

Free Flow

The magazine for LSAC

Feb 2005
Issue 85

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E-Mail to Bob

Lake Weekend

Cover Photo Courtesy of Ian Jennings

Editors Bit...

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I must start this magazine by insisting that nobody takes the DO out of our Mickey.

We have a wet theme this month with lots of pictures of water. Talking of being wet, several months ago there was a "Girls" section with promises of "Watch this space". Surprisingly the Girls haven't come up with anything so have started one myself.

I think its time to change the magazine lay out so let me know what you like and don't like.

Regards Ed

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

pete.barnard@power.alstom.com

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Free Flow
Feb 2005



Don't you just hate it when your first into work the river bursts its banks and everyone else gets to stay home because the roads are closed.

In Lieu of Chairman's Report

Plonker of the year award 2005-01-14

For those of you who were not at the annual club dinner dance, here follows a rough transcript of the speech that went with the above award.

There is just one last award to present and that is the 'Volnay Award'. Now for those of you don't know about this award it otherwise known as 'Plonker of the year award', which I think speaks for its self. The previous winner gets the delight of awarding it to the person who has made the worst 'gaff' during the year! Now I think you would all agree with me that it a very nice award and a lot of divers would be delighted to have it sat on their mantle piece had it have been won under different circumstances.

Well last year it was my pleasure to give this award to Phil Turney after a slight mishap between him self and his partner in crime Mary Pearson. The incident being that for those people with two zips on their dry suit and Phil Turney is one, only the outer zip was done up, now the outer zip is there to protect the waterproof zip! This resulted in as very wet Phil Turney. Unfortunately Phil can't be here tonight and I would have passed the buck to Mary to award it this time around, but some how it landed with me again. Anyway Phil didn't seem to have much of an idea as to who it should go to so I have heard and witnessed a few gaffs throughout the year.

So shall we start with Dave Wilson Scotland Easter, after getting back up to the surface and back on the boat, Dave and Mary pop up Dave muttering something about his real jamming. So having hauled them out and retrieved the SMB and reel I could see something odd with it, it just didn't look quiet right. Closer examination reveals that instead of the delayed SMB being attached to the end of the line it was is in fact attached securely to the reel itself.

We move on to Steve Appleton, down at the cove carrying out his 35meter depth experience dive, with the plan to drop down the shot line onto the hydro box. Now all I can say is that Steve said his suit felt quiet tight on the descent which was reasonably quick. It was only on Tuesday night back at the club that I realised how tight, his upper body was black and blue. Now he said he had been watching me put air in my dry suit so as to copy. All I can say he can't have been looking that closely because I kept jabbing air in on the descent!

Now we turn to our X chairman Nigel Spickett, who whilst launching the boat at Watermouth, to go over to Lundy, managed to leave the keys in the hitch of the trailer. Needless to say they weren't there on parking the trailer back up. Luckily some careful retracing of steps found the keys.

On a completely separate occasion at St Kilda Nigel tried to stand up with his kit on his back but couldn't. The reason behind this was that he was trying to take the boat with him, as his cylinder was still tied on. Not once but 8 out of the 10 dives he did.

Well there is still one final gaff to tell you about, and for now we will call the partner in crime Mr X. Mr X and Tom Williams went for a dive on a cold winters day to 'Stoney Cove'.(21st Feb). Now Mr X being the caring instructor insisted on putting Toms car keys into the outer pocket of his dry suit saying that he had never lost any keys from there before. Now I think you can see what is coming, Mr X on return from the dive was looking some what confused as the key was no longer there. Now just to compound things Mr X who has an electronic key fob on his keys had carefully put them in the back of Toms car. So you can picture them both stood out in the cold weighting for Tom's mum to bring down the spare car key! Lucky they had one!

So it is now time to reveals Mr X, so would Jon Brewis would you come forward and accept this award.

Now if the content or the records of the above aren't entirely correct you do have the right to reply through Free-flow but my say is still final.

Neil Brown

Chairman Jon

Diving Officer's Report

Hello all

Well 2005 is shaping up to be a busy year and the club has already seen a trip run down to Plymouth. Although it was a bit chilly the water temperature was tepid 10 degrees with good visibility and flat calm sea's. Hopefully this is a good omen for this years diving.

The dive calendar is already looking busy, if you wish to run further trips then please speak up, the calendar is on the club web site along with the boat usage form so you should be able to see when boats are available if required. The only weekend which trips are being stopped is on the weekend of the 24 hour sponsored snorkelling weekend 3rd and 4th of September, so book the dates in your diary.

This Plymouth trip has been useful to give the boats a 'shake down' before the season, a lot of work has already been invested into the boats and my thanks go to Nigel, Mike and Martin for making this happen. For those of you remembering 'Skinny Dip' as being smokey last year and cutting out, this has been resolved on the service and is a completely different boat to be on. As always there is room for improvement on the boats and I am sure bits and pieces will need doing through out the year as they will be well used. If you can spare some time to help out then speak to Nigel to see if there is anything you can help with.

With regards to the pool it would seem that SERCO are fairly happy with our conduct and the way in which we manage the use of the pool and the training. Having met with Andrew Hardman (wet side manager) a couple of Tuesdays ago he did mention about the black marks that the cylinder boots are leaving on the side of the pool. The problem is that they take some cleaning off. So can I ask you all to be careful. Andrew is attempting to obtain some more matting, which may be used to lay cylinders on and for kiting up aqualungs.

The club web site has seen a number of reviews and updates over the past few months and my thanks go to Jon Reeves who assists me on regular basis to do bits and pieces. Hopefully we will see Jon back diving this year with us. Remember the web site is a tool for club members as much as it for new potential members to find us. You will find a lot of information on there, from manuals for the boats, useful links and the calendars so you can see what is happening on a Tuesday night. These are a few things that can be found.

Just in case you cant remember the address here it is

<http://www.lzac.co.uk>

Neil Brown

E-Mail to Bob Mulholland (left unedited)

Dear Bob

Heart warming mails I have been receiving from all over the world.

I am now connected to the Internet, so feels close to all our friends.

The Tsunami was some experience!

As water swirled around me I was muttering to my self

"Oh! God! What's happening to us".

Fortunately I was not swept away like some others,

I just managed to float with the rising water at the same spot and first grabbed a creeper, then the branch of the wood apple tree in front.

The Blue flowered Thumbergia creeper forms a canopy over all the trees in the clump.

I realized that I may get strangled in the mesh like creeper.

I also remebered that I had my mobile phone upstairs.

I thought I must contact someone who could help us.

Just then a piece of drift wood came floating by and I grabbed it.

I steered it towards my house and managed to get in thru the front Logio.

By this time I had lost the sarong I was wearing and only the long tee shirt provided some cover.

I went upstairs got into a pair of shorts and grabbed a sarong and put it over my shoulder.

Next I phoned my Sisiter in Law Grace in Panadura and blurted out nonsensical things

like "we are all finished, please help us".

She did not know anything about the Tsunami but did convey a message to my Brother in Law who's a top Military man.

Then I looked for my guest who were all bunched up on the balcony of Suite#2 and watching the sea water swirling below with all kinda flotasm, fridges, vans, chairs, beach beds, people.

Alicia who had been in the bathroom had only a little towel to cover herself so I gave her my sarong.

I heard our Cook, Roslyn [Achie] weeping and beseeching the gods to help us all.

I went behind thru a broken wall and managed to get her also upstairs. Our dog "Chewy" was also up on the roof at the back barking but was afraid to come near me as I was still standing in water up to my shoulder.

I leaned a broken roofing sheet so he can climb down.

Once when the water had subsided I asked all my guest to get away to a higher elevation.

To the temple or to the "Rock House"

I found Mark weeping near the site of our bungalow for his family.

I tried to comfort him in vain, then I found my van has been swept away too, it was some 50 meters away resting on its side.

As I waded to wards it I found Amanada and her kids who were in the bungalow on the staircase of "Village Inn" behind my house.

I did not find any one in the apartment so I was not sure what happened to The McVay family who were there.

I could not find the room boy Nihal either and thought the worst about them.

I then surveyed the surroundings in the village, saw Premaratne bringing his dead mother.

People said a tourist, guest at "Primrose" was trapped in the canal near our entrance.

After a while I walked to the main road through the shambles of Unawatuna or what was left of it.

My wife was in The Duwa Aranya meditation center it being the Poya day

I walked up to the main road and found bunch of excited people but no vehicle.

Just the Upali of "Sunny Beach" came on the pillion of a motor cycle and asked me how I could help,

so I told him I need to get to Koggala to see about my wife.

He got off and asked his friend to take me there.

I found her safe and we walked back to Habaraduwa and it was hours before we go a "Tuk-tuk" to bring us to Yaddehimulla junction.

People warned us about getting to our home as a fresh wave had just lashed Unawatuna.

Nevertheless we walked jumping over rubble, fallen trees, wading in knee high water.
Hilda and I looked over our destroyed home, garden, van and collected what valuables we could and went looking for a safe place to stay. Padma nad Anil from "Rock House" invited us to stay with them and offered us a big room.
Imaly was already on the way from Colombo and it was quite late when they atlast got here detouring by interior roads.
But it was a relief to have the family back together to face life again.
We are slowly getting back on our feet again and are overwhelmed by the kindness and concern show by everyone we know.
We have not lost everything, we still have our friends standing by us.
We are now occupying the Apartment you built.
Two of our suites are occupied by some volunteers.

I have got our kitchen and pantry patched up temporarily.
I had a Draughtman drawing up the ground and upstairs floor plans on which the Architect & Engineers will work out a new plan.
I do hope it will be in the range that we can afford.
We would like to upgrade some of our rooms so we can hope for a better income.
I have also lost the bungalow as it just collapsed in a heap.
Luckily the family in it were not hurt badly, only the mother had a bad leg.
We still have to clear the old dutch canal before the rains come.
The Government insist on a 100 meter zone clear of buildings.
Its good I hope Unawatuna beach can go back to its glory days.

Hilda is not well, we sent her off to her place in Panadura near Colombo to take some rest and get better.
She's down mentally too, cannot cope with the Tsunami.
we would be very happy if you can help us a bit finacially.
Perhaps you would like to come back to Unawatuna again some day.
asoka

“Girls Corner” – No Comments about Lady Drivers Please





Charity SwimFest
Lutterworth's Festival of Swimming

Mr. Ian Jennings
Lutterworth Sub Aqua Club
14 Stewart Avenue
Enderby
Leicester
LE19 4LN

1st February 2005

Dear Ian,

SwimFest 2004

Thank you for your cheque for £240—this is very much appreciated.

From our perspective, we feel that last November's SwimFest was a resounding success and I have pleasure in enclosing a NEWSletter that draws the event to a conclusion. This would not have taken place without the support of your team; it is heartening to see from the returned forms the amount of effort put in to raise the sponsorship monies. Please thank your colleagues on my behalf.

We have already booked Lutterworth Sports Centre for SwimFest 2005 that will take place on Saturday 12th November when I hope that your team will take part. Now it has been proved that SwimFest is relatively painless and good fun, perhaps you can persuade friends to raise a team from their workplace or community group. Details appear on our website www.wycliffe-rotary.org.uk, and later in the year when arrangements have been finalised we will add to the information.

Yours sincerely,

Tony Bailey
34 Woodica Avenue
Lutterworth
LE17 4TU

SwimFest is organised by
THE ROTARY CLUB OF LUTTERWORTH WYCLIFFE
The Club's Trust Fund is a Registered Charity No. 1004749

CONTACTS

TONY BAILEY
01455-550842

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E-mail: swimfest@ukonline.co.uk
Web: www.wycliffe-rotary.org.uk

EVENT SPONSORS

Chequers Country Inn

HSBC Bank

Lutterworth Town Council

Serco

We have received a letter from The Rotary Club of Lutterworth Wycliffe thanking us for our contribution to their recent 'SwimFest'.

We donated a total of £240 thanks to our team of swimmers:

Nigel Spickett,
Erica Clarke,
Alan and Stephanie Wrigley

(the team should have been 6 swimmers.... but this was all we could muster!).

Well done the four of you, and Nigel for organising.

LAKE WEEKEND

Friday Night

Bob and myself arrived at the Youth Hostel and checked in with a receptionist who appeared to have had a personality bypass. I put my rucksack over one shoulder, which placed it at the perfect angle to remove the pictures from the stairs wall, not the best start! We wanted to bag the best bunks only to find that there were no best, so Bob, me and a crate of beer picked the bunks next to the window. Later we were introduced to our ice axes and crampons, things were starting to look a bit serious now. We were also introduced to the rest of our bunk buddies each one saying “so you’re the guys with the crate of beer next to your bed”.

Saturday



In Search of Snow White

After a fine breakfast of porridge and full English we set off for the mountains and were introduced to the rest of the group, Paul and Mike. Mike was dressed in what looked like ex-army mountain gear and kited out for a full on assault on Iraq. Having found a safe place to put the crampons on that did not risk life and limb and stowed away the ice axe, we went straight into some serious walking with Mike taking the lead and heading in the general direction of Basra at a fair pace, I assume to join his mates in the SAS.

I said to Bob “It’s like climbing the Eiger” he said “what do you want to climb the Aga for?” After a brief rest we moved over to a snow and ice covered hill side and the instructors demonstrated how to walk across, up and down using the side of the boot, reasonably simple except that, whilst looking at your boots, you keep bumping into each other. The next stage was using the ice axe which is held in the uphill hand and used for digging small ledges to step into, so we proceeded to do this more or less in line looking like a team of demented dwarves in search of Snow White.

The afternoon was crampon time. We moved to an area with more snow and ice and much steeper (you could smell the fear). The instructors demonstrated the ice axe arrest technique which involves laying on your back, ice axe into the shoulder, sliding down the slope, turn onto your front, dig the axe in and stop (easy). Again Bob (Dwarven king) was outstanding, hurtling down the slope on his back, legs in the air, ice axe at ready, I noted that Steve Ward suppressed a scream, I personally had no such inhibitions.

Janet and Ann Marie seemed to have no fear, maybe because, at this point, Ann Marie's eyeballs had frozen over. "Right" the instructor said "On your backs, upside down with your buddy holding your feet, when you are ready your buddy will give you a friendly push to send you on your way". This caused a small problem between Janet and Robin, the latter launching Janet down the slope like an Exocet missile.

The look in Ann Marie's eyes indicated that, if I was to do the same, I might be carrying her ice axe in a rather embarrassing place for the rest of the weekend. It was around 16.00, temperature was -12 deg C even Steve, who was dressed for a North Pole trek, was cold. Mr SAS looked ready to strip down and roll in the snow.

The trek down the hill was tricky in the dark. I came down with Janet who gave me the odd stab in the calf with a ski pole to keep me moving. Back at the YHA and trying to ignore the white squares on the wall, which used to hold pictures, we had a nice hot shower, change of clothes and a very good meal.

The plan for the evening was a lecture on different types of snow (apparently around sixteen) and avalanche avoidance all very interesting, to the point that certain members of the group decided to discuss and debate this subject in private and pick up snow formation ideas from the locals. The said members agreed that the best place was a pub in Keswick.



**Bob the Dwarven King
at Peace on his Throne**

Sunday - off to Blencathra

After more porridge we went outside to stare at the mountains and do a bit of faffing around. We were tempted to go down to the lake and stare at the water for a bit, but the instructors had other ideas and were very keen to get started, so into the cars and away. Mr. SAS got into the car with his rucksack on ready for any roadside attacks. From the car park we made our way up along a fairly gentle but long slope following a small stream. The weather was perfect, cold, clear and sunny as good as it gets. We arrived at a small pool (mountain tarn to us mountaineers) for a brief rest.

There are a few ways up to Blencathra, the most dramatic and the most daunting is via Sharp Edge, which is a very impressive ridge and a challenging climb culminating in another near vertical climb to the top. We sat next to the tarn looking up at Sharp Edge realising that this was between us and our goal. The thought of climbing the dreaded icy slopes produced a fair amount of blubbing and whimpering, sorry to say mainly from the divers.

The instructors, sensing a possible rebellion, started to whip up some enthusiasm by telling us that it was not as bad as it looked. Ann Marie said "If it's only 100th as bad as it looks, it's still bad" but the climb started. Unfortunately the instructors told us to stay on the windward side otherwise we may be blown off, this started the blubbing and whimpering again. Anyway the climb was not so bad and due praise to Steve who is not so good with heights and Janet who, with knee problems, made it to the top to see some magnificent views - fantastic. We then found ourselves at the top of an extremely steep, snow and ice covered slope, the wind was very strong and cold so rucksacks off, crampons on, ice axe in hand and the band of dwarves were ready to go over the top – WHAT!!

We each dug a small pit part way down the slope to stand in. The instructors then demonstrated how to dig a bucket seat, which is used when you need to lower somebody down the mountain, this requires total trust in your buddy, I had a bad feeling about this. The first stage is to mark two lines in the snow about hip width apart, to make a snug fit, 'Does my bum look big in this' Ann Marie marked two lines that you would have had trouble pushing a small child into.

We also had a chance to climb into a snow hole that you can hide away from storms and sleep in.

Many thanks to Steve for a fantastic weekend



Richard Green

Tuesday Night Schedule:- Be There or Be Square 😊

DATE	INTRO/OCEAN DIVER	SPORTS DIVER	DIVE LEADER	SKILL DEVELOPMENT	INTEREST EVENINGS	POOL TRAINING
04-Jan-05	NO CLUB - HAPPY NEW YEAR					
11-Jan-05	OT4 Catch up - Pete Barnard					
18-Jan-05	OT7 Catch up - Neil Tomlin				Dive Trip Planning	
25-Jan-05	EXAM - Neil Tomlin				Dive Trip Planning	
01-Feb-05	Drysuit Intro - Roger Holmes				Dive Trip Planning	
08-Feb-05				Dive Planning & Marshalling	Equipment maintenance-Pete Barnard	
15-Feb-05				Dive Planning & Marshalling	Alex Bullard-Diving south China Seas	
22-Feb-05		ST1- Jon Brewis		Dive Planning & Marshalling		SS1
01-Mar-05		ST2 - Neil Brown		Dive Planning & Marshalling		SS1
08-Mar-05		ST3 - Roger Green		Dive Planning & Marshalling		SS1
15-Mar-05		ST4 - Roger Holmes			O2 - Refresher	
22-Mar-05		ST5 - Gary Rose		Practical Rescue Management		
29-Mar-05	NO CLUB - EASTER					
05-Apr-05		ST6 - Phil Turney		Practical Rescue Management		TRY DIVE
12-Apr-05		Catch up week		Practical Rescue Management		TRY DIVE
19-Apr-05	OT1 / INTRO - Neil Tomlin	REVISION - Neil Brown		Practical Rescue Management		Intro Course
26-Apr-05	OT2 - Jon Brewis	Exam - Neil Brown		Practical Rescue Management		OCEAN DIVER
03-May-05	No Club May Day Bank Holiday					Bank Holiday
10-May-05	OT3 - Neil Brown			AT2 - Advanced Diving - Neil Tomlin		OCEAN DIVER
17-May-05	OT4 - Richard Green			AT2 - Advanced Diving : Twinset configuration - Roger Holmes		OCEAN DIVER
24-May-05	OT5-Roger Holmes			AT2 - Advanced Diving : Rebreather awareness - Fran Duinker		OCEAN DIVER
31-May-05	NO CLUB - WHITSUN BANK HOLIDAY					ND. StITSU
07-Jun-05	OT6 - Gary Rose			AT2 - Advanced Diving : Rebreather awareness - Fran Duinker		OCEAN DIVER
14-Jun-05	OT7 - Phil Turney			Lifesaver # 1		OCEAN DIVER / LS # 1
21-Jun-05	Catch up week			Lifesaver # 2		OCEAN DIVER / LS # 2
28-Jun-05	REVISION - Neil Tomlin			Lifesaver # 3		OCEAN DIVER / LS # 3
05-Jul-05	EXAM - Neil Tomlin			Lifesaver # 4		OCEAN DIVER / LS # 4
12-Jul-05				Lifesaver # 5		OCEAN DIVER / LS # 5
19-Jul-05				Lifesaver # 6		OCEAN DIVER / LS # 6
26-Jul-05	Drysuit Intro - Pete Woodcock			Lifesaver - Exam		OCEAN DIVER / LS Exam
02-Aug-05	NO CLUB - August Bank Holiday					Bank Holiday
09-Aug-05						
16-Aug-05						
23-Aug-05						
30-Aug-05	NO CLUB - AUGUST BANK HOLIDAY					ND.StGUS
06-Sep-05		ST1- Pete Woodcock				SS1
13-Sep-05		ST2 - Ian Jennings				SS1
20-Sep-05		ST3 - Bob Mulholland				TRY DIVE
27-Sep-05	AGM					TRY DIVE
04-Oct-05	OT1 / INTRO - Neil Tomlin	ST4 - Nigel Spickett				Intro Course
11-Oct-05	OT2 - Ian Jennings	ST5 - Fran Duinker				OCEAN DIVER
18-Oct-05	OT3 - Bob Mulholland	ST6 - Alex Bullard				OCEAN DIVER
25-Oct-05	OT4 - Nigel Spickett	Catch up week				OCEAN DIVER
01-Nov-05	OT5-Fran Duinker	REVISION - Neil Tomlin				OCEAN DIVER
08-Nov-05	OT6 - Alex Bullard	EXAM - Neil Tomlin				OCEAN DIVER
15-Nov-05	OT7 - Neil Tomlin					OCEAN DIVER
22-Nov-05	Catch up week					OCEAN DIVER
29-Nov-05	REVISION - Neil Tomlin					OCEAN DIVER
06-Dec-05	EXAM - Neil Tomlin					
13-Dec-05	Quiz and Social Night					
20-Dec-05	Christmas No Meeting					
27-Dec-05	New Year No Meeting					
	INTRO/OCEAN DIVER	SPORTS DIVER	DIVE LEADER	SKILL DEVELOPMENT	INTEREST EVENINGS	POOL TRAINING