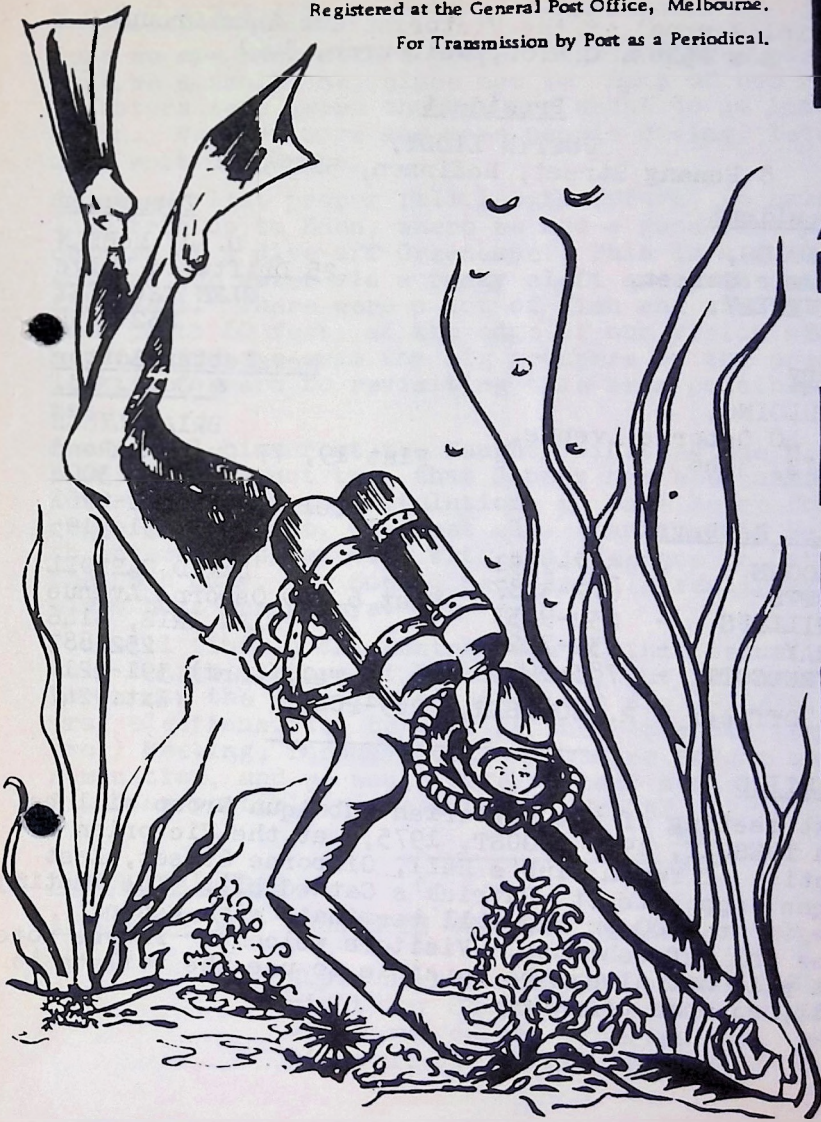


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FATHOMS



VICTORIAN SUB-AQUA GROUP

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(Official Journal of the Victorian Sub-Aqua Group)
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CLUB MEETING -

The next meeting of the Victorian Sub-Aqua Group will be held on TUESDAY, 19th AUGUST, 1975, at the Victorian Association of Youth Club's Hall, Gisborne Street, East Melbourne (opposite St. Patrick's Cathedral). The meeting will begin at 8.00 pm and will terminate with general business and refreshments. Visitors welcome. Please note that it will not always be possible to use the toilets in the hall, so come prepared.

EDITORIAL

Here we are back with a proper magazine once more. This will be a small one, since not too many of our regular contributors were aware that we are about to go into orbit again. We have more and more people diving, lets have a few more writing please.

Since our last proper full length effort, we have had a long trip up to Eden, where we had a good time plus one cracker of a dive off Greencape. This is a good area, we entered the water via a rocky cleft and swam out beneath the swell. There were a lot of fish and visibility was good 50 to 60 feet, at the edge of our vision about 100 metres offshore swam the big groupers of the area. We are looking forward to revisiting this area possibly at Christmas.

Our Annual Dinner at the Naughty Nineties was also excellent, but its not true that Johnny has been asked to join Actors Equity. Congratulations to Dave Moore for a well organised turnout. We must also thank Dave & Pat Moore for an entertaining evening with a difference on Saturday evening, the 26th July, our Social Secretary is really making the wires buzz these days.

You will find in the centre fold of this issue, no not a full length picture of Peter Smith, but the nomination forms for the election of directors for 1975/76. The general elections will be held at the September (Annual General) Meeting, Tuesday 16th. Remember anyone may stand for nomination, and we would like as many members along on that night as possible, so remember, TUESDAY, SEPTEMBER the 16TH.
Ed.

DIVING CALENDAR

AUGUST 30-31 - RUSHWORTH WEEKEND. Organizer J. Liddy
58 2310

Super scenic weekend. Leave Melb. Friday night for Shepparton. Stay overnight & visit one of the wineries Sat. Saturday night at one of the local pubs (Dinner

AUGUST 30-31
(Cont'd.)

Dance) then on to Rushworth for Sunday.
B.B.Q. Lunch.

Those interested for 1 or 2 days can obtain meeting times & location maps from Justin Liddy on 58 2310.

SEPT. 14TH

PORTSEA HOLE
Dive Capt. B. Truscott 783-9095
Time to be decided.

SEPT. 16TH

ANNUAL GENERAL MEETING

SEPT. 28TH

CAPE SCHANK AREA.
Boat Dive. Meet Flinders Pier 9.30 am
Dive Capt. D. Moore 547-2791

OCT. 12TH

MYSTERY DIVE.
Dive Capt. Dave Carroll. 252-883

COMMITTEE NEWS

Club has now overcome its newsletter printing problems and has given birth to a printing press. Our printers name is Glenys Cutts & along with Newsletter editors, Dave Carroll & Brian Lynch, hope to raise said newsletter to bigger and brighter things.

We have a new face on the Committee in the form of the old Bazza.

Harvey J. Allen is no longer a member of V.S.A.G.

It was decided to create a property register to be held by the Property Officer (Pat Reynolds) to keep track of Club gear. So anyone who has club gear, hand it in to Pat as soon as possible.

It has been noticed that more and more members are turning u

without safety vests. This situation will not be tolerated any longer. So be warned - no vest - no dive.

It has also been decided that the hire fee for SCUBA UNITS will be reintroduced and will be \$3.00 per 2 day weekend minimum and \$1.00 per day after that.

Barry Truscott is now Safety Officer.

MEDICALLY SPEAKING -

DRUGS & DIVING

The effects of drugs on divers is not widely known, and there are few reports available. If the drugs or medicines, are prescribed by a Doctor, it is highly unlikely that the diver would consider diving whilst undergoing treatment.

However, drugs which may be freely purchased over the counter, and which could be taken by a diver for a specific purpose may be injurious to him as a diver. Take for instance, headache or upset stomach remedies which contain aspirin. Aspirin preparations can present problems to the diver, mainly due to the fact that body temperature is reduced and heat loss increased. This is good if you have a temperature, but is not desirable to divers who endeavour to retain as much heat as possible once in the water. Therefore preparations containing aspirin should be avoided whilst diving, and it is noted that alka-seltzer is included in this group.

Alcohol creates the same heat-loss problem and should also be avoided - (don't drink and dive).

Of course sea sickness tablets must not be forgotten as even I have witnessed the miserable sea sick diver, who can no longer endure the constant motion of the vessel in which he is to remain until the rest of his group decide to return to shore.

In the case of motion sickness remedies, the diver must be warned of the possibility of drowsiness occurring.

Preparations in the Antihistamine Group are very effective in controlling motion sickness but are known to cause

drowsiness.

The Hyoscine Group (which includes KEWILLS) act mainly on the stomach nerve endings and although not entirely effective are reasonably safe from the divers point of view.

If you are diving and have taken any sort of sea sickness preparation or for that matter any drug, it is your duty as a diver to inform the Dive Captain and your buddy, so that if any side effect should take place they are aware of its possible cause.

C. RAMAGE.

THIS AND THAT

What to write about after nearly two months of diving and no magazine deadline to meet. Luckily of course it's the winter but strangely enough I seem to have been in the water more during this winter than ever I got wet in the summer.

During the past couple of months we have logged up dives at Sorrento, Black Rock and Mt. Gambier, fresh water and salt water. We have also been attracting good followings so much so that at our last club dive at Diamond Bay rumour has it that 23 divers entered the water, including the venerable Tony Tipping back with us once more.

Searching back into my memory our Cerberus night dive attracted the more stalwart members of the Club and a special mention to Bernadette and Janet who made it into the old hulk, which was a good first time effort. Although we appeared to be on the end of a long queue of divers who had preceded us, the interior of the ship was quite clear. Four of us went through together, Peter Sonneberg, Peter Oakley, Morris Gagliardi and myself. We were out for about an hour then the cold set in and so did we, quite quickly. A special mention here to Johnny who opened his car boot and discovered he had forgotten to pack his gear and also to Pete Oakley who really makes hot soup. Other divers were Justin, D.J., Gerry and Trevor and if I've missed anyone I'm sorry but it was a dark night.

We have subsequently dived on the Cerberus on three daylight visits. As we have often said in our editorials, it is a reasonable dive at a reasonable distance and a good training swim as some of us have discovered.

Trevor and I paid a last visit to Gambier under the old permit system, in fact during the last week that they were valid. We had an early morning dip into Piccaninny, down to ninety feet and then over and into the Cathedral. The only drawback being my very expensive torch which refused to function until I was leaving the Cathedral whereupon it burst into life. It was a wee bit gloomy down on the bottom as the sun was still low in the sky but the Fissure was good and clear although the first pond was really dirty and diving down to the centre you literally could not see your hand in front of your mask. We stayed fifteen minutes in the Fissure and the Cathedral and then cut and across to Ewans. There we encountered some South Australian divers who had already been through the system, however when we entered the water we found it reasonably clear although the tide was low and on the ebb and we had to crawl over the weed beds in the channels. We stopped in the third pond because the water was really too low to enable us to get right down to the beach.

We dressed and then had a tour of Gambier stopping briefly at Allendale East, where we found a new fencing up and a new notice warning that cave diving is dangerous, requires training and permission from the land owner and the C.D.A.A. before being undertaken. Incidentally at the time we were there, there was no notice at all at Piccaninny Ponds.

Well I think thats about all for now, as the poet says if you want any more you'll have to write it yourself.

B. LYNCH

MAN IN THE UNDERWATER WORLD - by C. C. D. Brammall

Diving with snorkel, scuba and hookah gear is being used more and more in Australia's fisheries, by scientists in underwater environmental studies, in naval and industrial operations and other activities.

SCUBA (self contained underwater breathing apparatus) is used extensively by recreational and industrial divers. Hookah (named after the Turkish water-pipe, also called 'Hubble-bubble') is widely used by abalone divers. The