

Free Flow

The magazine for LSAC

July 2006
Issue 102

In This Months Issue

Exmouth Trip
Weymouth Trip

Cover Photo Courtesy of Roger Holmes



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Free
It should be

Free Flow

Editors Bit...



Just a reminder that its only 6 months to the next awards ceremony. So get those pictures (Ian above receiving the Silver Dolphin for his last entry); Volney nominations; compass course entrance logged and especially get diving.

Welcome to this months edition of Freeflow. I note from the Chairman's knock that I've been allotted an Interest Evening slot. Even thou I can't remember volunteering it's beholding upon Roj to press gang members as required. It's very much the same with dive reports there needs to be a directed effort rather than a general request for volunteers.

Talking of delinquent contributors to Freeflow; one appears in this months Page 3, but I won't mention any names.

If perchance that you've done something worthy of a Volney nomination and hope that a) no one else noticed and/or b) that they won't dob you in, I suggest that you think again. From previous experience I find that the best defence is to ensure as many nominations as possible hence reducing your likelihood of coming 1st. With this in mind I sent a pleasant evening down the pub with the current holder, namely Martyn O'Driscoll. It's surprising what you remember and vocalise as the evening passes. So come on all fellow plonkers get your defence in while there still fresh in the mind.

Pete

Page 3 Luvlies

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Every time I see this picture I no longer wonder what Claire sees in Neil, who won't love his cute little chin, and cute big chin and cute 3rd chin.

If you would like to become Miss or Mr Aug 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

The Chairman's Knock

Well summers here and the suns out - which means the cove is packed and the vis is crap! Fortunately this doesn't stop LSAC with a large number of club trips to the coast either having been completed or coming up some.

Try dives

A poor turnout last week but hopefully better this week as the leisure centre have allowed me to put on a stand and hand out leaflets.

we have a try dive planning night on the 25th, to ensure that the club is ready for the Lutterworth feast (Su has been in liaison with the local council) and the BSAC national try dive event in September. On this night we will be looking for good ideas for advertising, volunteers, etc. remember this your club and we all want it to do well and encourage people to dive.

Interest Nights

As I'm sure your aware I'm always on the lookout for members to give interest night talks! These don't have to be fantastic in presentation, last anything from 20 to 60 mins in duration. If your interested in putting on a talk or require help then please catch me at the club to discuss.

The next few weeks interest nights are:-

25/7 - Try Dive planning - All

1/8 - New AV/CPR for instructors

8/8 - New AV/CPR for instructors (Feast trydive night)

15/8 - ?

22/8 - Drysuit repair night?

29/8 - No club - bank holiday

5/9 - New AV/CPR - All (BSAC trydive night)

12/9 - Ireland - Pete B (BSAC trydive night)

19/9 - Marine Biology - Am B

26/9 - AGM (notification and nomination forms to be issued in next months Freeflow)

There are others in the pipeline, including Boats (troubleshooting), and re-runs of previous interest nights that people may have missed due to training lectures.

Pub

Currently we are trying a few different pubs, keep your comments/suggestions coming in please.

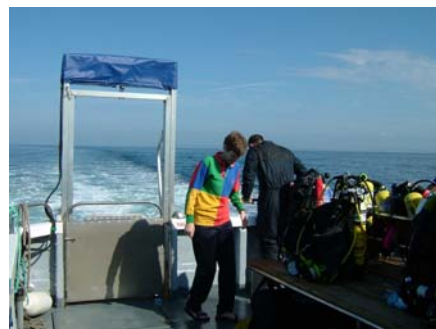
Regards

Chairman Roj!

Exmouth June 2006

Steve and I were invited to join a group from Newbury to go for a weekend's hard boat diving. Well that's almost right. Robert and Natasha who were organising the dive trip used to belong to the Newbury Branch but they then moved to Portishead (Bristol), but they carried on organising the June trip to Exmouth, although now only a couple of people from Newbury were on the trip, and Robert and Natasha belong to a Bristol Branch. So we were from all over the country.

We were diving from a hard boat called Wave Chieftain III, owned and run by Richard Tibbs. The excellent thing about this hard boat is that it has benches for tying your kit on, lots of space for sunbathing (no deck chairs), a cabin for sitting in out of the cold, and more importantly a lift to crane you back on the boat. Richard would also be waiting on deck with a cup of tea or coffee as soon as you de-kitted **AND** chocolate after the first dive. I'm sure chocolate helps to prevent DCI.



We stayed in a B & B at Lymstone, a small village just outside Exmouth, with luckily a pub next door.



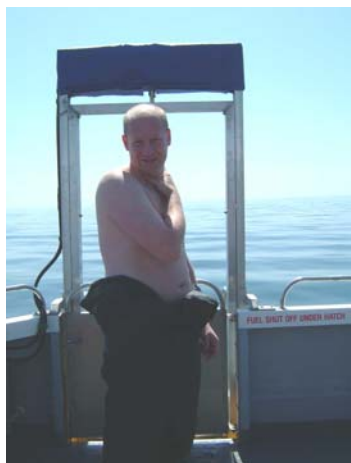
Saturday morning we were up bright and early to meet Rich at the boat at 8.00 am the lads at the B & B made us a sausage sandwich since it was a bit early for breakfast.

Once all the kit was on the boat. And there was lots and lots of kit we headed out to sea.

Saturday morning's dive was a wreck called the city of Swansea. She had been torpedoed on the 25th

September 1917 without any warning. She is now lying on her side in 44 metres of water. She was quite big at 1,375 tons.

Rich put a shot right on the starboard side, which made it easy to find our way back to the shot. With the wreck laying on her side it makes it quite a dark wreck despite having 4 or 5 metres visibility. There was lots of debris but as she was so large a wreck we really didn't see a great deal of her. There was a lot of fish life, congers; lobsters and crabs as well as the usual shoals of Pollock and Bib swimming around.



It was then time for lunch with a quick spot of sunbathing and a siesta.

I know a scary sight! Every one was trying to get a sun tan

The afternoon dive was a fast drift dive along Budleigh Banks. It was quite exciting going along at speed in about a metres visibility. At the same time as keeping an eye out to find out where your buddy was you needed to keep an eye out to make sure you didn't smack into anything. The banks were a set of reefs and ledges which has a

variety of crabs and lobsters lurking in different nooks and crannies. There were quite a few hollows and ledges for all sorts of fish life such as wrasse and blennies. There were a lot of small dog fish living on the gravel between the reefs. It was a very enjoyable dive and I'm sure that in good visibility it would be a cracking dive and at 15 metres max you could happily spend an hour looking around. Most of the dive was between 10 and 12 metres.

Having finished a second good dive it was back to Exmouth to unload the boat. Luckily most of our kit could be left on the boat so it was only the units to carry back to the B & B. The B & B is an old converted farmhouse and out buildings which has lots of parking space, so plenty of room for kit fiddling, cleaning mending and comparing kit as a lot of technical divers like to do. It's the old "I'll show you mine if you show me yours" routine. It's a boy thing.

For the evening meal it was decided that we'd go to the Globe for our evening meal. Being blonde and having a poor memory I'd forgotten which pub we went to last year. Now we went out of the B & B and walked past the Saddlers Arms, 'Ok not that one' I thought, 'must be the next one,' So we carried on into Lymington village, walking past the Redwing Pub, 'hmm, that's got the wrong name on it. Must be the next one.' Yes there was a pub in the distance, on we went under the railway bridge, 'ahh that pub had a picture of a swan outside it.' 'Can't be the Globe then' I thought keep on walking. Round a couple more corners and we finally arrived at the Globe. It was OK; the lone pub singer was unusual it was amazing how many songs he could murder in such a short space of time. But I'll remember next year to stop walking at the first pub not the last one.

Sunday we woke up to a beautiful sunny day and it was a slightly later start. So we had time for a cooked breakfast, and very delicious it was too. We met Rich at the boat at 8.30am. It was decided that we'd dive the Greleen which sat upright on the sea bed at about 42 metres, she was torpedoed in the World War I and was rarely dived. So it seemed a good opportunity to dive a new wreck.

But first Rich said he had a little job to do. Someone had tied a rib tight to a pontoon, and not allowed for the tides, and where it was tied up it runs at a fair pace, so the rib had ended up still attached but now upside down, and he had to drag it back to the quay so it could be turned over.



Mission accomplished; off we went to sea. The Greleen was torpedoed without warning on September 22nd in 1917. She was previously known as the Ballater and was a 2286 ton steamer. She stands almost upright and Rich had managed to put the shot amidships, next to the boilers. We decided to go to the stern first. There was very little damage in this section and on the very



stern there were still the remains of a small cabin. We dropped over the stern and made our way down to see what remained of the prop. The stern was a beautiful undercut stern all intact, and was even better as we dropped further there was the rudder and the 4 blade prop complete as if she was just about to set off.

Everything was covered in dead men's fingers, which lit up as we shone our torches round. We then swam back looked for the bow, but sadly ran out of time before we got there. It's definitely a dive to repeat.

Then it was time for the usual chocolate and hot drink before a siesta and a second dive this time on Beere point. It was a high speed scallop dive, with lots of dog fish scurrying out of the way.

It was an excellent weekend, good boat, good diving and it was good to catch up with old friends.



Fran Duinkers

Chartwork & Position Fixing Course and the Weymouth Weekend

One of the ‘ticks’ I haven’t got in my logbook is for “Chartwork and Position fixing”. I had been on one course before – but that one didn’t get finished (by anyone) so when the opportunity came up again I signed up to the course (So did Neil Brown, Claire Stockdale, Steve Appleton & Phil Litchfield – with Fran Duinker as the course ‘Boss’)

The course was a mixture of theory and practical. We did the theory over a couple of nights down at Eddie Stobbart’s (thanks Steve for use of the venue). Most things had been covered before on previous courses (Boat Handling etc) but it was a good refresher of how we should be doing these things.

The practical part of the course was based at Weymouth. Phil Litchfield has access to a static caravan and there was launching facilities – all sounded good. And indeed it all looked good when we got there on Friday night, the caravan was very good – located on a secure site (when we had got through the security systems) and the boat was in a locked compound. The only downside was the weather – it was a bit draughty!

Saturday dawned and the wind had dropped slightly but conditions were at best marginal. We prepared kit hoping we could dive and prepared, launched the boat and got underway. It soon became apparent that diving was out of the question due to the conditions but the time was usefully spent investigating possible dive sites and working the boat in the less favourable conditions.

It is quite surprising how tiring it is being in the boat in poor conditions – and you can see the effect this had on ‘the girls’.



Or were they just topping up their tans?

The girls brightened up a bit when we went to the swimming pools which are part of the complex (and unexpected bonus). The pools were very enjoyable, one outside where you could catch the last rays of the sun and one inside complete with water slides. I’m not saying who took most advantage of these facilities, but Claire was heard to say, “why are we bothering with the diving we could just come in here” and I certainly enjoyed my many goes down the slides!

After the swimming there was the obligatory Bar-be-Que.



And then we had all eaten enough and refreshed the parts... retired to the caravan to prepare for the diving the next day

The next day the weather was much calmer and the planned dives were the Aeolian Sky followed by a drift dive along the Lulworth banks. We prepared the boat and launched in good time, loaded with the unused kit from the previous day and set off. There was a light sea mist and we were soon out of sight of land. On our trip out to 'the Sky' we saw one other boat a small hardboat but when



we got to the marks we were on our own. A few passes over the site confirmed the position of the wreck and in went the shot – but the current was still running so we sat back and relaxed. The small hardboat also arrived and dropped a shot – which they later re-positioned! What happened next was impressive, out of the mist came numerous boat, big hardboats, ribs and so on, all in all a total 'fleet' of about a dozen boats. This is just the first two appearing out of the mist:



With the current slackening Neil and Phil got ready and went down, Claire and Fran shortly followed them and we sat back to relax and watch ‘the lemmings’ jumping off the back of the bigger hardboats. Finally Neil and Phil re-surfaced and were recovered and Steve and myself got ready and got in. The current was insignificant and we checked the shot (well tangled) so having unravelled that we went to explore the wreck – mainly browsing about the spilled cargo with lorry chassis, dumper trucks and so on and in amongst this was lots of wildlife.

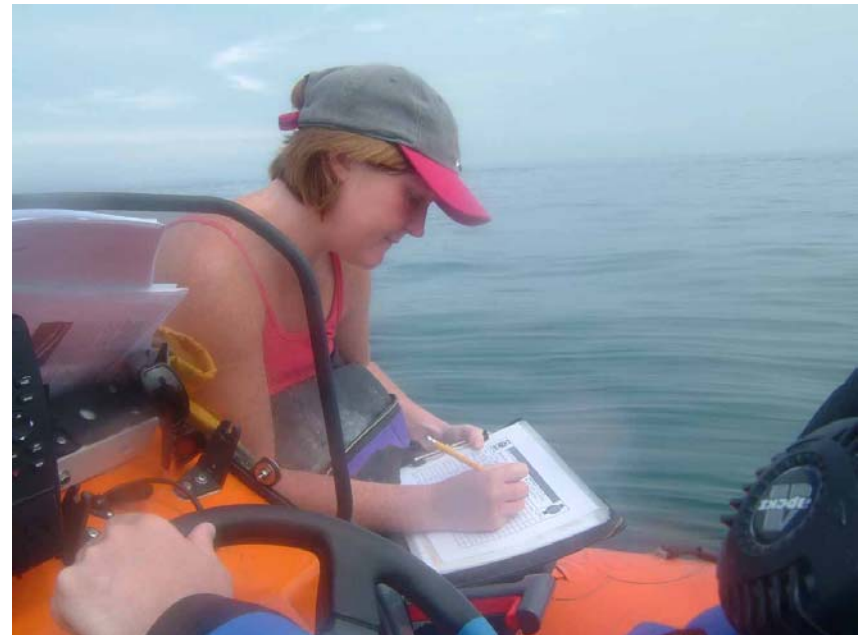


All too soon it was time to come up and Steve put the blob up. The current, which we had felt picking up, was more apparent when we left the bottom – we were moving quite briskly. After the ascent and the safety

stop, we surfaced and Lucky Dip was next to us. When we were out we went to pick up the shot line – which by now was a good way off. Most of the hardboats had long gone and the only other craft left were a couple of Ribs.

With marshalling paperwork completed for that dive (See she can do it!) we browsed over to the second dive site (an anomaly on Lulworth Banks we wanted to investigate). The current was running so it was going to be a good drift dive. We put a shot in

for reference and Neil & Phil went in, followed by ‘the girls’. Their progress across the seabed was impressive for us on top and



when we recovered them they had covered a good distance almost a mile– but still managed to collect a few scallops! Steve and I followed them in from the same start point, but the current had slackened so we didn’t cover quite such distance.

We found a few shells, not only the scallop variety, but also some man made artillery type



(We didn't try and bring it up! – you can guesstimate it's size by the scallop shells around it). Finally, with us back on the boat we made our way back to the slipway, boat out, repack the cars and

then it was time to rejoin the roads and make our way home. All things considered an excellent weekend.

As usual its 'thank you' time:

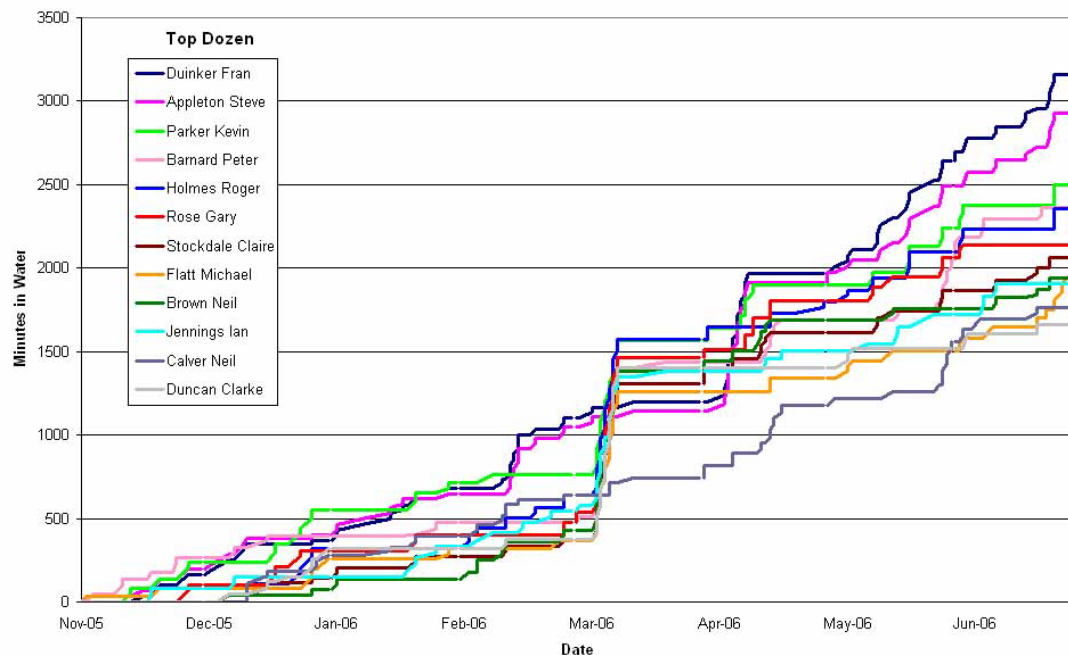
Thanks to Claire and Steve for organising the diving on the Sunday, Phil for the use of the caravan – it and the facilities were great and Fran for 'Bossing the Course' (did we pass?) and also for the scallop supper a couple of nights later.

Ian Jennings

Members Dives To the end of June 2006

Leading Positions

The top 10 (well the top dozen) looks much the same as last month, Fran and Steve have a healthy lead, but there is still quite a lot of movement 'down' in the minor places.

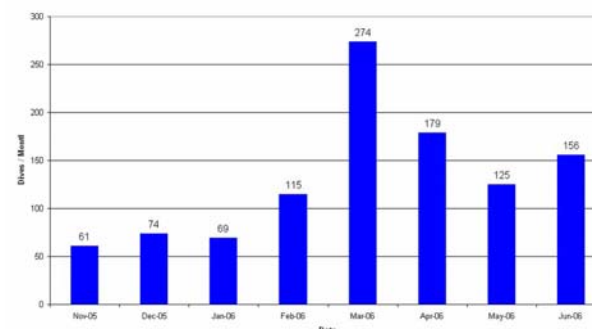


The milestones we have passed this month is that we have now completed over a thousand recorded dives (in fact 1052) and the number of hours is up to 732 (about 1 month!).

Last month I reported that the number of people who had done at least one dive was 47 (out of 72 active members) this number is now up to 51 and I know of another 2 who are going on the St Kilda trip. The remaining ones are either

trainees or the 'venerable' members of the club – you aren't going diving and not putting the sheets in... are you?

Giving ALL the times last month had a positive effect, two people came up with some dives that weren't previously reported – to bolster up their totals(?), I'll probably give the totals again next month.



I was very pleased (relieved?) to see that the number of dives for the month was finally above the previous month.

After the glut of the Dives in March (Red Sea trip and all that) I thought enthusiasm was waning, but now that the warmer weather is here the number of dives is going up – and I expect more in next month's statistics with the St Kilda trip.

As usual.... 'Keep the sheets coming in'

Ian Jennings

Ocean	Sports Diver	DIVE LEADER	Instructor	SKILL DEVELOPMENT	INTEREST EVENINGS	POOL TRAINING	MARSHAL	TRIP/WEEKENDS/SOCIALS	DATE
NO CLUB - HAPPY NEW YEAR				ND. Stoney Wed. 4/1					03-Jan-06
							M.O'Driscoll		10-Jan-06
							F.Duinker	ND. Stoney Wed 19/1	17-Jan-06
					Instructor Evening	instructor evening	J.Brewis		24-Jan-06
					Red Sea - Roger Holmes		N.Spickett	Plymouth brief	31-Jan-06
					Liner - Phil Turney		P.Turney	ND. Stoney Wed. 1/2	07-Feb-06
							P.Woodcock		14-Feb-06
	ST1/R Holmes	DT1 The Role of a dive leader	N.Brown		Underwater Photography - Ian J	Sports Diver R Green	S.Grimes	ND.Stoney Wed 22/02	21-Feb-06
	ST2/I Jennings	DT2 CPR	R Holmes/ P Barnard		Red Sea Video	Sports Diver R Green	P.Barnard	Red Sea Brief	28-Feb-06
	ST3/Steve Appleton	DT2 CPR				Sports Diver Gary Rose	I.Jennings	ND. Stoney Wed 1/03 Red Sea	07-Mar-06
						Sports Diver N.Brown	N.Brown		14-Mar-06
	ST4/J Brewis	DT3 O2& Incidents	F.Duinker		Dive Sites - Nigel Spickett	TRY DIVE	B.Mulholland	ND Stoney Wed 15/03	21-Mar-06
	ST5/N Brown m.flat	DT4 Casualty Asses	F.Duinker		Turks and Caicos - Gary Rose	TRY DIVE	Gary Rose		28-Mar-06
OT1 Intro/R Green		DT5 O2 Equipment	R Green		GPS - Neil Brown	Ocean Diver Roger Holmes	N.Tomlin	ND. Stoney Wed 5/4	04-Apr-06
OT2/P Barnard	ST6/N.Tomlin	DT6 O2 Admin	P.Turney/P Barnard		Boat - Nigel	Ocean Diver P.Barnard	Roger Holmes	Easter Brief	11-Apr-06
No Club Easter								ND. Stoney Wed 19/5	18-Apr-06
OT3/G Rose	Catch up	DT7 O2 Admin pract	I.Jennings		Zenobia - Kev Parker	Ocean Diver R Green	Kev Parker	Plymouth brief	25-Apr-06
No Club May Day Bank Holiday				ND Stoney 3/5					02-May-06
					Open Forum	Ocean Diver M.O'Driscoll	Steve Appleton	Plymouth brief	09-May-06
OT4/P Barnard		DT8 Dive Planning	P.Woodcock		Djibouti - Steve Appleton	Ocean Diver J.Brewis	Chris Thurman	ND. Stoney Wed 17/5 Farnes Brief	16-May-06
OT5/P Turney		DT8 Dive Planning	M.O'Driscoll	24,25th Chart work/positioning		Ocean Diver P.Turney	M.O'Driscoll	West Bay Brief	23-May-06
NO CLUB - WHITSUN BANK HOLIDAY									30-May-06
OT6 S Appleton		DT9 Rescue Management	M.O'Driscoll		Far East - Richard Green	Ocean Diver B.Mulholland	F.Duinker	ND Stoney Wed 07/06 Weymouth Brief	06-Jun-06
OT7/ R Green		DT10 Heli Operations	I.Jennings	11,12th chart work/positioning		Ocean Diver Gary Rose	J.Brewis		13-Jun-06
Catch up/I Jennings		DT11 Rescue man part2	R Holmes/		St Kilda - Nigel Spickett		N.Spickett	ND Stoney Wed 21/06 Iymington brief	20-Jun-06
		DT12 Dive Marshal	N.Brown				P.Turney	St Kilda Brief	27-Jun-06
		DT12 Dive Marshal Shots	P.Turney		Estartit - Fran Duinker		P.Woodcock	ND. Stoney Wed 5/7	04-Jul-06
			P.Turney			Try Dive	S.Grimes	Cornwall brief	11-Jul-06
						Try Dive	P.Barnard	ND. Stoney Wed 19/7 Whitby Brief	18-Jul-06
ST1	N.Tomlin				Ireland - Pete Barnard	Sports Diver P.Barnard	I.Jennings		25-Jul-06
ST2	M.O'Driscoll					Sports Diver N.Tomlin	N.Brown	ND Stoney 2/8	01-Aug-06
ST3	I.Jennings				Marine Biology - Anne Marie Barnard	Sports Diver Roger Holmes	B.Mulholland	Scapa Brief	08-Aug-06
ST4	R Holmes					Sports Diver Steve Appleton	Gary Rose	ND. Stoney Wed 16/8.	15-Aug-06
ST5	N.Brown					Sports Diver Richard Green	N.Tomlin	Farnes Brief	22-Aug-06
NO CLUB - AUGUST BANK HOLIDAY				ND.Stoney Wed 1/9					29-Aug-06
ST6	P.Woodcock					TRY DIVE	Roger Holmes		05-Sep-06
	CATCHUP					TRY DIVE	Kev Parker	ND. Stoney Wed 13/9 Brixham Brief	12-Sep-06
						Ocean Diver N.Brown	Steve Appleton		19-Sep-06
AGM									26-Sep-06
OT1 Intro	N.Brown					Ocean Diver F.Duinker	Chris Thurman		03-Oct-06
OT2	P.Barnard/R Holmes				Scotland 2007 - Fran Duinker	Ocean Diver Roger Holmes	F.Duinker	ND. Stoney Wed 04/10	10-Oct-06
OT3	M.O'Driscoll					Ocean Diver B.Mulholland	J.Brewis	ND. Stoney Wed 18/10	17-Oct-06
OT4	F.Duinker					Ocean Diver N.Spickett	N.Spickett		24-Oct-06
OT5	N.Tomlin					Ocean Diver P.Woodcock	P.Turney	ND. Stoney Wed 1/11	31-Oct-06
OT6	R Green					Ocean Diver N.Tomlin	P.Woodcock		07-Nov-06
OT7	P.Turney/P Barnard						S.Grimes	ND. Stoney Wed 15/10	14-Nov-06
Catch up	I.Jennings						P.Barnard		21-Nov-06
							I.Jennings		28-Nov-06
							N.Brown	ND. Stoney Wed 06/11	05-Dec-06
Quiz and Social Night								Quiz and Social Night	12-Dec-06
Christmas No Meeting								Christmas No Meeting	19-Dec-06
New Year No Meeting								New Year - No Meeting	26-Dec-06
INTRO/OCEAN DIVER	SPORTS DIVER	DIVE LEADER		SKILL DEVELOPMENT	INTEREST EVENINGS	POOL TRAINING		TRIP/WEEKENDS/SOCIALS	DATE

2006 Dive Planning Click on the name of the Organiser to Email

Date	Destination	Organiser	Type	No.of boats	Level	Spaces	Available	Accommodation	Est.Cost	Deposit
4th-5th Feb	Plymouth	Neil C and Pete B	Club Rib	1	SD	10		B+B	70	Expired
5th -12 March	Red Sea	Kevin Parker	Hardboat L/A	1	SD	20	Full	Liveaboard	765.23	Expired
13th-24th April	Loch Fyne	Dave Wilson	Club RIBs	2	All	Unlimited		Camp + Caravan	TBA	Expired
5th-8th May	Plymouth	Nigel Spickett	Club RIBs	2	All	10	2	Camp	TBA	10
20th 21st May	Farnes	Fran Duinker	Club RIBs	2	All	10	Full	Camp	TBA	TBA
27th May - 3rd June	Baltimore - Eire	Pete Barnard	Charter RIB	1	SD	6	1	Self Catering	250	None
2nd-5th June	West Bay	Mike Flatt	Club RIBs	2	All	10	1 TBC	Camp	TBA	TBA
9th-11th June	Weymouth Chart work	Phil Litchfield + Neil Brown	Club RIBs	2	All	10	TBC	Camp	TBA	TBA
23rd-26th June	Lymington	Nigel Spickett	Club RIBs	1	SD	6	Full	B+B	TBA	10
1st-8th July	St.Kilda	Nigel Spickett	Hardboat L/A	1	DL	12	Full	Liveaboard	675	100
14th-17th July	Lizard Cornwall	Phil Turney	Club RIBs	2	All	10	3	Camp	TBA	TBA
12th-19th Aug	Scapa Flow	Pete Barnard	Hardboat L/A	1	Exp. SD	12	Full	Liveaboard	350	TBA
25th-29th Aug	Farnes	Mike Flatt	Club RIBs	2	All	10	Full	Camp	TBA	TBA
8th 9th Sept	Kirkby Lonsdale	Bob Mullholland	River	n/a	All	Unlimited	Unlimited	B+B	TBA	TBA
15th Sept	Salsette	Neil Tomlin	Hardboat	1	DL	10 or 12	01-Jan	n/a	TBA	TBA
16th 17th Sept	Weymouth	Neil Brown	RIBs	2	oc	10	8 TBC	camping	TBA	TBA
23-24 Sept	Plymouth	Martyn O'Driscoll	Club RIBs	2	All	10	10 TBC	Camp	TBA	TBA
30 Sept 1st Oct	Plymouth	??	Club RIBs	2	All	10	10 TBC	camp	TBA	TBA
October	Estartit	Fran Duinker	Hardboat	1	SD	10 or 12	1 TBC	Apartments	TBA	TBA
TBA	Brixham	Fran Duinker	Club RIBs + Shore	2	All	Unlimited	Unlimited	Camp	TBA	TBA
TBA	St.Abbs	Bob Mullholland	Club RIBs	2	All	10	10	Camp	TBA	TBA
TBA	Anglesea	Ian Jennings	Club RIBs	2	TBA	10	10	TBA	TBA	TBA