

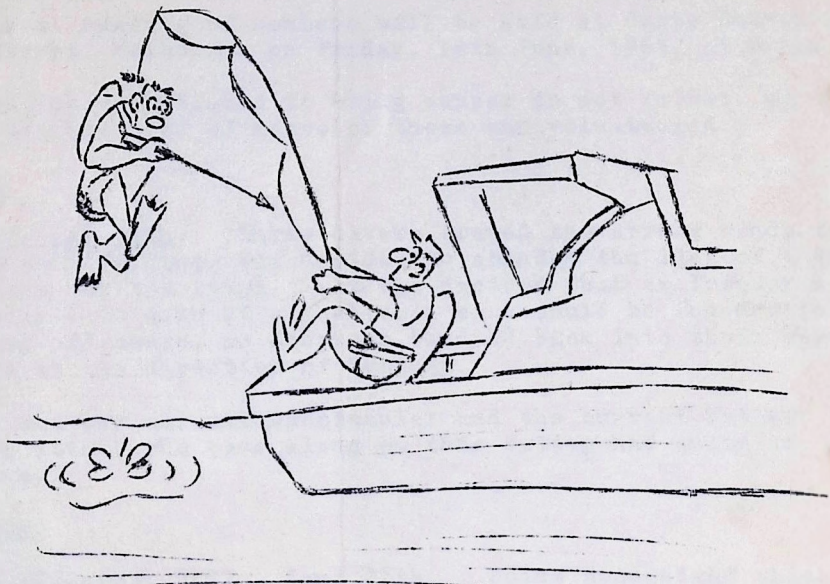
JUNE 65

NEWSLETTER

VICTORIAN SUB AQUA GROUP*

PRICE 3d

FATHOMS



Registered at the G.P.O. Melbourne for transmission per post as a periodical.

- N E W S L E T T E R -

MEMBERS MEETING:

The next general meeting of members will be held at Scots Church Hall, 99 Russell Street, Melbourne on Friday, 18th June, 1965, at 8 p.m.

Those members who volunteered to bring supper do not forget, as the editor has lost his list of names of those who volunteered.

PAST OUTINGS:

QUEENSCLIFFE - May 30th. Three divers braved the strong winds to meet at Queenscliffe Pier, but decided to abandon the idea of a dive here as the sea was too rough. It was decided that at Torquay it might be possible to dive if a sheltered spot could be found with the breeze blowing off-shore, so everyone bundled back into their cars and we all headed in the direction of Torquay.

Although the scenery was not spectacular and the current rather strong, those divers who came along on this outing had quite an enjoyable dive.

FUTURE OUTINGS:

ANGLESEA and INGOLDSBY REEF - June 27th. Point Roadknight which is past Anglesea, and boats to reef 1/4 mile off-shore. Meet at Roadknight Car Park, 11 a.m. Low water 2.30 p.m. Distance 67 miles.

Dive Captain - Peter Robertson. Remember if the weather is inclement contact Peter 29.2798.

N E W S L E T T E R

FUTURE OUTINGS

JULY 11. FLINDERS: West Head and Blow Hole. Meet at cross-roads in Flinders 11 a.m. Low water 3.30 p.m. Distance 55 miles.

Diver Captain: Peter Matthews, Phone 524652.

JULY 24,25. Mystery Trip: More information at Members Meeting and in next newsletter.

SUBSCRIPTIONS: Subs are due on 30th June. Don't have the Treasurer chasing you, please take them to him. Remember this money helps run the Club.

WRECKS AROUND PHILIP ISLAND

"TIME"

In 1890 the steamer "Time" carrying coal from Griffiths Point (now San Remo) was wrecked on a sand bank eastwards from Cows. The boat became a complete wreck and much of the cargo was washed ashore. It supplied the neighbourhood with coal for years and although 74 years have passed, small quantities can still be found on the beach after a storm. The Rule of the Island Blacksmith - Mr. Duncan McGregor, near the Pyramid - was in those days that each customer had to bring his own coal.

N E W S L E T T E RDID YOU KNOW?

CARBON DIOXIDE

The rate and depth of respiration of the body is controlled by a nerve centre known as the RESPIRATORY CENTRE. It is sensitive to varying concentration of carbon dioxide in the blood. As soon as we start violent exercise of any muscles, carbon dioxide begins to build up and the Respiratory Centre automatically increases the depth and rate of breathing to get rid of this excess and so we start panting. In other words we have increased the ventilation of our lungs and at the same time we are taking in more oxygen to burn. A man who is fit does not pant so early or so hard as an unfit one because his blood circulation is more efficient. If the carbon dioxide is abnormally low the respiratory centre is not excited and breathing slows down or stops until the carbon dioxide has time to build up again. This presence keeps the tension of carbon dioxide in the blood and lungs at a fairly constant level.

The standard diving dress is ventilated by the air entering the helmet from the surface, and going out again through the spring loaded outlet valve. Thus the air must be supplied not only at sufficient pressure to counteract the sea pressure but in sufficient volume to sweep out the carbon dioxide as the diver produces it. This is most important to remember as the mere fact that the gauge is registering the diver's depth does not necessarily mean he is getting sufficient air to allow him to work.

In self-contained apparatus, the exhaled gases are discharged through a canister containing a chemical which absorbs the carbon dioxide and allows the purified gases to pass back into the circuit to be used again.

N E W S L E T T E R

PICTURE NIGHT

On Friday night, 2nd July the club is having a picture night to see "Fall of the Roman Empire" at the Chelsea Theatre.

Tickets are 15/- each. There are a few tickets left in the lounge with the remainder in the front row of the dress circle.

This is a social outing as well as a money raising effort. One of our members has sold 18 tickets outside the club so let us all make an effort and sell as many as possible. If you want tickets please ring Brian Heather 45.5505.

There is the next members meeting to pick up tickets and pay for them, but all tickets and money must be in by 23rd June.

CHRISTMAS DINNER DANCE

Saturday 11th December. Hotel Stamford, Stud Road, Rowville. Remember this date and book early. Money may be paid any time and the cost is 39⁵/₆ each. If you pay the money in instalments you don't notice it quite so much.

Those who came to the last Christmas Dinner will know that they will certainly get their money's worth, as the Stamford Hotel serves a lovely meal and also has a very good dance band.