

**In This Months Issue**  
**Roger Holmes**  
**Oct Stats**

**Jan 2013**  
**Issue 155**

# Free Flow

The magazine for LSAC

Photo by Ian Jennings





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# Free Flow

## Buddies

Here we are again with the latest edition. Lots going on in the club at the moment with training, try dives and various social events including the annual do coming up shortly. Also don't forget that diving goes on all through the year and a good opportunity to get that kit serviced.

Dive planning for the next session is under way so don't forget to sign up to the various trips, it's a first with the deposit that gets the spaces.

Just a quick reminder to encourage you to send me any copy for the next edition.

This edition also remembers Roj a former chairman and keen instructor who came off second best with a car on his motorbike.

Pete B



Although the end of the main dive season there are still some happy memories and also some sad with the untimely death of our former chairman Roger Holmes

## Chairman's Bit

It's hard to believe we're in the middle of winter already, but that's not necessarily a bad thing though right? It means that Wednesday night dives really are night dives, an experience well worth having and one that is always enjoyable to repeat. The colder weather also means that Stoney is quieter at weekends making it easier for hardened locals to get a space near the waters edge.

It has been fantastic to see so much training happening on Tuesday nights and a real pleasure to see the pool getting so much use. The pool is of course available for anyone to use, for training, scuba skills practise and for swimming. I'd like to get some interest evening talks and workshops in the calendar to complement the training schedule, so if you have anything at all scuba related that you'd like to share with the club then please do get in touch.

You may have noticed that the calendar into next year is currently looking quite empty as far as socials and events are concerned, it won't stay that way for long but it does mean that now is the ideal time to start organising anything you would like to do! Suggestions and volunteers are always very much appreciated, so please do let us know if there's something you'd like to do that you think other club members would also enjoy.

There's currently just the one date for your diaries:

**12 Jan 2013** – The Annual Dinner at the Greyhound in Lutterworth. Sure to be a great evening including the presentation of awards. Meet at the bar from 7pm.

BSAC is celebrating its 60<sup>th</sup> birthday this year and is holding a competition for the best club-organised event of the year. Any suggestions for innovative, creative and attention-grabbing events, especially involving the number 60 would be very much welcomed as along with the chance of winning some goodies for the club it could also be a great publicity opportunity.

Steve

## **DO's bit**

Happy New Year to everyone.

I have just heard on radio 4 news that 2012 was not the wettest year since records began. It is actually the second wettest. However, it was the wettest in the Midlands. I suppose being divers, this really should not worry us. However, last year probably saw the least diving since Club records began. I hope that it was only the weather that deterred us and not any decline in our enthusiasm. Certainly I have to admit that the incessant rain has dampened my enthusiasm for both trips to Stoney and coastal trips.

I have started 2013 as I mean to go on, by beginning to arrange dive trips and training trips to the coast. We have at this time of year traditionally held dive-planning sessions. The problem is that very few Members attend them, and it is usually the same few who undertake to arrange trips. Who wants to dive where? If you don't tell us, we can't organise the trips can we.

If you are one of our current trainees, you must surely be looking forward to the first trip to the coast and your first dive in the sea. Stoney is fine for training, but it's all about diving in the sea. Over the next few weeks we will be making some suggestions. On the 22<sup>nd</sup> January I would like to get together with the more experienced Members to start scheduling trips. Following this, emails will be sent out advertising trips for various levels of experience. Please try and commit to some of these trips. If we don't get the numbers, the trip cannot run.

If you are training for the Ocean Diver qualification and need dives in Stoney Cove, let us know which days of the week you can dive. We can offer Instructors on most days, weekends or weekdays. It's a bit cold at the moment, but get the exercises done ready for the spring and the start of the diving season.

Neil will be bringing the boat along to the Club in the near future. Come and have a look at it. It is a great asset but also a significant cost. We need to use it. Last year it went out twice as many times as the previous year, but this is still short of the level of use that fully justifies it's cost. If you book on a trip on the Club boat you will get the opportunity of using it which may encourage you to book onto a Boat Handling course.

Finally, if you are currently doing theory or pool work, would you help us by doing your best to make all the sessions. If not please advise Phil and myself as soon as you can. These sessions need to be planned by Instructors who give their time free. If no one turns up, that time is wasted. Phil then needs to find another Instructor to do catch-up lectures.

*Nigel*

## Roger Holmes



Looking through my old dive logs and counting the number of dives I did with Roj was a surprise even to me! I stopped counting at 200. My first ever dive was with Roger on a cold February Sunday morning in 2004. He had joined LSAC some months earlier from Nuneaton BSAC and became my diving instructor and mentor, I was new to diving and I was having fun getting to grips with all the tasks in the pool, dive kit, lectures and a new club environment.

Over the following months we became a good friends both being newbies to LSAC and through Roj I met Kev Parker and Gary Rose both from the Nuneaton club and buddies of Roj's who had also joined LSAC.

From that point we became a diving foursome for the next few years them 3 instructors and me the trainee!! As I said I did my first dive with Roj in the cove, My 100th dive with Roj in Plymouth on the Scylla, My 200th with Roj on the Roslie Muller in Red Sea and my 300th on a shitty night dive in the cove again with Roj.



He was my inspiration for diving always the professional always very organized and gave you confidence that you were safe while learning to dive. If you got that signature in your book you had earned it! On a day doing my Dive Leader training at Stoney Cove the plan was to do an AAS ascent from 18m to 6m then stop. The exercise was not my best and we stopped it 4m did I get the signature in my book? NO the debrief ...sorry mate but it was not good enough we'll try again next week, we did and it was spot on, there was no favor's from Roj when he was instructing! did he have my respect Oh Yes!

Pete B asked if I would put a few words together for Freeflow ...sorry it is a bit more than a few words but to all who knew him Roj was a legend. while thinking what to put in 'these few words' I am constantly sidetracked by memories of many past adventures some fantastic dives many fantastic nights out some memorable events!!

Sometimes it only needs 1 person to make an event a bit special and Roj was the man for that never a dull moment.

Roger had not been around the club for a couple of years working away and following his passion for music and partying so to some of our newer members you missed the chance to meet a great guy the rest of us we were lucky to have known him, happy memories.

Mike Flatt (Words), Ian Jennings (Photos)



### EasyFundraising - Update

Hi All,

As we have mentioned before we use a scheme called EasyFundraising. Put simply if you shop on-line and you go via the EasyFundraising website then a small amount of the monies you pay can be paid to a charity or organisation (in this case LSAC),

We joined the scheme in October 2011 and the transactions up to the end of October this year were totted up and we have been paid a premium of £65.11. The money will be used (eventually) to get extra training kit, which we can't afford, in normal accounting.

Looking on line we have already raised a total of £143.92 (which is a further £78.81 this year) and we now have 16 of our members registered for the scheme.

It's very simple - just visit <http://www.easyfundraising.org.uk/causes/lsc/> to register and then shop at over 2000 well known retailers like Amazon, Argos, M&S, eBay and many more. Whenever we buy something, the retailer makes a donation to LSAC, and we use the money to buy kit!

Ian Jennings



# Lutterworth Sub-Aqua Club

Program & Training Schedule 2012-2013 (revision 2 05/01/2013)

Date	Ocean Diver	Sports Diver	Dive Leader / Advanced Diver	Skill Development	Interest Evening	Pool Training	Trips / Social	Night Dive	Sch Hol	Date
03-Jul-12	OT2					Ocean		4th		03-Jul-12
10-Jul-12	OT3		DL			Ocean				10-Jul-12
17-Jul-12	OT4		DL			Ocean		18th		17-Jul-12
24-Jul-12	OT4					Ocean				24-Jul-12
31-Jul-12	OT5					Ocean		1st		31-Jul-12
07-Aug-12	OT3 / OT4 / OT6					Ocean	10th-12th - Farnes			07-Aug-12
14-Aug-12	OT4					Try Dives / Ocean		15th		14-Aug-12
21-Aug-12	OT4 / OT5					Try Dives / Ocean				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	OT4 / OT5 / OT6 / EXAM					Ocean		5th		04-Sep-12
11-Sep-12	OT1 / OT5 / OT6 / OT7					Ocean				11-Sep-12
18-Sep-12	OT2 / OT6 / OT7 / REVISION					Ocean		19th		18-Sep-12
25-Sep-12	AGM	AGM	AGM	AGM	AGM	Ocean				25-Sep-12
02-Oct-12	OT3 / OT7 / REVISION / EXAM					Ocean	6th - Stoney Cove	3rd		02-Oct-12
09-Oct-12	OT4 / REVISION					Ocean				09-Oct-12
16-Oct-12	OT4 / REVISION / EXAM					Try Dives / Ocean		17th		16-Oct-12
23-Oct-12	OT5 / REVISION					Try Dives / Ocean				23-Oct-12
30-Oct-12	OT5 + OT6 / REVISION					Ocean	3rd - Stoney Cove Training Day			30-Oct-12
06-Nov-12	OT7 / REVISION / EXAM					Ocean		7th		06-Nov-12
13-Nov-12	REVISION					Ocean				13-Nov-12
20-Nov-12	EXAM		DL			Ocean		21st		20-Nov-12
27-Nov-12	EXAM			BUOYANCY WORKSHOP		Ocean	1st - Stoney Cove Training Day			27-Nov-12
04-Dec-12						Ocean	5th - Nemos Christmas Meal	5th		04-Dec-12
11-Dec-12			DL Exam			Ocean				11-Dec-12
18-Dec-12	Christmas Quiz	Christmas Quiz	Christmas Quiz	Christmas Quiz	Christmas Quiz	Christmas Quiz	24th - Stoney	19th		18-Dec-12
25-Dec-12	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas				25-Dec-12
01-Jan-13	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas		2nd		01-Jan-13
08-Jan-13		ST1					12th - Annual Dinner			08-Jan-13
15-Jan-13		ST2						16th		15-Jan-13
22-Jan-13							26th-27th - Plymouth			22-Jan-13
29-Jan-13										29-Jan-13
05-Feb-13								6th		05-Feb-13
12-Feb-13										12-Feb-13
19-Feb-13								20th		19-Feb-13
26-Feb-13										26-Feb-13
05-Mar-13								6th		05-Mar-13
12-Mar-13										12-Mar-13
19-Mar-13								20th		19-Mar-13
26-Mar-13										26-Mar-13
02-Apr-13	No Club Easter	No Club Easter	No Club Easter	No Club Easter	No Club Easter	No Club Easter		3rd		02-Apr-13
09-Apr-13										09-Apr-13
16-Apr-13								17th		16-Apr-13
23-Apr-13										23-Apr-13
30-Apr-13								1st		30-Apr-13
07-May-13	No Club May Day	No Club May Day	No Club May Day	No Club May Day	No Club May Day	No Club May Day				07-May-13
14-May-13								15th		14-May-13
21-May-13										21-May-13
28-May-13	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				28-May-13
04-Jun-13								5th		04-Jun-13
11-Jun-13										11-Jun-13
18-Jun-13							15th-22nd - Malta	19th		18-Jun-13
25-Jun-13										25-Jun-13
02-Jul-13								3rd		02-Jul-13



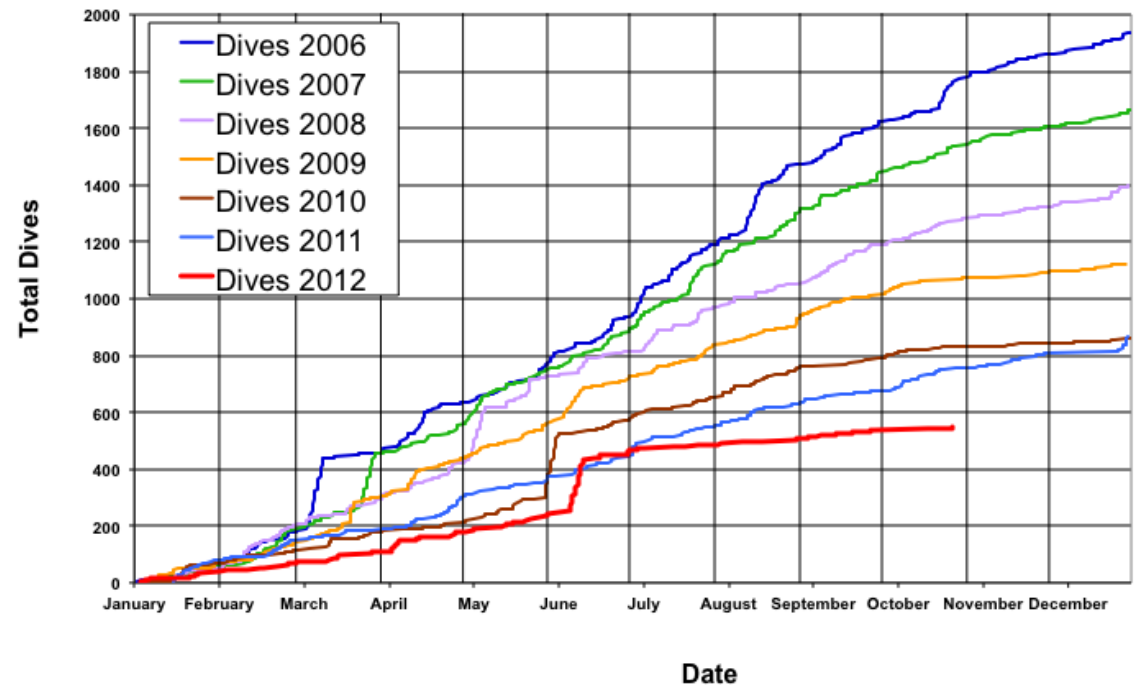
## Members Dives 2012 - October

Hi All,

The statistics this month... I am more than a little disappointed, because it is apparent that the number of reported dives is very low as can be seen on the graph alongside.

I strongly suspect that not all the dives are being correctly reported (I hear about more dives on a Tuesday evening - than I see on manager sheets). This is unfortunate for many reasons. Nigel needs to know what diving is being done, plus from the statistics we can promote the club, or even tailor the diving we promote to what the club trips we try to arrange for the members. Have a look at the dives we have recorded for you in the chart on the next page, and compare these to your own dive log records (or in Neil's case his memory!). If the two numbers aren't the same then please fill in a manager sheet for the missing dives.

Looking forward to having to process lots of sheets and improve the look of the graph alongside.



Safe Diving  
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	89	4101	68.4	286	110228	52	35	10	44	39	11	4	35	1	25	10	63.7	26.0	10	77	46	5	8	17	18	9	23	4	5
Spickett Nigel	53	2250	37.5	352	53221	53	27		26	17	9		27	1	14	14	50.0	22.8	6	77	42	4	3	10	21	3	10	1	1
Barnard Pete	47	2077	34.6	268	42891	47	17	9	21	16	18		13	3	8	8	49.6	20.7	25	70	44	2	8	9	20	3	4	1	
Brown Claire	42	1955	32.6		39038	40	14	7	21	13	15		14	3			50.5	18.1	10	91	47	9	6	13	6	2	5		1
Brown Neil	37	1831	30.5	45	36738	37	9	7	21	13	17		7	3	2	2	50.0	19.0	20	91	49	6	6	11	6	2	5		1
Jennings Ian	31	1552	25.9		30731	31	13		18	21	9		1	1			34.1	19.9	29	79	50		5	6	17	2	1		
Hill Mike	30	1448	24.1	213	30072	30	12		18	15	7		8	1	6	6	49.5	21.2	30	70	48		4	6	16	3		1	
Marshall Derek	29	1241	20.7		22775		6	5	18	7	13		9				28.6	18.6	15	62	43	3	3	8	11	4			
Turney Phil	21	1133	18.9		23825	21	2		19	12	7		2	2			50.0	20.7	27	67	54	1	3	7	6	2	1		1
Jacques Dave	23	1127	18.8		22769	23	8		15	12	5		6	3			45.0	19.9	16	65	49	2	3	5	10	1	1	1	
Goddard Dave	21	1111	18.5		21906	21	2		19	13	8			2			35.4	20.1	25	71	53	1	2	8	6	2	2		
West Jason	16	663	11.1		17015	8	16				1		15		5		35.1	25.4	26	60	41				9	3	4		
Litchfield Phillip	12	534	8.9		12097	12	10	2		7	3		2				35.1	22.9	33	70	44				11		1		
Burke Sean	13	497	8.3		11526	4	5	2	6	2	6		5				35.1	22.2	14	58	38	1	1	2	5	1	3		
Flatt Mike	7	323	5.4	65	6658	7	4	3			3		4	1	2	2	30.2	18.9	31	70	46	1	1	2	2		1		
Beesley Steve	9	308	5.1		4186	9	4	5			5		4				22.9	13.7	27	41	34	4	2		3				
Shaw Sam	7	255	4.3		3626	7	2	5			5		2				21.0	14.3	31	41	36	2	2	2	1				
Page Rosie	8	253	4.2		4774	8	8			1	1		6		6		21.3	18.8	29	35	32	1		1	6				
Scully Sean	7	218	3.6		3261	7	5	2			2		5		2		22.0	15.1	26	37	31	2	1	2	2				
Duke Mike	6	182	3.0		2935	6	6						6		6		21.0	16.1	26	33	30	1	1	1	3				
Duinker Fran	6	176	2.9		2828	6		6			6						23.0	16.3	24	37	29		2	3	1				
Taylor Chris	4	140	2.3		2480	4	2	2			2		2	2			24.0	17.7	16	46	35	1		1	2				
Hall Kath	3	136	2.3		2720	3		3			3						24.0	19.8	34	51	45			2	1				
Hage James	4	134	2.2		3518	4	4						4				36.2	25.9	30	37	34				3		1		
Butt Emily	6	130	2.2		2878	6	6						6		6		32.0	20.2	10	32	22	1		1	3		1		
White Chris	4	130	2.2		2315	4	4						4		2		21.3	16.8	23	37	32	1		1	2				
Scully Patrick	6	125	2.1		1092	6	6						6		6		13.2	8.1	6	34	21	5	1						
Hall Richard	3	121	2.0		2609	3		3			3						24.0	21.4	37	46	40			1	2				
Loakes James	3	89	1.5		745	3	3						3		2		9.8	8.3	26	34	30	3							
Shaw Emily	2	78	1.3		638	2	2						2				9.7	8.1	37	41	39	2							
Turney Julie	2	53	0.9		734	2	2						2		2		15.7	14.0	24	29	26		1	1					
Hooper John	1	35	0.6		266	1	1						1				7.6	7.6	35	35	35	1							
TOTALS	480	22151	369.2	1229	485676	395	184	50	246	187	137	4	152	21	62	42						39	55	104	167	37	61	8	9