

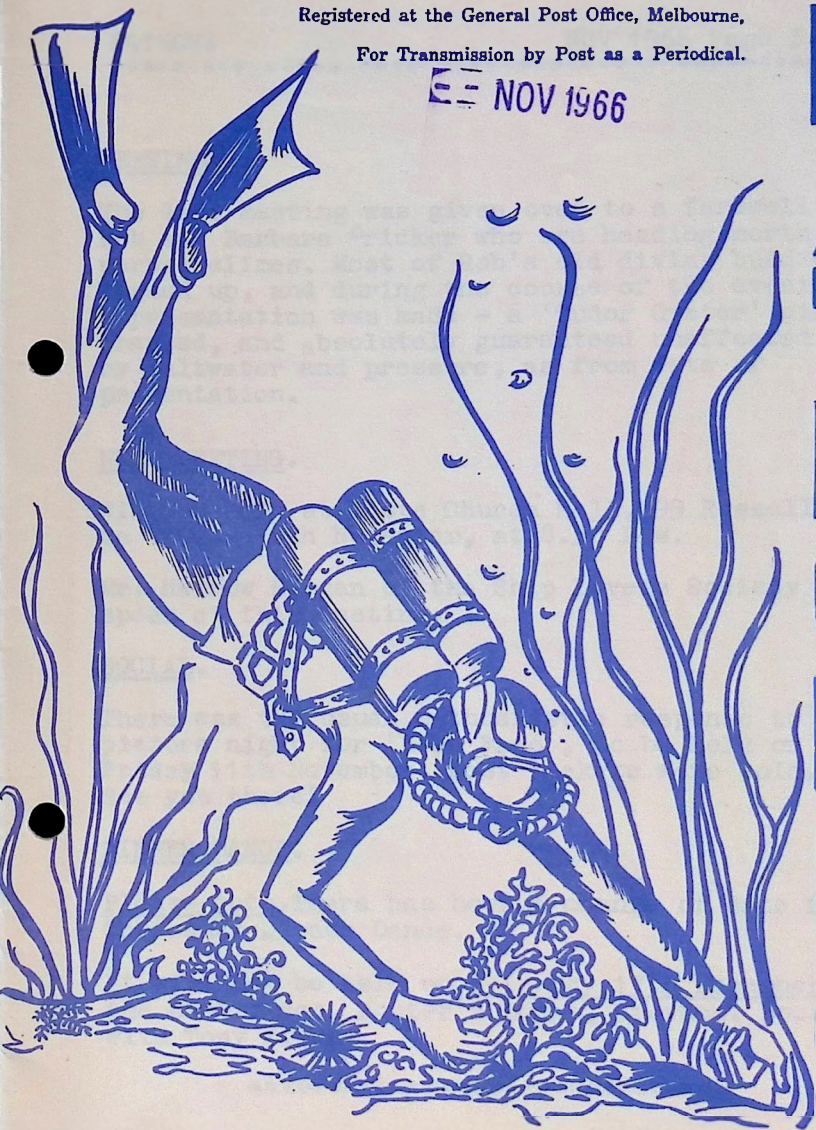
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FATHOMS



VICTORIAN SUB-AQUA GROUP

MEETINGS.

The last meeting was given over to a farewell to Rob and Barbara Dricker who are heading north to warmer climes. Most of Rob's old diving buddies turned up, and during the course of the evening a presentation was made - a 'Tudor Oyster' gift wrapped, and absolutely guaranteed unaffected by saltwater and pressure, as from date of presentation.

NEXT MEETING.

Will be held at Scots Church Hall, 99 Russell St. on Friday 18th November, at 8.30 P.M.

Mr. Harrow Morgan of the Ship Lovers Society will speak at this meeting.

SOCIAL.

There was the usual enthusiastic response to the picture night for 'Born Free', to be held on Friday 11th November. Most tickets were sold. See you there!

DINNER DANCE.

Please note. There has been a change of date for the Christmas Dinner Dance.

It will now be held on Saturday 17th December, at the same place, Hunter's Lodge, Croydon. Bookings with Tony Sierak.

OUTINGS.PAST OUTINGS.PORTSEA 9th October.

As previously mentioned, the dive on Pt. Nepean scheduled for this date was cancelled, as the army declined to issue passes, so the dive was rescheduled for Portsea.

From Melbourne the weather was overcast and showery. For those who ventured forth hopefully, their dreams were realised weatherwise at least, for the day at Portsea was sunny and warm and almost cloudless. As members had taken along two boats, eight divers headed for Pöpes Eye Rock at noon - after having carried the boats with motors over the sand to the water's edge. The 15 minute trip was full of ups and downs and on arrival at the rock all divers had joined the dead end kids. Unfortunately the tide had turned and was ebbing at the usual brisk rate when we arrived. Notwithstanding the current and the rather opaque water all divers circumnavigated the area. By the time anchors were weighed there was a high choppy sea, and wind. After beaching boats and loading back onto trailers, all adjourned to the lawns for a barbecue at 4 P.M. Divers and families made up a large group, and displayed a number types of cooking apparatus designed to sear, blacken, and shrink what was otherwise succulent meat. However salad, and other cuisine offset the burnt offerings (p resided over by Mr. Bricker) and the lot washed down by copious quantities of tea. Everyone enjoyed the sunshine folksy atmosphere, the outing finally breaking up at 5.30P.M.

CAPE SCHANK 23rd October

From the outset a successful day was assured with

clear sunny skies. Those who had not visited this spot for a while were pleasantly surprised to find the local shire council has laid out parking areas, scenic viewing spots, toilet facilities, and well appointed rustic barbecue area.

Six divers presented for that which has come to be acknowledged as the test of strength and endurance - the lugging of oneself and gear down the cliffs, and later, reluctantly, back up again. All divers completed the round trip, some showing more stress and strain than others, but all a little lighter at the conclusion. Whilst weather and divers were tops, the water, unfortunately was very dirty with heavy swell, making exit from the water a little hazardous. Only a short time under convinced all that diving was not to any purpose, so all returned to the car park. Barbecue followed, proving to be the best part of the outing.

(Cooks should have been in better practice this time - Ed)

FUTURE OUTINGS.

November 26th Rye Back Beach.

Meet corner Nepean Highway and Canterbury Jetty roads (Bus Stop 40) 9 A.M. sharp. Low Water 10.A.M. Lifejackets. Distance 56 Miles. With good weather this can be an excellent dive and outing for the whole family - wide expanses of sand, protection from wind. Bring barbecues.

December 4th Mystery Trip

This type of outing should be lots of fun, so be in it. Meet near Frankston clock at 9.00 A.M. sharp. (This mystery trip should be unusually good as, at last report, our outings planners were

desperately trying to remember just where they had planned the mystery trip to be! - Ed)

December 11th Drum Rock

This dive was scheduled for December 18th on the outings list. As the Dinner Dance is now on the 17th, the dive will be held a week earlier. Join the few who have dived through the tunnel beneath this booming hissing offshore rock, and survived. All hospital expenses borne by the Club! Meet corner Nepean Highway and St. Paul's Street a half mile this side of Sorrento.

LOST, AND FOUND.

If anyone has lost a diary at a recent meeting, contact Peter Matthews, who has found it.

OFFICE BEARERS.

Elections of Office Bearers were made from the Directors at the last Committee meeting.

President -	Ron Addison
Vice Presidents	F. Coustley, P. Matthews.
Secretary	B. Heather
Treasurer	J. Stewart
Auditors	R.A. Davenport and Sons.
Librarian	W. Gray
Quartermaster	P. Robertson

Diving Committee . L Addison, P Reynolds,
J. Watson. F. Coustley,
W. Gray.

Newsletter

J. Watson. J. Noonan

CONGRATULATIONS TO OUR NEW PRESIDENT, RON.

Everyone in the Group will be happy that Ron has accepted Presidency of the club. Ron is one of our old originals, a diver from way back. He has been a consistent diver on club outings for many years, and there aren't many parts of the coast he hasn't dived in. There are many tales of Ron's escapades, but we guess, with marriage, these may be a thing of the past. We recall one episode of Ron, loaded with four lungs, and three weight belts walking across the Moyne River at Port Fairy to save the trip round. The Committee are very happy to accept Ron's resignation as Treasurer!

TRAINING

There are vacancies for a further course before Christmas if sufficient applicants. Contact F. Coustley if you know anyone requiring training. Trainees are not required to become club members.

Remember! Now summer is approaching, there will be the usual increase in diving activity among untrained people. Do not succumb to the urgings of a friend to let him or her have a try with the gear. Tell them to use a training course first. Ours is available and inexpensive. It may save a life.

BRITISH SUBAQUA MANUALS ?

are on their way to those who subscribed. Should arrive in a few weeks.

SCHOOLBOY HOWLER DEPARTMENT

At a recent Intermediate examination in science, a question on the paper required the student to explain why a diver must return slowly to the surface after having spent some time at great depth. Answers seem to show the immense influence of 'Mike Nelson'.

Here is a selection -

1. He would burst.
2. His lungs would have adjusted themselves to the great pressure slowly as you cannot go down quickly therefore his lungs must adapt themselves to the decreased pressure.
3. He must come up slowly as there is a lot of pressure being formed on him.
4. His blood will boil and he will get the bends.
5. His blood has gotten used to the pressure, and the corpuscles and arteries would burst. A decompression chamber would bring the blood back to its normal rate of flow.
6. He would have severe cramp and it would be fatal, as deep below the sea the pressure and density of the water is very great
7. The water pressure is very high and if he were to come up too quickly the water pressure would be forced down on him and his lungs would be filled with compressed air which would cause him to drown. This is why it is compulsory to

wear a pressure suit.

8. If he ascended quickly his lungs would become full of air and he would burst. Hewould not be able to draw in oxygen from the water and therefore must ascend slowly.

9. He becomes used to the pressure upon him but if he surfaces to quickly his body cannot change to the altitude and his blood will boil and he will get the bends.

Puts you off diving, doesn't it - Ed.

SEA SCIENCE SELECTION.

Following are a few short abstracts from an article in the September issue of the Medical Journal of Australia on the physiology of diving.

To the experienced skindiver, who imagines himself more at home under than beside the sea, it must come merely as a confirmation of a long-held dogma that man and animals which are natural divers have in common a number of physiological adaptations to the stress of diving. Indeed so ancient on the phylogenetic ladder are some of these reflex adjustments that similar changes occur in fishes when, removed from the water, they are paradoxically placed in a situation of oxygen shortage similar to that of the submerged diver. All the same it may be rather mortifying to him who would gambol with the dolphins to realize that even an experienced diver's performance under water falls somewhere short of the diving prowess of a rat.

Although lung volumes compared to body weights do not differ much between natural divers such

 as seals, and technically unnatural divers, such as man, their tidal volumes of air are from two to eight times larger. Diving animals also have considerably more blood, haemoglobin and myoglobin than do non-diving animals. However these increased oxygen storing capacities are still several times too small to enable animals to stay submerged as long as they do without some other factors operating.

Chief among the mechanisms developed is a pronounced bradycardia (slowing of heart rate) when the animal dives, and this has been reported in every vertebrate investigated, including man. In some species the heart rate may be halved and in others may be reduced to one tenth pre-dive level, and the bradycardia persists even if the animal struggles violently or just swims quietly.

This adjustment reduces blood supply to parts of the body which are not particularly vulnerable to anoxia, but brain and heart still receive full supply despite reduced cardiac output

Another part of diving adjustment occurs when the animal surfaces. Lactic acid which has accumulated in the muscles during the dive is flushed out, and there is a transient but steep rise in the blood lactate level when the first gasp is taken.

As to how mammals like seals and whales are able to survive the hydrostatic effects of pressure at great depths without getting the bends, very little is known. Both bottle-nose and fin whales which dive to great depths have relatively small ratio of lung volume to body weight, in comparison to man and seals. It is possible that the lungs of whales which are not firmly attached to the wall of the thoracic cavity may collapse rapidly during descent, a diffusion barrier would be created to the diffusion of N_2 in the blood, and the bends would thus be prevented on return to the surface