

In This Months Issue

**Fund Raising the easy Way
News and Snippets Corner
Diving Schedule 2012**

**May 2012
Issue 154**

Free Flow

The magazine for LSAC

Photo by Anon



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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, especially with the Scouts try dives and the dive session well under way.

A reminder of the sponsored 24 hr snorkel weekend of 23/24th June. Basically it's a relay of small teams, minimum of 2 persons, doing a circuit of the cove which is approximately 1 mile. The aim is to have people in the water at all times over a 24 hr period, yes this means through the night. Therefore lots of surface support persons gladly invited.

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

Pete B



Bill has just realised that he hadn't washed his wet suit since his last dive through a Jelly Fish swarm. Its amazing how those stinging tentacles get into every nook and cranny.

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 and the transactions up to the end of December were totted up and we have been paid a premium of £27.20. 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 £51.64 (which is a further £24.44 this year) and we now have 14 of our members registered for the scheme.

It's very simple - just visit <http://www.easyfundraising.org.uk/causes/lsc/> to register and shop with 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

Hi folks,

Lutterworth Sub Aqua Club is holding its 24 hour Sponsored Snorkel event on the weekend ~~June~~ 23rd & 24th

Taking place at Stoney Cove, it's an ideal opportunity for us to raise a little money for our club as well as a nominated charity close to all of our hearts... the air ambulance.

This is an event that we've run in the past and has always been incredible fun for all the family. We'll kick off at midday on the 23rd, you can snorkel in pairs/groups etc. All you'll need is your dry-suit and snorkelling gear and if you fancy a dive as well either Saturday afternoon or Sunday morning I'm positive we can arrange an instructor or 2. We'll be organising a BBQ over Saturday evening and into Sunday morning, fun for the kids (both big and small) and I have already booked the sunshine and warm weather - all we need is you!

It's going to be a superb Summer event and all I ask for now is that you save the date and support this! We'll be providing more information along with how you can get involved by raising money in due course.

You can check out photo's from the last time we ran this back in 2005 here:

http://www.lsac.co.uk/photo_album/24_hour_sponsored_snorkel/031200.jpg - you may recognise a face or 2!

Cheers for now and don't forget it's June 23rd & 24th ;-)

Claire

(Mobile: 0750 500 1225)

Some Moments During the Scouts Try Dive



GOING DOWN ON OLD WRECKS

The Mikhail Lermontov.



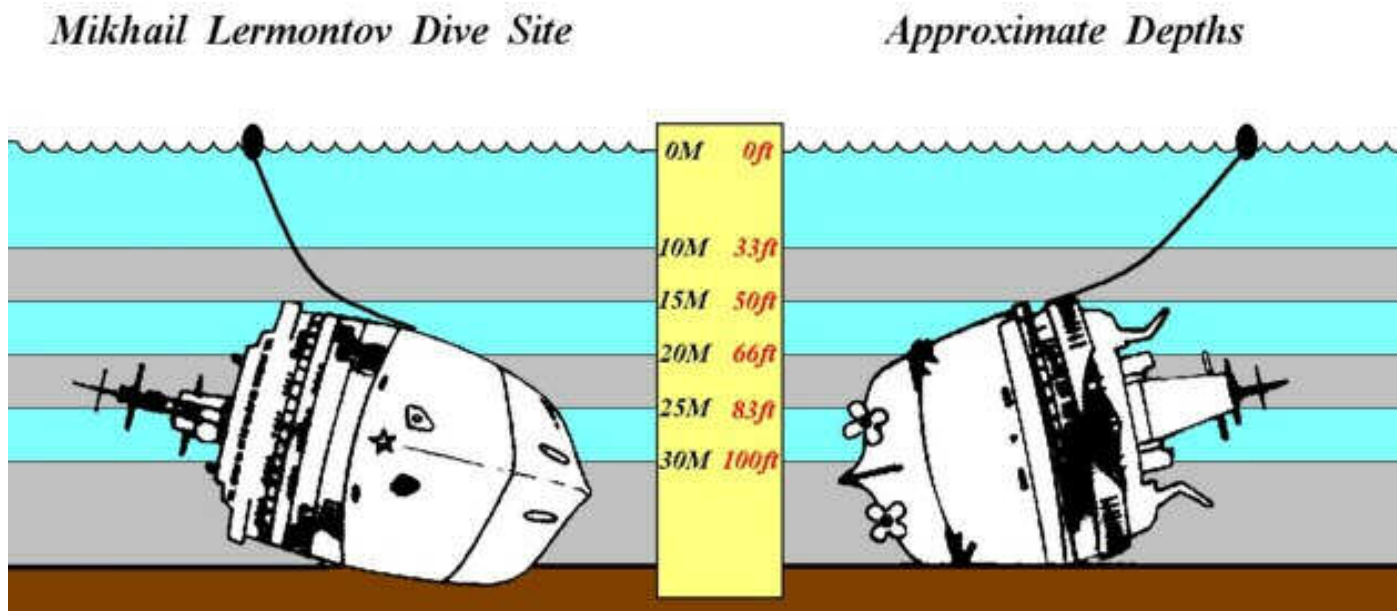
Diving. There are so many reasons why we do it. Some of us, underwater twitchers with a tick list to complete, get all excited by spotting a John Dory. Others love to fill a catch bag for supper. For me, it's rusty metal that does the trick. The history, cargo and layout of a wreck, the story of how it met its end and the challenge of ferreting around it to see what I can learn are what keeps relentlessly emptying my wallet, giving me endless hours of pleasure and perplexing my long-suffering wife.

One of the very finest examples of this noble pastime has to be

the Mikhail Lermontov. The result of a truly astonishing series of cock-ups in February 1986, this Russian passenger

liner on a cruise from Australia, having called in at Wellington then Picton in New Zealand, tore a hole in her hull on submerged rocks whilst rounding Cape Jackson in the Marlborough Sounds and sank quite unnecessarily 6 hours later, with the loss of just one unfortunate crew member. The whole story really is, as they say, stranger than fiction. I'll talk about it at club one night if there's sufficient interest; I have some great pics and video footage.

This huge liner, 176m long and lying on a 37m seabed, is a true wreck diver's paradise. With a 25m beam and lying on its starboard side (see below) it offers plenty of time on the wreck. Breathing Nitrox, more than an hour on the wreck itself is comfortably possible on twins with no decompression at all. This becomes a safe and necessary luxury for the more 'technical' divers who want to penetrate the darker and more remote areas deep within the wreck on open circuit. It does not have to be, however, a difficult and technical wreck. There is something for everyone; there is even plenty of explorable superstructure from 15-20m, including some great penetration of 'daylight' zones, for Ocean or PADI Open Water divers (BSAC is a rarity in this part of the world).



For Sports divers and above, there's plenty to mess with your head – and it really is great fun. With the wreck on its side, everything is at 90 degrees to what your brain expects. The Bridge, for example (left image, above the deck), is a straight ascent; in through a window at about 32m then a zigzag ascent through a reasonably lit, narrow space, popping out of a window or doorway whenever you want,

anywhere up to 18m. There's lots of this sort of thing; the Bolshoi Lounge, an eerie, sideways-on lounge/ballroom with

tables, bolted to the floor, seeming like steel mushrooms growing sideways out of the wall, with the dance floor, one deck below, viewed over a balcony rail from the lounge, now a huge void dropping away sideways. Dare you swim down to it? Hmm ... of course you can, it's on the same level! A swimming pool near the stern, just a huge blue-tiled rectangular hole rearing up to your left hand side as you swim past it heading for'ard. The Winter Gardens, a wide enclosed promenade corridor with huge openings plunging down into the darkness below you. Why? Of course, they're just corridors heading off to the side towards the interior of the ship see what I mean?

Then there's the dark stuff. Signs and disclaimers everywhere state that only suitably qualified and experienced divers should attempt penetration beyond the daylight zone, and the dive company justifiably boasts an exceptional safety record. There's the massive engine room, pitch black, with its complex layers of walkways, stairs, machinery and gigantic piston block all lying sideways; the restaurant, kitchens, scullery, crew's mess, duty free shop and several bars, all deep within the ship's interior. The corridors which give access to these areas, as you might imagine in a 1970s built Eastern Bloc passenger liner, are claustrophobic, the stairwells tight and convoluted (as well as now being sideways instead of up and down) and there are the ever-present silt and entanglement hazards as this is a 'real' wreck, not stripped out for divers. Doing all this in the pitch black, even with a powerful torch, plays havoc with your senses and you need to keep a cool head and precise buoyancy. Wreck reels must be used at all times to offer you a way out if you get lost or disorientated. The line itself can of course become a severe hazard if not laid properly.

I was extremely fortunate. Diving with **Godive.co.nz** and staying in the live-ashore **Lermontov Lodge** just 10 minutes' boat ride from the wreck site, one of the most experienced penetration divers in the country was on the expedition with me. I dived with Aaron most of the week and thanks to his experience, was able to do some of the deepest and most complicated penetration runs that the wreck has to offer. They allow the removal of 'a souvenir' to any diver who can penetrate this far; I hauled out a 'Morflot' stamped sugar bowl (Russian civilian fleet crest) from the crockery store in the restaurant which I hope to get back to the UK in one piece, bubble wrap permitting.

Most of us dive a wreck once or twice then move on to another. A full week on this one is nowhere near enough. It is, quite simply, the most exciting and challenging diving I've ever undertaken. I'll be back as soon as ever I can afford it. At present, a week diving the wreck including flights from the UK costs about £2,000. That's only half the cost of a trip to Truk Lagoon – a bargain. Anyone up for it?

Bill Johnson.

Lutterworth Sub-Aqua Club

Program & Training Schedule 2012 (revision 1 08/03/2012)

Date	Ocean Diver	Sports Diver	Dive Leader / Advanced Diver	Skill Development	Interest Evening	Pool Training	Trips / Social	Night Dive	Date
03-Jan-12	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas	No Club Christmas		4th	03-Jan-12
10-Jan-12	Dive Trip Planning	Dive Trip Planning	Dive Trip Planning	Dive Trip Planning	Dive Trip Planning	Ocean			10-Jan-12
17-Jan-12	OT1	ST1				Ocean & Sports		18th	17-Jan-12
24-Jan-12	OT2 / OT5 / EXAM	ST2				Ocean & Sports			24-Jan-12
31-Jan-12	OT1 / OT3 / OT6	ST3	DT1		Chilly Dip at the college	Ocean & Sports		1st	31-Jan-12
07-Feb-12	OT3 / OT4 / OT7	ST4				Ocean & Sports			07-Feb-12
14-Feb-12	OT4 / OT5	ST4				Ocean & Sports		15th	14-Feb-12
21-Feb-12	OT4 / OT6	ST4	DT2			Ocean & Sports			21-Feb-12
28-Feb-12	OT6 / EXAM	ST4 / ST5	DT3			Ocean & Sports	4th - Belvoir Brewery Tour		28-Feb-12
06-Mar-12	OT7 / REVISION	ST6	DT4			Ocean	10th-11th - Diver Cox - Plymouth	7th	06-Mar-12
13-Mar-12		REVISION				Ocean	15th - Capernray, 16-17th Chepstow		13-Mar-12
20-Mar-12		EXAM				Ocean	22nd - Dry Dive, Rugby Chamber	21st	20-Mar-12
27-Mar-12				CHARTWORK & POS FIXING		Ocean			27-Mar-12
03-Apr-12						Ocean	6th-9th - Loch Fyne	4th	03-Apr-12
10-Apr-12	No Club Easter	No Club Easter	No Club Easter	No Club Easter	No Club Easter	No Club Easter			10-Apr-12
17-Apr-12	Jack Ingle Talk	Jack Ingle Talk	Jack Ingle Talk	Jack Ingle Talk	Jack Ingle Talk	Jack Ingle Talk		18th	17-Apr-12
24-Apr-12	CATCH UP		DT3	CHARTWORK & POS FIXING		Ocean			24-Apr-12
01-May-12	REVISION		CATCH UP	CHARTWORK & POS FIXING		Ocean	5th-7th Boat Handling - Plymouth	2nd	01-May-12
08-May-12	No Club May Day	No Club May Day	No Club May Day	No Club May Day	No Club May Day	No Club May Day	14th-18th - Normandy		08-May-12
15-May-12	EXAM		DT4			Ocean		16th	15-May-12
22-May-12			DT5	CHARTWORK & POS FIXING		Ocean			22-May-12
29-May-12			DT6	CHARTWORK & POS FIXING	Red Sea Briefing	Ocean			29-May-12
05-Jun-12	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	6th-13th - Red Sea	6th	05-Jun-12
12-Jun-12			CATCH UP						12-Jun-12
19-Jun-12			DT7				23rd-24th - Sponsored Snorkel	20th	19-Jun-12
26-Jun-12			DT8	CHARTWORK & POS FIXING			29th-1st - Farnes		26-Jun-12
03-Jul-12			DT9 AT1					4th	03-Jul-12
10-Jul-12			CATCH UP	CHARTWORK & POS FIXING REVISION					10-Jul-12
17-Jul-12			DT10 AT2					18th	17-Jul-12
24-Jul-12			DT11				28th-29th - Pembroke		24-Jul-12
31-Jul-12			DT12 AT3					1st	31-Jul-12
07-Aug-12			CATCH UP				10th-12th - Farnes		07-Aug-12
14-Aug-12			REVISION AT4					15th	14-Aug-12
21-Aug-12			EXAM						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			EXAM REVIEW REVISION					5th	04-Sep-12
11-Sep-12			REVISION						11-Sep-12
18-Sep-12			EXAM					19th	18-Sep-12
25-Sep-12	AGM	AGM	AGM	AGM	AGM	AGM			25-Sep-12
02-Oct-12								3rd	02-Oct-12

Diving - 2012

Date.	Venue.	Diving	Organiser.	Boat	Level.	Accom.	Est.Cost	Status.	Comments
16-18 March	Bovisand	Training.	Fran + Mike F = Mike H	Chilly Dip	All	B&B.	TBA.	Spaces	
4-7 May	Weymouth/Portland	Boat Handling.	Mike F.	Chilly Dip	N/A	B&B	TBA.	Spaces	
14-18 May	Normandy	Wreck.	John Hooper	Hardboat	DL + ADV	Caravan.	TBA.	Full	
6-13 June	Red Sea	Wreck	Nigel	Liveaboard	Sports +	Liveaboard	£625 + Flights.		
29 June - 1 July	Fame Islands	Reefs & Seals	Mike F.	Chilly Dip.	Ocean +	B&B + Camp	TBA.	Spaces.	
10 - 12 August	Fame Islands	Reefs & Seals	Nigel	Chilly Dip.	Ocean +	B&B + Camp	TBA.	Spaces.	
TBA	Lymington.	Wreck	Nigel	Hardboat	DL +	B&B	TBA.	Spaces.	Midweek
TBA	Swanage.	Wreck	Bill or Nigel	Hardboat	SD +	B&B	TBA.	Spaces.	Midweek
TBA	Lyme Regis.	Wreck	Bill?	Hardboat	SD +	B&B	TBA.	Spaces.	Midweek
TBA	Weymouth/Portland	Diver Cox/CW&PF.	Neil B. + Nigel	Chilly Dip	N/A	B&B	TBA	Spaces	

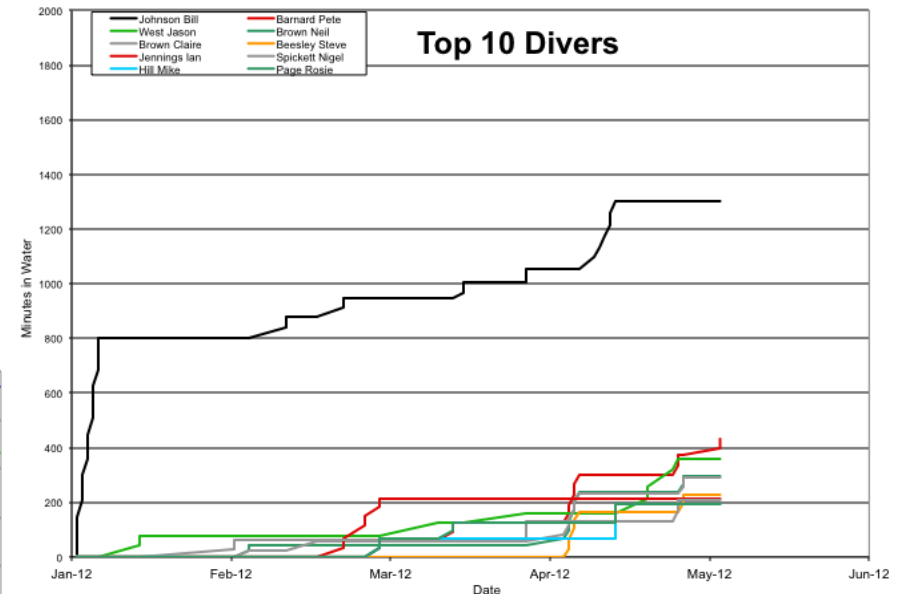
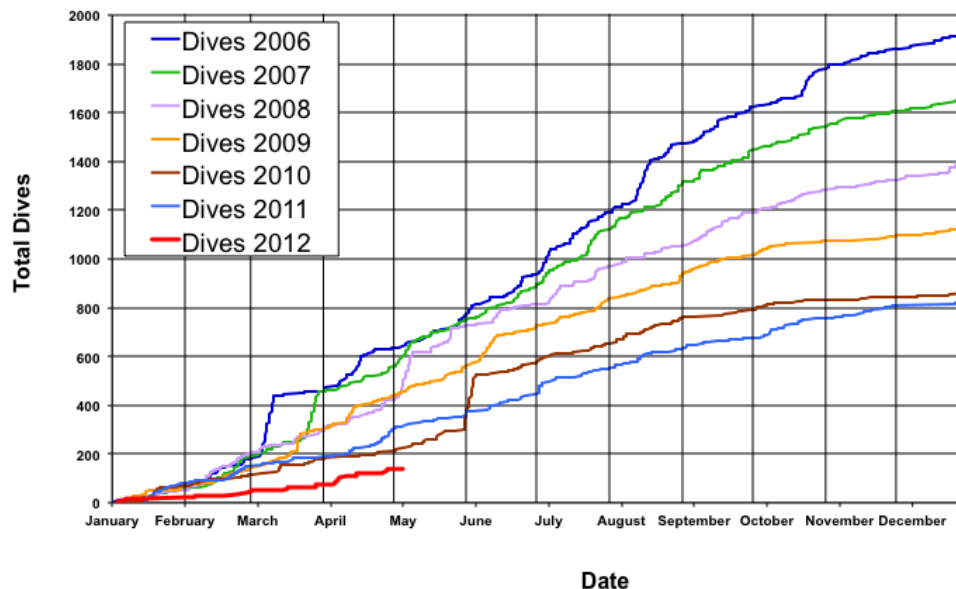
2012	Dive Trip Calendar																											
	January	February	March	April	May	June	July	August	September	October	November	December																
Sunday	1			1			1 Farnes.						Sunday															
Monday	2			2			2			1			Monday															
Tuesday	3			3	1		3			2			Tuesday															
Wednesday	4		1	4	2		4	1		3			Wednesday															
Thursday	5	2		5	3		5	2		4	1		Thursday															
Friday	6	3		6 Loch Fyne	4	1	6	3		5	2		Friday															
Saturday	7	4	3	7		2	7	4	1	6	3	1	Saturday															
Sunday	8	5	4	8		3	8	5	2	7	4	2	Sunday															
Monday	9	6	5	9		4	9	6	3	8	5	3	Monday															
Tuesday	10		6	10		5	10	7	4	9	6	4	Tuesday															
Wednesday	11	8	7	11		6	11	8	5	10	7	5	Wednesday															
Thursday	12	9	8	12		7	12	9	6	11	8	6	Thursday															
Friday	13	10	9	13		8 Red Sea	13	10	7	12	9	7	Friday															
Saturday	14	11	10	14		9	14	11 Farnes	8	13	10	8	Saturday															
Sunday	15	12	11	15		10	15	12	9	14	11	9	Sunday															
Monday	16	13	12	16		11	16	13	10	15	12	10	Monday															
Tuesday	17	14	13	17 Jack Ingle.		12	17	14	11	16	13	11	Tuesday															
Wednesday	18		14	18		13	18	15	12	17	14	12	Wednesday															
Thursday	19	16	15	19		14	19	16	13	18	15	13	Thursday															
Friday	20	17	16 Bovisand.	20		15 Red Sea	20	17	14	19	16	14	Friday															
Saturday	21	18	17	21		16	21	18	15	20	17	15	Saturday															
Sunday	22	19	18	22		17	22	19	16	21	18	16	Sunday															
Monday	23	20	19	23		18	23	20	17	22	19	17	Monday															
Tuesday	24	21	20	24		19	24	21	18	23	20	18	Tuesday															
Wednesday	25		21	25		20	25	22	19	24	21	19	Wednesday															
Thursday	26	23	22	26		21	26	23	20	25	22	20	Thursday															
Friday	27	24	23	27		22	27	24	21	26	23	21	Friday															
Saturday	28	25	24	28		23	28 Pembroke.	25	22	27	24	22	Saturday															
Sunday	29	26	25	29		24	29	26	23	28	25	23	Sunday															
Monday	30	27	26	30		25	30	27	24	29	26	24	Monday															
Tuesday	31	28	27			26	31	28	25 AGM.	30	27	25	Tuesday															
Wednesday		29	28			27		29	26	31	28	26	Wednesday															
Thursday			29			28		30	27		29	27	Thursday															
Friday			30			29		31	28		30	28	Friday															
Saturday			31			30 Farnes.			29 Weymouth.			29	Saturday															
Sunday									30 Tango.			30	Sunday															
Monday												31																

	Dive Trip
	Chilly Dip booked
	Chilly Dip not available

Members Dives 2012 - May

Hi All,

My apologies - I missed the deadline for the previous Freeflow, but in fact due to the slow start of the year we haven't missed much. As you can see from the graph below we have had the slowest start to a year... since (my) records began. If we look at the dives for individual people (to the right), then one name stands head and shoulders above the others - our Chairman Bill. This is mainly due to the wreck dives he did on holiday in the relatively warmer waters of



New Zealand; but there is plenty of time (and many trips coming up) to catch him up!

Overleaf is the much examined chart, only 23 names on it so far, but plenty of time to add some more.

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	30	1304	21.7	107	38957	6	12		18	16	2		12		12	4	63.7	28.5	10	64	43	2	3	3	4	3	11	1	3
Barnard Pete	13	433	7.2	186	8651	13	8	5		1	6		6		6	6	35.1	19.6	26	40	33	2	2	2	5		2		
West Jason	8	357	6.0		9845	1	8						8				35.1	27.4	34	60	45				3	2	3		
Brown Neil	10	294	4.9	45	4305	10	4	6			6		4		2	2	32.0	13.9	20	41	29	4	3		2		1		
Brown Claire	10	289	4.8		4199	10	4	6			6		4				33.0	14.3	24	35	29	4	2	2	1		1		
Beesley Steve	7	230	3.8		3547	7	2	5			5		2				22.9	15.3	27	41	33	2	2		3				
Jennings Ian	6	214	3.6		4707	6	6			4	2						24.2	22.1	29	48	36				6				
Spickett Nigel	6	207	3.5		5581	6	6						6				36.2	26.6	30	38	34				4		2		
Hill Mike	6	196	3.3	131	4237	6	6			1	1		4		4	4	24.2	21.7	30	35	33				6				
Page Rosie	6	193	3.2		3946	6	6			1	1		4		6		21.3	20.4	30	35	32			1	5				
Litchfield Phillip	5	188	3.1		4604	5	5			3	1		1				35.1	24.5	33	48	38				4		1		
Shaw Sam	5	177	3.0		2988	5		5			5						21.0	16.8	31	40	35		2	2	1				
Duinker Fran	6	176	2.9		2828	6		6			6						23.0	16.3	24	37	29		2	3	1				
Hage James	4	134	2.2		3518	4	4						4				36.2	25.9	30	37	34				3		1		
Scully Patrick	4	110	1.8		973	4	4						4		4		13.2	8.4	20	34	28	3	1						
Jacques Dave	2	67	1.1		986	2	2						2				21.8	14.2	31	36	34	1			1				
Flatt Mike	2	65	1.1	65	705	2	2						2		2	2	13.8	10.7	31	34	32	1	1						
Scully Sean	2	65	1.1		695	2	2						2		2		13.5	10.6	31	34	32	1	1						
Loakes James	2	60	1.0		460	2	2						2		2		8.8	7.5	26	34	30	2							
White Chris	2	60	1.0		824	2	2						2		2		18.3	12.4	23	37	30	1		1					
Turney Phil	2	55	0.9		771	2	2						2				21.3	14.2	27	28	28	1			1				
Butt Emily	2	47	0.8		1226	2	2						2		2		32.0	26.7	21	26	24				1		1		
Hooper John	1	35	0.6		266	1	1						1				7.6	7.6	35	35	35	1							