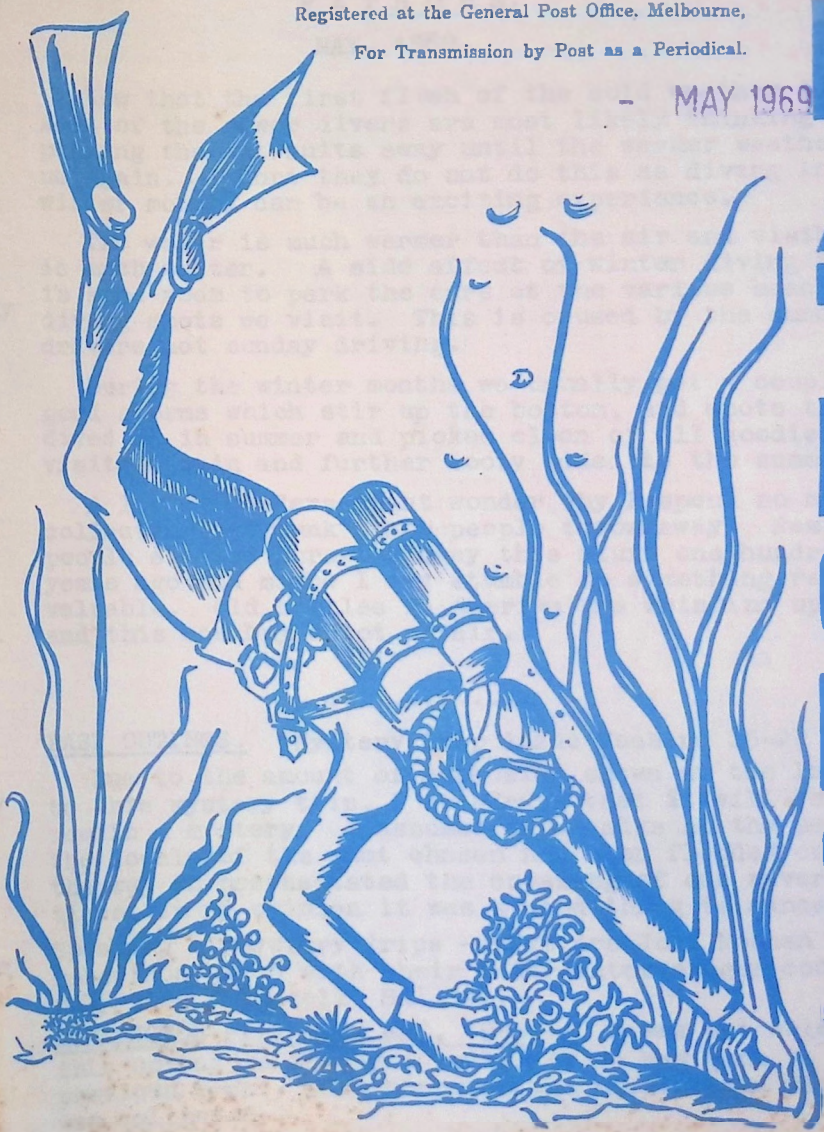


3c.

Registered at the General Post Office, Melbourne,  
For Transmission by Post as a Periodical.

- MAY 1969



# FATHOMS



## VICTORIAN SUB-AQUA GROUP

F A T H O M S.

MAY, 1969.

Now that the first flush of the cold weather is upon us, most of the newer divers are most likely thinking of packing the wet suits away until the warmer weather is with us again. I hope they do not do this as diving in the winter months can be an exciting experience.

The water is much warmer than the air and visibility is much better. A side affect of winter diving is there is more room to park the cars at the various beaches and diving spots we visit. This is caused by the Sunday drivers not Sunday driving.

During the winter months we usually get a couple of good storms which stir up the bottom, and spots that were dived on in summer and picked clean of all goodies can be visited again and further booty added to the summer haul.

A lot of readers might wonder why I spend so much time on collecting the junk other people throw away. Remember this; people started throwing away this stuff one hundred and fifty years ago and maybe I may stumble on something really valuable. Old bottles in America are bringing up to \$150 ea. and this can buy a lot of air.

..Ed.

.....

PAST OUTINGS. "Mystery Trip Anzac Weekend 25-27 April, 1969."

Due to the amount of enthusiasm shown at the last meeting to this mystery trip, I am afraid that it will forever remain a mystery. I assumed from talks at the meeting that the locale of the spot chosen has been flooded out and as the way in necessitated the crossing of one river sixteen times, in my opinion it was a good thing to cancel it.

Speaking of mystery trips - what are John Noonan and Peter Robertson up to with their under-water gieger counter?.. Only time will tell. HA! HA!..

MORNINGTON PIER 11TH MAY, 1969. I was not able to include this outing in the news letter as we had gone to press the previous week. Come along to the meeting and find out what was collected.

FUTURE OUTINGS. "Torquay Wreck" - 25th May, 1969.

Final details of this dive will be made known to members at the meeting to be held on 16th May, 1969. Come along and get your name down because this is a most interesting spot to dive. The wreck is 100 years old and is very easy to find if you go with someone who knows the way.

PORTLAND LONG WEEKEND 14-16 JUNE, 1969.

This will be a camping week-end and I would like to point out that at this spot are some of the biggest fish that I have ever caught. All members will enjoy themselves because, within a seven mile radius of the camping site can be found a wreck, abalone and plenty of good fish.

FUTURE OUTINGS TO END OF YEAR:

- 29TH JUNE .....London Bridge.
- 13TH JULY       Frankston Wreck.
- 27TH JULY       Queenscliff.
- 10TH AUGUST     Portsea.
- 15TH AUGUST     Snow Trip (Mount Buller).
- 7TH SEPTEMBER  Hurricane Wreck.
- 21ST SEPTEMBER ..to be decided..
- 5TH OCTOBER    Channel Fort Island (Boat from Rosebud).
- 19TH OCTOBER   Phillip Island.
- 2ND NOVEMBER   Apollo Bay.
- 16TH NOVEMBER  Anglesea (Ingoldsby Wreck).
- 30TH NOVEMBER  Walhalla (Gold Dive)..
- 6TH DECEMBER   Club Dinner. (The Barrel).

SNOW TRIP MT. BULLER 15TH AUGUST, 1969. .... For all who to ski; we give the diving away and venture to another outdoor and head off to the mountains to do a bit of sliding on two sides of wood. We make a weekend of it, leaving on the Friday evening and coming home on Sunday evening. We book into one of the lodges and as accommodation is limited I advise you to come to the Meeting (16. 5.69) and make your booking.

FUTURE SOCIAL OFFERINGS INCLUDE "A Bar-B-que, Car Rally and a Dutch Auction. Keep your eye on the News Letter for dates of these dings.

AIR FILLING AND TESTING STATIONS.

M.P. Sutherland, Caltex Garage,  
233 Hampton St., Hampton. Tel. 98.7110.

Airdive Equipment Pty. Ltd.,  
438 High St., Prahran. Tel.51.5335.

Australian Divers (Spiro) Pty. Ltd.,  
170 Abbotsford St., Nth Melbourne.  
Tel.30.4040.

Normalair Aust. Pty. Ltd.,  
26 Fraser St., Airport West,  
Essendon.  
Tel.379.7649.

Scuba Diving and Marine Supplies Pty. Ltd.,  
60 Lonsdale St., Melbourne. Tel.32.1548.

SKI-HIRE - 23 Carrington Rd., Box Hill.  
Phones. 89.5914,  
88.3371.

COUNTRY FILLING STATIONS.

Anglesea -Roadknüght Aqualung Club - Melba Parade.

Bairnsdale - Gippsland Skindiving Equip. -Brian Coffey.

Barwon Heads - H. Edwards, 21 Thorn St., Barwon Heads.

Eden - Kraft Cannery.

Geelong - Heaths Aquatic Centre - 68 Mercar St.,Geelong.

Mt. Gambier - Mt. Gambier Sports Store.

San Remo - Ray Harrison, Bergin St., San Remo.

Warrnambool - Warrnambool Skindivers & Aqualong Centre -  
Roy McDowell, 341 Timor St., Warrnambool.

Wonthaggi - W.H. and M.W. Simcox, 54 McBride Ave.,  
Wonthaggi.

Phone numbers have been included, where known, and it  
is advisable to ring first regarding filling times,  
costs and testing.

SMOKING AND THE DIVER.

How does smoking affect the health of a diver? Or should we ask "Should a person who smokes, dive." Taking the last question first, it seems there is no really significant reaction to smoking that is contra-indicative to diving. However had the question been reversed and asked, instead, should a person who dives, smoke, the answer would be "NO" because there are some reactions to smoking that might adversely affect the health of the diver.

In addition to the reported health hazard of prolonged smoking (possibly contributing to lung cancer, pulmonary tuberculosis, and heart disease) almost immediate and, usually temporary physiological responses to smoking might affect diving safety. These latter responses usually immediately follow smoking a single cigarette and usually last no more than 30 minutes to one hour or more.

One temporary physiological reaction to smoking is a marked increase in blood pressure due to peripheral vasoconstriction. This might affect the divers ability to withstand cold and possibly other more complex reactions. In test groups, smokers characteristically showed smaller vital capacity, larger residual volumes, smaller total lung capacities, and larger ratio of residual volume to total lung capacity. Heart rate increase, by as much as 25 beats and more per minute indicates the possible extent of sensitivity of some individuals to the nicotine content of tobacco. In another test group, after quite strenuous work, the ratio of oxygen debt to the total oxygen uptake was significantly greater in the smokers than in the non-smokers.

Undoubtedly there are adverse physiological reactions to smoking. Some are apparently permanent while others are temporary and probably not cumulative. There is also no doubt that certain psychological aspects of smoking must be considered and it is quite possible that, for an habitual smoker, to be deprived of tobacco completely, would be worse, from the standpoint of diving safety, than smoking. Based on the available information, it does seem tobacco should be avoided for at least one hour prior to diving activity and for half that time following a dive.

CLUB DINNER - THE BARREL 6TH DEC.. 1969.

The Social Secretary informs me that he wants \$1.00 deposit on tickets by 31st September, 1969, and the balance of \$4.00 by the 31st October, 1969. This is the Groups premier function of the year and it is one where you can have loads of fun. As we have booked for only 40 people I advise all members to get their deposits in as it is first-in first served.

MEETING HIGHLIGHT.

In the absence of formal entertainment at the last meeting on the 18th April, 1969, a discussion panel was formed which answered questions from members and visitors present. It was one of the most informative meetings that I have been to for quite some time.

NEXT MEETING - MAY 16TH, 1969.

I want every member to come to this meeting and bring a friend. I understand that arrangements have been made to have in attendance "Johnno" Johnson, O.B.E. who promised to come along with his movie projector and show films on the raising of \$7 millions of gold from the torpedoed wreck of the Niagara. As this was sunk during the Second World War in water in excess of 400' deep, new techniques had to be evolved to overcome the problems of such depths.

If you are in the habit of attending only one meeting a year, make sure that this is the meeting.

\* \* \* \* \*