

Free Flow

The magazine for LSAC

Oct 2005
Issue 93



In This Months Issue
Cornwall August 2005
Plymouth Dive Trip

Cover Photo Courtesy of Fran Duinkers



Free Flow

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

Editors Bit...



I can't remember the exact origins of the cover photo this month but it's what diving's all about. Lots of effort getting to the site, kitting up but now are ready to go with the whole dive ahead of you. Sea calm, weather good it going to be a good one !

Following the dive what better way to finish off than getting stuff into a Big Mac as amply demonstrated by Jon, left. I think that Jon's smile has to be the template for the Smiley characters.

There is still lots of time to make nominations for the Volney award, please let Jon know of any corkers since he has the pleasure of presenting this years award, what power comes with winning the award.

Talking to the bar maid, as one does, at the Mount Batten last weekend she was suggesting that the weather/diving in the Plymouth region can go all year round. So even thou the last trip has been completed for this season, if there is a window of opportunity in the weather there's nothing to stop a last minute trip subject to the boat's being available or there's charter ribs out of QAB.

Pete

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Page 3 Luvlies

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Kev expertly demonstrating how easy it is to provide boat cover, notice how Kev has positioned his self close to the emergency dry box. I believe a special mention should go to his fellow crew members for not accidentally knocking against him causing a wet shock.

If you would like to become Miss or Mr Oct 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

The Chairman's Knock

My first chairman's report so here goes.....!

In case you haven't seen my recent email the new committee is as follows:-

Chairman	-	Roger Holmes
Diving Officer	-	Neil brown
Secretary	-	Fran Duinker
Treasurer	-	Sue Calver
Training Officer	-	Richard Green
Boat Officer	-	Nigel Spickett
Equipment Officer	-	Steve Appleton
Committee Member	-	Ian Jennings (Vice Chairman)
Committee Member	-	Mike Flatt
Committee Member	-	Bob Mulholland

Unfortunately it was a poor turn out for the AGM and hopefully this can be improved upon next year, remember this is a chance for you to have your say and ask questions about how the club is being run.

The new committee has had its first meeting and there were plenty of good ideas being raised, which is a good sign and hopefully these can be progressed into fruition. If you have any ideas/items/concerns you want raising then please approach any committee member (that's what we are there for).

We will also be holding an open forum in November, which is another chance for ideas/questions, so as soon as a date has been agreed I will send out an email and amend the calendar.

I am also looking at putting together next years Tuesday evening schedule, so if you've been diving anywhere interesting I **will** be pestering you! These talks can last from 10 to 60 minutes and there are plenty of people in the club who will help you put together a presentation.

I've just returned from probably the last club dive trip this year as well (Plymouth), so thanks all who went for a good trip. Shame the sea was a little lumpy on the Saturday and all those who were ill will remain nameless (for now!).

Regards

Roger

Diving Officer's Report

The dive season is starting to come to an end but that doesn't mean you need to hang your fins up till next year. The pool is still there for you to continue to practice and of course Stoney cove to keep your hand in

Ian has kindly offered to run a competition on the dive who has completed the longest amount of time in water and the instructor who has carried out the most amount of training. Of course to win this you will need to let me know about your dives and fill out a dive log sheet for all dives undertaken, Ian iam sure will be giving you more details.

I will also be insisting that people let me know of there diving intentions as to ensure that people are conducting dives within BSAC and LSAC guidelines. Those who I do not get completed sheets from I will be chasing up

I am carrying out a number of evenings related around the boats and should be attended by people who are enrolled on the boat handling course/Diver Cox weekend. The first will be tonight with a talk on GPS followed by Pete Woodcock with Knots and Shots; Then chart work on the 24th October. I will then do some 1-2-1's with the GPS.

On the 21st November I will then be running a trip planning session to put together next years trips calendar. If you want to run a trip but don't have the experience then please shout. We will help you

Lastly if you haven't already done so can you let Ian have your next of Kin details please.

Neil Brown
DO
11/10/05

Tit Bits Corner - from the internet

Lundy lobster growth no flash in the pan

The Lundy No-Take Zone, Britain's first legally protected area from which nothing living can be taken, is getting the thumbs-up after two years in existence.

According to English Nature, the 3.3sq km zone, just east of Lundy Island in the Bristol Channel, has shown a "big increase" in numbers of lobsters. Crabs and other creatures are also appearing more plentiful.

"For the second year now the results look very promising," said Chris Davis, Maritime Conservation Officer for English Nature. "This adds to our knowledge of what no-take zones in the UK can achieve. "It's very exciting for us because, although we will have to wait several years to see the whole picture, the results so far have exceeded expectations."

Dr Miles Hoskin of Coastal and Marine Environment Research, who leads the monitoring programme, said: "Our results show a very clear signal that lobsters in the NTZ are recovering from the effects of fishing. "After only 18 months we found three times more lobsters of landable size in the NTZ compared to fished areas. This difference was highly significant. At the time, some argued that this was just a flash in the pan - but we found the same result again this year, which strongly suggests that this is not the case."

Sponges and soft corals are also being assessed, but any firm changes in patterns will take longer to identify. Hinting that more no-take zones could be allowed for under the Government's forthcoming Marine Bill, Ben Bradshaw, Marine and Fisheries Minister, said: "The Lundy Island No-Take Zone has been a resounding success. The number and size of crab and lobster both inside and, more importantly, outside the closed area has grown significantly.

"My view has always been that closed areas can play an important part in the future of our marine environment management. We shall continue to explore the environment and fish stock benefits of creating a network of similar areas."

Project AWARE pans Cornish dumping

PADI's influential Project AWARE Foundation has added its voice to concerns over the dumping of dredged waste from the River Tamar in Whitsand Bay, near Plymouth.

The operation has been carried out by the Royal Navy, materials excavated and dumped including waste from many years of activity at Devonport Dockyard. The fear is that some of the waste will prove toxic to marine life. Project AWARE is "calling on all concerned divers and non-divers for action to prevent further dumping in the area".



Dive sites in Whitsand Bay include the WW2 US Liberty ship James Eagan Layne and the decommissioned Royal Naval frigate HMS Scylla.

Cornwall – August 2005



was used to launch and recover the boat making life easy. There wasn't any overnight mooring so the boat was stored next to your tent on the very large pitches. The beach hut (where you arranged the launching) also hired out canoes, etc. if you wanted.

There is a great beach within 100 metres of your tent and the rest of the coast was quite rocky with lots of little coves to explore. These were great for snorkelling, especially as there were a few seals about (they were a bit shy though).



Most of the diving was 6 – 15m scenic dives either in the coves or around rock pinnacles. We did get to do one wreck dive which was fairly broken up, but had a decent size boiler. I also found a fairly new grapple anchor which I recovered (got to use my lift bag in anger!). The current was negligible on most dives with good 6 – 8m visibility. There was lots of life on most dives, with all the normal fish (I don't know fish names – sorry!) and on one dive we must have seen every type of crab going (we gave up pointing them out to each other after the first 10!). We decided to bring up the biggest crab we could find to show the kids and Mike missed a photo opportunity of me holding (it was too big to go in a goody bag) a crab for 3 minutes on a 6m safety stop. For all of the marine conservationist out there the crab was released un-harmed and un-eaten (no pan big enough to cook it!).

Kev, Mike and I headed off for a weeks holiday at Pentewan, a small village in between St Austell and Mevagissey, Cornwall. Mike and I stayed at Pentewan Sands Holiday Park (www.pentewan.co.uk) which is located in a lovely sandy bay. This is a fantastic camping/caravanning park with great facilities including shop, amusement arcade, heated outdoor pool, social club, etc. Kev wouldn't slum it camping so stayed at a local b&b.

There are launching and wash down facilities on site all for £11 a day. A tractor



was used to launch and recover the boat making life easy. There wasn't any overnight mooring so the boat was stored next to your tent on the very large pitches. The beach hut (where you arranged the launching) also hired out canoes, etc. if you wanted.



When not diving we did some other water sports including snorkelling and water skiing – Kev was the expert at this and made us all sick (jealous really!). There were designated water ski areas just off the beach with pick up lanes, etc. I had a go and soon decided that diving is my sport, not water-skiing!!

There are also lots of little villages and harbours to visit all along this stretch of coast. We did visit Charlestown harbour which has a number of old ships which you can look around and a great shipwreck and heritage museum which is definitely worth a visit. There is even a diver cox simulator for getting up your hours (also known as radio controlled model boats!).



The weather and sea conditions were great all week and it we all had a nice relaxing time. It would be worth organising a future trip here, especially as there are a few deeper wrecks (40 – 55m) including U boats not too far offshore – 2007 perhaps anyone?

Roger Holmes

PLYMOUTH DIVE TRIP

17-20 AUGUST 2005

Following on directly from the Cornwall trip we arrived in Plymouth in glorious sunshine – the weather continuing throughout the trip. Neil Calver joining us in Plymouth, giving us dive pairings for the three days of Mike and Kev & Roger & Neil.

On a sunny Thursday morning we had a leisurely depart for the James Egan Lane where we turned out to be the only boat on site. We all had good dives to start the trip – visibility was very good with plenty of sea life to see on the wreck. We then moved across for our second dive – HMS Scylla. Again we were the only boat on site, this was the second time we had dived the Scylla this year and it was amazing to see the deterioration of the wreck, with internal portions of the boat having started to collapse. The sea life continues to evolve and improve. Visibility was not as good as the JEL as there had been two hard boats diving the Scylla prior to our arrival.



Images from JEL, connecting rod below the low-pressure cylinder of the triple-expansion engine, left, and cauldrons destined for a field kitchen in hold 2, right.

We then returned to Mount Batten to do a few running repairs to the boat as we had had problems with fuel blockages on the way to the dive sites and had to change to the spare fuel container.

We returned to Venn Farm Camp Site at Brixton where we had been sited in a field that we did not know was there.

Friday morning arrived – again the weather was quite good but cloud cover made the temperatures more bearable in a dry suit. Our original plan was to dive the Percier but things conspired against us - mainly sea state being nearer moderate than slight and the wind blowing an easterly which would have made a more difficult return journey – as anyone who has dived this site will know. We made the decision to dive the Great Mew Stone (Wembury Bay) which was out planned second dive. There are many wrecks on this site – we all spent 40+ minutes exploring many clumps of kelp that bore uncanny resemblances to wrecks.

Our second dive, with a predicted force 4-5, we opted to dive the outside of the break-water. The decision to dive this site was made due to the worsening sea state and having briefly looked at our notes and books found that there are remains of a Lancaster bomber on the outside of the

breakwater. Using the transit marks from the book– this turned out to be a superb dive with excellent vis, a very slight current running enabling a sedate drift. Though we did not find the engines to the Lancaster the sea life was excellent with John Dory, Cuttlefish and a Conger Eel all being seen. The construction of the break-water is such that it has made for a very interesting dive site with

manmade gulleys and caves that have been adopted by all manner of sea life.

Saturday (day 3), the intended dive was to be Eddystone Rocks but we encountered radio failure of Lucky's main radio which left us radio less, as the hand held had failed earlier in the trip. After trying to beg, steal or borrow a radio the only option left was to abort the trip or buy a hand held – the latter being the option taken. With only having a hand held we opted to stay closer to shore so dived the James Egan Lane for a second time, though the vis was not as good as the earlier visit we all had good dives finding parts of the wreck that we had never seen before. For our second dive we returned to the outside of the breakwater where again we had superb dives but still did not manage to find the Lancaster.



Further images from JEL; spoked agricultural wheels, piles of which can be found throughout the wreck, left, and cargo winch upside-down in the second hold, showing a small steam engine driving the winch, right.

To summarise, our decision to hold the trip Thursday, Friday and Saturday against the conventional weekend had quite a few plus points going for it – the best bit being able to dive on Thursday and Friday when the sites were basically empty, other than the odd hard boat and also having better mooring options on the pontoon.

Text courtesy Mike Flatt, images BSAC web site

DATE	INTRO/OCEAN DIVER	SPORTS DIVER	DIVE LEADER	SKILL DEVELOPMENT	INTEREST EVENINGS	POOL TRAINING	MARSHAL	TRIP/WEEKENDS/SOCIALS	DATE	
04-Jan-05	NO CLUB - HAPPY NEW YEAR									
11-Jan-05	OT4 Catch up - Pete Barnard						M.O'Driscoll		11-Jan-05	
18-Jan-05	OT7 Catch up - Neil Tomlin				Dive Trip Planning		F.Duinker	ND. Stoney Wed 19/1	18-Jan-05	
25-Jan-05	EXAM - Neil Tomlin				Dive Trip Planning		J.Brewis	/Plymouth Brief Roger H	25-Jan-05	
01-Feb-05	Drysuit Intro - Roger Holmes				Dive Trip Planning		N.Spickett	ND. Stoney Wed. 2/2	01-Feb-05	
08-Feb-05				Dive Planning & Marshalling	Equipment maintenance-Pete Barnard		S.Westwood	2nd,3rd Feb Nitrox theory	08-Feb-05	
15-Feb-05				Dive Planning & Marshalling	Alex Bullard-Diving south China Seas		P.Woodcock	ND. Stoney Wed 15/2	15-Feb-05	
22-Feb-05		ST1- Jon Brewis		Dive Planning & Marshalling	Frans talk on New Zealand	SS1	S.Grimes		22-Feb-05	
01-Mar-05		ST2 - Neil Brown		Dive Planning & Marshalling	O2 - Refresher	SS1	P.Barnard	ND. Stoney Wed 3/3,	01-Mar-05	
08-Mar-05		st2 Pratical		Dive Planning & Marshalling	Boat Instruction NS	SS1	I.Jennings		08-Mar-05	
15-Mar-05					Open Forum		N.Brown	ND. Stoney Wed 16/3	15-Mar-05	
22-Mar-05		ST3 - Pete Barnard					B.Mulholland	Loch Fynne Brief NB	22-Mar-05	
29-Mar-05	NO CLUB - EASTER									
05-Apr-05		ST4 - Roger Holmes			Sponsored Snorkell Pete W	TRY DIVE	N.Tomlin	ND. Stoney Wed 6/4	05-Apr-05	
12-Apr-05		ST5 - Gary Rose			Chartwork NS	TRY DIVE	R.Sherratt		12-Apr-05	
19-Apr-05	OT1 / INTRO - Neil Tomlin	ST6 - Phil Turney			New Zealand Talk Fran	Intro Course	S.Ward	ND. Stoney Wed 19/5	19-Apr-05	
26-Apr-05	OT2 - Jon Brewis	Catch up week			Tides NS	OCEAN DIVER	A.Bullard		26-Apr-05	
03-May-05	No Club May Day Bank Holiday							ND Stoney 4/5		03-May-05
10-May-05	OT3 - Neil Brown	REVISION - Neil Brown		AT2 - Advanced Diving - Neil Tomlin		OCEAN DIVER	L.Barnard		10-May-05	
17-May-05	OT4 - Richard Green	Exam - Neil Brown		AT2 - Advanced Diving : Twinset configuration - Roger Holmes		OCEAN DIVER Twin Set	P.Turney	ND. Stoney Wed 18/5 DL Weekend	17-May-05	
24-May-05	OT5-Roger Holmes			AT2 - Advanced Diving : Rebreather awareness - Fran Duinker		OCEAN DIVER Rebreather	M.O'Driscoll	West bay dive brief MD Plym Bref N	24-May-05	
31-May-05	NO CLUB - WHITSUN BANK HOLIDAY							ND. Stoney Wed 1/6		31-May-05
07-Jun-05	OT6 - Gary Rose			AT2 - Advanced Diving : Rebreather awareness - Fran Duinker		OCEAN DIVER Rebreathehr	F.Duinker		07-Jun-05	
14-Jun-05	OT7 - Phil Turney					OCEAN DIVER	J.Brewis	ND. Stoney Wed 15/6 Farns Brief F	14-Jun-05	
21-Jun-05	Catch up week			O2 CPR Neil T		OCEAN DIVER	N.Spickett		21-Jun-05	
28-Jun-05				O2 Diving Incidents Pete W	Talk from mikes on servicing	OCEAN DIVER	S.Westwood		28-Jun-05	
05-Jul-05	REVISION - Neil Tomlin			O2 Casualty Assesment Neil B		OCEAN DIVER	P.Woodcock	ND. Stoney Wed 6/7 St Abbs Brief	05-Jul-05	
12-Jul-05	EXAM - Neil Tomlin OT1/Intro NB			O2 admin practice Equip Jon B		OCEAN DIVER	S.Grimes	St Abbs Brief J Brewis	12-Jul-05	
19-Jul-05	OT2 Neil Brown			O2 Use of admin equip All		OCEAN DIVER	P.Barnard	ND. Stoney Wed 20/7	19-Jul-05	
26-Jul-05	OT3 Nigel Spickett			O2 Positive Pressure vent/Assesment Fran D/All		OCEAN DIVER	I.Jennings		26-Jul-05	
02-Aug-05				O2 Positive Pressure vent/Assesment Fran D/All		OCEAN DIVER			02-Aug-05	
09-Aug-05	OT4 Jon Brewis					OCEAN DIVER	N.Brown	Cornwal/Plymouth Brief MF	09-Aug-05	
16-Aug-05	OT5 Richard Green					OCEAN DIVER	B.Mulholland	ND. Stoney Wed 17/8.	16-Aug-05	
23-Aug-05	OT6 Neil T					OCEAN DIVER	N.Tomlin	Plymouth Brief NB	23-Aug-05	
30-Aug-05	NO CLUB - AUGUST BANK HOLIDAY							ND.Stoney Wed 1/9		30-Aug-05
06-Sep-05	OT7 Neil B	ST1- Pete Woodcock				SS1	R.Sherratt		06-Sep-05	
13-Sep-05	Catch up week/Revision					SS1	S.Ward	ND. Stoney Wed 13/9 Brixham Brief	13-Sep-05	
20-Sep-05	Exam	ST2 - Ian Jennings			Marine Biology Anne Marie	TRY DIVE	A.Bullard		20-Sep-05	
27-Sep-05	AGM					TRY DIVE	L.Barnard		27-Sep-05	
04-Oct-05	OT1 / INTRO - Neil Tomlin	ST3 - Bob Mulholland		Life Saver Award	North Ireland Fran	Intro Course	P.Turney	ND. Stoney Wed 04/10	04-Oct-05	
11-Oct-05	OT2 - Ian Jennings	ST4 - Nigel Spickett		Life Saver Award		OCEAN DIVER	M.O'Driscoll		11-Oct-05	
18-Oct-05	OT3 - Bob Mulholland	ST5 - Fran Duinker		Life Saver Award		OCEAN DIVER	F.Duinker	ND. Stoney Wed 19/10	18-Oct-05	
25-Oct-05	OT4 - Nigel Spickett	ST6 - Alex Bullard		Life Saver Award		OCEAN DIVER	J.Brewis		25-Oct-05	
01-Nov-05	OT5-Fran Duinker	Catch up week		Life Saver Award		OCEAN DIVER	N.Spickett	ND. Stoney Wed 2/11	01-Nov-05	
08-Nov-05	OT6 - Alex Bullard	REVISION - Neil Tomlin		Life Saver Award		OCEAN DIVER	S.Westwood		08-Nov-05	
15-Nov-05	OT7 - Neil Tomlin	EXAM - Neil Tomlin				OCEAN DIVER	P.Woodcock	ND. Stoney Wed 16/10	15-Nov-05	
22-Nov-05	Catch up week					OCEAN DIVER	S.Grimes		22-Nov-05	
29-Nov-05	REVISION - Neil Tomlin					OCEAN DIVER	P.Barnard		29-Nov-05	
06-Dec-05	EXAM - Neil Tomlin						I.Jennings	ND. Stoney Wed 06/11	06-Dec-05	
13-Dec-05	Quiz and Social Night							Quiz and Social Night	13-Dec-05	
20-Dec-05	Christmas No Meeting							Christmas No Meeting	20-Dec-05	
27-Dec-05	New Year No Meeting							New Year - No Meeting	27-Dec-05	
	INTRO/OCEAN DIVER	SPORTS DIVER	DIVE LEADER	SKILL DEVELOPMENT	INTEREST EVENINGS	POOL TRAINING		TRIP/WEEKENDS/SOCIALS	DATE	

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	Roger Holmes	Full	Sports	Boat Handling Weekend!
6 th March	Red Sea	Hard Boat	Roger Holmes	Full	Sports	Fully Booked
25th 31st March	Loch Fyne	2 x Ribs	Neil Brown	Unlimited	None	
May week day	Weymouth	Hard Boat	Roger Holmes	?	DL & above	
14th 15th may	Plymouth	2 x Ribs	Nigel Spickett	10	Sports	
21st 22nd May	West Bay	Skinny Dip	Neil B & Neil T	Unlimited	Sports	Dive leader training weekend
28 th – 30 th May	West Bay	2 x Ribs	Martyn O'Driscoll	10	Ocean	
18 th 19 th June	Farnes	3 boats Joint RRSAC trip	Fran Duinker	15	Ocean	
1st 4th July	Farnes	2 x ribs	Jon Brewis	10	Ocean	
16th 17th July	Dover	2x rribs Joint RRSAC trip	Fran Duinker	?	Exp Sports	
23 rd July – 1 st Aug	Pembroke	Lucky Dip	Martyn O'Driscoll	10	Ocean	
13th 14th August	Whitby	2 x Ribs	Pete Woodcock	10	Exp Sports	
10 th – 17 th Aug	Cornwall	Lucky Dip	Mike Flatt	6	Ocean	
18 th / 19 th 20 th Aug	Plymouth	Luck Dip	Mike Flatt	6 or 10	Sports	
27 th – 29 th Aug	Plymouth	2 boats	Claire & Neil	10	Ocean	
3 rd 4 th Sept	Stoney	24hr Sponsoured Snorkel	Pete Woodcock	Unlimited	All	
2nd September	Weymouth	hardboat	Neil Tomlin	?	DL & above	
10th,11th Sept	Isle of White	2 x Ribs	Nigel Spickett	10	Sports	
17 th 18 th Sept	Brixham	2 boats	Fran D & Pete B	Unlimited	All	
30th Sept 1st Oct	Kirkby Lonsdale	River Diving/Walking	Bob Mullholand	Unlimited	All	More of a social weekend
12th 13th Nov	Plymouth	Boat Handling/diver Cox	Neil Brown	?		
2006						
1st 7th July	St Kilda	Hard Boat	Nigel Spickett	12	DL & above	To be DL by time of going
12 th – 19 th Aug 2006	Scapa	liveaboard	Mary Pearson	Full	Expe Sports	Fully Booked