

An underwater photograph featuring a moray eel in the foreground with its mouth open, showing sharp teeth. In the background, a surgeonfish with a bright orange head and a dark body swims. The scene is set against a backdrop of colorful coral and green algae.

In This Months Issue
Rebreather Designer Dies
Dive Stats

March 2011
Issue 145

Free Flow

The magazine for LSAC

Photo by Phil Turney

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Free Flow

Buddies

Welcome to this latest edition of Freeflow.

Stats this month look fairly poor, surely there can't be so few people diving else not putting in their dive sheets. I shouldn't shout too much as am guilty of the second offence.

It will soon be time for us to say good bye to Skinny Dip, the committee have decided to sell the 2nd boat mainly because we can't afford to run 2 boats and she hasn't been used very much for the last 2 dive seasons.

Rumour has it that we have received 3 offers for the boat and at the next committee meeting a decision will be made on which offer to accept.

Still now that the dive season is with us don't forget a) kit serviced, b) build up to dive fitness and c) get wet and enjoy the new season.

PeteB



Complaints that the boat handling course was too theoretical without enough practical content were confirmed during the first dive trip of the season. Arranged for the newly qualified boat handlers to show off their skills and entertain the locals.

DO's Bit

Last month I attended the BSAC Dive Officers Conference in London. This is a yearly event which is open to all BSAC members, not just the DO's. It's an interesting day giving members chance to meet divers from around the country, catch up on what's been happening in BSAC over the last 12 months and hear about the changes planned for the coming year.

Each year a report is published on Diving Incidents over the previous year's activities. These incidents include Boating and Surface Incidents, Injury/Illness, Technique Incidents and, unfortunately, Fatalities.

During the 2010 incident year 17 fatalities occurred in the UK. 8 of these fatalities were BSAC members. Out of the total fatalities it became apparent that there were 2 main areas that were highlighted as major contributing factors; the first area highlighted was divers who died of 'natural causes', i.e. underlying medical conditions and the second main cause was separation of some kind.

Whilst we cannot control the first area, please always be aware of being 'fit to dive'. This doesn't mean that we all need to go and start jogging round the streets every day but be aware of the type of diving you are doing, especially if you haven't dived for a while. Build yourself up to the deeper or longer dives. If you have planned to go diving but perhaps feel not up to it on the day then save the dive for another day.

The one cause we can have an effect on and aim to reduce is separation. Whenever you're diving always remember to observe good dive practice. Know where your buddy is at all times; make sure your buddy knows where you are at all times. If visibility is poor or patchy then stay closer together than normal. If the worst should happen and you do become separated, remember your separation procedure. And finally, don't think 'It'll never happen to me', the statistics in the Incident Report probably thought that!

2011 Dive Trips

A couple of weeks ago we held a trip planning evening, this saw a number of trips planned for the coming season. Please support these trips and if you want to run a trip please come and speak to me and I'll try and help you out.

Finally please remember, if you go diving, fill in your dive manager sheet and pass it to either myself or to Ian. It's a great way to see what diving is going on in the club.

Rich Hall
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Rebreather designer dies

Dr Christian Lambertsen, (May 15, 1917 – February 11, 2011) who developed rebreathers for the US military throughout WW2, has died aged 93.

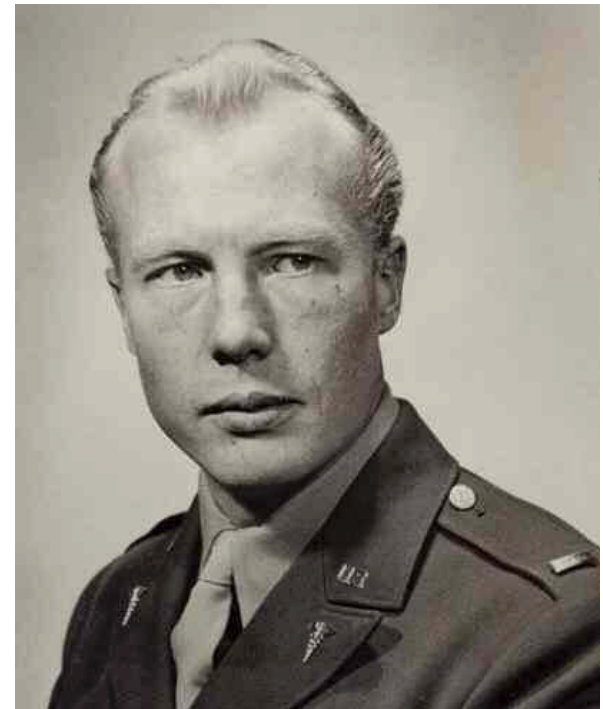
Christian James Lambertsen was an environmental medicine and diving medicine specialist who designed the Lambertsen Amphibious Respirator Unit, a closed system using pure oxygen and fitted with a carbon dioxide filter, as a medical student in 1939. It was the first device to be called SCUBA. The US Navy considers him to be "the father of the Frogmen". It was initially rejected by the US Navy but, by 1942, was in use by the American Forces.

Within another year, the first fully automatic, open-circuit aqua-lung had been created over in Europe by Frenchman Jacques Cousteau and French-Canadian Emile Gagnan.

In connection with his design Dr Lambertsen, himself a keen diver, worked with the Office of Strategic Services, forerunner of the CIA, through WW2. Developments of his units remained in use by the US Forces for another three decades.

He is also credited with having coined the term 'scuba', as the result of a paper co-written for the National Academy of Sciences in 1952. It described the "self-contained underwater breathing apparatus", whose abbreviation has long since passed into diving's vernacular.

Post-war, Dr Lambertsen worked at the University of Pennsylvania, School of Medicine. He became a professor of pharmacology and maintained a special interest in the respiratory system and diving physiology.



(Eds Note:- Information courtesy Wikipedia and Diver Magazine)

Photographs - What do You do With Them?

As the title suggests what do you do with your photographs - on land or underwater. I ask because it appears that most people, especially since the coming of digital, tend to 'hide' their photos.

Probably the simplest and most effective way is to print out your photograph (or have them printed out), frame it and display it on the wall for all to see. But how many of you can say that they have got one of their photos on the wall at home? And just to make it more difficult how many of you can genuinely say that they have a picture on the wall at home from last year? (I realize I can't say 'yes' to the last one!) If you can, print out your best picture and put them on the wall - or maybe give them out to the trip organiser.

OK so what do you do with your images? Some people (me included) use the pictures as screen savers on their computers, this is a great way to remind yourself of recent events... but it is mainly just you that gets to see them, so how can you get more people looking at your images?

Well the club has several ways to get your (diving) pictures seen by other club members or indeed anyone. The first is the publication you are looking at; Pete, I am sure, will be glad to receive any articles, and if they include photos, so much the better. And if you have any diving photographs, but no article to go with them, still give them to Pete and he may use it for the Front Cover.

The club also, of course, has its annual photographic competition. This is mainly tailored towards beginners, but it is an excellent way to get your pictures seen - albeit just for one night. We also have the notice board at the swimming pool. At the moment I appear to be using it as my personal 'gallery' but it's available for all. If you have a (or some) photographs you think show diving or the club in a good light then lets get your pictures up there. It is best to laminate the photos (to protect them) - if you send me the file of the picture I can print it and laminate it for you.

Photo books can be a good way to present your photos - and make excellent 'coffee table books'. You edit the layout, put the photos where you want them, add titles and comments and they print out the book for you. One example of these Photo book producers is 'Blurb' but there are many more out there.

Of course you may want your pictures seen by a much wider audience. Let Steve have some for the club web-site, or maybe you want to host your own website.

My main message here is to get your pictures seen by whatever means you can. If your pictures aren't looked at... why did you bother taking them?

Ian Jennings

Recently came across this interesting article, I leave it to you to form your own opinions.

<http://www.ukdivers.com/articles/psychology-of-diving?start=1>

Children and Diving

PADI has created diving programmes that enable children as young as 8 years old to experience scuba diving. With their usual thoroughness they have considered many aspects of this before making programmes such as Bubblemaker available, including looking into the developmental psychology of children and diving. Below is a letter that I wrote in response to an article on the subject that appeared in PADI's journal to its members. In case you do not have access to the Undersea Journal, the original article consisted mainly of an introduction to the developmental concepts of Jean Piaget, an influential developmental psychologist who placed considerable emphasis on a model of cognitive development involving progress through discrete stages:

Mr K. Shreeves

PADI Americas

30151 Tomas Street

Rancho Santa Margarita

California 92688, USA

11th May 2001

Dear Mr Shreeves

Ref.: How Children Learn

I enjoyed reading your article in the First Quarter issue of the Undersea Journal, on 'How Children Learn.' It is very encouraging for me as a diving instructor, diving

psychologist and lecturer in developmental psychology, to see that PADI has taken the trouble to study the psychology of young people and children in the development of their programmes.

I thought it worth adding to what you wrote that, although Piaget is still respected by psychologists and teachers alike and many teachers still describe what they do in Piagetian terms, in practice very few actually use his concepts. In practice, if you watch what teachers actually do, it is much more in line with the increasingly popular work of Lev Vygotsky and his sociocultural theory (see Vygotsky, 1978, for example). There is a very good reason for that – almost the only role for teachers in Piaget’s model is in creating a suitable environment in which children can learn for themselves. Vygotsky’s model is far better suited both to the actual practice of teaching in schools and also of imparting skills such as those needed for scuba diving to children.

There are also good reasons for thinking that Piaget underestimated children’s abilities and the ages at which they are able to do certain things, because the tasks he used were not suited to the actual abilities of children. So I believe that there are good reasons for not using Piaget’s theories as the psychological basis for teaching children to dive, but instead to use Vygotsky’s ideas.

Vygotsky, for example, used the concept of the zone of proximal development (ZPD) to describe the gap between what they are already able to do and what they cannot accomplish without the help of a skilled adult. With the right kind of guidance they can cross the ZPD gap and responsibility for learning gradually shifts to the child.

The temporary guidance that the skilled adult gives is known as scaffolding, because the assistance is removed when the child can do the task alone. It is like teaching a child to float. First an adult provides support and gives guidance on breathing and posture in the water etc. Then gradually the support is removed until the child is floating by himself.

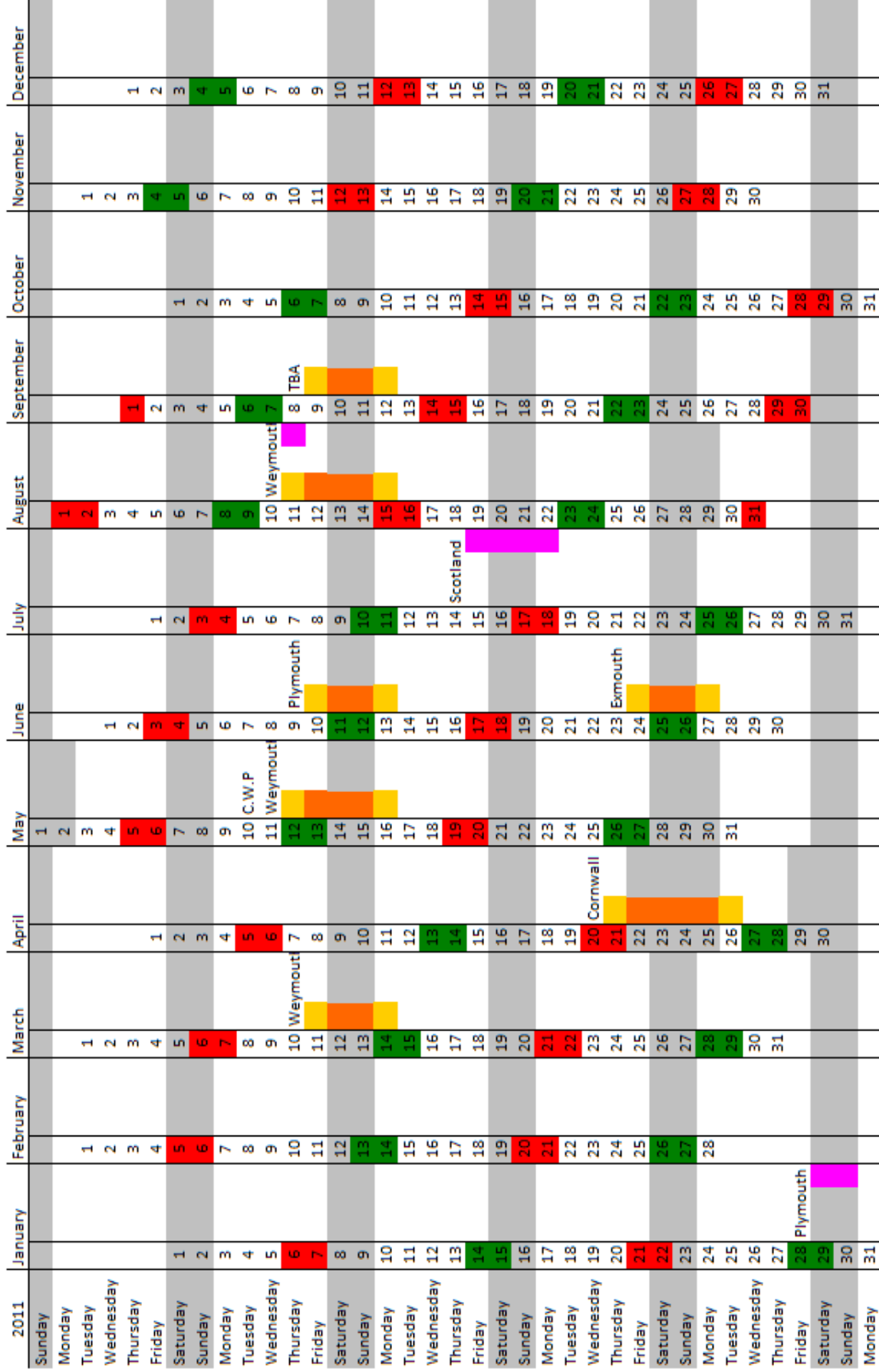
No single theory of children’s development is universally accepted, but Vygotsky’s model seems to have particular relevance to teaching diving skills to children, where Piaget’s model is less so. However, one implication of the model is that some detailed study is carried out to find out which of the skills of diving fall within the ZPD for children at a particular age and which skills are beyond the typical child of that age. If it has not been done already, I would urge PADI to support such research being carried out.

Yours sincerely

(Dr) Peter M. Forster PADI # 605811

2011 Dive Trips

<u>Date</u>	<u>Site</u>	<u>Organiser</u>	<u>Type</u>	<u>Diver level</u>	<u>Places</u>	<u>Accomodation</u>	<u>Advanced Diver</u>	<u>Towing</u>	<u>Anticipated Cost</u>	<u>Deposit</u>	<u>Trip confirmed</u>
29-30 Jan 11	Plymouth	B Johnson	Hard Boat	Any	10	B&B	N Spickett	N/A	£90 aprox	£45	Complete
12-13 March 11	Weymouth	M Flatt	Boat Handling	Any	3	B&B/Camping	R Hall	M Flatt	£110	£10	
23-25 April 11	TBA	M Flatt	Rib	Any	Unlimited	B&B/Camping	C Brown	M Flatt	?	?	
13-15 May 11	Weymouth C.W.P	N Spickett	Rib	Any	9	B & B/Camping	N Spickett	N Spickett	£50	£10	Yes
11-12 June 11	Plymouth(Night)	R Hall	Rib	Ocean + Night	6	B&B/Camping	R Hall	R Hall	£45	£10	Yes
25-26 June 11	Exmouth	M Flatt	Rib	Any	6	B&B/Camping		M Flatt	£50	£10	
15-18 July 11	Scotland	P Turney	Hard Boat	Any	10?	Live aboard	P Turney	N/A	?	?	
11-15 Aug 11	Weymouth	N Tomlin	Hard Boat/Rib	Any	?	B&B/Camping	N Tomlin	M Flatt	?	?	
10-11 Sep 11	TBA	P Barnard	Rib	Any	6	B&B/Camping	P Barnard	?	?	?	



Members Dives 2010 - End of the Year Update

Hi Again,

The statistics from last year are now 'final' - there were a few minor additions but there were no major changes. So for the 'highlights' here are the top positions in the major categories:

Overall Positions

1st	Johnson Bill	59.5 hrs
2nd	Barnard Pete	47.7 hrs
3rd	Hall Richard	44.6 hrs
4th	Spickett Nigel	41.6 hrs
5th	Hall Kath	39.8 hrs
6th	Brown Claire	33.3 hrs
7th	Jennings Ian	32.0 hrs
8th	Taylor Chris	30.6 hrs
9th	Flatt Mike	28.9 hrs
10th	Brown Neil	25.2 hrs

Instructor Hours

1st	Spickett Nigel	6.17 hrs
2nd	Barnard Pete	5.22 hrs
3rd	Johnson Bill	2.97 hrs
4th	Flatt Mike	1.45 hrs
5th	Hall Richard	1.35 hrs

Coastal Dives

1st	Marshall Derek	25 dives
2nd	Johnson Bill	23 dives
3rd	Barnard Pete	19 dives
4th	Hooper John	15 dives
5th	Hall Richard	12 dives

Wreck Dives

1st	Barnard Pete	25 dives
2nd	Johnson Bill	22 dives
3rd	Brown Claire	18 dives
4th	Brown Neil	16 dives
5th	Hall Richard	16 dives
6th	Spickett Nigel	16 dives
7th	Taylor Chris	16 dives

Foreign Dives

1st	Jennings Ian	35 dives
2nd	Hall Kath	30 dives
3rd	Hall Richard	30 dives
4th	Flatt Mike	23 dives
5th	Brown Claire	21 dives
6th	Spickett Nigel	20 dives

Deepest Dives

1st	Johnson Bill	50.8 meters
2nd	Barnard Pete	50.6 meters
3rd	Spickett Nigel	50.4 meters
4th	Hooper John	44.4 meters
5th	Parker Kevin	44.4 meters
6th	Appleton Steve	41.0 meters
7th	Brown Claire	40.2 meters
8th	Brown Neil	39.3 meters

Longest Dives

1st	Hall Kath	83 mins
2nd	Hall Richard	83 mins
3rd	Jennings Ian	83 mins
4th	Hooper John	79 mins
5th	Parker Kevin	79 mins
6th	Johnson Bill	78 mins

Well those are the highlights for 2010.

So now on to 2011. I've had some sheets in, but not many, and the stats look like this so far, and dominated by the Halls with their Red Sea Trip. But I'm sure this will be eclipsed by Nigel and Bill's Truk expedition

	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+
Hall Kath	17	767	12.8		16319				17	6	11						32.9	21.4	32	58	45	1	3	3	4	4	2		
Hall Richard	17	758	12.6	69	16035				17	6	11				2	2	32.9	21.1	24	65	45	2	2	3	4	4	2		
Walford Barry	7	319	5.3		5692				7	4	3						28.9	18.2	32	58	46		3	2	1	1			
Walford Karen	3	101	1.7		1012				3	1	2				2		10.1	10.0	24	45	34	1	2						
Denny Phillippa	2	68	1.1		528	2	2						2	2			10.0	8.0	30	38	34	1	1						
Flatt Mike	2	68	1.1	68	528	2	2						2	2	2		10.0	8.0	30	38	34	1	1						
West Jason	2	68	1.1		528	2	2						2	2			10.0	8.0	30	38	34	1	1						

Ian Jenning