

Free Flow

The magazine for LSAC

Oct 2007
Issue 117



In This Months Issue

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AM's Biology Corner
Diving Stats

Cover Photo Courtesy of Ian Jennings



Free Flow

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

Editors Bit...



Apparently the weather this season has been poor, hence the lower than last years Dive Stats. I'm glad to see that some hardy souls are prepared to brave the above storms.

Buddies

My how the time passes, here I am putting the October Edition to bed thinking were did that dive season go. The same place as the changing of the Guard, i.e. the committee of 2006/07, I hear you all answer, yes that's correct into history.

I know that sometimes the committee feel unloved and over worked, but from the conversations I have I know the first is definitely untrue and the second I also know is mostly true. With some members giving up enormous amounts of time and even blood, sweat and tears on the odd occasion.

As the chairman mentions below the AGM was barely quorate. For me its not surprising, take 80 odd members, subtract say 20 new comers/trainees who don't yet feel confident, subtract another 10 apologies, this leaves 50 potential attendees. If you get 40 of these that to me is a good turn out. I suppose its down to is the glass half full or half empty

Ed.

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Isn't it amazing what a Great White disgorges when he's made to expose his stomach contents? I put it down to Global Warming myself, with the demise of the Great White's normal diet of fresh meat, he has to resort to pre-packed stuff.

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

Chairmans Knock

Following the recent AGM your new committee is as follows:-

Chairman	-	Roger Holmes
Diving Officer	-	Nigel Spickett
Training Officer	-	Fran Duinker
Equip Officer	-	Gary Rose
Boat Officer	-	Mike Flatt
Secretary	-	Richard Sykes
Treasurer	-	Ian Jennings
Com Member	-	Phil Turney
Com Member	-	Neil Calver
Com Member	-	Vicky Urch

I hope you will support the committee in ensuring LSAC continues to be such a popular and succesful club. Unfortunately the AGM was poorly attended and I hope this can be addressed next year.

We recently completed two very succesful try dive nights which has resulted in several new members. Welcome to all of the new faces in the club and thankyou to everyone who helped out with the trydives.

Due to the above intake and the ongoing training commitments it is vital that we have the support of all existing instructors (and possible future instructors – if your interested in becoming an instructor please speak to Fran) and that all club kit is returned promptly on Tuesday nights – thankyou for your help with this in advance. What's On

9/10	-	Dive Show Kit	-	Roj
16/10	-			
23/10	-			
30/10	-			
6/11	-	UK winter diving	-	Roj
13/11	-	2008 Dive Planning		
20/11	-	Open Forum		
27/11	-	2008 Dive Planning		

Future ones awaiting dates

Dive statistics	-	Ian Jennings
Swimming technique	-	Mike Hill
Saudi Arabia	-	Nigel Spickett
Northern Ireland/Salutay	-	Steve Appleton
Jordan/Aqaba	-	Phil Lichfield
Technical Diving	-	Phil Turney

Regards

Chairman Roj scubaroj@tiscali.co.uk.

Freeflow October 2007 – DO's bit.

The start of another Club year and a new Committee.

We have a new Training Officer – Fran – who as a First Class Diver and Advanced Instructor is well qualified for the job.

We already have plans in place for the forthcoming year with a Boat Handling Course in November, and a Dive Leader course in a couple of weeks.

In the next week or two, Fran and I will be producing a new training program, taking us through the next year or so.

If there are any skill development courses or any other type of training you would like to see included, speak to Fran or myself. Fran will be concentrating on Instructor development as well. If you fancy doing an Instructor Foundation Course, or if you are already an Assistant Instructor and want to complete your Open Water Instructor Training, there will be a presentation, discussion evening shortly.

Mike Flatt has taken over the boats from Ian. He plans on asking for working parties to do some of the basic work over the winter. If you can, please offer your help.

During the spring of 2008, we will be holding an Open Forum specifically to discuss the replacement of Lucky Dip over the winter of 2008/9. Lucky Dip has been an excellent boat, and we want to make sure that it's replacement gives equally good service. I'm sure most people will have an opinion. Watch the program for the date.

Gary is now in his third year as Equipment Officer. His immediate task is to purchase a couple of new regulators to replace the oldest one's. We will also be reviewing the entire Club's kit over the next few weeks and updating as necessary.

The recent Try Dive has been one of the most successful for years. It also seems that a good proportion of the people who took part are going to join. This is excellent news for the Club, but does of course mean a great deal of work for instructors, and the Equipment Officer. Fran will be contacting all Instructors to give them plenty of notice if she needs them for a classroom lecture or pool session. Please help if you can, or at least give plenty of notice if you are unable to help.

To clarify the situation with regard to Assistant Instructors, (i.e. people who have attended an Instructor Foundation Course), Assistant Instructors can give theory lectures, they can carry out pool sessions provided that a full Instructor is present within the pool area, they can carry out open water exercises, but must have a full Instructor as a buddy on the dive. So as you see there is a great deal of work that can be done by Assistant Instructors, who are vitally important to the Club, particularly at these busy times.

Over the next couple of months, I will be holding some dive planning evenings. This time last year they were poorly attended with only the people who normally arrange dive trips present. Just because you are not an Advanced Diver, it does not mean you cannot organise a trip. Come along and put your ideas forward, we can then turn them into trips.

Finally another plea regarding Club equipment. Club kit is available to all members during their training up to when they become qualified as Sports Divers, after this you can still hire the kit. However, it must be available on Tuesday's evenings for pool training. If you have equipment and cannot make it to the pool, please call Gary or myself so that we can make arrangements to get it back from you. We have 11 sets of Club kit and at present we need every set. If we re a set missing and cannot borrow from a member, one of our new trainees will miss out on training.

Nigel



Dobbin's Corner

Well two months have gone by since I last wrote the Dob of the month, I was kind of hoping that people would open up a bit more and I'd catch them unawares, and I'd find out more of what

really happens on the dive trips that I haven't been on.

The important thing for everyone to remember is that even if the indiscretion hasn't featured in DOB of the month, it doesn't mean that I don't know about it. Your buddies can always DOB you in months after the event.

Cath very kindly wrote about her other half (not sure if he's the better half after not spotting the difference between two wrecks!) Anyone can write in, and there isn't much time left. We only have three months till it's the close

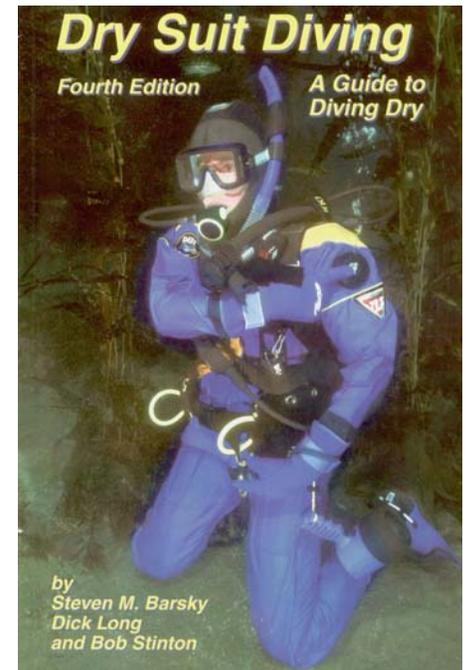
season on dobbing, so you need to hurry up and DOB in your buddy before he or she dobs you in.

I suppose the main theme **AGAIN** is dry suits! They are tricky little critters and have lots of zips that you need to do up; it's a lot easier for girls it could be argued as we tend only to have one zip, unlike boys, who can have 2 zips.

A good example could be our esteemed editor Pete Barnard, who remembered to do up one zip when he went to Weymouth, shame about the second zip though. I know it could be argued that the buddy should have spotted it, but it must have been a bit draughty round the nether regions!

Do you know you can now buy books all about how to use a dry suit; it must be quite popular as it's in its 4th reprint!

Cheers
Fran



AM's Biology Corner

This month I will continue with sea anemones, In last months issue the Beadlet anemone was introduced being one of the most common of all sea anemones. So now to introduce some other common ones:

Strawberry Anemone

As the name suggests this anemone looks like a strawberry, the column is dark red with bright yellow/green spots. It is very similar to the Beadlet anemone in shape and form but is larger. Strawberry anemones live in slightly deeper waters and can grow up to 10cm in diameter. Below is a picture of a strawberry anemone.



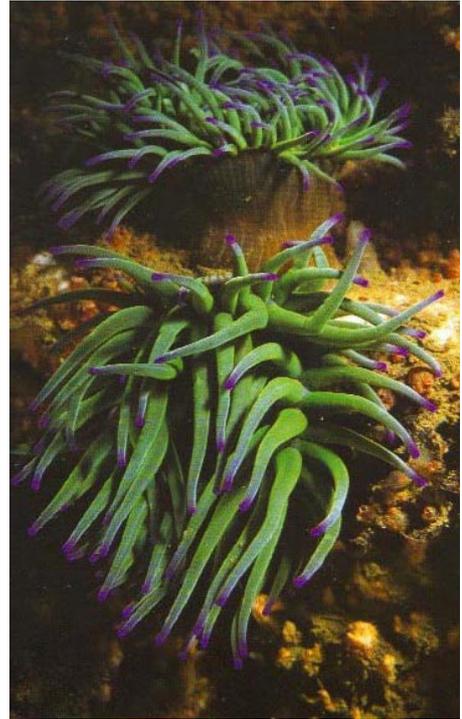
Gem Anemone

This is a small pretty anemone, found in lower shore rock pool and shallow waters. It can be found mainly on the western and south western coasts of Britain. They are usually pink and grey with green markings around the mouth, see picture below. Gem anemones possess relatively few tentacles, around 50; these are translucent with lovely opaque spots. Around the edge of the disc are "gems" giving rise to its name. These "gems" are more noticeable when the anemone is closed and are arranged in rows, white and black in colour, on the column. They can grow up to 5cm diameter.



Snakelocks Anemone

This anemone likes brightly lit shallow waters in areas of high seaweed content. They attach themselves to rocks and large seaweeds, for example kelp fronds (a very good place to explore for various anemones!) With over 200 long wavy and sticky tentacles they are very distinctive. The tentacles are a rich green colour with purple tips; see picture below; and can't be retracted into the column. When in deeper waters the tentacles dull and become a grey colour. Snakelocks can be found on most of the British coast, but are absent from most of the east coast. Including the tentacles they can grow to up to 20cm in diameter.



Dahlia Anemone

This anemone has a robust form; the column is short and covered in warts with stout tentacles. Dahlias are powerful predators catching prey like prawns and large fish! Their colouring is greatly varied with attractive banding tentacles and radiating patterns makes it a very unique species. When fully retracted they are not easily seen due to gravel and shells sticking to the column. They live both on their own and in large colonies often in shallow rocky gullies. They can grow to 20cm across. Below are some pictures of the various colours of Dahlia.



Plumose Anemone

These are common anemones found in fairly large numbers over the seabed and wreckage at many dive sites around the UK, particularly area of strong water current. With a tall smooth column and very fine slender tentacles they sway gently in the current creating a lovely sight. There are numerous tentacles giving a feathery appearance. They contract right down to the seabed to create a light mound. They can be white, orange, green or brown in colour, the tentacles are often the same colour. They feed on small planktonic crustaceans and much smaller prey; they grow up to 30cm tall.



Sagartia elegans

There are several different colour varieties of this species causing confusion as to species ID! They have patterned disc and tentacles; there are 5 different colour forms in all. The column is normally a dull orange colour with white warts covering it. They are a small species growing up to only 5cm across.

See the picture showing the different colour variations.



Daisy Anemone

These beautiful anemones are often found in large carpets living on stony seabeds but occasionally can be found on their own. The Daisy anemone has long slender columns which burrow in the mud, or hidden in crevices if living on rocks, leaving just the large disc and lots of short tentacles on show. They vary in colour from a uniform brown or patterned in different colours, the tentacles are either striped or mottled, see picture above. Around the mouth there is usually a splash of colour. These anemones are fairly small, generally below 5 and 10cm in diameter.



Jewel Anemone

This is one of the smallest anemones growing only up to 2.5cm across! They form amazing, colourful mats of beauty. One of the best underwater views of biology! There are pinks, yellows, reds, oranges, purples, greens, browns and so on in the bright shades, see the pictures for these amazing colours!. Jewel anemones prefer good water movement and can be found in the south west coast of Britain in impressive locations, but are generally absent from the east coast. They have over 100 tentacles which are translucent with distinctive white or brightly coloured rounded tips.



Reference

Great British Marine Animals, 2nd edition, Paul Naylor.
Seashore of Britain and Europe, Collins pocket guide, Peter Hayward, Tony Nelson-Smith and Chris Shields.

Pathfinder

Hi all.

Don't forget the nominations for the Pathfinder competition.

Just as a reminder: - There are no Rules.

Put simply if you have been impressed by someone's navigation on a dive (for whatever reason) then nominate him or her for this award.

Consideration will be given to the grade of diver, so an Ocean Diver finding the APC at first attempt could well win over a 1st Class Diver doing something much more difficult.

Treasurer's Bit

Hi all (again).

Email Circulation list.

It's recently been made easier to get onto - or to change your registered e-mail address.

To join the club e-mail circulation list, send an email from the required email address to:

lutterworthsac-subscribe@yahoogroups.com

Basic checks will then be carried out (e.g. are you a member of Lutterworth SAC)



To leave the list or dump an obsolete email address, send an email from the relevant email address to:

lutterworthsac-unsubscribe@yahoogroups.com

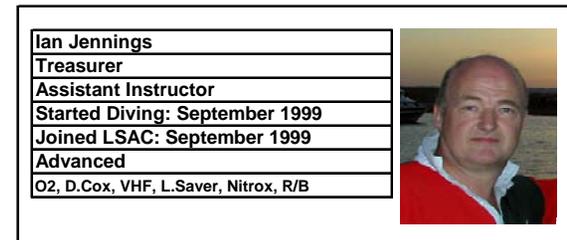
The email address will be removed immediately.

Some of you may have recently had the pleasure (?) of my taking your picture. Well the reason for it is: The new members may not know what existing members look like and vice versa. Imagine the problem: Joe Bloggs is instructing Ann Other in the pool - but neither knows what the other looks like... however if there were photographs...

I hope to produce something like this for ALL members

If you don't like

the photo I take of you - you could always supply one for yourself!



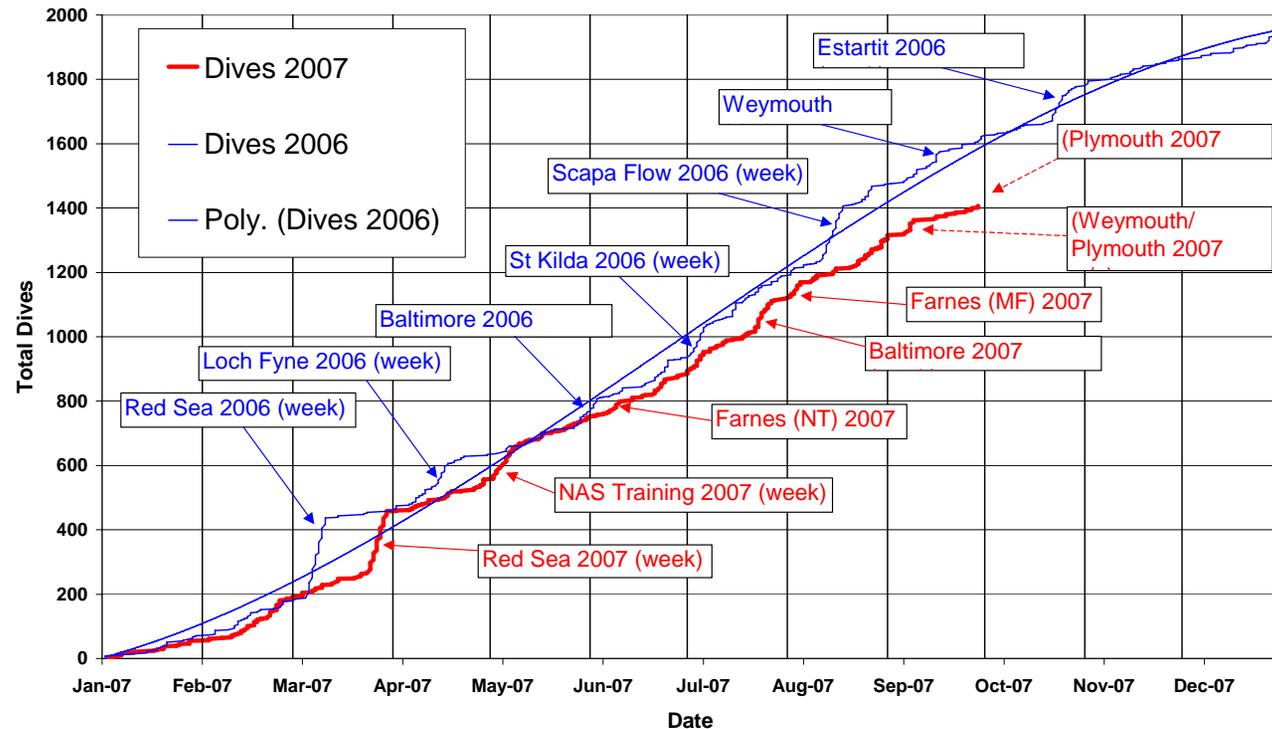
Finally, with the season coming to an end I'm going to be checking that the accounts for all the trips are closed out - if you owe something from a trip, please pay me before I have to chase you!

Ian Jennings - October 2007

Members Dives 2007 - To The End of September

Hi all.

With only the chillier diving to look forward to, the diving statistics are slowing up, but that doesn't mean that the 'non-competition' (Hours underwater) is cooling down! There are three divers within a couple of hours of each other at the top of the chart (and one has been on a trip from which I haven't yet seen the Dive Manager's sheets!) There is also a fourth (a Thursday club regular) who isn't that far behind as well.



I've mentioned in previous reports how we are lower than last years totals and this is still the same situation. (See chart) - hopefully we will see at least 1500 dives on the chart by the end of the year.

The main statistics chart is given overleaf and the is as up to date as possible - please make sure that your dives are written up and given to Nigel as soon as possible

Ian Jennings
October 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
Jennings Ian	96	3710	61.8	541	84005	95	69	16	11	14	16	1	65	9	21	17	37.4	21.6	2	88	39	15	4	9	41	6	21	
Calver Neil	84	3607	60.1	277	81714	78	52	14	18	20	15		49	8	9	6	42.8	21.4	8	69	43	21	4	6	23	6	22	2
Duinker Fran	96	3583	59.7	1133	84243	63	60	9	27	19	14	1	62	13	42	38	76.0	19.7	6	101	37	23	6	15	24	12	13	1
Barnard Peter	81	3291	54.9	485	76275	72	43	17	21	19	20	1	41	3	16	16	42.8	21.9	2	75	41	13	7	5	26	11	18	1
Spickett Nigel	74	2876	47.9	1009	74338	70	43	8	23	25	7		42	4	35	35	49.6	25.0	8	75	39	2	7	2	32	7	22	2
Holmes Roger	52	2610	43.5	406	60552	49	36	3	13	23	6		23	4	11	11	37.2	21.7	4	83	50	8	6	7	13	3	15	
Parker Kevin	46	2487	41.5	33	61331	32	21	9	16	22	10	14	6	2	2	2	38.0	23.6	7	78	54	3	6	5	11	7	14	
Rose Gary	44	2460	41.0	122	60853	35	26		18	14	12	18	10	5	3	3	38.0	22.9	28	87	56	6	4	2	13	7	12	
Appleton Steve	50	2213	36.9	76	65784	22	22	2	26	15	9	26	9	6	3	3	76.1	24.4	15	101	44	12	1	2	8	10	13	2
Flatt Mike	41	2133	35.6	103	52320	38	16	9	16	17	11	13	4	5	4	4	37.3	21.6	2	83	52	11	2	3	6	6	13	
Sykes Richard	36	1733	28.9	72	38001	34	15	3	18	10	9	17	3	4	2	2	35.5	20.7	20	70	48	7	4	2	11	6	6	
Johnson Bill	47	1614	26.9		35936	44	28	19		6	11	2	28		18		39.2	22.3	15	50	34	2	1	5	32	2	5	
Hassell Steven	38	1548	25.8		27203	8	17	5	16	2	3	33			1	1	28.0	17.2	20	65	41	5	2	15	15	2	1	
Hall Kath	33	1450	24.2		27466	10	9	16	8	6	13	1	13	1	2		36.7	19.1	18	98	44	3	8	7	10	1	4	
Hall Richard	31	1377	23.0		25338	8	7	16	8	6	13	1	11	1			36.6	18.5	20	98	44	3	9	5	10		4	
Walford Barry	28	1227	20.5		21862	6	5	15	8	6	13	1	8	1			36.2	18.0	25	98	44	3	9	4	9		3	
Hill Michael	31	1191	19.9		22171	21	21		10	3	10	18			14		30.0	17.9	15	63	38	4	4	5	16	1	1	
Litchfield Phillip	27	1155	19.3		21789	25	21	6		2	6	19			4		35.0	18.9	20	88	43	6	1		17	2	1	
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
Urch Vicki	32	1116	18.6		17984	32	28	4		1	3	28	4	16			31.0	15.5	15	62	35	11	2	6	11	1	1	
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
Jacques David	20	848	14.1		12324	20	20					20			12		21.7	15.3	28	69	42	8			2	10		
Hill Lawrence	20	809	13.5		15608	11	11		9		9	11			10		26.0	17.9	15	63	40	3	2	4	10	1		
Wilson Dave	23	783	13.1		17167	20	12	11		2	6	15	3	4			34.6	21.7	7	61	34	2	1	6	7	3	4	
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	
Turney Phil	19	712	11.9	118	15400	19	14	5		7		12		8	4		36.6	20.3	20	72	37	4	1	4	5		5	
Clarke Erica	15	667	11.1		6968	10	10		5	2	3	10	1	4			24.0	10.8	20	72	44	9	2		4			
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			
Hennessey Peter	18	569	9.5		9302	18	14	4		4		14	2	4			35.7	16.1	3	48	32	9	1		3	2	3	
Pearson Mary	18	507	8.5		9160	18	13	5	1	3	1	13	2	4			36.3	18.0	10	45	28	5	2	1	7		3	
Twigg Natalie	16	504	8.4		9702	14	8	8		5	4	7		4			32.6	17.8	1	47	32	4	3	1	5	2	1	
Benton Simon	17	495	8.3		10801	17	13	4		4	3	10		11			35.8	21.9	15	44	29	2	2		7	1	5	
Hunter Andy	19	483	8.1		9043	19	12	7	4	4	3	12		6			35.0	19.3	7	39	25	3		6	6	3	1	
Burke Sean	15	474	7.9		10864	15	4	11		4	7	4		4			35.0	22.7	20	42	32	2			7	4	2	
Callis Jeremy	11	403	6.7		7792	8	6	5		2	3	6					24.5	19.4	22	50	37		2	2	7			
Burke Jason	8	389	6.5		3734	3	3		5	2	3	3			1		22.0	11.6	27	72	49	3	3	1	1			
Castleford John	15	389	6.5		6025	15	11	4		2	2	11	3	5			33.0	16.0	18	38	26	6	1	1	5		2	
Duncan Clarke	16	374	6.2		7236	1	1		15	11		5	3	3			37.0	16.9	15	61	23	5		9	1	1		
Tomlin Neil	11	368	6.1	27	9315	11	5	6		3	3	5	1	1		1	36.3	22.7	17	75	33	1	1	2	4		3	
Drake John	11	361	6.0		5460	11	11				2	9		3			35.2	15.1	10	45	33	5		1	4		1	
Cooper Catherine	8	347	5.8		7195	8	8			1		7		2			21.8	20.8	36	53	43				1	7		
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			
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			
Day Jason	10	306	5.1		3382	10	10					10		10			21.0	11.4	18	44	31	5	2	1	2			
Green Richard	8	300	5.0		4022	6	4	4		2	4	2					21.0	12.9	22	53	38	4	1		3			
Stockdale Claire	6	298	5.0		7302		2		4	1	4	1	1				34.8	24.7	39	71	50			1	2	2	1	
Bill John	5	225	3.8		3646	2	2	3				5	2				25.2	17.5	30	61	45	1	1		2	1		
Brown Neil	4	219	3.7		5678				4		4						34.8	26.7	46	71	55			1		2	1	
Wileman Martin	4	210	3.5		3959	4	4					4					21.8	18.6	48	62	52	1		3				
Hall Rob	4	162	2.7		2534				4	1	3						22.0	15.7	38	43	40		2	1	1			
Beesley Steve	4	120	2.0		830	4		4			4				1		8.8	6.7	9	41	30	4						
Shaw Samantha	3	116	1.9		870	3		3			3				1		8.4	7.3	32	42	39	3						
Woodcock Peter	4	115	1.9		1215	4	4					4		4			21.0	9.8	20	35	29	3			1			
Brewis Jon	2	54	0.9		785	2		2			2						15.0	14.5	25	29	27		1	1				
Kennedy Liam	1	36	0.6		252	1	1					1		1			7.0	7.0	36	36	36	1						
TOTALS	1406	57040	950.7	4402	1229854	1120	789	270	347	323	298	9	776	100	345	142						264	131	161	476	126	234	10