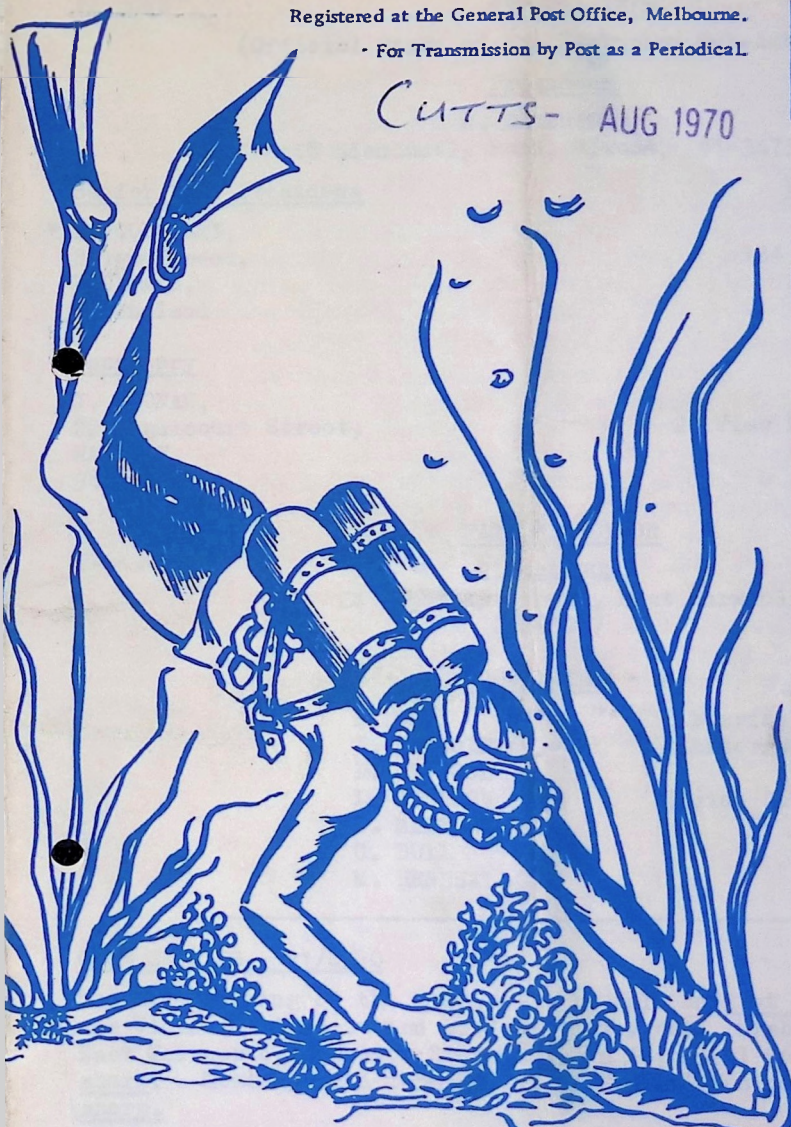


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CUTTS - AUG 1970

FATHOMS



VICTORIAN SUB-AQUA GROUP

(Official Organ of the Victorian Sub-Aqua Group)

President

M. DAVENPORT,
118 Glenhuntly Road, Elwood, 91-3473

Senior Vice President

* F. COUSTLEY,
Bligh Street,
ROCHDALE,
Queensland

Vice President

P. ROBERTSON,
134 Fordham Road,
CAMBERWELL
29-2647

Secretary

J. NOONAN,
22 Lagnicourt Street,
HAMPTON.
98-8650

Treasurer

A. CUTTS,
21 View Hill Crescent,
ELTHAM
439-9122

FATHOMS EDITOR

R. ADDISON,
24 Jonathan Avenue, East Burwood.
232-3087

COMMITTEE

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P. REYNOLDS	-	Quartermaster
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L. ADDISON	-	Social Secretary
*P. MATTHEWS		
C. BULL		
M. HENSHALL		*Life Member

CLUB MEETING - 21/8/70

The next meeting of the Group will be held on 21st AUGUST, 1970 at the Victorian Association of Youth Clubs Hall, Gisborne Street, East Melbourne, opposite St. Patrick's Cathedral at 8.00 p.m. sharp. Meeting will terminate with General Business at 9.00 p.m. sharp.

UNDERWATER UTILITY (Continued)

With a bit of a lurch the tow truck started to slide into the river. I could have told him that; truck was much too close to the bank. He then let out some more cable and moved his truck further away from the bank. The driver of the other truck got out of his cabin and bought some chocks across to wedge his back wheels. While all this was going on I went back into the water to have a look at the ute and at the spot where I'd tied on the cable. Everything appeared okay to the touch so I again surfaced and gave the thumbs up sign for him to start up the winch.

This time I decided to have a bit of a ride so I swam down to the ute and sat in the tray at the back. I seemed to be sitting there for a week and I was worried that my air was going to run out before any action took place. At last I felt a slight movement and we were on our way. It was rather eerie riding along the bottom of the Yarra in one of the latest makes of cars. I couldn't stand it for too long as I was a bit scared that the ute might tip over and pin me down some way, so I kicked off and made my way to the surface.

Everyone was crowding around the spot where the ute would break surface, and even after I got out of the water there were quite a few bubbles coming to the surface from where the ute was moving along the bottom. The tail of it eventually broke surface and surprisingly enough it was very close to the bank. As the rest of the ute came out of the water various items began to float out of the cabin and start to head off down stream. I asked the owner if he wanted any of this flotsam and jetsam but he shook his head in disgust, so I jumped into the river and swam after it. All I managed to score for myself was a very good thermos flask; the rest sank before I could get near it.

When, at last, the ute was resting on the bank, it looked in a very sorry state. Mud adorned the grill area and it looked for a moment just like a drowned moustache. The tow truck driver and I swapped a few words and then I headed home. I had been away about two hours, very enjoyably spent and I was much richer in pocket. Not a bad way to spend Saturday afternoon.

* * * *

SMORGASBORD

The Ringwood Club will be holding this function at the White Horse Hotel, Whitehorse Road, Nunawading, on FRIDAY, 7th AUGUST, at 7.00 p.m. Tickets are available from J. Noonan at \$2.50 per head and admission will be by ticket only. Dress - good casual. It is expected that quite a few V.S.A.G. members will turn up to represent the club and foster good relations between S.D.F. members.

PAST MEETING 17/7/70

There were 21 members present at this meeting and past and future outings were discussed. Treasurer's report was given and we have over \$200 in kitty. Club dinner bookings should have been in by this meeting but only 12 members have booked, so send in now for your reservation. Members annual subscriptions are due and payable now. You can't vote at the next annual meeting if you are unfinancie

It was decided at the meeting to hold a "Photo Comp". Bill Jansen will work out all the details and will make a report at the next meeting. It was also decided that members should keep in close liaison over Christmas and plan day or two-day trips away during the long break. A list of all members remaining in Melbourne during the Christmas break will be included in the November and December "Fathoms".

A new training course starts at the City Baths on 1st August, 1970. Contact P. Reynolds for times on 232-5358

PAST OUTINGSVICTORIA TOWERS - TORQUAY 5/7/70

A lot of preparation went into this dive with telephone calls being made to Torquay the night before to check on weather condition. Eight divers turned up at 10.00 a.m. on Sunday morning to be greeted by a fairly calm sea near the boat launching ramp, but big breakers near where the wreck lies. The boat owner and divers had a conference and it was decided to cancel the dive on account of the weather conditions. It was then decided to move back to Indented Heads and do a little bit of investigation around the wrecks to verify if stories that had been told about other clubs working the wrecks had been true. A couple of the markers were missing, but

VICTORIA TOWERS-TORQUAY 5/7/70 (Cont'd.)

no-one dived owing to the colour of the water; a deep chocolate brown

We met a lonely Ringwood Club man waiting for his mates and had a bit of discussion with him but I think his wait would have been in vain. We then moved to one other spot about four miles from Indented Heads but conditions were the same. We managed to test the clubs repaired echo sounder and it seems to work perfectly and it will be taken along on other trips. It was a terrible day for diving but it was gratifying to see so many members turn up to support the club.

FRANKSTON WRECK 19/7/70

Owing to the weather forecast of high winds and rough seas on the bay this dive was cancelled.

EDUCATIONAL LECTURE 15/7/70

In accordance with the Group's plan to carry out a project to aid one of the Yacht Clubs in Port Phillip Bay, Max Morton was given carte blanc to set things up. He arranged for an evening to be spent at C.I.G. to learn the secrets about under-water cutting, but it looked like being a non-goer as C.I.G. were not at all keen to put on a show for the dozen or so who will be involved. It was then decided to invite interested outside bodies to participate. Many phone calls later, Max was able to inform C.I.G. that there would be a minimum of thirty people and would this number be okay to organise a lecture. This was okay with C.I.G. and it was extremely gratifying to see in excess of eighty people from S.D. members and potential members in attendance.

The evening was opened by Max Davenport, President of V.S.A.G., welcoming everyone and thanking C.I.G. for making facilities available. The lecture started with an explanation on oxy-acetylene cutting both above and below the water and the limitations of this method. It then proceeded to deeper water cutting using oxy-hydro equipment and the changes required in the type of equipment used. From there we progressed to "tic" and "oxy-arc" underwater cutting.

After this portion of the lecture the divers were split into two groups, half going downstairs to a practical demonstration,

EDUCATIONAL LECTURE 15/7/70 (Cont'd.)

the other half remaining in the lecture room to view a film. Downstairs the torches were passed around and discussed, questions answered and then the torches lit and a demonstration given with both oxy-hydro and oxy-acetylene equipment. Further questions were answered and then everyone who desired were invited to have a try using the gear. There were some divers who could use the equipment as if to the manner born, and some, like myself, who couldn't cut melted butter with a hot knife. All too soon this portion of the evening ended and we trooped upstairs to change places and see the film.

This was an English film using as its base British Oxygen Company and how they separate the various components of ordinary air. It also showed how carbide is made and how a better steel is made using oxygen. The film went on for about half an hour and at this time we were joined by the other half of the party who had been downstairs.

The lecturer then went on to explain the colour coding of high pressure cylinders and the dangers involved to divers using cylinders coloured yellow. These colours are normally reserved for gases other than breathing gases and to take these to a place to be filled by those who weren't aware that they were to be used by divers, could have disastrous effects. C.I.G. is of the opinion that the colour yellow as used by nearly all major S.C.U.B.A. manufacturers should cease and colours used brought into line with Australian and British Standards.

From here the group then witnessed experiments carried out with liquid nitrogen using a rubber ball, a banana, mercury, a feather and an egg to give us some idea of the chilling effect that can be obtained with this liquid gas. After the experiments C.I.G. then invited the party present to partake of supper of coffee and biscuits. During supper Max Davenport thanked C.I.G. for putting on such an informative lecture and demonstration. He also thanked Max Morton for the amount of time he had put into arranging for so many people to be present and for those people who attended.

TIDES FOR WEEKENDS IN AUGUST, 1970

Date	HIGH WATER AT HEADS		LOW WATER AT HEADS	
	a.m.	p.m.	a.m.	p.m.
1	11.36	10.50	4.02	4.52
2	12.32 (p.m.)	11.58	4.59	5.54
8	3.41	3.52	9.33	10.07
9	4.21	4.20	10.06	10.35
15	9.31	8.22	1.49	2.15
16	10.41	9.58	3.03	3.47
22	3.37	3.47	9.27	9.51
23	4.28	4.28	10.11	10.32
29	9.54	9.08	2.18	2.59
30	10.59	10.31	3.26	4.19

At other places High or Low Water can be ascertained approximately by subtracting from or adding to the time of high or low water at Port Phillip Heads as follows:-

SUBTRACT FOR:

AFOLLO BAY	-	38 min.
LORNE	-	35 min.
CAPE SCHANCK	-	1 hr. 33 min.
FLINDERS JETTY	-	1 min.
LAKES ENTRANCE	-	3 hr. 25 min.
MARLO	-	3 hr. 22 min.
MALLACOOTA INLET	-	3 hr. 13 min.

ADD FOR:

BARWON HEADS	-	16 min.
POINT NEPEAN JETTY	-	9 min.
QUEENSLIFF JETTY	-	3 min.
SWAN ISLAND DOCK	-	1 hr. 59 min.
PORTSEA JETTY	-	29 min.
SORRENTO JETTY	-	2 hr. 11 min.
DROMANA JETTY	-	2 hr. 33 min.
MORNINGTON JETTY (Schnapper Point)	-	2 hr. 42 min.
FRANKSTON JETTY	-	3 hr. 7 min.
BLACK ROCK BREAKWATER	-	3 hr. 2 min.
ST. LEONARDS JETTY	-	2 hr. 44 min.
INDENTED HEAD	-	2 hr. 47 min.
PORTARLINGTON JETTY	-	2 hr. 50 min.
GEE LONG WHARVES	-	3 hr. 32 min.
COWES JETTY	-	28 min.

ADD FOR:

STONY POINT JETTY	-	39 min.
HASTINGS JETTY	-	1 hr. 6 min.
TOORADIN	-	1 hr. 23 min.
INVERLOCH	-	20 min.
CORNER INLET ENTRANCE	-	25 min.
WELSHPOOL JETTY	-	1 hr. 28 min.
TOORA JETTY	-	1 hr. 5 min.
PORT ALBERT WHARF	-	1 hr.

FUTURE OUTINGS TO END OF YEAR

SEPTEMBER 6th	-	DIAMOND BAY
" 20th	-	GEE LONG PIER
OCTOBER 4th	-	CHANNEL FORT - Boat
" 18th	-	BLACKWOOD - Gold Dive - Weekend trip
NOVEMBER 1st	-	PHILLIP ISLAND
" 15th	-	KELP FARM - Boat
" 29th	-	RYE
DECEMBER 12th	-	DINNER - CHATEAU WYUNA

FUTURE TRIPSSNOW TRIP AUGUST 2nd, 1970

Because of lack of support this venue has been changed to a lake dive at Lake Eildon. Meet at the Melbourne side of the Bonnie Doon Bridge at 11.00 a.m. Submerged houses in close proximity to be dived on.

PORTSEA, AUGUST 16th, 1970

Meet at Portsea Pier 10.30 a.m. and a decision will be made at that spot on where we dive.

???? AUGUST 30th, 1970 - Meeting 21.8.70 will make a decision on where we dive this weekend.

E X P O S U R E

Adapted by
"Nargun"

Exposure or hypothermia is a fall in body temperature due to a loss of heat. Exposure is likely to develop whenever the production of body heat drops below a certain critical level. If a diver remains immobile in cold water during cold weather, his heat loss will eventually exceed his heat production - and his body temperature will fall. The diver should leave the water as soon as he starts to feel cold.

Exposure develops insidiously and signs of its onset can include shivering, feeling cold, fatigue, unreasonable behaviour, lethargy, confusion, violent trembling attacks, muscular weakness, lack of co-ordination, pallor or cramps. Out of the water there will be a slurring of speech and the inability to walk. At times individuals developing exposure can be awkward, un-co-operative and even display short outbursts of extreme undirected activity. On long cold dives, dive captains should be aware of the significance of the above behavioural features. They are more likely to develop in the thinner, less well-clad or least experienced divers in the party.

The additional factor of physical exhaustion over and above cold is especially perilous, and hunger will also worsen the situation. As the central or core temperature falls, drowsiness gives way to unconsciousness, coma and - possibly within less than one hour - death. Obviously, neglect of patients with symptoms of exposure can have serious consequences.

What does one do if this condition develops whilst out to sea in a boat. The first thing one should do is try to improve the victims condition with the following measures aimed at preventing further heat loss and improving his general condition whilst getting him back to dry land and medical treatment.

IF YOU SUSPECT A CASE OF EXPOSURE -

1. Make him rest in the driest and most sheltered spot available. Sit him in a fully curved up position with thighs to chest and calves to back of thighs. This simple technique can reduce the body surface available for heat loss by thirty to forty per cent.

2. If available, put extra clothing over the top of his wet suit. This will provide additional insulation. On no account remove his wet suit as this could chill him further.
3. Feed him any nourishment (especially sweet) that is available. Hot drinks are beneficial, but alcohol enfeebles the victim further by expanding blood vessels near the skin and allowing more loss of body heat.
4. Insulate him by having several members of the party lie in close contact with him. Put any spare clothing underneath and over him. If possible he should be wrapped in a blanket together with a warmer colleague.
5. When available medical aid should be sought.

The concept of core temperature is worth defining. The body will exercise considerable ingenuity in maintaining the temperature of the blood perfusing the vital central organs - principally the heart and brain. So this effect the circulation to the skin and extremities will be almost cut off, and these parts will become very much colder than the vital body core when a fall in temperature would rapidly prove fatal. During re-heating there is the risk that if parts of the cold body surface are warmed locally - for example, with hot water bottles applied to the limbs - a considerable amount of cooled blood in the previously shut-down circulation to the extremities may quickly recirculate back to the body core and cause a disastrous fall in the temperature there. The dangers of this incorrect treatment must be stressed, for death during the warming up period has occurred, maybe not in Australia but it has happened in other parts of the world. The correct way to re-warm an exposure victim is either:-

1. Very slowly by providing only insulation with blankets etc. and not external heat. This method may take 48 to 72 hours for the normal body temperature to be reached.
2. Very rapidly by immersion in warm water, the temperature of which must be maintained as it is cooled by the cold patient.

This latter method, introduced in recent years by R.A.F. mountain rescue medical personnel, has proved its life-saving

results in dealing with cold exposure cases and gained universal acceptance. The whole body surface is re-warmed rapidly in order that the static cooled blood in the skin and extremities is raised to body temperature as fast as it is diverted back into the general circulation. In this manner the core temperature is maintained. The technique is as follows:-

After quickly removing the wet suit, the victim is immersed to the neck in a bath of hot water at 45 degrees C or 112 degrees F. A thermometer should be used to check the bath water temperature but if one is not available, gauge the water as the hottest in which an immersed elbow can be kept. Beware of the patient splashing violently when first immersed. Try to keep him immersed to the neck throughout the re-warming period. Keep him in the bath until he begins to sweat visibly on his face, which is an indication that body temperature has returned to normal. Maintain the bath water temperature at 43 to 45 degrees C. or 108 to 112 degrees F. by the continued addition of further hot water. This topping up is most important.

If an exposure incident occurs whilst on a dive, some member of the party should try to obtain facilities for this method of treatment at the nearest house as soon as he is able. One final word of warning, if cold exposure develops in one member of a dive group, be ready for its onset among other members of the party.

IMPORTANT NOTICE

ELECTION OF OFFICE BEARERS FOR 1970 - 1971

This election will take place at the September, 1970 meeting of the Group.

It is essential to the welfare and future of the Group that all financial members give careful thought to those members that are proposing to nominate for election and also those they will vote for at the election. Over the past year some well intentioned and well deserved constructive criticism has been levelled by various members at the directors for the failure of the members of the Group to show enthusiasm for helping new