

In This Months Issue

Baltimore 2010

Photographic Tips (2)

Training schedule

Jan 2011

Issue 143



Free Flow

The magazine for LSAC

Photo by Clark Duncan

CONTENTS

Page 1

Cover

Page 2

Editors Bit

Page 3

Baltimore 2010

Page 5

Photographic Tips (2)

Page 9

Members Dives

Page 10

Training Schedule



Free FLOW

Swimmer trapped by beach balls

A MAN got a nasty surprise when he tried to get out of his deckchair and found his testicles had become stuck between two slats of wood. Mario Visnjic had been swimming naked off Valalta beach in Croatia and his testicles had shrunk in the cool sea. When he sat down they slipped through the slats and then, as he lay in the sun, expanded back to normal size. He was freed after he called beach maintenance services on his mobile phone and they sent a member of staff to cut the deckchair in half.

When I first read this my eyes filled with tears. Although on the surface this might seem to be an amusing incident there is a moral to this story. When you figure out what the moral is can you kindly advise?

Buddies

Welcome to this latest edition of Freeflow, a bit later than planned but better late than never.

The final stats are out and Bill seemed to have had a really good year, with your truly coming second, although it's not a competition. It just shows how the oldies are topping the tables so come on you youngsters its your chance to get busy and top next years table.

Time to get the trips sorted for the new dive season, so get yourselves organised and put forward you ideas for your favoured dive sites.

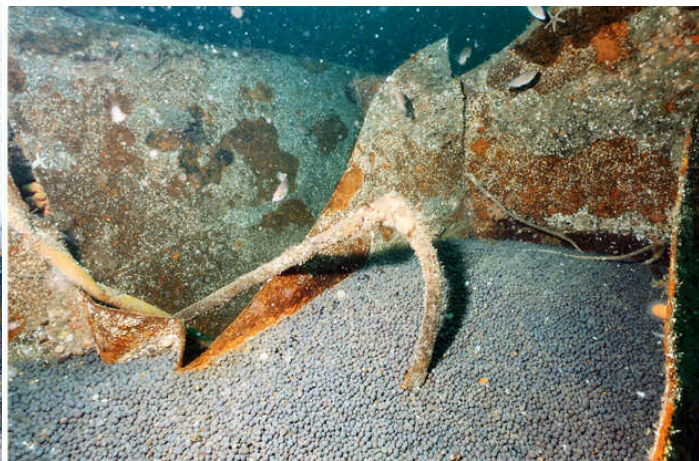
PeteB

Baltimore 2010

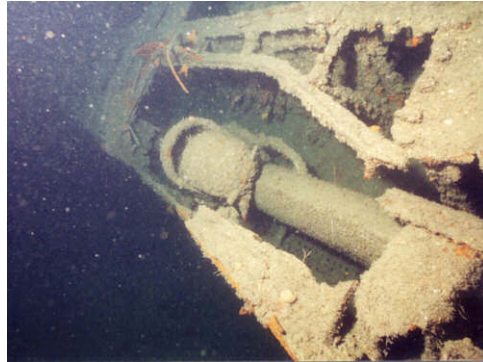
John Hooper, Kev Parker and Pete Barnard made a select group that ventured to the South of Ireland in Aug 2010, via the Swansea Cork ferry, aboard Kev's van all the way to Baltimore. This sleepy haven on the south coast of county Cork is home to some of the best diving around the islands of Britain and Ireland. Our hosts for the week were Jerry and Rianne Smith, operators of Aquaventures and The Stone House B&B providing a splendid breakfast with freshly baked bread every single morning. Normal routine was a leisurely breakfast followed by kitting up then a stroll to the docks to board the Wave Chieftain. Diving revolved around both scenic and wreck diving, with nominally 2 dives a day with a day off on the Wednesday to explore the delights of Sherkin Island.



The most memorable dives for me were on the Kowloon Bridge and the submarine U260. The Kowloon at the time of its sinking was the largest wreck in the world at some 170,000 tons and carrying a load of 160,000 tons of iron ore pellets. Not quite the wreck it was as the effect of time and wave motion has taken its toll on the forecastle. Originally sat at 6m was a perfect place to deco, but now has been deposited on the sea bed. The below images show the Kowloon during construction; number 2 hold with pellets of iron ore and a view along the starboard anchor chain.



The U260 sank in 1945, the official cause was a mine but opinions are divided with no reported casualties and the crew remaining in custody for the rest of the year. This is my No. 1 dive, i.e. best and favourite, lying at 42m she is a serious dive but if you can stand the deco you can spend sufficient bottom time to have a good scavenge.



Kev on the other hand seemed to enjoy the scenic dives in Gascoigne Sound. I can only assume this as he left a DSMB behind attached to the chain of a discarded anchor, intending to retrieve but after a reasonable search no DSMB made it to the surface.



Still lots of good weather, a reasonable quantity of good food and plenty of stout to re-hydrate the body, somehow we managed to survive our time in Southern Ireland. We were ably assisted by Martine and Peter a smashing couple who also joined us on several of the dives, these last two photos are curtesy of them. As you can see the weather was atrocious but we braved the elements and upheld the good honour of the club.



Here's to the next trip probably sometime in 2012. Thanks to Aquaventures for the use of photos from their website.

Pete Barnard

Photographic Tips (2)

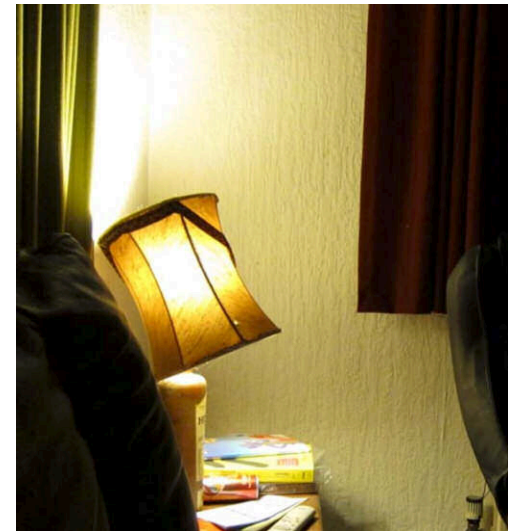
White Balance

Hi again All,

My last article was all about Exposure, possibly not the most exciting subject, but to maintain the optimum quality it is very important to optimize the exposure especially with digital cameras. This month I will be covering the subject of White Balance, which is probably the most effective way of getting some accurate colour into your underwater photographic scenes (and in some topside pictures with interesting lighting).

'White Balance' can be simply explained: If you point your camera at something white, and you tell your camera that it is white then it will correct for any colour imbalance that may be present for that lighting condition. This is something you can practice in the comfort of your own living room before you get anywhere near any water. Plus if you master this technique for use underwater then it will serve you in good stead in other awkward lighting situations on land; like in your living room at night using the room's own lighting, or out on the street under Sodium or Mercury lighting!. This technique only works on photos without flash, if you want or need to use the flash then use the 'Auto' white balance setting.

The next evening you have a few minutes to spare, start by taking a 'normal' photograph (without the flash) of a scene in your living room (or wherever you are). The chances are it will come out very orange - which is certainly not what you can see (but the human brain is very good at compensating for these things!) this one I took in the corner of my living room using my Canon compact using AWB (Auto White Balance). The colour is better that had I taken it with my Olympus SP350, but as you can see the wall (which is white) has a strange greeny-orange hue.



The Practical Bit

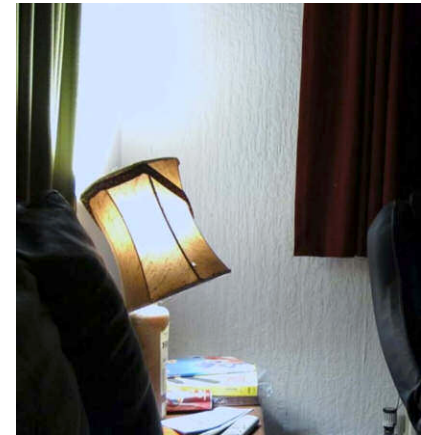
Again this is where it gets tricky again (because different cameras have different features). You need to set the White Balance to manual, point the camera at something white and then tell the camera that it is looking at something white

On my Olympus (SP350 - picture on the right). Press the OK/MENU button (1), then navigate to the White Balance option (via: MODE MENU / PICTURE and then the 2nd option is WB). This gives three options AUTO (which is how it would normally be set for 'normal' lighting) PRESET (which allows you to set the white balance if you know what lighting you have and its one of the options) and Manual (the symbol for which looks like a rectangle above two triangles) Select this one (press the right segment (2)) and this should bring up a screen which is labeled ONE TOUCH WB. Now point the camera at something white, which is being illuminated by the light source. When pointing at the white 'thing' and press the OK/MENU button (1). If you now take another picture of the scene you took earlier, the colour should now look much better.

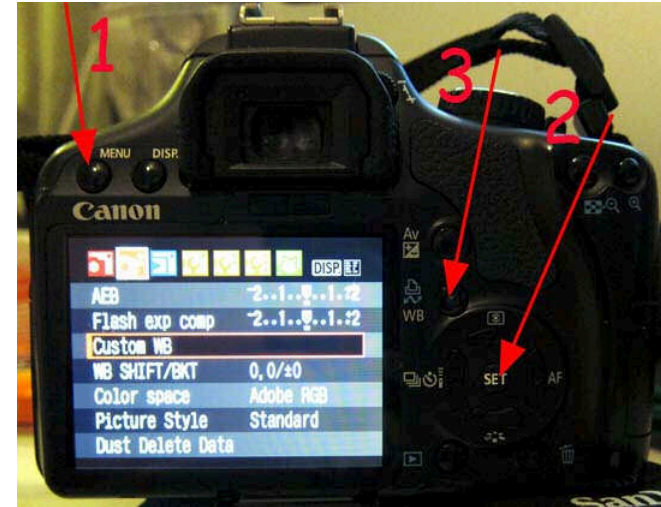


On my newer Canon compact (right) you bring up the info screen by pressing at the centre FUNC/SET button (1) then by using the command wheel (2) select the white balance (2nd one down on the left) and then move across from AWB (Auto White Balance) on the left, through the presets and then to the Manual setting (rectangle above two triangles) on the right hand side. As with the

Olympus, point at something white and the press the MENU button (3). If you now take another picture of the scene you took earlier, the colour should now look much better as you can hopefully see from the picture on the right - the walls are now white!



Finally on my Canon SLR (right) it is done in a different way (and in my opinion overly complicated). 1st take a picture using the normal set-up you need to have the white reference object in the centre of the photograph filling the spot metering circle. (in the viewfinder). Press MENU (1) and on the second page, select the 3rd item and press SET (2) you then have to select the picture you took with the white bit in the centre and press SET (2) again and confirm your selection. Finally before you can take the picture you have to set the manual white balance (press the WB button (3) and scroll across to the rectangle with two triangles symbol (only this time they call it 'Custom') If you now take another picture of the scene you took earlier, the colour should now look much better.



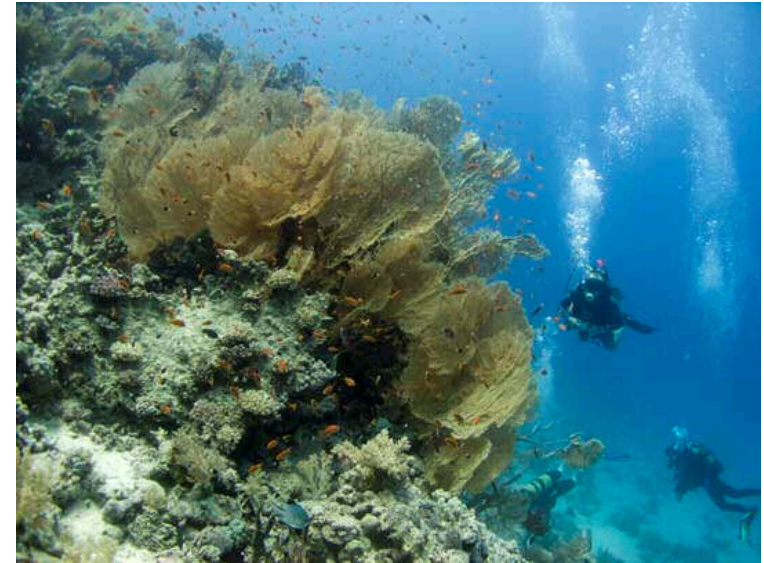
Again, as you can see different cameras have different methods/buttons, if you cannot find the relevant methods/buttons then refer to your camera's instruction book and look up "Manual White Balance"

Once you have got the hang of setting the white balance, if you are going to use the method under water then I would suggest you should put the camera in the housing and practice like that - still in your sitting room.

Underwater and there are a few tricks and hints you can use. If you forget to take something 'white' with you, you can use your buddy's white (or aluminum grey) tank. If you change your depth by more than a couple of meters you need to reset the white balance. And if you want to take a picture using flash you need to switch the white balance to 'Auto', but if you then go back to 'Manual' white balance it should still be set.



This may all seem to be a bit of a complicated procedure, but if you can take your underwater photographs without flash you can get much better 'scenes' and if you get the colour correct so much the better - as hopefully you can see on these snaps. These were taken on a dive called Small Crack. The

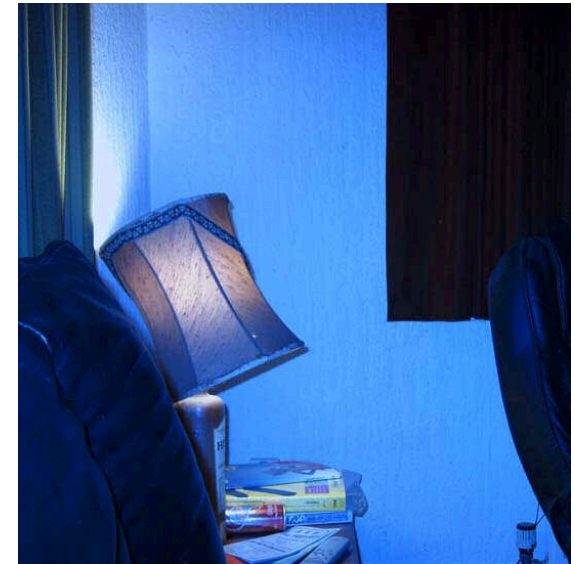


left hand photo was taken with AWB (Auto White Balance) - mainly because I was using the flash most of the time, but for the right hand photo I set the white balance and hopefully you agree it looks a lot better, with much more natural colours in the *Gorgonian fans*.

Don't forget to reset the camera afterwards - otherwise all your photos will come out with weird colours (see on the right - same picture, with the white balance set for the picture lit by the table lamp - but lit by flash). I have a great video of some dolphins' following the boat on a recent trip I was on, but it was spoilt because I'd been playing with the white balance the previous night and it all came out very red!

Next Month: Open to suggestions but possibly some basic post processing.

Ian Jennings



Members Dives 2010 - End of the Year Update

Hi Again,

Another month and a few more statistics (not as many as I would like to have seen!)... Theoretically this should be the final stats for the year. There might be some more results out there so I'm holding back saying these are the "final numbers" until next month...

But it looks fairly certain that Bill will have done the most time under water in the year

And Nigel the most training time in the water

Congratulations to both of you

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	69	2863	47.7	313	74588	68	31	19	19	25	15		29	3	10	10	50.6	25.5	15	69	41	3	4	6	28	9	14	4	1
Hall Richard	60	2576	42.9	81	48922	26	18	12	30	16	21	2	21	3	3	3	36.9	18.8	6	83	43	4	18	11	15	8	4		
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 Kath	53	2287	38.1	44	43419	19	16	7	30	14	20	2	17	3	1	1	36.6	19.2	6	83	43	2	17	9	15	6	4		
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						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		
Flatt 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	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		
West Jason	22	824	13.7		14079	17	15	2	5	2	7		13	5	10		23.0	17.9	21	60	37	3	1	6	12				
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	17	686	11.4		13517	5	5	1	11	7	5		5				29.6	20.1	10	53	40		3	5	5	4			
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					
Whymant 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	859	36665	611.1	1250	804519	627	307	186	366	290	229	21	319	75	93	43						76	133	119	291	132	86	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	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