

# Free Flow

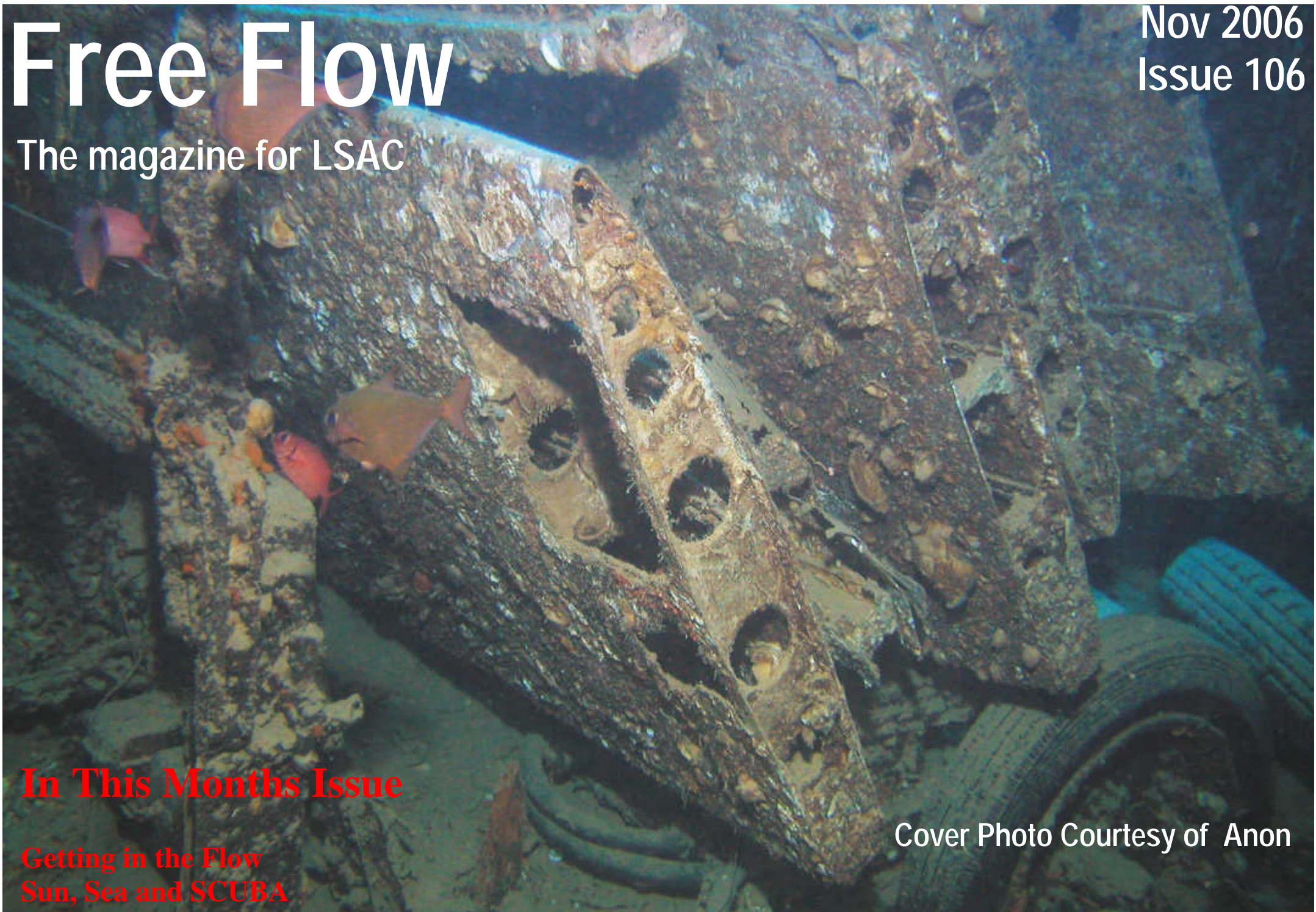
The magazine for LSAC

Nov 2006  
Issue 106

## In This Months Issue

Getting in the Flow  
Sun, Sea and SCUBA

Cover Photo Courtesy of Anon





## CONTENTS

- Page 1 Cover  
Page 2 Editors Bit  
Page 3 Page 3 Luvilies  
Page 4 DO's Bit  
Page 5 Getting in the Flow  
Page 7 Sun, Sea and SCUBA  
Page 11 Members Dives to Oct 06

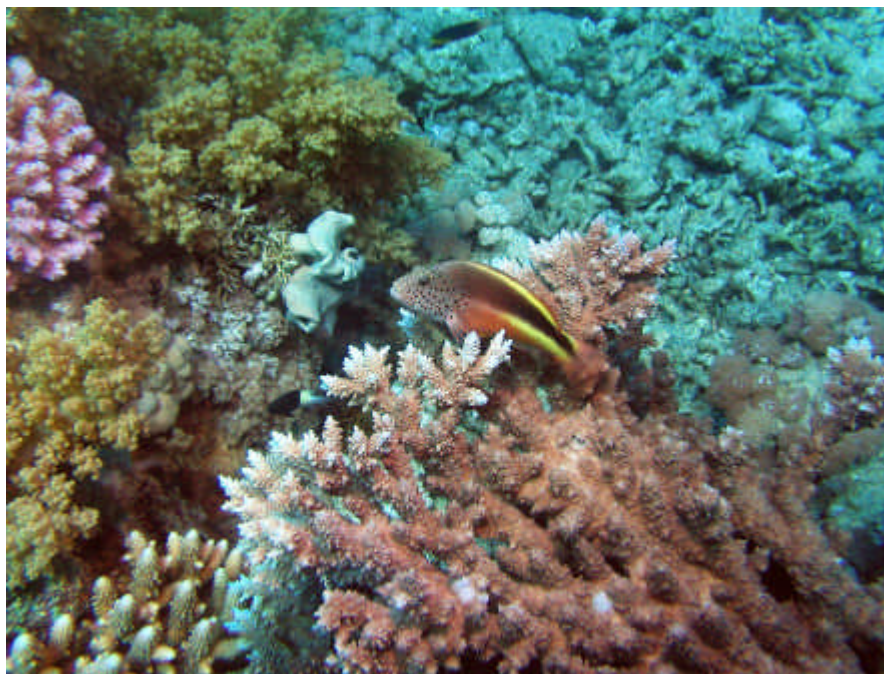
At all good Newsagents now....  
Hence only downloadable from lsac.co.uk

Free

It should be

# Free Flow

## Editors Bit...



Xmas is coming the Goose is getting fat  
Please tell Santa my shopping list is long  
The latest dive computer is what I'll get  
So Santa please don't tell me I'm wrong

### Buddies

The festive season is upon us and we'll soon be filling our stockings with lots of new dive gear. It will pay to try out the gear before the next dive season, which means a trip to Stony. So naturally the Thursday club will look forward to see all this shiny new kit. Especially if its something like a 3mm shorty

This is also a good time to clean the kit down, fully dry and store any kit that will not be used over the winter period. Its also time to plan any repairs or maintenance, i.e. that leaky dry suit or that regulator service that is over due. Don't leave it until March next year, that's when everyone else wants their done which means, a longer wait and also a possible less thorough job.

So far it will be easy to award the compass award this year as there is only one entrant. So next edition I shall be pressing again foe entries and also have a reminder of the course.

Ed.

# Page 3 Luvlies

Free Flow  
Nov 2006



3 of the more serious members of the club relax after a dip in the briny. I wonder if the weather is a tad chilly.

If you would like to become Miss or Mr Nov. 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)

## **D.O.'s Bit**

Thanks to Alex for his presentation on the Instructor scheme last Tuesday. No doubt some members will be tempted to embark on the road to becoming an instructor, which as Roger's article in the last edition of *Freeflow* details, starts with an Instructor Foundation Course.

If you want further information, or to do any preparation, talk to Richard or myself.

Richard and I are currently working on the training program for the next year. As well as the usual courses from Try Dives, through entry level to Sports Diver, we are including a new Dive Leader course, a Combined Nitrox course and a Life Saver course. We plan to do all of the theory on Tuesday evenings, together with the practical part of the Lifesaver.

The program will be published during December ready for the New Year. If you would like to be included in any of the courses, or want to do anything else, again see Richard or myself.

We will shortly be holding another Dive Planning evening.

Any ideas for trips next year?

Well known sites or new possibilities, if you fancy arranging a trip, would like help in arranging one or want to persuade someone else to so, come along.

A request on behalf of the Equipment Officer: -

If you borrow Club kit for training or a dive trip, please bring it to the pool on Tuesday evenings. We may not need it, but it does need to be available.

If you have a cylinder, please make sure it has at least 100 Bar for pool use.

Finally. Does anyone know where the missing Club cylinder is?

Has someone borrowed it for a trip and forgotten about it.

Please have a look in your garage etc.

# Nigel



## Getting in the flow!

As usual all club trips get off to an enthusiastic start,..., this was no different. A convoy of cars and vans converging from the far corners of the Midlands (and from Western Scotland) all racing to get to Scrabster like the Wacky racers or the great race depending on your tree rings (age). Needless to say Dick Dastardly must have set a trap as the Cave mobile gave up the ghost at Darlington. As always both Penelope and Kevin Perfect were on time and even the hastily hired van arrived before the ferry unloaded. A



good job that it was 15 minutes late (but not as late as the van).

Pete had told us that he had been to Scrabster before, but we all felt that he knew the area just too well.

In good LSAC tradition people boarded and our trepid explorers sedately found seats together and then made for the bar in a rush. To wit the journey passed well. The charter boat (Sunrise) was moored some 200 yards from the ferry so it was a fair job to push our two containers around to it, but someone spoke to Dougie

(our host) who brought his 4x4 around and towed them to the mooring.

Everyone unloaded their own kit and of course everyone wanted to be first to do it, but with only a few handfuls of harsh words the deed was done and the kit aboard.

A converted fishing vessel there was a wet area to the port side of the kit area and a cosy (low ceiling) living area in the midsection. Our berths were below deck, set either side of the central corridor. The rooms had

two beds – no problem, except the upper bunk was set back, due to the curvature of the hull. I came away from the week with a head and shins covered with bruises which are in no way connected with sharing with ‘bulldog’ Pete.



We had our initial brief over breakfast, part 1, (cereal) at 08:00, ready to dive by 09:00 and then breakfast, part 2, (fry-up) before the second dive of the day, ‘Sah!’ and settled in.



Day one, Sunday, we explored the SMS Karlsruhe. There was a great deal of particulates down to 20m but then this cleared to show us the wreck. At 27m it was a surprisingly dark and silty dive, but recognisable with plenty of life for the artistic. Laying well into the flow there was little tide and no restriction on dive time (other than capacity and boredom of decompression). The shock came when we surfaced and saw the herring bone ladder back up to the deck and recalculated its height.

The fry-up was well met and showing my appreciation I hiccupped through the afternoon dive on the Tarbarka. This pattern of deep unrestricted dive followed by shallow restrictive dives was usual for the week, as was the hiccups from the too hastily scoffed fry-up before the slack determined second dive.

The Tarbarka was a block ship and as such was in the sound used by the ferry to Scrabster. This meant a tidal surge and a window of 30 minutes for our dive. Most of us spent the time in and around the brightly lit and relatively clear water, but the sub-club still managed a bag of goodies from the event. Annoyingly I had left off my camera for this dive having been niggled by the visibility on the Karlsruhe – Darn it. There was good sea life and some wonderful views,..., if only.

After the drudge of the ladder and kit checking for air, the first cup of tea was well quaffed by all and the loud hubbub that ensued faded over an hour to hushed discussions and fiddling with kit. Back at Scrabster most went ashore for a look at the shops, but all felt magnetically attracted to the Pub at the other end of the jetty and this surprisingly (not) became the usual haunt for the evenings.

The first evening was full of enthusiasm and some bravado which was punctuated by Pete’s cooking and the ceremonial cooking (and tasting) of Claire the crab (Crustacean!).



Day two, Monday, we explored the SMS Dresden resting at a little over 36m. The wreck was very much intact (apart from scuttle damage) and the light was better than day one, but the visibility was still a little marred by the silt. Oh silly me, I went in after Dave and Jon. The hull was coated in life; the deck structures and bridge were fascinating.

By the time I reached my fry-up I had rued being helpful, when boarding on Saturday, as I was stuck at the Fore end of the kit section. As the deck sloped up to the front and the ceiling, already booby-trapped with plate junctions and welds dropped down. I started praying for a brass monkey when sidling to and fro with my kit. Also as last out and last in it was difficult to get people away from their breakfast to unzip me so that I could get mine.

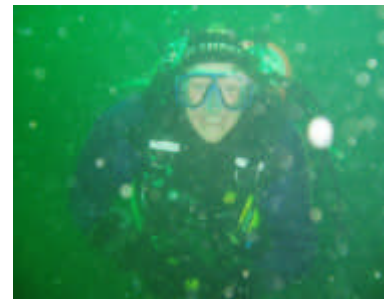


The second dive was the Gobenador Bories a block-ship freighter. Again a spectacular dive, unfortunately kept short. The ship viewed from above looked like a layer cake of bright movement, as holes through the decks and plating showed the sea-life passing like motorway traffic through a busy transparent junction. We were all hoping to do this dive again as we talked over a convivial beer, or cider, that evening.

Neil and Claire cooked this evening and the chicken curry gave us all a thirst and was so appreciated almost everyone had a second round of it.

Having fully settled in the TV went on later and the 'Holmes' cinema showed The big blue.

Day three, Tuesday, we dived the SMS Kron Prinz Wilhelm. Laying on her starboard side the bed was at 35m max. As luck would have it Claire and I dropped down straight onto a gun turret and had a great time fining along the gun decks. Again the visibility was not great, but this allowed us to focus on small areas and identify them and so work our way around the vessel by identifying places and exploring those of interest to us. There was a great deal of life which constantly gave us the decision of whether to see the wreck entire or focus on the life in and around it. Rising to the portside of the hull we moved stem to stern and



having clocked up a little deco' began our ascent with associated mimes and games, whilst bobbing around at 6m.

The afternoon dive was the bottle dive. We had no limit on time, so we all dropped in and spread out in pairs (and one three-some). Needless to say most returned with bottles, but the sub-club returned with 'Julies' (Scallops). The dive was clear and flat, except behind the sub-club, and *had* a fair amount of life. By this time the ladder was becoming very arduous.



This evening we were at Burray and as it was my first time there and Mr W's, um, uh, birthday I had a chat with Dougie and he booked us The restaurant for a meal. Burray itself was a little sparse and there was no power hook-up which meant no recharging possible, as the inverter had a short.



We all geared up for the event (clean T-shirts all-round) and potted over for a 'drinkie' prior to the meal. Demon Pete took all comers at the pool table and we encouraged the list of, ultimately, 2<sup>nd</sup> placers. The meal was good, but strangely the waitresses all flushed red as they neared Birthday Dave, ..., hum!



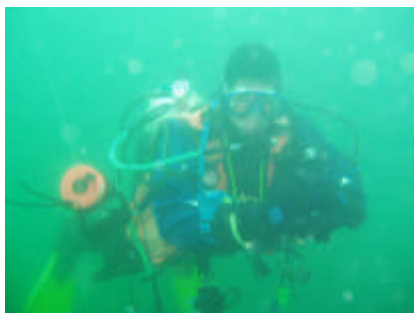
A good time was had by all and a lot of energy expended trying to get a dive report through. Later after coffee we were given tips on methods





of hand to hand combat with crustaceans and alternative methods for 'off gassing'. We had a few more drinks, before more drinks and bed.

Day 4, Wednesday, We dived the UB116, well what was left of it after they tried removing her ordinance in 1975 and dropped its own torpedoes on her, blowing her apart. At 30m the sand bed was clean and undulating. Little of the U-boat was left and was spread out over a large area,...



surprise. However what was around was identifiable and the sea-life was amusing. The deco' stop was less enjoyable but there was always the opportunity for picking up tips from experienced divers and buddies.

Around lunch time we moored at Lyness. There wasn't a great deal of town, but the scenery around was good. This afternoon we dived onto the HMS Rhodean. There was a lot to see with the hull open for viewing and careful penetration. The light was good and the life great and small if you were looking closely. After this



dive we returned to Stromness and we gravitated to the Stromness hotel again

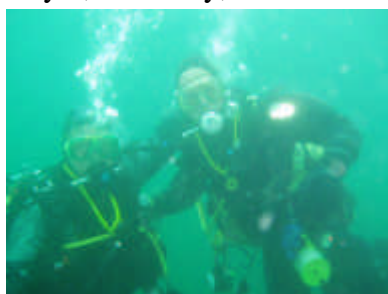


for a cool pint. Pete was taking all comers again – what a reputation- and the sub-club furnished us with a scallop treat, as bolognaise.



an entrées to our

Day 5, Thursday, we were to dive the SMS Koenig with a sea bed of 40m and the marker buoy tied off at 25-28m, for those sports divers amongst the group.



Suffice to say that the shot line had been moved considerably deeper and left a trio of acro-divers on a trapeze swinging at 35m in low vis'. By far the shortest dive of the trip (despite Martyn's attempts) all returned safe and laughed about it.



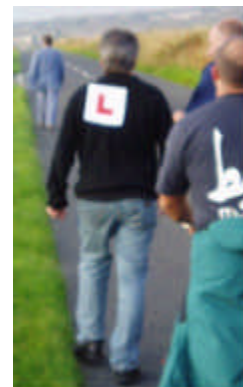
Between dives we moored at Glimps Holm island and were able to walk over it to the Italian church built by Italian prisoners of war.

Moving to the next dive site we sailed near the Permanent buoy over HMS Royal Oak and with no formal comments passed her in silence.



This next site was a shallow-ish, flat-ish, silt and sand area that was good for shellfish. What we found was that the drag-net trawlers had made a mess of it. This still didn't stop Dave and Jon finding something good to eat.

This evening we moored at Scapa itself, which was not a great deal to see from the mooring, but after our meal we walked on past it to Kirkwall for a drink. The really good thing about club trips



being that you are included whatever your background, or drinking capacity, and that you are always made to feel part of the group,..., and not singled out as a dive virgin, or a light weight drinker. It's always good to have a mix of people so that, a) with a 2 mile walk to the town someone can sniff out a pub, b) someone can walk into a pub papered with Celtic memorabilia and ask

them to turn the TV over for the Leicester match, c) there's always someone slower than you when you vacate the Celtic supporters pub at a sprint.

Day 6, Friday, last dive day. Everyone was up early to get kit ready. Anticipating this some people set up their kit at midnight (quietly) and others had their breakfast in the harness. Time had narrowed down today to give us a very narrow window of opportunity to dive a blockship, as our second dive.

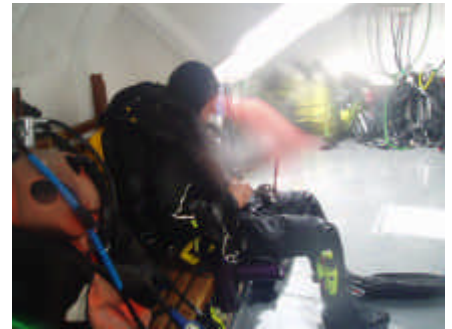
There was no doubting that everyone fancied the Gobernador Bories



again.

The first dive was onto the SMS Coln on a bed at 36m max. The shot took us to the (upper) starboard side as she was on her side and we went straight over to the bottom.

We then came around the ship stem to stern rising some 3-4m and able to see and count all of the guns. There were even arches and swim-throughs.



The life was also surprisingly plentiful and playful – even right in your face.



The final dive was again clear and bright with great swim throughs and life in colours for all from pastels to vivid and bright. A word to the wise though – don't try playing hide and seek when you have a rebreather on – just don't. The last night saw a deal of packing, with time still made for a celebratory drink at the pub. Exactly what was celebrated I'm not sure,..., still we all had fun.



After a brief sleep everyone was so efficient at packing all kit was packed well over an hour before the ferry docked, let alone emptied out. This led for a reflective period on the ferry back to Scrabster, where upon everyone found their inner drive demon and we all headed south.

Home safely at around midnight, in a last burst of texts and calls we parted. Wiser, wide-eyed (?), wet and willing (?), all thanks to Pete. Cheers!



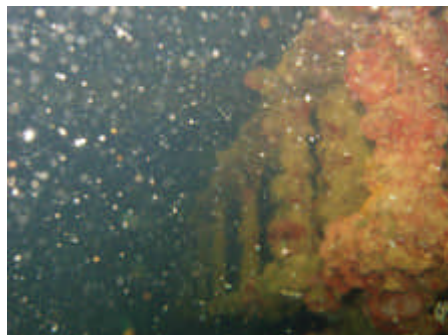
Neil Calver



## SUN, SEA & SCUBA MALTA 2006 (Kath Hall)

For this year's annual get-away, we wanted a combination of sun, sea and scuba! But where to go? Barry came up with a great suggestion – Capenwr...no, sorry...MALTA! Reportedly the best diving in the Med, going in September virtually guaranteed sunshine and as it's only a small island (about the size of the Isle of Wight but warmer) you'd never be too far from the sea. That's everything on the checklist – let's go.

We'd pre-booked the dive package with Aquatica in St Paul's, just down the road from where we were staying in Bugibba.



After a quiet day of settling in and getting our bearings we were introduced to the pleasures of warm water diving by diving a wreck near the capital of Valetta with a depth range of 20m up to 6m. Oh dear! All the images of turquoise blue water and 30m+ visibility disappeared. It was like Stoney on a busy weekend. The water wasn't very blue – more murky brown and the vis at best was 5 metres and at the deepest part of the wreck went down to a metre! But for all that it was still an enjoyable dive with loads of new marine life to introduce ourselves to.

**Left: Are you sure this isn't Stoney?**

*Right: Entry Blue Hole*

On our next days diving Darryl, our dive guide, then showed us how good the diving *really* was by taking us over to Gozo, just a short ferry ride away and diving the Inland Sea and the Blue Hole – WOW! Turquoise blue water and 30m+ vis and a scenic dive that was spectacular; archways, caves, chimneys, boulders as big as houses, all covered with life. Fantastic.

The depth ran to a maximum of about 65m but even when floating about at 15 metres the seabed was visible, which meant keeping a good eye on your computer or depth gauge.

Of course there was only one way to celebrate a good days diving and that was at the local bar over the road from the hotel (handy!) making sure to have just enough to wash away the taste of the salt water.....hic!



The diving continued to be impressive with more scenic dives and wreck dives with much better visibility.



One of our favourite wreck dives was on the Um El Faroud, a tanker that was in dock having work done on it when there was a massive explosion on it killing 7 workers. After the explosion it was decided to clean it up and sink it as an artificial reef and an extra attraction for us divers. As with a lot of the dives in Malta, this could be reached from the shore even though it sits upright at a depth of 37 metres. The first dive took us to the deepest part of the wreck and then up through the decks to the bridge. On the second dive we had a tour over the outer deck areas and then along the full length of the tanker – very impressive!

### **Right: the El Faroud**

This wreck is listed in the local dive book as dive or snorkel site!! And we were impressed we'd done it on a single 12 litre! A few days later, however, we were taken on a day's boat diving with Darryl's father Chris. Chris prefers free diving to scuba. Chris has reached 45 metres on a free dive. The El Faroud is a regular snorkel sight for Chris. Think I'll stick with scuba, thank you.



One of the last days diving we were taken to the north end of the island to dive the Tugboat Rozi, a very popular wreck in Malta. This again sits at a depth of 37 metres but can be dived from the shore. It turned out that one of the waiters, named Manuel (really!) at our Hotel also dived and each dive day he would ask us where we were going and then give us tips on what to look out for on the dive. On the morning of the Rozi dive he gave us a bag of stale bread to take along for the fish (very thoughtful). Rich carried the bread all round the wreck until we started to ascend the mast area preparing to head back. So, end of the dive, let's feed the fish. And boy, were they hungry! So hungry that they left the wreck and followed Rich all the way back to the shore, long enough for him to start giving them names. Don't know if he was leading them or they were chasing him. Glad they weren't Piranhas though.





*Show yourself! I know you're in there somewhere.*

The next dive was from the same point but followed the wall around, visiting caves, chimneys and swim throughs including a look at The Statue of the Madonna. This was a statue about 4ft high standing in a small cave in the side of the wall at about 14m deep. Everyone stopped and had a peek inside at all the various offerings that had been left. It wasn't until we'd got out and de-kitted that Rich asked why we hadn't visited the statue! Funny that, was he on a different dive or just still busy thinking up names for his fish?

Never mind, it's a good excuse to have to go back to Malta again sometime and do some more diving!!!



*Above: Look out!! Falling Ship!*



*Left: Your transport awaits!  
A typical Maltese Bus*



## Members Dives To the end of October 2006

A brief report this month – the editor keeps bringing forward the closing date, so there is hardly time to get all the marshal sheets in before I write the report! – Come on Pete give us a chance!

Anyway the most notable event over the last month was the Estartit trip, The effects of which can be clearly seen on the main ‘Time underwater’ chart (overleaf).

The main milestones passed over the last month? Well Steve Appleton passed the 100 dives, and has now reached 110 dives – which is nearly 90 hours in the water. This is about 5 hours behind Fran, but a comfortable 10 hours ahead of Kev Parker who is in a safe(ish) 3rd place.

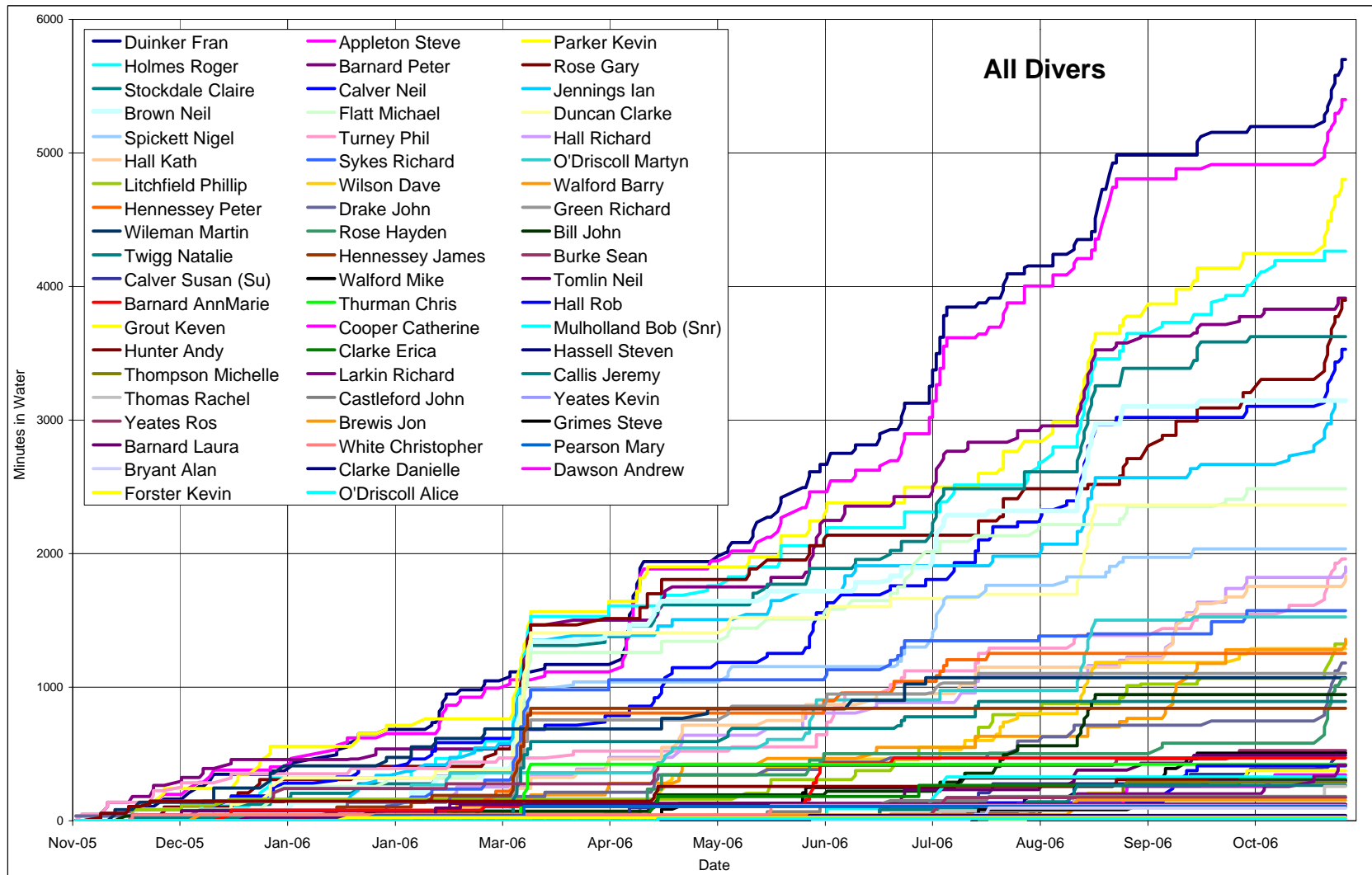
The Total number of dives recorded has passed 1800 – can we make 2000 by the end of the year?

But again I must remind you that this is not a competition! However on that theme, a couple of people I was chatting to in Estartit noted that their number of dives do not correspond with the number I have recorded for them (one higher, one lower!). I will be giving these people a listing of which dives I have recorded for them. For reference here is everyone’s ‘Dives Tally’ (ordered by time underwater – not number of dives). If you don’t agree with the number of Dives I have recorded for you then let me know and I will prepare a list for you as well.

Duinker Fran: 123, Appleton Steve: 110, Parker Kevin: 92, Holmes Roger: 87, Barnard Peter: 98, Rose Gary: 74, Stockdale Claire: 75, Calver Neil: 88, Jennings Ian: 69, Brown Neil: 71, Flatt Michael: 53, Duncan Clarke: 44, Spickett Nigel: 50, Turney Phil: 56, Hall Richard: 46, Hall Kath: 47, Sykes Richard: 42, O'Driscoll Martyn: 44, Litchfield Phillip: 34, Wilson Dave: 40, Walford Barry: 33, Hennessey Peter: 30, Drake John: 32, Green Richard: 26, Wileman Martin: 24, Rose Hayden: 21, Bill John: 29, Twigg Natalie: 23, Hennessey James: 21, Burke Sean: 18, Calver Susan (Su): 17, Walford Mike: 13, Tomlin Neil: 17, Barnard AnnMarie: 12, Thurman Chris: 8, Hall Rob: 12, Grout Keven: 12, Cooper Catherine: 10, Mulholland Bob (Snr): 9, Hunter Andy: 12, Clarke Erica: 9, Hassell Steven: 10, Thompson Michelle: 9, Larkin Richard: 12, Callis Jeremy: 8, Thomas Rachel: 7, Castleford John: 6, Yeates Kevin: 6, Yeates Ros: 6, Brewis Jon: 4, Grimes Steve: 3, Barnard Laura: 4, White Christopher: 4, Pearson Mary: 3, Bryant Alan: 2, Clarke Danielle: 1, Dawson Andrew: 1, Forster Kevin: 1, O'Driscoll Alice: 1

I guess we are reaching the quiet part of the year, but the ‘Thursday Club’ is still in operation, and indeed the visibility in the Cove is improving. Don’t forget there is still the ‘Pathfinder’ competition to enter and the improved visibility will make this a bit easier! There is one more boat trip planned (Advanced Diver training) so there are plenty of opportunities to improve the statistics - which after all we can use to promote the club.





As usual.... 'Keep the sheets coming in' - and don't forget give them to Nigel Spickett - not Neil Brown  
**Ian Jennings 5/11/06**