

# Free Flow

The magazine for LSAC

Nov 2005  
Issue 94



**In This Months Issue**

**Plymouth 8-9 October 2005**

**Certificate of Recognition**

Cover Photo Courtesy of Ian Jennings



# Free Flow

## CONTENTS

Page 1	Cover
Page 2	Editors Bit
Page 3	Page 3 Luvilias
Page 4	Chairman's Report
Page 6	Certificate of Recognition
Page 8	Diving Officer's Report
Page 10	Change to BSAC Renewal Date
Page 11	Tit Bits
Page 12	Plymouth 8-9 Oct 2005
Page 14	Boat Reservations
Page 16	Diving Calendar

At all good Newsagents now....  
Hence only downloadable from [lsac.co.uk](http://lsac.co.uk)

## Editors Bit...



This month we start the run up to the Xmas festivities with this delightful picture of a perfect couple. With Jon's dickie tickling his chin and Claire looking absolutely stunning it's game on for the Xmas quiz and dinner.

I write this after spending lots of money on a new suit at the annual NEC Dive Show so in 4 weeks time my trusty suit "Pockets" will be put out to stud. This will be a sad time since this was by first dry suit and we have been together for some 6 years, but time has made it more and more difficult for "Pockets" to stretch the required amount.

I was most disappointed to see that my preferred suit maker Northern Diver had changed ownership going for the mass market rather than quality bespoke. This seems to be a trend in the diving equipment supply chain with volume production squeezing out the dive shop margins pushing them into training and servicing and away from equipment supply.

Pete

# Page 3 Luvlies

Free Flow  
Nov 2005



As the chairman says in his knock, Xmas is coming and time to get your glad rags on and let your hair down. So come on boys and girls lets follow Carol's example from last years Xmas Do lets put on the style.

If you would like to become Miss or Mr Dec 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](mailto:pete.barnard@power.alstom.com)

Please see below card from Sandy's wife in reply to ours.



Thank you for your sympathy.

To Lutterworth Seaside club

To thank you for  
your kind expression  
of sympathy  
at a time when it is  
deeply appreciated  
from

Jane Ashley & Kirsty  
Anderson

XOXO

# The Chairman's Knock

Well, most clubs would start to quieten down with the end of the "official" UK dive season and winter looming, but not Lutterworth SAC. There will still be plenty of members diving throughout the winter (Stoney Cove tends to be a bit less busy with better vis), along with trips in the pipeline to a few other inland dive sites including NDAC (Chepstow) and Capernwray (during xmas break). There may even be another trip to Plymouth in January following the success of this year. Also remember if you don't like diving in cold water the pool is there each week for you to use, so no excuses for not keeping dive fit!

The open forum evening is on 15<sup>th</sup> November so please as many people attend as possible, this is your chance to ask questions and put ideas forward for YOUR club.

Good luck to all those going for the diver cox assessment soon, this will hopefully give the club a few more cox's which will be a great benefit for next years trips, so no pressure then!

Whilst on the subject of trips there are a couple of 2006 trip planning sessions coming up (21 & 28/11). With 3 liveboards (Red sea, St Kilda and Scapa - all full I think) and an Easter trip booked already 2006 should hopefully be another busy year. If you would like to organise a trip, but perhaps don't have the necessary qualification/experience still put your ideas forward as there are lots of people in the club who would be willing to help.

Plans for the annual awards "do" are currently being worked on (thanks Helen), which will take place in January. For the newer club members this usually consists of a formal (but fun) night with drink, food, drink, speeches, drink, awards, drink, disco, drink and if your lucky – raffle prizes! Details will be published in Freeflow as soon as they have been confirmed. Could all of this year award winners please return the trophies (currently pride of place on the mantel piece no doubt!) before Xmas so that we can get them engraved for the above do.

Regards

Roj

PS: We have received a **Certificate of Recognition** from BSAC, see below

# THE BRITISH SUB-AQUA CLUB

11, POPE'S CREW LANE, 10718, JARVIS WOOD, GLoucestershire  
GL9 8JH, ENGLAND

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## Dear Branch Members

### BSAC Certificate of Recognition

As the newly elected BSAC Council begins its term, one of our desires is to bring the whole of the BSAC network closer together and to be more in touch with our Branches and Members.

To help you show your Members and potential new Members that your Branch is part of the biggest and best diving Club in the world, it gives us great pleasure to be able to forward to you a Certificate of Recognition.

We hope you will take great pride in displaying this certificate on your Branch notice board or at your Clubhouse recognising that your Branch is a Branch of The British Sub-Aqua Club, the Governing Body for the sport of underwater activities in the United Kingdom.

We trust you are all having an enjoyable diving season and if there is anything that BSAC Council, myself or BSAC HQ can do to help, please do not hesitate to contact us on 01453 350 620.

Yours sincerely

Martin Allen  
BSAC Chairman



**THE BRITISH SUB-AQUA CLUB**

*This is to Certify that*

Lutterworth

*Branch No. 1410*

*is a Branch of the  
British Sub-Aqua Club  
The UK Governing Body for the sport of  
Underwater Activities*

  
Branch Secretary



# **Diving Officer's Report** (courtesy Ian Jennings)

## **Time in the Water Competition**

As you may be aware our esteemed Diving Officer (Neil Brown) said at the AGM that we would have a competition for the amount of time spent in the water, and that I would send out the details! Well after many hours of discussion here are the guidelines/rules.

- The first item is that Neil would like to know when people are going diving, so the first 'rule' is that you have to let Neil know when you are going diving.
- The second item is that we are, by this competition, trying to encourage you to fill in, and hand in, the marshal forms. Hence the second 'rule' is that the completed marshal sheets for the dives you want to count are to be given to Neil. He will pass them on to me so I can keep a running total. If you are on a club trip hassle the nominated marshal until they hand the sheets in!
- The third item is that we want to give something to the hardworking instructors who give up a lot of time etc to train people so not only does time in the water for instructors count in the main competition, but they will have their own competition as well. To enable me to do this we have changed the marshal sheet slightly adding an extra column for 'Type of Dive', an example of the new sheet is shown on the next page and it will be downloadable from the club web-site (eventually!)
- The competition will normally run for the calendar year (i.e. 1<sup>st</sup> of January to 31<sup>st</sup> of December). However as we want to get it all started, the first period will start on the 1<sup>st</sup> of November 2005 (or whenever you find out about the competition!) and ending on the 31<sup>st</sup> December 2006.

These 'rules' are not inflexible, if you don't like them – or don't understand them then speak to Neil or myself and we will try and sort it out.

The prizes.....? I don't know, probably a bottle of something - I think Mike Flatt has offered a bottle of Champaign for the winner of the first year – anyone want to offer something for the instructors bit?

I will try and keep you up to date with the leaders of the competition as the season(s) progress – probably in Freeflow, but in the meantime: Go Diving and the Fill in (and hand in) those sheets.





**Lutterworth  
Sub-Aqua Club**

**LUTTERWORTH SUB-AQUA CLUB**

**DIVE MARSHALLING SLATE**

DATE .....

MARSHAL(S) .....

DIVE SITE .....

WEATHER .....



NAME	Qualification	Equipment Type OC/SCR/CCR (See Below 1)	Cylinder 1 Pressure / Size / Mix	Cylinder 2 Pressure / Size / Mix	MOD	PLAN			Tissue Grade / Computer	SMB Colour	Time In	O/A Dive Time	Max Depth	STOPS	
						Max Depth	Max Time	Type (See Below 2)						1ST	2ND

1 OC=Open Circuit    SCR= Semi Closed Rebreather    CCR=Closed Circuit Rebreather    MOD = Maximum Operating Depth  
 2 Dive Types:    T = Training    W = Wreck    R = Reef    D = Drift    O = Other (Specify)

## Change of BSAC Renewal Date

As you are probably aware we are converting our BSAC memberships to a common renewal date. (Makes life a lot easier for the Membership secretary / Treasurer).

The new common renewal date will be 1<sup>st</sup> of April. Your current renewal date can be found on your BSAC membership card and below shows how many month I will be asking from you at that time to bring you in line with the common date

Current Renewal	New Renewal	Months to Pay	Current Renewal	New Renewal	Months to Pay
1st November	1st April	5	1st December	1st April	4
1st January	1st April	3	1st February	1st April	FOC
1st March	1st April	FOC	1st April	1st April	12
1st May	1st April	11	1st June	1st April	10
1st July	1st April	9	1st August	1st April	8
1st September	1st April	7	1st October	1st April	6

In case you are wondering, only one person will gain with two 'free' months, and she (now there's a clue) has just joined the over 50's club!

I have started with the November renewals already. Below you can see the amounts that will be payable to take your membership forward to the subsequent 1st of April

Current Rates	Ocean Diver / Sports Diver / Dive Leader : £43 per year	Advanced Diver / Instructor : £38 per year
	1 <sup>st</sup> Class Diver / Advanced Instructor : £33 per year	National Instructor : £23 per year
	Abated Membership (all grades) : £28 per year	LSAC Subs (junior members) £40 per year

So the amount you will have to pay will be:

Full Year	£43.00	£38.00	£33.00	£23.00	£28.00	£40.00
11 Months	£39.42	£34.83	£30.25	£21.08	£25.67	£36.67
10 Months	£35.83	£31.67	£27.50	£19.17	£23.33	£33.33
9 Months	£32.25	£28.50	£24.75	£17.25	£21.00	£30.00
8 Months	£28.67	£25.33	£22.00	£15.33	£18.67	£26.67
7 Months	£25.08	£22.17	£19.25	£13.42	£16.33	£23.33
6 Months	£21.50	£19.00	£16.50	£11.50	£14.00	£20.00
5 Months	£17.92	£15.83	£13.75	£9.58	£11.67	£16.67
4 Months	£14.33	£12.67	£11.00	£7.67	£9.33	£13.33
3 Months	£10.75	£9.50	£8.25	£5.75	£7.00	£10.00
1-2 Months	Included free as part of next full year's subscription.					

Ian Jennings

## Tit Bits Corner - from the internet

### New freediving record claim brings confusion

**Austrian freediver Herbert Nitsch has claimed a new world depth record of 172m in freediving's deepest discipline, No Limits - yet the dive was 37.6m short of that achieved by another freediver three months ago. Confused?**



Nitsch descended on a sled and returned behind a lift-bag earlier this month, off the Croatian town of Sibenik. The dive was made with the Association for the International Development of Apnea (AIDA), which has the support of most of the world's top competitive freedivers and runs their record attempts.

In the time-honoured tradition of AIDA record-setting, Nitsch squeezed beyond the previous mark of Frenchman Loic Leferme by just 1m. So the dive can be described as a new AIDA world record, though not as a record in absolute terms.

Belgian freediver Patrick Musimu, a controversial figure not currently in the AIDA fold, shook the world of No Limits with a dive to 209.6m in Egypt in July. AIDA was not involved and, while accepting that the depth was reached, did not recognise the dive.

No Limits is the only freediving category in which this situation has arisen. In other categories - which include depth and horizontal swimming tests using fins, plus breath-holding - AIDA's world record holders are also the deepest/longest in absolute terms.

Patrick Musimu is a guest speaker at DIVE 2005, running at the NEC in Birmingham over 29/30 October.

### World's first underwater post office

Vanuatu has unveiled what it claims is the world's first underwater post office. The office provides jobs for four dive-accredited postal workers operating in shifts. Tourists to the South Pacific island nation will be able to buy special waterproof postcards from shops and then dive three metres down to have their postcards embossed with a waterproof stamp.

It was created by Vanuatu Post to celebrate the 83-island archipelago's status as a marine paradise. The fibreglass post office is surrounded by beds of coral and shoals of multicoloured fish in a marine sanctuary off Hideaway Island on the outskirts of the island's capital, Port Vila. It's aimed at drawing attention to the diversity of Vanuatu's underwater world, and easily accessible dive sites.



## Plymouth 8-9 October 2005



The Editor asked me to write this piece, looking for a 'girl's perspective' on what was the last scheduled trip of 2005. Whilst things did not go exactly to plan owing to BIG rolling seas ('choppy' if you like), subsequent sea sickness (which I just about managed to avoid having plundered Boots in anticipation), some problems with Skinny and one serious and mysterious attack of blondism it was, once again, a fantastic weekend.

On the Saturday some of us were able to dive HMS Scylla but owing to the sickness not all of us had the opportunity. Instead, in the afternoon we did a shallow dive close to the coast. As plans evolved and boats were switched (my lame excuse) I found that I had left my weight belt (and various other handy items) on Skinny (that was the fateful moment). However, after a good truffle around we were able to cobble together enough kit to allow me to dive.

Mr Flatt's hood was a bit loose, the goggles were a bit baggy too and I could hardly stay down with the weight belt I had on (I need lots of weight!, or at least think I do). This made the dive (which actually became two dives) fairly uncomfortable and valiant attempts to sink me with stones in the stab just made me graze along the bottom, flailing around at peculiar angles. I couldn't see where I was going as the mask was constantly flooding and I couldn't get a seal because the hood kept getting in the way. I could only imagine what the fish were saying about me: "Good god! Doesn't she realise how ridiculous she looks??? Someone should tell her she's not a fish...etc", fortunately, I couldn't see them, unfortunately, or anything else.

You live and learn. It still felt like a great day, just being out on the water and breathing in the sea air.

That night we took the ferry across the harbour and went into Plymouth for the evening. We had dinner at a local Italian and sunk some nice bottles of Pinot Grigio (exercising moderation and restraint, of course, hic!).

After that the group broke up into varying degrees of liveliness (or wiseness, depending upon your point of view) and travelled off into different directions. 'Light weights' ambled back to the Mountbatten Centre and the remainder of us found a local watering hole (emphasis on 'hole'). It was then that I understood I had turned into an old fart as squeezing myself into a throng of barely dressed revellers, trying to remain upright on an alcho-pop soaked floor and holding a conversation competing against 20 decibels of really unfamiliar music whilst simultaneously being spitted at, suddenly seemed really unappealing. I realised then that I should have returned on the first wave (worse still, that I should probably be tucked up in bed with a Horlicks, listening to Radio 4).

The next day was more successful, from a personal point of view. We dived the James Eagen Layne. It was fabulous. Really beautiful. A fairly strong current meant minimal finning and a real sensation of flying. Viz was not great but the JEL seems to demand up close inspection, so that wasn't a problem. There was plenty of life here but my fish identification skills remain woefully poor.



I was also given the opportunity to drive Lucky Dip, to drop off and pick up divers (actually I think I just assumed the position), which I really enjoyed. At one stage the rear (excuse me, I'm sure there's a technical name!) of the boat was taking in loads of water as Mike, Roj and Richard kitted up with Kev's help. I turned to Roj and asked 'are we sinking?' (as my boots disappeared under water, which seemed to confirm conclusively that yes, we were indeed sinking), to which Roj merely nodded (incapacitated, being fully kitted up). 'Kev! We're sinking!' I shouted. Kev threw himself heroically over the bow of the boat (hmmm.. 'bow'? 'front'?? 'bit that usually points forward'?), trying to compensate for the weight in the back of the boat. Mike barked some orders at me through his giddiness and eventually the mini-crisis was averted with some nifty (for a novice) motoring. If I might be so bold.



The choppy sea situation continued on the Sunday and really precluded a further dive so we returned to the breakwater and practiced a full rescue scenario. This was helpful as it put past training into context and also brought into sharp relief just how little I do know, how much more there is to learn. I have to say though, my abiding memory is being resuscitated by a Rastafarian, really. And they say that Narcosis only occurs at depth.

I'm looking forward to returning to Plymouth next year. Thanks Mike and everyone for a great weekend.

**Nat Twigg**

Included in this issue of *Freeflow* is the dive trip calendar for 2006.

This shows all trips booked to date (there is only one firm trip using club boats at present)

It also shows the dates of spring and neap tides.

If you want to organise a trip using either, or both of the boats, contact me first to check availability (although an up to date version of the calendar will appear on the Club website it may not include the most recent trips arranged), I will then provisionally reserve the boat you want. Make your arrangements and give the booking form to the D.O. and Treasurer, and confirm the booking to me.

Under normal circumstances Lucky Dip will take 6 divers and Skinny Dip will take 4. At a push you can squeeze an extra diver on each, but only for short sea voyages.

If you only have 4 divers, please use the smaller boat, leaving the larger boat for others to use.

The contribution to costs required is as follows: -

Lucky Dip £35 per day

£150 per week

Skinny Dip £25 per day

£105 per week.

Travelling days, days when the boat is left at the coast between consecutive trips, and 'blown out' days are not charged.

Once a trip is confirmed, we ask for a deposit of one day's contribution.

Contact me via the details below: -

Phone /fax 01455 553516:

Mobile 07740 464058:

Email [elyhouse@talk21.com](mailto:elyhouse@talk21.com)

Regards

*Nigel*

# Lutterworth Sub-Aqua Club - Boat Reservations -2006

	2006	January	February	March	April	May	June	July	August	September	October	November	December
Saturday					1			1	St.Kilda				
Sunday	1				2			2			1		
Monday	2				3	1		3			2		
Tuesday	3				4	2		4	1		3		
Wednesday	4		1		5	3		5	2		4	1	
Thursday	5		2		6	4		6	3		5	2	
Friday	6		3		7	5	1	7	4		6	3	1
Saturday	7		4		8	6	2	8	5	1	7	4	2
Sunday	8		5		9	7	3	9	6	2	8	5	3
Monday	9		6		10	8	4	10	7	3	9	6	4
Tuesday	10		7		11	9	5	11	8	4	10	7	5
Wednesday	11		8		12	10	6	12	9	5	11	8	6
Thursday	12		9		13	11	7	13	10	6	12	9	7
Friday	13		10		14	12	8	14	11	7	13	10	8
Saturday	14		11		15	13	9	15	12	8	14	11	9
Sunday	15		12		16	14	10	16	13	9	15	12	10
Monday	16		13		17	15	11	17	14	10	16	13	11
Tuesday	17		14		18	16	12	18	15	11	17	14	12
Wednesday	18		15		19	17	13	19	16	12	18	15	13
Thursday	19		16		20	18	14	20	17	13	19	16	14
Friday	20		17		21	19	15	21	18	14	20	17	15
Saturday	21		18		22	20	16	22	19	15	21	18	16
Sunday	22		19		23	21	17	23	20	16	22	19	17
Monday	23		20		24	22	18	24	21	17	23	20	18
Tuesday	24		21		25	23	19	25	22	18	24	21	19
Wednesday	25		22		26	24	20	26	23	19	25	22	20
Thursday	26		23		27	25	21	27	24	20	26	23	21
Friday	27		24		28	26	22	28	25	21	27	24	22
Saturday	28		25		29	27	23	29	26	22	28	25	23
Sunday	29		26		30	28	24	30	27	23	29	26	24
Monday	30		27			29	25		28	24	30	27	25
Tuesday	31		28			30	26		29	25	31	28	26
Wednesday			29			31	27		30	26		29	27
Thursday			30				28		31	27		30	28
Friday			31				29			28		31	29
Saturday							30						30
Sunday													31
Lucky Dip													
Skinny Dip													
Dive Trips without Club Boats													
Spring Tides													
Neap Tides													

Lucky Dip not available  
 Skinny Dip not available

## Trip Calendar 2005 & 2006

Click on the name of the Organiser to Email them

Dates	Destination	Type of diving	Organiser	No of Space	Minium Level	Comments
29th 30th Jan	Plymouth	2 x Ribs	<a href="#">Roger Holmes</a>	Full	Sports	Boat Handling Weekend!
6 <sup>th</sup> March	Red Sea	Hard Boat	<a href="#">Roger Holmes</a>	Full	Sports	Fully Booked
25th 31st March	Loch Fyne	2 x Ribs	<a href="#">Neil Brown</a>	Unlimited	None	
May week day	Weymouth	Hard Boat	<a href="#">Roger Holmes</a>	?	DL & above	
14th 15th may	Plymouth	2 x Ribs	<a href="#">Nigel Spickett</a>	10	Sports	
21st 22nd May	West Bay	Skinny Dip	<a href="#">Neil B &amp; Neil T</a>	Unlimited	Sports	Dive leader training weekend
28 <sup>th</sup> – 30 <sup>th</sup> May	West Bay	2 x Ribs	<a href="#">Martyn O'Driscoll</a>	10	Ocean	
18 <sup>th</sup> 19 <sup>th</sup> June	Farnes	3 boats Joint RRSAC trip	<a href="#">Fran Duinker</a>	15	Ocean	
1st 4th July	Farnes	2 x ribs	<a href="#">Jon Brewis</a>	10	Ocean	
16th 17th July	Dover	2x rribs Joint RRSAC trip	<a href="#">Fran Duinker</a>	?	Exp Sports	
23 <sup>rd</sup> July – 1 <sup>st</sup> Aug	Pembroke	Lucky Dip	<a href="#">Martyn O'Driscoll</a>	10	Ocean	
13th 14th August	Whitby	2 x Ribs	<a href="#">Pete Woodcock</a>	10	Exp Sports	
10 <sup>th</sup> – 17 <sup>th</sup> Aug	Cornwall	Lucky Dip	<a href="#">Mike Flatt</a>	6	Ocean	
18 <sup>th</sup> / 19 <sup>th</sup> 20 <sup>th</sup> Aug	Plymouth	Luck Dip	<a href="#">Mike Flatt</a>	6 or 10	Sports	
27 <sup>th</sup> – 29 <sup>th</sup> Aug	Plymouth	2 boats	<a href="#">Claire &amp; Neil</a>	10	Ocean	
3 <sup>rd</sup> 4 <sup>th</sup> Sept	Stoney	24hr Sponsored Snorkel	<a href="#">Pete Woodcock</a>	Unlimited	All	
2nd September	Weymouth	hardboat	<a href="#">Neil Tomlin</a>	?	DL & above	
10th,11th Sept	Isle of White	2 x Ribs	<a href="#">Nigel Spickett</a>	10	Sports	
17 <sup>th</sup> 18 <sup>th</sup> Sept	Brixham	2 boats	<a href="#">Fran D &amp; Pete B</a>	Unlimited	All	
30th Sept 1st Oct	Kirkby Lonsdale	River Diving/Walking	<a href="#">Bob Mullholand</a>	Unlimited	All	More of a social weekend
12th 13th Nov	Plymouth	Boat Handling/diver Cox	<a href="#">Neil Brown</a>	?		
2006						
1st 7th July	St Kilda	Hard Boat	<a href="#">Nigel Spickett</a>	12	DL & above	To be DL by time of going
12 <sup>th</sup> – 19 <sup>th</sup> Aug 2006	Scapa	liveaboard	<a href="#">Mary Pearson</a>	Full	Expe Sports	Fully Booked