

Free Flow

The magazine for LSAC

Dec 2004
Issue 83

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Cover Photo Courtesy of Anon



Editors Bit...

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There is a moral to this story, it could be: "I'm sure the brake pedal used to be on the right". Alternatively it could be something completely different

Any articles, news, gossip, jokes and the like should be sent to the Ed at

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The moral could also be “Nice and easy does it”: Alternatively it could be something completely different.

This was such a Luvlie picture I couldn’t resist this as this month page 3.

There is a bonus award for anyone who can identify the harbour. As a clue it’s in Southern Ireland.

Thanks to P. Biggs for images

Chairman's Report

It seems like I am never off this computer informing you lot, hope you appreciate how hard I am working for the club. Big news this month is that we have just successfully completed a very good diver Cox/boat handling assessment weekend on the 13th & 14th November. We have now six new Cox's and two new boat handlers, so WELL DONE to all of those, so it's going to be interesting next year to see the arguments on who is going to drive the boats. It really good news for the club, because the difficulties that arose for most trips was always centred around trying to persuade one of the clubs available Cox's to go. All the people that have passed over that weekend are active dive trip members so it will be a great benefit to everyone. I would like to think that we can organise another diver Cox weekend next year as I know we do have a number of boat handlers now in the wings and it is nice to see so much enthusiasm within the club. Oh by the way I was one of the magnificent eight and I would like to think we can all help other up and coming members in developing their boat handling skills.

I have to report though it was not all plain sailing over the weekend as it was a full time job within my capacity Chairman to control the instructors from our club. The riotous behaviour of the instructors left us all with mouths wide open, it became very obvious that Fran had become a man magnet. On the Saturday my lasting memory was of her sitting on the settee with two hunks, one each side and her emerging from what I can only describe as a rugby scrum. Pete Woodcock had his head stroked for most of the night by another male instructor from another club, taking inter club relations a little to far. Plus I have been very reliably informed that Neil Brown does a very good impersonation of Mr Bean when he is on the dance floor.

The Dive Planning evenings have started since my last report and they proved very useful, thank you to all involved. The Quiz night is soon to be upon us so hopefully it will be as great a success as always, so please make sure you have informed Pete and Helen. Plus get those photos in; don't worry if you're not the next David Bailey taking part is what it is all about and seeing some of the entries, be prepared for a laugh. Well that's all for now folks and I suppose this will be the last report before Christmas, so if it is Happy a wonderful Xmas and here is to good and safe diving for next year.

Chairman Jon

Diving Officer's Report

Hi all

The Diver Cox and Boat Handling Weekend went as planned and we now have 6 new Diver Cox and 2 new boat handlers. This will help us with next years trips although some of the Diver Cox's need to go through a bit more work and complete their VHF course before going onto the club approved list.

Now that the Dive Season has drawn to an end for 2004 we are already looking at the 2005 calendar with the first planning meeting taken place on the 23rd of November and there will be a further three sessions next year 18th; 25th January & 1st February.

For those of you that have nearly completed your current grade on the old training system need to move on and complete that grade or be at risk of having to swap over onto the new system. We will try and put some focus on this over the early part of 2005

The long awaited risk assessments have now been completed and are on the club website. These are mainly common sense and should really apply to all, but especially the instructors. There is an explanation and some notes on the first page and then attached risk assessments for the following areas.

http://www.netcomuk.co.uk/~lucyht/Lsac/downloads/risk_assesments.doc

Pool

Stoney Cove

Boat Diving

Shore Diving

A blank form for risk assessments to be created which are not currently covered.

Have a Merry Christmas

Neil Brown



**The moral could also be that the Ed found this so distressing it brought tears to his eyes:
Alternatively it could something completely different.**

Brotherly Love – Not

In October I went on holiday to Gozo to visit my brother Glen who is a diving instructor. While I was there I was allowed to go on a course where he was the instructor. He knew that I wanted to see a Barracuda and a Seahorse but not an Octopus because |I don't like them.

On our last dive of the course and after we had done all our skills, Glen signalled me to go over to him. He then lifted a rock and this octopus shot out, came straight for me and hit me on the mask before going off. My regulator nearly came out my mouth and I yelled. But all Glen and the other students did was laugh. They laughed so much their masks kept filling up. He said he didn't mean it to happen but I don't believe him. I hate my brother and he now has the bruises to prove it.

P.S. He took me to see lots of Barracuda and a Seahorse late so I'll let him off, but only if he lets me go on holiday to see him when he goes away teaching next time.

Danielle Clarke.



A Story of Sark

The smoke circled in clouds above the dealers head, but nobody present was interested in the background, all eyes were fixed on the cards. He held them close, everybody knew the black ace was in there but “nobody” wanted that card. The dealer drew breath prolonging the moment, “somebody has to choose”, nervous hands fumbled with drinks, who would be first? Gill slowly reached forwards looked the dealer in the eyes and pulled a card, not flinching she turned the card over “The Ace of Spades.” The others sighed, the deal was done. Now the only draw was for the best bathroom, Jane pulled the top room and the rest was history although, in the dark corners of the B&B that night there was talk of marked cards.

Weymouth, day one, those that were looking forward to a greasy breakfast in the B&B prior to heading South, were to be disappointed. We made do and crossed to the ferry with a large amount of cargo including a crate of Stella (which amused the check-in staff) This was later to prove invaluable after the hill each day.

The ferry crossing to Guernsey was good and we took advantage of the cheap booze of which we now had more than diving gear! We had time to kill so the girls went off looking for supplies for the week. Meanwhile the dive boat turned up and Bob and Steve immediately decided to christen the boat with some red wine and threw two bottles at it. The skipper looked less than impressed especially when the girls turned up with bags and bags of mixers for the booze. We set sail with Andy the skipper saying that we had arrived just in time to see the highlight of the Sark calendar “sheep racing.” We looked at each other, this could prove interesting!

It was a flat crossing with blue skies, we looked up at steep Sark cliffs as we approached and rounded the headland on route to the harbour. There was a tractor waiting to take all our bags to the cottage, so we set off to the sheep racing. We stopped for a quick beer on the way as the sun was out (we were on holiday). The event was held in the school field and it was a really posh affair. The local ladies had turned out in their best frocks and there was a competition



The excitement of sheep

later for the best hat. It was quite an organised event with jumps and flat racing and of course a betting office and beer tent. If you have the chance to attend this event there is no form, just choose a sheep you like, better still, choose the rabbit or teddy bear jockey. It was all in a good cause and nobody lost a fortune.



Bikes hold up rush hour traffic

After this we went and collected our transport for the week, pushbikes (there are no motor vehicles on Sark apart from tractors). A few worried looks by those that were a long while out of the saddle and we then choose our trusted stead's for the week. Janet was very content with hers as it had 3 wheels and a box on the back for tinnies. After a few wrong turns we eventually found our lovely thatched cottage complete with resident geese, two dogs and (as we found out at early hours of the morning) a peacock..

Once provisions had been stashed it was back to the hand of cards again for bedroom choice, Jane won again (Note: take a fresh pack of unmarked cards next time!). After the travelling, nobody could be bothered to cook so it was round to a local restaurant for evening nosh.

The Island of Sark is small, only 3 miles long and one and a half wide and is made up of Sark and Little Sark joined by La Coupee (this is a strip of land with sheer drops on both sides and not for vertigo sufferers). On the main island there is a bank and a row of shops called The Avenue, a couple of pubs and plenty of restaurants and tea rooms. It is wise to book at the restaurants for large parties as the menu choice is often dependant on when the last cargo boat came in.

Sunday started with a shortage of milk. Mick & Jane cycled off to try and find some and came back to say we were too early as the cow had not been milked yet! We were all keen to go diving (well it was the first day). Andy (skipper) came in and said there was no rush and to be at the jetty for 11:00. So we had chance for a second breakfast and by now the cow had got up too. The second shot of Island life arrived when we realised there was no key for any of the doors. Although strangely enough, the bikes had to be locked else they would have been used by islanders and left in other parts of the island. This proved to be interesting as all the keys looked the same but did not unlock every bike.



The ride down to the harbour is flat but bumpy from the cottage to the shops but this is easy enough with the odds and sods of diving gear either in baskets or hanging from handlebars as the main gear was left on the boat. The bikes are usually left at the top of the hill and then you walk down the steep track. We kitted up in the harbour, one of us found a vital bit of kit had been left behind (money would need to change hands before I could reveal more), so a tractor was dispatched and we chilled out on the boat. When the suit finally arrived we set out.

The dive site was not far away and it was an easy dive to start with, the second was due to be more adventurous and was to be a fast drift with us racing the boat. We had missed the tide so it turned out to be a slow drift with some interesting currents on the way up. As we never reached the area we were supposed to, it turned out to be a bit of a kelp dive (kelp grows down to 18 meters here). We were back at Sark with loads of time left in the day but we now found the good news/bad news part of Sark life. The bad news is that there is a monster of a hill to climb once you are back on dry land; the good news is there is a pub at the top of it!!

Monday brought a very overcast day and a wreck dive just off of Herm for those of you who have dived the Carnatic it reminded me a little of that (on a small scale with no sun) with a section of the stern that was open with just ribs and plates. It was an easy wreck to dive and once again we had really good viz. The afternoon was spent on Herm which has a fantastic golden shell beach and we took the chance to have a quick walk round. It was very different to Sark's rugged cliffs and seemed very tropical.



Robin points out the tranquil beach



Party Night

Tuesday was a great dive on a German supply ship, once we had learned how to throw the shot in! This was sunk in WW2 that was full of goods including cement which had hardened and kept the wreck fairly intact. This immediately jumped into my top ten of world wrecks, it was upright, fairly intact and full of life. Shoals of fish swam in the holds plus a few congers.

The afternoon was another drift which seemed to be not quite fast enough but then threw you around on the way up. On the way home we stopped at the pub (no change there) and enjoyed a few beers in the sun. Bob and I nearly overstayed but judged we had got the timing bang on when the dinner was just being put on the plates as we walked through the door of the cottage.

Wednesday was Bob's 21st birthday so a few of us took the day off diving to cycle around the island (even though it was in fog). However really keen ones amongst us did two scenic dives to the south of the island. It brightened up in the afternoon in time for birthday celebrations at a local restaurant (sorry about the mess) which was only just around the corner. It was pitch black when we came out and we had not bothered to take torches (too used to street lights). It was back to the house for night caps and balloon games. I'm not sure if Bob's poodle still exists but it was a valiant attempt and I am sure he is now available for children's parties, although some of the ruder attempts may need to be curtailed.

Jersey was the destination on Thursday for another WW2 wreck and a quick look around the shops. The trip across was something else, very rough and wet and I think we were all thinking why are we doing this? The dive was very good, excellent viz and shoals of fish, we maximised the bottom time and came up the shot hanging out like flags in the current. This was definitely one for slack as you are also very near to where the Condor sea cat ferry come in. We were a little late coming up and got to see the ferry close up!

One of the best scenic dives was held back for Friday morning and it was very pretty, lots of jewel anemones in blankets of colour some that seemed to have their own luminescence, big boulders and a slopping reef to about 7m perfect for a nice profile.

Due to the timing of the ferry, Saturday was given over to touring the island Fortunately it was bright so we spent some time on the beach and cycled off to the four corners of the island. Most of the crew did their own thing with a 4.30pm deadline to return the bikes, it gave plenty of opportunity to seek out the spots that had been missed earlier in the week... Some last minute presents and a quick tidy up of the cottage saw us heading for the boat for our last trip to Guernsey which was made in sunshine. The bad news at the ferry terminal was a delay on the sailing back to Weymouth which meant we would not be back on the mainland till midnight facing a long drive back home. I am not sure how Robin managed to keep his eyes open but some how we ended up back at home just in time for dawn break.

It was a great trip and I can recommend it, the dive operation is very good and Andy knows the dive sites well. The cottage had plenty of space for a party of people. The boat is also very roomy on deck but the ladder is a bit awkward, there are plans to change this so next time it may be easier. With the number of wrecks around the islands there must be a dive for everybody. It should certainly be on the list for future LSAC trips. Well done to Mick and Jane for sorting this one out, thanks from all the crew that went. Steve, Gill, Janet, Robin, Bob and Anne.

Steve Grimes



**The moral could also be “Well Olly, that’s another fine mess you gotten us into”:
Alternatively it could something completely different.**

SIX GO TUBING !!

Six female from LSAC were allowed out one Saturday night to celebrate (allegedly) one of it's members birthday.

Recipe was as follows -

Ingredients - Fran (the plank) Duinker, Claire (anything for a laugh) Stockdale, Erica (scaredypants) Clarke, Annmarie (the big dipper) Barnard, Danny (too young to know better) Clarke and Mary (old enough to know better) Pearson.

Method - stir ingredients vigorously with some snow, rubber tyres and push repeatedly down vertical slope allowing some maniacal waving and screaming.

Cook with Indian spices, rice and poppadoms; plenty of liquid refreshment and let the ingredients marinade for an hour or two.

Finished result - 6 (well 4, actually as 2 were sober responsible citizens !!!!!""???) Inebriated very happy LSAC females.

Would they do it again - you bet they would !!!!

Next recipe will be a toboggan challenge with the male of the species - " a recipe for disaster?"

Watch this space

{Ed's note:- Sorry about lack of pictures, scanner was/is broken. Will repeat this recipe next month with appropriate images, although maybe Page 3!}



The moral could also be “Always ensure that your equipment is fit for the purpose” alternatively “I told you size does matter”: Alternatively it could something completely different, suggestions to the Ed. There should be an annual award, presented at the annual dinner, for the best caption of the year.

Tuesday Night Schedule:- Be There or Be Square ☺

DATE	INTRO/OCEAN DIVER	SPORTS DIVER	DIVE LEADER	SKILL DEVELOPMENT	INTEREST EVENINGS	POOL TRAINING
31-Dec-03	NO CLUB - HAPPY NEW YEAR					
13-Apr-04	NO CLUB - EASTER					
20-Apr-04	OT1 / INTRO - Neil Tomlin	ST5 - Jon Brewis		Boat Handling Course Lecture	St.Kilda Video	Intro Course
27-Apr-04	OT2 - Martyn O'Driscoll	ST6 - Neil Brown	DT1 - Nigel Spickett			OCEAN DIVER
04-May-04	NO CLUB - MAY BANK HOLIDAY					
11-May-04	OT3 - Phil Turney	Catch up week	DT1 - Nigel Spickett		Dive planning evening	OCEAN DIVER
18-May-04	OT4 - Phil Turney	Catch up week	DT2 - Steve Ward			OCEAN DIVER
25-May-04	OT5-Steve Ward	REVISION - Neil Tomlin	DT2 - Steve Ward		Lundy Breifing	OCEAN DIVER
01-Jun-04	NO CLUB - WHITSUN BANK HOLIDAY					
08-Jun-04	OT6 - Richard Green + Neil B.	Exam Neil Brown	DT3 - Pete Woodcock			OCEAN DIVER
15-Jun-04	OT7 - Richard Green	ST2 - Neil Brown	DT3 - Pete Woodcock			OCEAN DIVER
22-Jun-04	Catch up week	ST3 - Richard Green	DT4 - Neil Brown		Dive planning evening	OCEAN DIVER
29-Jun-04	REVISION - Neil Tomlin	ST4 - Fran Duinker	DT4 - Neil Brown		Red Sea Diving-Alex Bullard	OCEAN DIVER
06-Jul-04	EXAM - Neil Tomlin	AIM	AIM		Talk on Towing AIM	OCEAN DIVER
13-Jul-04	Exam review - Ian Jennings	ST5 - Neil Brown	DT5 - Jon Brewis		Instructor review	OCEAN DIVER
20-Jul-04	EXAM - Neil Tomlin	ST6 - Richard Green				OCEAN DIVER
27-Jul-04	Drysuit Intro - Nigel Spickett	Catch up week	DT6 - Steve Westwood		Dive planning evening	OCEAN DIVER
03-Aug-04	Drysuit Introduction - Neil Tomlin	REVISION - Neil Brown			St. Kilda Breifing	OCEAN DIVER
10-Aug-04		EXAM - Neil Brown	DT7 - Neil Tomlin			
17-Aug-04		Exam	DT7 - Neil Tomlin			
24-Aug-04			DT8 - Neil B. Pete Woodcock			
31-Aug-04	NO CLUB - AUGUST BANK HOLIDAY					
07-Sep-04		ST1- Phil Turney	DT8 - Fran Duinker			
14-Sep-04		ST2 - Steve Ward	DT9 - Alex Bullard	Advanced Diver exam		
21-Sep-04		ST3 - Pete Woodcock	DT9 - Alex Bullard		Instructor review	TRY DIVE
28-Sep-04	AGM					
05-Oct-04	OT1 / INTRO - Neil Brown	ST4 - Richard Green	DT10 - Phil Turney			Intro Course
12-Oct-04	OT2 - Ian Jennings	ST5 - Alex Bullard	DT10 - Phil Turney			OCEAN DIVER
19-Oct-04	OT3 - Bob Mulholland	ST6 - Fran Duinker	DT11 - Martyn O'Driscoll		Astral Navigation-Steve Westwood	OCEAN DIVER
26-Oct-04	OT4 - Janet Roelandts	Catch up week	DT11 - Martyn O'Driscoll			OCEAN DIVER
02-Nov-04	OT5-Mark Scott Simons	Catch up week	DT12 - Neil Brown			OCEAN DIVER
09-Nov-04	OT6 - Robin Sherratt	REVISION - Neil Tomlin	DT12 - Neil Brown		Instructor review	OCEAN DIVER
16-Nov-04	OT7 - Nigel Spickett	EXAM - Neil Tomlin	Catch up week			OCEAN DIVER
23-Nov-04	Catch up week		REVISION - Neil Tomlin			OCEAN DIVER
30-Nov-04	REVISION - Neil Tomlin		EXAM - Neil Tomlin			OCEAN DIVER
07-Dec-04	EXAM - Neil Tomlin					
14-Dec-04	Quiz and Social Night					
21-Dec-04	Christmas No Meeting					
28-Dec-04	New Year No Meeting					
	INTRO/OCEAN DIVER	SPORTS DIVER	DIVE LEADER	SKILL DEVELOPMENT	INTEREST EVENINGS	POOL TRAINING