said a word.

First dive they dropped me and Nice Computer Guy into a current that swept us off the wrong way towards the shore. After much finning, grunting and rope throwing we dropped down the anchor chain on to the reef and worked our way back up from 25m to our safety stop at the top of the reef right next to where the anchor and chain were about to rip off a sizeable chunk, doing very little for marine conservation. The dive itself was pleasant enough; typical temperate water diving (16 deg C) with rather more colourful fish than UK, but not many of them - tiny little Moray eels (they are a lot smaller here than in the Red Sea) and a couple of big, graceful Stingrays. Pleasant and interesting, but not 'awesome'. Cost is double what you'd pay in the UK on a hard boat.

The Rainbow Warrior.

Now, thereby hangs a tale. Take a minute to astonish yourself with this outrageous true story - http://en.wikipedia.org/wiki/Sinking_of_the_Rainbow_Warrior If you think the Brits have a scratchy relationship with the French, just try asking a New Zealander what they think of them.

The Kiwis welded up the blast holes in the hull and towed the Rainbow Warrior from Auckland Harbour round to Matauri Bay, where they scuppered her as a memorial dive site. On Nov 30th I checked in with PAHIA DIVE <http://www.divenz.com/Dive-the-Rainbow-Warrior.html> and jumped aboard their RHIB. We dived the Warrior twice in succession. Everyone voted down the scheduled second dive on to a nearby reef, with very good reason. At only 27 m it's not deep but it's a jewel of a dive. Viz is always good at 12m + so you can see pretty much the length of this lovely little ship. There is a wear / corrosion hole through the hull into the engine room which you can wriggle through to achieve a perfect profile dive, exploring that and both holds via the bulkhead doors, then up and across the deck and finally the superstructure and wheelhouse. I dived with Graham and Sarah, a couple of PADI Divemasters on holiday from Kent. We were engulfed in a dense shoal of snapper in the engine room and the whole vessel was alive with pigfish, kingfish, crayfish (the big lobster sized fellas) and many others. Down under the stern the prop is missing and is to be found high above the shoreline as part of the Rainbow Warrior Memorial <http://www.nzhistory.net.nz/media/photo/rainbow-warrior-memorial> Great hospitality, a good atmosphere, sandwiches on a tiny isolated beach between dives need I say more? Like all iconic tourist dive destinations, it ain't cheap – but if ever you find yourself in NZ, don't miss it.

Bill Johnson.

Preview of Cuba Trip Dive Report

Haven't had time to finish the trip report so have provided a couple of pics, from Chairperson Claire.



Contrary to what you might think I don't have crabs, but if I did they would be about this big.



Having had a cylinder dropped on his finger, and not one to complain our brave editor shows off the trauma inflicted upon the fore mentioned digit.



Dave demonstrates a text book rescue. Note the secure neck lock, the extended leg to cushion the landing on the jetty and the correct use of passerby

Fund Raising the Easy Way

Hi All

Recently one of our members told us of a new method of fundraising. Apparently there is an organisation called 'easyfundraising' - which gives you a clue as to what they are about! Essentially if you shop on line, but you go to your chosen on-line supplier THROUGH the easyfundraising website, then the organisation will pay a (small) percentage of the purchase costs to your chosen charity or organisation. So, put simply, you are raising money for your chosen organisation (which hopefully will be us) and it doesn't cost you anything - except a little bit of time because you have to go via their website.

If you click on this link (assuming you are reading this 'on-line') it will take you to the page you need to register:

<http://www.easyfundraising.org.uk/causes/lsc>

Once registered, and providing you go via their website to your normal internet shopping sites you will be getting us money.

And of course the more the merrier, if you can persuade your family & friends to register and shop this way, then we will get more money, and it won't cost you or them a penny - seems like a "win : win" arrangement to me!

So Thanks to Patrick for bringing this scheme to our attention and thanks (in advance) for all the money you are going to bring in to the club.

Ian Jennings

Lutterworth Sub-Aqua Club

Program & Training Schedule 2011-2012 (revision 4 29/01/2012)

Date	Ocean Diver	Sports Diver	Dive Leader / Advanced Diver	Skill Development	Interest Evening	Pool Training	Trips / Social	Night Dive	Date
04-Oct-11	OT1 / OT4					Ocean		5th	04-Oct-11
11-Oct-11	OT2 / OT4					Ocean			11-Oct-11
18-Oct-11	OT3 / OT4					Ocean	17th - Curry - Indian Vojon	19th	18-Oct-11
25-Oct-11	OT3 / OT5 / EXAM					Ocean			25-Oct-11
01-Nov-11	OT4 / OT5					Ocean	5th - Stoney Cove fireworks	2nd	01-Nov-11
08-Nov-11	OT1 / OT4 / OT5 / OT6					Ocean			08-Nov-11
15-Nov-11	OT3 / OT4 / OT5				Silver Dolphin Competition	Ocean		16th	15-Nov-11
22-Nov-11	OT2 / OT5 / OT6					Ocean			22-Nov-11
29-Nov-11	OT2 / OT6 / OT7					Ocean	3rd - Christmas Meal		29-Nov-11
06-Dec-11	OT4 / OT7					Ocean		7th	06-Dec-11
13-Dec-11						Ocean			13-Dec-11
20-Dec-11	Christmas Quiz	Christmas Quiz	Christmas Quiz	Christmas Quiz	Christmas Quiz	Christmas Quiz		21st	20-Dec-11
27-Dec-11	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	29th - Stoney Cove		27-Dec-11
03-Jan-12	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas		4th	03-Jan-12
10-Jan-12	Dive Trip Planning	Dive Trip Planning	Dive Trip Planning	Dive Trip Planning	Dive Trip Planning	Ocean			10-Jan-12
17-Jan-12	OT1	ST1				Ocean & Sports		18th	17-Jan-12
24-Jan-12	OT2 / OT5 / EXAM	ST2				Ocean & Sports			24-Jan-12
31-Jan-12	OT3	ST3		CHARTWORK & POS FIX VOYAGE PLAN		Ocean & Sports		1st	31-Jan-12
07-Feb-12		CATCH UP				Ocean & Sports			07-Feb-12
14-Feb-12	OT1	ST4				Ocean & Sports		15th	14-Feb-12
21-Feb-12	OT2	ST5		BUOYANCY AND TRIM WORKSHOP		Ocean & Sports			21-Feb-12
28-Feb-12	OT3	ST6				Ocean & Sports			28-Feb-12
06-Mar-12	CATCH UP	CATCH UP		CHARTWORK & POS FIXING		Ocean & Sports		7th	06-Mar-12
13-Mar-12	OT4	REVISION			Bovisand Briefing	Ocean & Sports	17th-18th - Bovisand		13-Mar-12
20-Mar-12	OT5	EXAM				Ocean & Sports		21st	20-Mar-12
27-Mar-12	OT6		DT1	CHARTWORK & POS FIXING	Open Forum	Ocean			27-Mar-12
03-Apr-12	OT7		DT2			Ocean	6th-9th - Loch Fyne	4th	03-Apr-12
10-Apr-12	No Club Easter	No Club Easter	No Club Easter	No Club Easter	No Club Easter	No Club Easter			10-Apr-12
17-Apr-12	Jack Ingle Talk	Jack Ingle Talk	Jack Ingle Talk	Jack Ingle Talk	Jack Ingle Talk	Jack Ingle Talk		18th	17-Apr-12
24-Apr-12	CATCH UP		DT3	CHARTWORK & POS FIXING		Ocean			24-Apr-12
01-May-12	REVISION		CATCH UP	CHARTWORK & POS FIXING		Ocean	5th-7th Boat Handling Weymouth	2nd	01-May-12
08-May-12	No Club May Day	No Club May Day	No Club May Day	No Club May Day	No Club May Day	No Club May Day	14th-18th - Normandy		08-May-12
15-May-12	EXAM		DT4			Ocean		16th	15-May-12
22-May-12			DT5	CHARTWORK & POS FIXING		Ocean			22-May-12
29-May-12			DT6	CHARTWORK & POS FIXING	Red Sea Briefing	Ocean			29-May-12
05-Jun-12	No Club Spring Bank Holiday	No Club Spring Bank Holiday	No Club Spring Bank Holiday	No Club Spring Bank Holiday	No Club Spring Bank Holiday	No Club Spring Bank Holiday	6th-13th - Red Sea	6th	05-Jun-12
12-Jun-12			CATCH UP						12-Jun-12
19-Jun-12			DT7					20th	19-Jun-12
26-Jun-12			DT8	CHARTWORK & POS FIXING			29th-1st - Farnes		26-Jun-12
03-Jul-12			DT9	AT1				4th	03-Jul-12
10-Jul-12			CATCH UP	CHARTWORK & POS FIXING REVISION					10-Jul-12
17-Jul-12			DT10	AT2				18th	17-Jul-12
24-Jul-12			DT11				28th-29th - Pembroke		24-Jul-12
31-Jul-12			DT12	AT3				1st	31-Jul-12
07-Aug-12			CATCH UP				10th-12th - Farnes		07-Aug-12
14-Aug-12			REVISION	AT4				15th	14-Aug-12
21-Aug-12			EXAM						21-Aug-12
28-Aug-12	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			28-Aug-12
04-Sep-12			EXAM REVIEW	REVISION				5th	04-Sep-12
11-Sep-12				REVISION					11-Sep-12
18-Sep-12				EXAM				19th	18-Sep-12
25-Sep-12	AGM	AGM	AGM	AGM	AGM	AGM			25-Sep-12

Diving - 2012

Date.	Venue.	Diving	Organiser.	Boat	Level.	Accom.	Est.Cost	Status.	Comments
16-18 March	Bovisand	Training.	Fran + Mike F = Mike H	Chilly Dip	All	B&B.	TBA.	Spaces	
4-7 May	Weymouth/Portland	Boat Handling.	Mike F.	Chilly Dip	N/A	B&B	TBA.	Spaces	
14-18 May	Normandy	Wreck.	John Hooper	Hardboat	DL + ADV	Caravan.	TBA.	Full	
6-13 June	Red Sea	Wreck	Nigel	Liveaboard	Sports +	Liveaboard	£625 + Flights.		
29 June - 1 July	Farne Islands	Reefs & Seals	Mike F.	Chilly Dip.	Ocean +	B&B + Camp	TBA.	Spaces.	
10 - 12 August	Farne Islands	Reefs & Seals	Nigel	Chilly Dip.	Ocean +	B&B + Camp	TBA.	Spaces.	
TBA	Lymington.	Wreck	Nigel	Hardboat	DL +	B&B	TBA.	Spaces.	Midweek
TBA	Swanage.	Wreck	Bill or Nigel	Hardboat	SD +	B&B	TBA.	Spaces.	Midweek
TBA	Lyme Regis.	Wreck	Bill?	Hardboat	SD +	B&B	TBA.	Spaces.	Midweek
TBA	Weymouth/Portland	Diver Cox/CW&PF.	Neil B. + Nigel	Chilly Dip	N/A	B&B	TBA	Spaces	

2012

Dive Trip Calendar

	January	February	March	April	May	June	July	August	September	October	November	December	
Sunday	1			1			1 Farnes.						Sunday
Monday	2			2			2			1			Monday
Tuesday	3			3	1		3			2			Tuesday
Wednesday	4	1		4	2		4	1		3			Wednesday
Thursday	5	2	1	5	3		5	2		4	1		Thursday
Friday	6	3	2	6 Loch Fyne	4	1	6	3		5	2		Friday
Saturday	7	4	3	7	5 Boat Hand	2	7	4	1	6	3	1	Saturday
Sunday	8	5	4	8	6 Plymouth	3	8	5	2	7	4	2	Sunday
Monday	9	6	5	9	7	4	9	6	3	8	5	3	Monday
Tuesday	10	7	6	10	8	5	10	7	4	9	6	4	Tuesday
Wednesday	11	8	7	11	9	6	11	8	5	10	7	5	Wednesday
Thursday	12	9	8	12	10	7	12	9	6	11	8	6	Thursday
Friday	13	10	9	13	11	8 Red Sea	13	10	7	12	9	7	Friday
Saturday	14	11	10	14	12	9	14	11 Farnes	8	13	10	8	Saturday
Sunday	15	12	11	15	13	10	15	12	9	14	11	9	Sunday
Monday	16	13	12	16	14 Normandy	11	16	13	10	15	12	10	Monday
Tuesday	17	14	13	17 Jack Ingle.	15	12	17	14	11	16	13	11	Tuesday
Wednesday	18	15	14	18	16	13	18	15	12	17	14	12	Wednesday
Thursday	19	16	15	19	17	14	19	16	13	18	15	13	Thursday
Friday	20	17	16 Bovisand.	20	18 Normandy	15 Red Sea	20	17	14	19	16	14	Friday
Saturday	21	18	17	21	19	16	21	18	15	20	17	15	Saturday
Sunday	22	19	18	22	20	17	22	19	16	21	18	16	Sunday
Monday	23	20	19	23	21	18	23	20	17	22	19	17	Monday
Tuesday	24	21	20	24	22	19	24	21	18	23	20	18	Tuesday
Wednesday	25	22	21	25	23	20	25	22	19	24	21	19	Wednesday
Thursday	26	23	22	26	24	21	26	23	20	25	22	20	Thursday
Friday	27	24	23	27	25	22	27	24	21	26	23	21	Friday
Saturday	28	25	24	28	26	23	28 Pembroke.	25	22	27	24	22	Saturday
Sunday	29	26	25	29	27	24	29	26	23	28	25	23	Sunday
Monday	30	27	26	30	28	25	30	27	24	29	26	24	Monday
Tuesday	31	28	27		29	26	31	28	25 AGM.	30	27	25	Tuesday
Wednesday		29	28		30	27		29	26	31	28	26	Wednesday
Thursday			29		31	28		30	27		29	27	Thursday
Friday			30			29		31	28		30	28	Friday
Saturday			31			30 Farnes.			29 Weymouth.			29	Saturday
Sunday									30 Tango.			30	Sunday
Monday												31	

- Dive Trip
- Chilly Dip booked
- Chilly Dip not available