

Free Flow

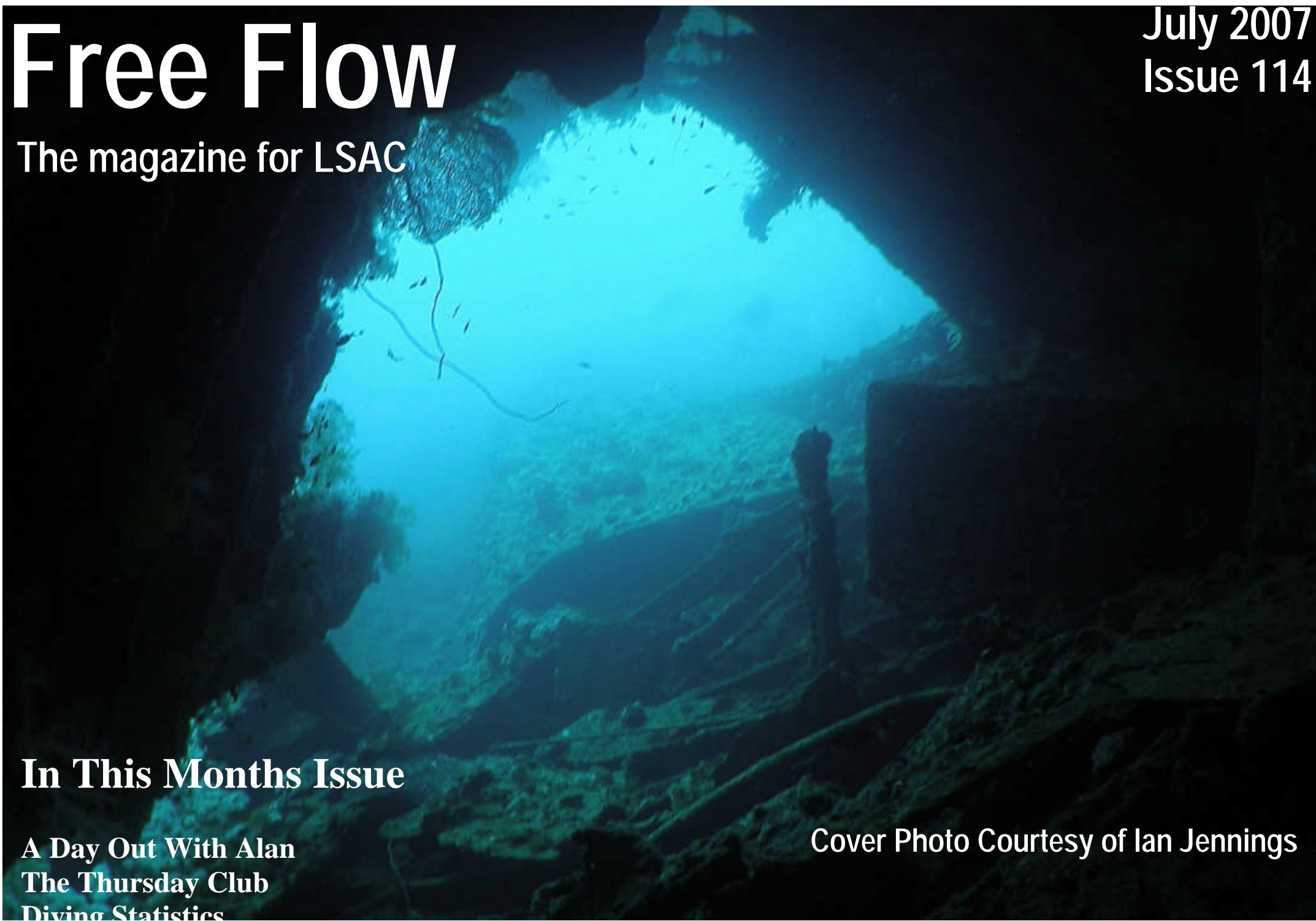
The magazine for LSAC

July 2007
Issue 114

In This Months Issue

A Day Out With Alan
The Thursday Club
Diving Statistics

Cover Photo Courtesy of Ian Jennings



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



Free Flow

Editors Bit...



Being a highbrow publication we never resort to tabloid journalism or top shelf tactics to boost circulation. As such you will not find any toilet humour in these pages.

Buddies

Half way through the year and just about half way through the dive season. As last year it's beginning to get difficult to keep track on who's where. The usual culprits are leading the dive states, with the "old" folk prominent as ever. This leads me to the changing way that we live our lives.

Scuba diving used to be a young persons sport, particularly those leaving families to later in life and thereby having lots of disposable income, or those that were just plain mad. As availability and safety has improved the advent of "Grey" divers has appeared. These originate from 2 sources, the first being those young divers that have never given up and secondly with improvements in health and wealth late starters desperately trying to spend the kids inheritance are becoming more prominent.

Ed.

Page 3 Luvlies

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July 2007



Not just the 3 wise monkeys but the 6 wise monkeys, well 4 really as 2 appear twice.

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

Chairmans Knock

More and more club trips have been run so far, but there is still plenty of space left on the boat booking calendar – so come on get planning! I will be running a trip at the end of September (29/30th) to Plymouth with diving on Saturday (hopefully Persier etc) and Sunday (within breakwater with rescue practice/scenarios) so please put your name down on the form.

The boats seem to have been running well so far, with Skinny being temporarily laid up with an engine problem, this has now hopefully been diagnosed (thanks Mike/Ian) and will be fixed and back on the water soon.

Vicky has kindly offered to organise a fun family day out on Sunday 12th August (I think thats the right day) so please let her know if your interested in coming – keep a look out for email updates!

Try dive nights will be fast approaching (4th and 11th September), so please be prepared to either help out beforehand (advertising etc) or on the night (welcome/dry/wet instruction). If you have any good ideas and are willing to help please drop me an email or catch me at the club. If you have anyone interested in a try dive remember you can bring them along any club night.

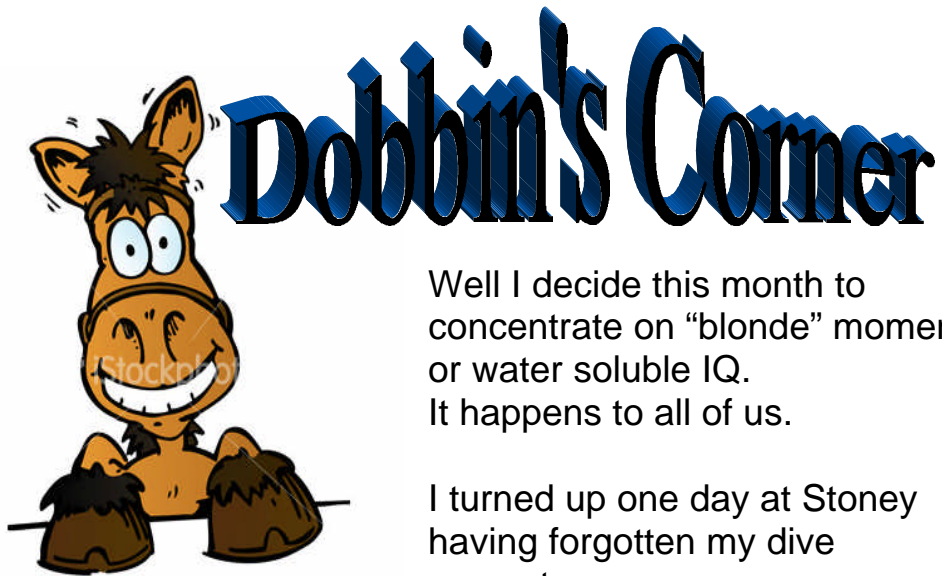
We have had a very busy interest night schedule so far this year and I am currently looking at planning out the next six months. If you have any ideas or would like to put on an interest night talk then please contact me. When the rooms not in use please come along and make the most of it to catch up, plan trips etc.

What's On

17/7	-	Dive statistics – Ian Jennings
25/7	-	
31/7	-	Equipment Care – Gary Rose
7/8	-	
14/8	-	Swimming technique – Mike Hill
21/8	-	
28/8	-	NO CLUB
4/9	-	
11/9	-	Technical diving pros/cons – Phil Turney
18/9	-	
25/9	-	AGM

Regards

Chairman Roj scubaroj@tiscali.co.uk.



Well I decide this month to concentrate on “blonde” moments or water soluble IQ. It happens to all of us.

I turned up one day at Stoney having forgotten my dive computer.

SO who else suffers from water soluble IQ?

Sean turned up the other day having borrowed Andy's regs and didn't have his dry suit feed, as he was driving out luckily he met up with Pete Barnard who had a spare one in the car and saved him going home to get it.

Andy decided to put his stab jacket on before doing up his dry suit, luckily he had a kind buddy who mentioned that it was going to be quite hard to do up his dry suit!

Sue decided to keep her regs in a different part of the house to the rest of her dive kit, so when packing her kit

forgot them, luckily her buddy lived local and could go home and collect an other set of regs.

Mike must have decided that it was quite cold still in Stoney so made sure his long sleeved sweat shirt went right down to his wrists, one went down a bit too far and he managed to trap his shirt in his wrist seal, and came out wearing a 2 tone sweat shirt, one half dry and one half wet!

The group who went to the Farnes decided to leave the boat on the slip way with the prop down, now they must have forgotten they were in the sea, and that there is a tide, as it went down and left the prop on the slip! Whoops!

In Weymouth, Rich decided that we were going to dive the Countess of Erne, an excellent wreck which sank next to the harbour wall, hmm, now there were three harbour walls to choose from, oh well the dredger was also a good dive.

Steve was boat handling and one pair of divers surfaced close to the wall, so Steve threw them a rope to pull them away from the wall in fact he gave them an end each!

Keep those dobs coming..... Roll on the next dive trip!!!!!!

DOB OF THE MONTH?

June's Dob of the Month candidate has got to be Rich Hall for his 'swap the wreck' dive site. The weekend was planned to perfection, the accommodation was booked, the boats were there, the tides were checked, the weather researched, the dive site co-ordinates logged, even the Saturday evening meal and refreshments were planned.

Saturday morning everybody awoke to a pleasant dry day which made a change. The dive kits were assembled and the boats launched. There was a slight blip as Skinny was being a tad temperamental but once she got going so did we over to Portland Harbour for the first dive of the weekend, the Countess of Erne. This is a lovely little wreck sitting upright on the seabed and fairly complete at a depth of approximately 15 metres.

When we arrived at the harbour, we spied the buoy and dropped in the divers. The vis wasn't too murky but as I descended I did wonder if I'd missed the deck and dropped into one of the holds. A quick scan of the area and I was wondering what had happened to the poor old Countess, she was a real wreck now with her sides all collapsed and tipped onto her side. And curiously she had transformed from wood into steel! The lightbulb went on and I had a quiet chuckle to myself when I realised that we were on the wrong wreck – this was the Enecuri, or Spaniard.

The only problem for Rich was that he was hoping nobody else would have noticed the change of wreck site; there were a few divers amongst us who had never dived the Countess before, one who had dived it many years ago but unfortunately for him there was myself and Barry who had dived it only last year. Were we going to keep quiet for him? He should be so lucky!!

But it must be said we all had a fantastic weekend and despite the dodgy weather forecast we managed to get four dives in – Cheers Rich!

Kath Hall

They came from the sea: The killer aliens in your gut

Powered by CDNN - CYBER DIVER News Network
by COLIN BARRAS

YOKOSUKA, Japan (6 July 2007) -- What is the difference between the bacteria around a deep-sea vent and those in the human body?

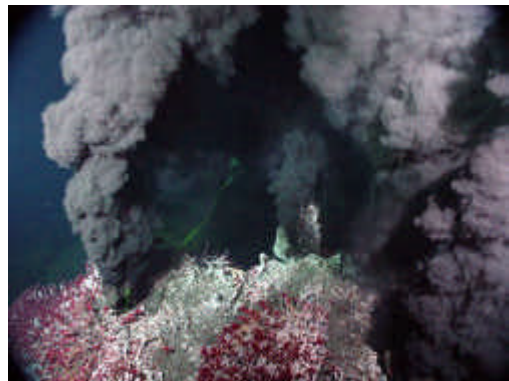
Surprisingly little, according to a comparison of the genomes of bacteria from deep-sea vents with those of human and animal bacterial pathogens. Their evolutionary relationship suggests that animal pathogens came from the deep.

Life on the ocean floor may have provided bacteria with the survival strategies to cope with life as pathogens, says Satoshi Nakagawa of the Japan Agency for Marine-Earth Science and Technology, Yokosuka, whose team carried out the analysis.

Deep-sea or hydrothermal vents spew superheated water, rich in chemicals, from volcanically active mid-ocean ridges. Here, bacteria feeding on methane and sulphides support large communities of exotic animals.

The study found that vent bacteria frequently lose genes, develop new mutations, or acquire genes from evolutionarily distant sources. That is an advantage when dealing with the steep chemical gradients and extreme temperature changes in these environments.

The ability to survive in an ever-changing environment is also useful for pathogens under attack from their host's immune system. The team suggests that the bacteria initially lived with vent invertebrates before swapping that location for life as a pathogen.



The spectacular development of vigorously venting, 350°– 407°C, black smokers on the ocean floor is fueled by circulation and heating of seawater within the oceanic crust. [View larger image](#)

Nakagawa says he does not know how the bacteria jumped from the deep sea to the human body "The best answer might come from the fossil record," he says.

SOURCE - New Scientist



About A Day Out with Alan

Well as many people already know I'm on garden leave as I'm in the process of changing jobs. This means that I have free time, so when Marg Baldwin from Stoney phoned to ask if I was free one Tuesday to drive Lucky round the cove to help with some filming I agreed especially when I heard it was to drive Alan Titchmarsh round. Alan was at the cove to add bits to a BBC programme about the pike of Stoney Cove.



It was quite an interesting day, but a lot of it was a bit like watching paint dry.

The majority of people turned up at just after 8 am to set up all the equipment and met up with Marg to discuss all the arrangements. The



producer was Simon Bell. Alan was the last one to arrive. His job basically was to top and tail the programme. They needed a few shots of him introducing the programme and a few shots as if he'd just come out of the water,

which they actually filmed first! Then also a few shots of him underwater with a pike.



Alan has done a minimal amount of diving and only ever in a wet suit. When he got to Stoney he was put in a dry suit, wore a full face mask with coms gear and was expected to be able to control his buoyancy, deal with the full face mask and read his script from slates.

Once He had a go from the slip and everyone was confident about him being able to cope with all the gear we all got



into Lucky and went to the other side of the block house to where the pike gather. Here he kitted up along with the camera man, the 2nd camera man and his dive buddy, while the standby diver had to remain

semi kitted in the boat along with the dive supervisor, the producer and me!

Once enough footage had been shot using Alan, the standby diver then put on Alan's kit and extra film was shot.



It was a long but quite interesting day, and even better the BBC kindly gave the club a donation for the use of Lucky.



The Thursday Club

Well I finally was admitted into the inner sanctum of the Thursday Club, now that I have a bit of spare time.

The main members seem to be Ian Jennings, and Pete Barnard, although there are plenty more participants.

Pete is one of the founder members but when ever I turn up he isn't there, hmm should this be telling me something? Or is Pete just a legend that everyone talks about but no one sees?



So who should I describe first? Well maybe I should start of with a pair of hunter gathers called Jon and Dave.

They like to eat everything they catch and were last seen looking up pike recipes.

Here they are going off to look for American crayfish which they've heard are rumoured to infest Stoney, unluckily they heard wrong and left without anything to eat.



Who is next, well Ian is another main

participant, In fact he rarely misses a Thursday. you only need to look at the dive stats.



Nigel is another one of the main participants.

Here he is ensuring that the stats are filled out right by Ian.

There are many more people who turn up every now and again, such as Vicky and Andy.



And Bill seen here in his wet suit days, but now he's been converted to a dry suit.

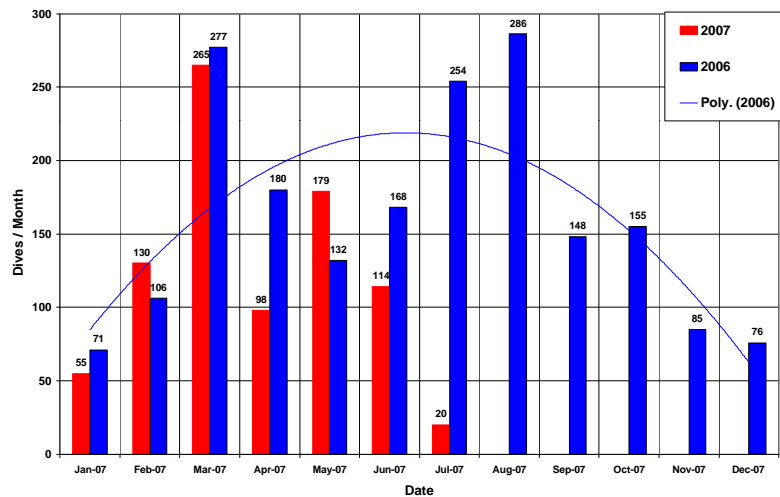


Members Dives 2007 – To Date and Pathfinder Update

Hi all.

There hasn't been any great changes to the statistics over the last month – so I'm combining this report with an update of the Pathfinder (non)Competition.

The main statistics chart is given overleaf and the chart below shows the number of dives carried out for each month. The number of dives carried out during June was down on last month is down on what we did last year – whereas you can see we did more dives this May than we did in May last year. The trending I can't really understand – maybe with it being a rainy June ("most rainfall since records began") people don't



like diving in the rain!

The main chart (overleaf) shows me with most time underwater – but Fran and Steve should be back from one of their diving trips I expect to be knocked off that exalted position

Ian Jennings - 9th July 2007

Pathfinder

Sadly, my attempt to change the format of the Pathfinder competition (nominate your buddy for good navigation) doesn't seem to be producing any



results. About the only nomination I have been promised (but not received) was for poor navigation and hence would be more appropriate as one of Fran's 'Dob-ins'

As Such I am considering abandoning this new format of competition and reverting to setting some sort of a course in Stoney Cove.

I have a course in mind, so if I don't have any nominations by the publication time of the next Freeflow look for the new Competition.

Ian Jennings - 9th July 2007

	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+			
Jennings Ian	67	2524	42.1	417	60209	67	52	4	11	8	7		52	7	16	12	37.4	22.1	2	79	38	11	3	8	23	4	18					
Duinker Fran	60	2229	37.2	905	51506	50	51	5	4	2	3	1	54	6	35	31	76.0	18.1	15	101	37	16	5	13	16	4	4		2			
Rose Gary	37	2101	35.0	122	51535	29	19		18	14	11		12	7	5	3	38.0	22.7	28	86	57	6	3	1	10	7	10					
Spickett Nigel	47	1960	32.7	529	53118	47	25	3	19	16	6		25	4	18	18	49.6	26.1	8	67	42		4	2	19	7	13	2				
Holmes Roger	38	1866	31.1	325	40871	36	25		13	16	6		16	4	9	9	37.2	20.4	4	76	49	7	5	5	9	3	9					
Barnard Peter	41	1810	30.2	194	48925	41	24		17	11	6		24	3	6	6	42.8	26.0	2	69	44	1	2	3	14	6	14	1				
Parker Kevin	33	1810	30.2	33	45507	27	17		16	14	9		10	6	2	2	38.0	23.8	7	78	55	3	4	3	7	5	11					
Calver Neil	33	1573	26.2		41134	33	15		18	12	6		15	4	3		42.8	24.9	20	69	48	6	1	2	5	5	12	2				
Hassell Steven	37	1506	25.1		26195	7	16	5	16	2	3		32		1		28.0	17.0	20	65	41	5	2	15	14	1						
Flatt Mike	26	1446	24.1	62	35676	24	10		16	11	5		10	4	3	2	37.3	22.6	23	76	56	5	2	2	3	6	8					
Sykes Richard	28	1387	23.1		31589	26	10		18	10	6		12	3	2		35.0	21.8	20	68	50	4	3	2	8	6	5					
Thomas Rachel	27	1120	18.7		27724	27	11		16	12	4		11	2	5		40.1	24.7	4	68	41	1	3	2	7	8	5	1				
Appleton Steve	23	1091	18.2	60	34555	17	19		4				23	5	5	2	76.1	23.9	15	101	47	7		2	5	2	5		2			
Hall Kath	22	930	15.5		17684	9	6	16		4	6	1	11		2		36.0	19.3	18	61	42	3	4	5	6	1	3					
Lakin Richard	19	901	15.0		22826	19	3		16	11	5		3	3			41.1	25.9	30	69	47	2	2	1	2	4	7	1				
Hall Richard	20	858	14.3		15577	7	4	16		4	6	1	9				36.0	18.3	20	61	43	3	5	3	6	3						
Johnson Bill	26	842	14.0		18659	23	22	4		1	2	1	22		17		35.4	22.0	17	50	32		1	4	17	2	2					
Calver Susan (Su)	21	751	12.5		15369	21	9		12	8	4		9	1	8		31.7	20.8	8	51	36		3	5	9	3	1					
Urch Vicki	22	709	11.8		10093	22	18	4		1	3		18	4	10		21.5	14.1	20	46	32	9	1	5	7							
Walford Barry	17	706	11.8		12202	5	2	15		4	6	1	6				36.0	17.6	29	56	42	3	5	2	5		2					
Harman Sue	18	589	9.8		8891	18	14	4		1	3		14		12		22.0	15.7	17	50	33	2	2	9	5							
Litchfield Phillip	15	565	9.4		10550	14	15						15		4		28.9	17.7	20	60	38	4	1		9	1						
Turney Phil	14	481	8.0	54	10404	14	11	3		4			10		6	2	36.6	20.6	20	46	34	3		4	3		4					
Twigg Natalie	10	367	6.1		7075	8	8	2		3	1		6				28.9	18.9	22	47	37	1	2	1	5	1						
Callis Jeremy	10	361	6.0		6784	7	5	5		2	3		5				24.5	18.9	22	50	36		2	2	6							
Hennessey Peter	10	353	5.9		2989	10	10						10	1	4		23.5	8.5	20	48	35	8	1		1							
Simpson Adam	10	338	5.6		4409	10	5	5		2	3		5		5		24.5	13.5	17	46	34	4	3	1	2							
Hill Michael	12	336	5.6		5045	12	12						12		12		21.6	15.3	22	40	28	2	3	2	5							
Bagshaw Mark	9	317	5.3		3899	9	5	4		1	3		5		5		20.8	12.3	17	46	35	4	3	1	1							
Stockdale Claire	6	298	5.0		7302		2		4	1	4		1	1			34.8	24.7	39	71	50			1	2	2	1					
Drake John	9	284	4.7		3848	9	9						9		3		35.2	14.0	8	45	32	5		1	2		1					
Castleford John	10	270	4.5		3491	10	6	4		2	2		6	3	3		24.5	12.7	20	38	27	5	1	1	3							
Wilson Dave	10	270	4.5		6185	10	10						10		4		34.6	22.2	7	31	27			4	4		2					
Pearson Mary	11	263	4.4		3908	11	11						11	2	4		31.7	15.1	10	40	24	5			5		1					
Hill Lawrence	8	237	4.0		3499	8	8						8		8		20.8	14.2	21	42	30	2	2	2	2							
Tomlin Neil	8	221	3.7	27	4457	8	3	5		2	3		3		1	1	35.7	19.5	17	35	28	1	1	2	3		1					
Brown Neil	4	219	3.7		5678				4		4						34.8	26.7	46	71	55			1		2	1					
Hunter Andy	8	203	3.4		3067	8	8						8		4		21.5	15.1	7	39	25	2		4	2							
Clarke Erica	5	170	2.8		1020	5	5						5	1	4		6.0	6.0	20	60	34	5										
Green Richard	4	149	2.5		2839	2	4			2			2				21.0	17.9	22	53	37	1			3							
Wileman Martin	3	148	2.5		2620	3	3						3				21.8	17.6	48	52	49	1			2							
Duncan Clarke	5	129	2.2		1561	1	1		4				5		3		21.0	7.4	15	61	26	4			1							
Woodcock Peter	4	115	1.9		1215	4	4						4		4		21.0	9.8	20	35	29	3			1							
Burke Jason	3	86	1.4		1582	3	3						3		1		22.0	18.5	27	30	29		1	1	1							
Jacques David	2	85	1.4		570	2	2						2		2		7.0	6.7	42	43	42	2										
Day Jason	2	73	1.2		715	2	2						2		2		13.0	10.2	32	41	36	1	1									
Bill John	2	60	1.0		1245	2	2						2				21.0	20.8	30	30	30				2							
Brewis Jon	2	54	0.9		785	2		2			2						15.0	14.5	25	29	27		1	1								
Cooper Catherine	1	53	0.9		1097	1	1			1							20.7	20.7	53	53	53				1							
Burke Sean	2	48	0.8		702	2	2						2		2		20.8	13.4	20	28	24	1										
TOTALS	861	35262	587.7	2728	778386	732	529	106	226	182	132	5	542	71	240	88						158	82	123	264	80	143	7	4			