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# FATHOMS



## VICTORIAN SUB-AQUA GROUP

FATHOMS

(Official Journal of the Victorian Sub-Aqua Group)

Box 2526W, G.P.O., Melbourne, 3001

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CLUB MEETING -

The next meeting of the Victorian Sub-Aqua Group will be held on TUESDAY, 20TH APRIL, 1976 at the Victorian Association of Youth Club's Hall, Gisborne Street, East Melbourne (opposite St. Patrick's Cathedral). The meeting will begin at 8.00pm 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.

E D I T O R I A L

March has been a fairly busy month for the V.S.A.G. The long week end at the beginning of March saw about 20 members of the Club exploring the old mine shafts at Rushworth. Many of the members who had never been there had a thoroughly enjoyable weekend.

An outing was also planned for Fort Campbell on the same weekend by those who were not so keen on spending a weekend underground. However due to poor weather conditions, Fort Campbell was cancelled and some of the keener members turned up to Rushworth.

March 14. The Eliza Ramsden dive turned out to be a skiing outing and as rumour has it the marta board now needs some repairs.

March 21. Fun Run. The Club was well represented with five participants and several members looking after the refreshment side.

March 28. Flinders Pier. As the magazine has to be out one week earlier this month, there is no report on this outing as yet.

Several members of the Club have been busy over the last four or five weeks making two fibreglass boats. Well, you will be pleased to hear the second has now been removed from the mould.

With regard to the Club compressor, at the last Club meeting, the Committee was given approval to purchase a compressor. As they cost in the vicinity of \$1,000 the only way the Club can afford it is to sell pre-paid air. All those interested should indicate the amount of money they can put towards it at the April General Meeting (20th April).

ED.

EQUIPMENT WANTED -

Any second hand tanks or regulators required for Dive Training. Must be in fair to good condition and reasonably priced. Contact Justin Liddy or Alan Cutts.

DIVE CALENDAR

- APR. 10 NIGHT DIVE - Meet Dalgetty Road, Beaumaris 8 pm.  
Dive Capt. - J. Barker 24-4025 ✓
- 11 POOL PARTY 7 KALMIA ST. FRANKSTON. Starts 1 pm.  
Entry fee 50c. Bring your money & booze. All clubs  
and visitors welcome. Points awarded for paying  
visitors. Organiser - D. Moore 547-2791
- APR. 15-19 EASTER. WILSON'S PROM. Dive Capt. J. Goulding  
25-2883
- APR. 20 GENERAL MEETING
- APR. 25 SORRENTO - Meet 9 am. Sorrento Boat Ramp. Dive Capt.  
B. Lynch 662-0201 Ext. 494 or B. Truscott 783-9095
- MAY - 16 TUBE TRIP - Meet Thornton 8.30-9.00 am. Progress  
to Eildon Pondage Weir - Dive Capt. J. Liddy 58-2310
- MAY 18 GENERAL MEETING

MEMO

Rumour has been rife around the Club that Di Lynch is pregnant.  
This is not true as on Friday 5th March, 1976 about 3 pm., Di and  
Brian became the proud parents of a 5lb. 15 ozs. baby girl -  
Belinda Jane.

V.S.A.G. offer their warmest congratulations.

RUSHWORTH - LABOR DAY WEEKEND

Rushworth is a small town set in undulating country about 25 miles from Murchison. The reason for its existence I have yet to discover. There are three reasons I go to Rushworth, one is its proximity to several rather good little wineries, two, is to get away from the hurly-burly of Melbourne, and three is because there are a multitude of abandoned goldmines going deep into the earth. Most people cannot understand why Alan and I enjoy this type of pot-holing so much and until you give it a try, it will have to remain a mystery because words can't describe it adequately.

Anyway, enough of this long winded philosophising and on with the saga of our last jaunt to Rushworth.....

Shirley and I left Melbourne about 7.30 pm and arrived at Ian's place at Shepparton about 10 pm. After a few beers and a couple of hours later, Alan and Glenys and Graham and Dave and Pat Moore arrived followed by Tony and Esther who said they'd been lost in Shepparton (nobody can get lost in Shepp!!), and so to bed.

Early Saturday morning Johnny and Maree arrived and the stage was set for our traditional visit to Monichino's winery at Katunga. Our host Carlo, as usual seemed glad to see us and didn't stop talking the whole time we were there. After sampling most of his stock and feeling a bit on the floating side, we bought up big and headed for Rushworth. Just for a change Deefa didn't get drunk!

On arrival at Rushworth it was a bit of a surprise to find that Johnny knew the girl who ran the Rushworth Pub. That was a good enough reason for a few beers! Then on to the Phoenix Mine where Alan was setting up camp with the help of Frank Derkson, Trevor West, Ros, Pat and Yvonne. There were very many varied comments when the hole was first seen, ranging from "No worries, let's go!" from Dave, to "No b...y way" from Johnny. So, after setting up the winch and checking the ropes and torches, it was unanimously decided to send Dave down first. Imagine Dave's surprise when he got to the bottom at 340 feet and found Alan and I sitting there sharing a tub. One thing the veterans of Rushworth forgot to mention was the fact there is a second entrance whereby you can walk in all the way!! Then up topside for a chat around the camp fire and a couple of lemonades.

Sunday dawned at daylight again and after some confusion over the end of daylight saving it was out and down. After getting the fellas down, including D.J. and Karl and son Andrew, Alan and I walked in from the other end with Shirley, Pat and Maree in tow. To our surprise they went all the way (down the mine) and once down there refused to come up again. After a few hours we went topside again for lunch and to be met by Bazza and Max and families.

After lunch we split up into two groups with Alan, D.J., Karl and I looking for new venues to crawl into and the rest of the crew going down to explore Phoenix more fully. The afternoon was more profitable as Alan and I found a new hole and after much digging brought out an old windlass with D.J. and Karl's help. This magnificent example of early mining engineering is now on display at Penang Street.

Then back to camp again and it was suggested a few of us try out the Balaclava mine so Alan, Tony, D.J., Karl, Dave, Frank and myself set off and dropped into a hole we hadn't been able to get down last time. Finally Tony got down to the bottom and found to his horror he couldn't get out again. After several suggestions on how he could spend his time it was D.J. who saved the day (and Tony) by finding another way in and out. After about three hours we made it to the surface to find night had fallen and the cars had gone into hiding. After a further 1½ hours we found them. Rather an embarrassed lot we were when eventually we made it back to Phoenix and the rest of the crew.

Monday we packed up and after a false start when someone locked my keys in the boot, (guess who!) we all moved on to Balaclava. Balaclava consists of a huge open cut with tunnels leading off in all directions, some very deep and all very spectacular. So the afternoon was spent popping in and out of various holes and tunnels.

Finally about 5 we called it quits, and packed up and headed into Seymour where we took over the roadhouse for dinner, and then home to a well earned shower and a softer bed than the ground.

Tuesday morning I found I must have had a good time because I counted just on 180 cuts and scratches, some in places I thought impossible to scratch!!

The cast in order of appearance :-

Ian Richardson, our host on Friday night

Shirley, Deefa and myself

Alan, Glenys and Graham

Dave and Pat

Tony and Esther

Johnny and Maree

Trevor and Ros

Pat and Yvonne

Frank Derkson

D.J., Karl and Andrew

Bazza, Marie and the kids

Max, Pam and  $\frac{1}{2}$  the kids

Damn good weekend, when do we go again?

JUSTIN LIDDY

ELIZA RAMSDEN - 14-3-76

On sighting that magnificent bow, still intact and proud after a hundred years on the bottom of Port Phillip Bay excitement pulses through the system. Kolp flags fly in the brisk current where the figurehead once stood. Paint has been replaced by corals and sponges, while a variety of friendly fish inhabit the nooks and crannies inside the ship. Magpie perch, moonlighters, old wives, brilliantly colored leatherjackets; swoop, demoiselles, huge lazy kelpies; butterfish, bullseyes, rummaging red mullet; parrotfish, trumpeter and observing from a respectable distance, a school of yellow-tail kingfish. Fifty feet visibility adds a dimension to this wondrous spectrum. If only one could adequately reproduce the impressions on my mind of this grand old lady and her inhabitants. Eliza, you are beautiful. The joint creation of unwitting mortal artists and nature, a silent symphony, a wordless poem.

JAY CODY

V.S.A.G. POOL SIDE PARTY

FOR THE DIVERS WHOOP UP OF THE YEAR

COME TO OUR POOL SIDE PARTY AT

7 KALMIA ST FRANKSON

ON SUNDAY APRIL 11TH  
COMMENCING AT 1.00 PM

ENTRY IS 50c PER PERSON

BAR B QUE FACILITIES &amp; ICE AVAILABLE

BYO FOOD &amp; DRINKS

A NUMBER OF ACTIVITIES ARE  
BEING ORGANIZED WHICH COULD  
MAKE OR BREAK YOUA SPARE SET OF CLOTHES & DIVING GEAR  
(NO TANKS) SHOULD BE BROUGHT ALONG

ALL VISITORS WELCOME

ALL OTHER CLUBS ARE INVITED

TO PARTICIPATE IN THE

INTERCLUB CHALLENGE

CONTEST WHICH WILL BE

ANNOUNCED ON THE DAY.

FURTHER ENQUIRIES - CONTACT DAVE MOORE 547-2791

THE FUN RUN 1976

For the last three years, the Department for Youth, Sport and Recreation in conjunction with Coca-Cola and Channel Seven have organised a run from the city to Brighton Beach. This has been in an effort to increase community fitness, and judging by the way the



the numbers of runners increase each year it appears to be working. The runners range from small children to pensioners, from the very athletic to those who walk most of the way.

For the past two years, Justin and I have carried a very lonely V.S.A.G. flag for the eight miles of the Run. This year we had a team of four runners, all of whom finished, with all the times under the hour for the distance which is very good. We also had five "coaches", who were almost as worn out as the runners at the end. Our team consisted of Tony Tipping, Barry Truscott, John Marshall and myself.

The start of the run was at the junction of Domain and St. Kilda Roads, and anyone who watched the start will probably remember that it was a bit catastrophic, however imagine yourself in the middle of a few thousand people, when they all started to run. Its a bit like being in the middle of a stampede. We had managed to get near the front, and we first saw some people start then stop, start again, stop and then they came boiling over from the back, so we took off, more to get out of the way than to start running. The start though is the easy part, the hard part comes next.

Down St. Kilda Road, where it still looked like Myers at Christmas time, runners everywhere, most of them seem to be going faster than us too, and then round and down into St. Kilda still struggling. By the time we reached the "Marina" the leaders were already eight minutes ahead of us, but I'm pleased to say that they didn't get much further ahead. The runners were thinning out by this stage too, and we were now in no danger of tripping over anyone.

Onwards ever onwards, like the poem says we rolled along St. Kilda Street towards Brighton. Now the pace and the distance were telling, we even began passing people. At this stage our ever present handlers came into their own, Pat Reynolds ran alongside us with water and towels. We thought he was going to run to the end with us but he declined gracefully. Past Sandringham Yacht Club and up the hills we ran, and now the end was in sight. It was at this point that I had planned to trip up Tony and race off but some idiot on a bike told him the finish was just ahead and I never saw him again, which is the nicest way I can think of to say that Tony was first home, followed quite quickly by the rest of us myself, Bazza and John.

All of the runners would like to thank our helpers, Justin, Pat,

Johnny, Marie and Carey, and all our athletes travel with "Liddy Move-a-Mob". You certainly do get a little more the Liddy way.

Since our number of fit divers is increasing, perhaps next year we will have a few more (keep training Bob) runners alongside us. I'd like to finish with a word of advice to Tony. Keep training, we'll all be faster next year, also too a word of appreciation for the enthusiasm and effort that Tony has put into training us, and making us all go faster trying to catch him this year.

BRIAN LYNCH

### DIVE TRAINING

The next V.S.A.G. Dive Training course is expected to commence sometime after Easter at a location to be advised.

Any member who knows of any person interested in doing this course should bring the person to the April General Meeting (20/4/76). Alternatively the name, address, phone number and age of the person should be advised to the Training Officer (A. Cutts) at the April General Meeting.

Members who have already indicated that they may have people interested in starting the course are:-

Terry Smith	-	2 people interested
Jeff Barker		1 person "
Frank Derkson		1 " "
Jay Cody		1 " "
Mike Bennett		2 people "
Brian Baldock		Self and 1 other interested

The above named people are asked to confirm details no later than the April meeting to A. Cutts. Cost of Training Course is \$30.00.

The V.S.A.G. has booked 6 camp sites at Tidal River, Wilson's Prom at Easter.

Arrival Date	Thursday	P.M.	15th April
Departure Date	Monday		19th April

For the purpose of entry into the camping ground the following site allocations are :-

<u>Site No.</u>	<u>Site Name</u>	<u>People on Site</u>
M RO 10	Goulding	P. Oakley, C. MacIntyre, J & C Barker, C. Ramage, J. Marshall
M RO 11	Liddy	P. Smith, T. Snushall, D. Hurle T. West
M RO 12	Synon	T. Smith family
M RO 13	Adamson	Baldock family, K. James/Kelly
M RO 14	Moore	Cody family
M RO 15	Truscott	T. Tipping, F. Derksen

Other persons intending to go on this trip should contact J. Goulding beforehand.

These allocations are for entry into the park only. Once at the sites, choose your own spot but please conserve space as there will be more people present than we have booked for.

### LOG BOOKS

Diving Log Books will be available for sale at the April General Meeting. Whilst it is not compulsory for divers in this State to show proof of experience before buying air or equipment, there are places in Australia where presentation of an official Log Book or Divers Certificate is necessary before being allowed to dive.

The Log Book should be an accurate record of your diving history, and besides being an interesting reference and memento, it maybe your passport to future diving.

### DIVING MEDICINE

Most divers have a reasonable knowledge of the varied medical problems connected with diving, but one aspect of diving medicine which receives little publicity is AVASCULAR BONE NECROSIS. The following is reproduced from an article by S.A. Shepherd and J.E. Gilligan.

Bone necrosis is thought to begin with obstruction of blood and nutrient supplied to an area of bone. The exact cause of this

obstruction is still uncertain, but the most likely cause is bubbles of nitrogen.

Fats and liquids can absorb five times as much nitrogen as non-fatty tissues, and since fatty deposits exist in long bones, and these tissues become saturated with nitrogen within five hours, their sudden decompression can release nitrogen into the circulation within these tissues faster than they can be removed, so forming bubbles and leading to a blockage and cessation of blood flow.

This is especially so in tissues in which the normal blood flow is fairly low. The bone then dies in the affected area and blood is later supplied from adjacent areas of living bone. Ultimately a 'cocoon' of living bone spreads and grows over the surface of the dead bone, so increasing the density of the bone and enabling it to be seen radiologically. If however this process of regrowth of new bone is arrested through any cause (as with further blockage) the dead part of the bone eventually collapses, and this can be seen on an X-ray of the area. At this stage pain may be felt in the bone or nearby joint.

Finally there follows severe degeneration of the joint (osteoarthritis) resulting in restriction of movement and often pain. In a number of cases reconstructive surgery becomes necessary. The principle sites in which necrosis occurs are upper arms, hips, thighs and knees. Since the bone injury may not be readily apparent on an X-ray in the earlier stages, diagnosis is often not made until irreversible damage has been done.

Recent surveys have shown a high incidence of bone necrosis with figures of 5% in naval clearance divers, 10% in abalone divers in eastern Victoria and more than 50% in a group of western Victorian divers.

In a survey of naval divers Elliot (1972) concluded that there was a positive relationship between the presence of bone necrosis and a history of inadequate decompression. However other investigations have found that bone necrosis also occurs among divers who have had no decompression accident.

Since all cases of bone necrosis are potentially disabling there is little doubt that this is the most serious problem facing abalone divers in Australia today. Obviously divers with evidence of necrosis should give up diving.

JAY CODY

POINTS SCORE - AS AT FEBRUARY, 1976

J. Goulding	395	P. Oakley	100
J. Liddy	375	T. Cwley	100
B. Truscott	375	R. Scott	100
M. Synon	355	M. Gaglihardi	90
B. Lynch	325	B. Baldock	80
F. Derkson	325	B. Kelly	70
T. Tipping	325	K. James	70
A. Cutts	275	P. Sier	60
D. Moore	270	P. Reynolds	50
T. Snushall	240	P. Smith	40
D. Carroll	230	P. Saunders	40
J. Barker	200	R. Coomber	35
R. Adamson	195	B. Jansen	30
D. McBean	145	T. Smith	10
J. Cody	140	R. Pascoe	10
C. Ramage	130	M. Bennett	10
J. Marshall	110		

FLOTSAM & JETSAM

The quote of the month goes to Diane Lynch, who on leaving I.C.I. to have a baby, was replying to a farewell speech and reportedly thanked I.C.I. "for giving her a job, a husband and a baby, - and in that order too!"

Congratulations Brian and Di on the arrival of Belinda. We need some new birds in the club, so in about 17 years time when the old pom is probably about ready to hang up his flippers, we might be graced with the presence of yet another Lynch.

Looking back over the last month's activities we see that quite a few members embraced a new experience by going to Rushworth on the Labor Day weekend to explore the old gold mines in the area. Ably led by Justin and Alan, our adventurous crew moled around under the ground for hours. Various rock samples were inspected closely for gold, however no overnight fortunes were to be found. The trip was highlighted by a visit to Monichinc's Vineyard at Katunga where we amply sampled the reds, whites and the in-betweens.

On Sunday 14th March we assembled at Sorrento for what was to turn

out to be a race against the tide - dive. A couple of the boats made it to the Eliza Ramsden and some made it to the Portsea Hole. However the first dive gave excellent visibility but was cut short because of the racing current. The day was not wasted however, as we were able to have a lot of fun with the Manta Board. In fact we had more fun with the Manta Board on top of the water, than underneath it. Maybe we should re-name it the "Manta-Ski".

This year the V.S.A.G. fielded a small but well trained team for the Fun Run.

Barry Truscott, Tony Tipping, John Marshall and Brian Lynch completed the gruelling 13 km course and almost had to be restrained from turning around at the end to run back.

Congratulations fellows. Your example should be an inspiration to all of us. I know one bloke who watched you run is very inspired. Its just that he's afraid that the INSPIR-ATION will lead to PERSPIR-ATION and eventually EXPIR-ATION.

Don't forget that we have a Pool-Side Party at 7 Kalmia Street Frankston on April 11th. Bring all your friends. Admission 50c in aid of V.S.A.G.

### MAL FUNCTION

### LIFE MEMBERSHIPS

At the last Committee Meeting 24/3/76 the subject of Life Memberships was raised. At this point I will quote the Club Constitution "Articles of Association" of Victorian Sub Aqua Group, Classes of Members, Page 2 Section 6E.

#### Life Members

The names of not more than two persons may be submitted by the General Committee at the Annual Meeting of Members held in accordance with these articles for election as a Life Member of the Group for special services rendered to the Group. The voting on the election of a Life Member shall be by ballot and four fifths of the members present in person or by proxy must vote in the affirmative to ensure election.

Most members of the Club are probably not even aware that Life Memberships exist, this is probably because only two members of the Club have become Life Members since the Clubs inception in 1956.

APRIL, 1976

FATHOMS

The members who gained this title are Peter and  
Coustley, they were both awarded the members  
memorable services to the V.S.A.G. The members  
1970.

In 1972 Ron Addison was nominated for Life Membership  
conscientious services to the Club, but due to  
new members who did not know Ron, the motion was

Now the Committee has nominated two more members for Life Membership.  
They are John Noonan and Pat Reynolds. As some of the members in  
the Club may not know one or both of these people, I will try to  
out-line some of the Club history of both of the nominees.

JOHN NOONAN -

Joined the Club in 1959 and served on the Committee from 1960 to 1973  
when he had to leave the committee to attend to more urgent family  
matters. Whilst on the committee John was Secretary and also  
Functions Co-ordinator, and has also served on many sub-committees.  
Some of the other things John was concerned with are - Dive Training,  
Boat Shows and Social functions. He participated in Club dives  
almost fortnightly for 14 years. John has indicated that he will be  
participating in club activities once again, but to a lesser degree  
than in his hey day.

PAT REYNOLDS -

Pat joined the Club in 1959 and served on the Committee from 1961  
until the present day. Whilst on the committee Pat was Property  
Officer for 5 years, Librarian for 2 years, President 1973-74, Vice  
President 1974-75. Pat was also involved in the following Club  
activities - Dive Training 16 years, participated in UIAV training,  
gave lectures to Rotary Clubs and secondary schools on diving, and  
also lectures to our own trainees. He also participated in several  
boat shows. Owing to extreme family pressure Pat's participation in  
active diving has been severely restricted, however his presence on  
the committee has and will always be valued.

As the award of Life Membership to John and Pat is long overdue, the  
Committee has decided to vote on the Proposal of Life Membership at  
the next general meeting on 20th April, 1976. All those who cannot  
attend, can vote by proxy or write to the Secretary, V.S.A.G., P.O.  
Box 2526W G.P.O. Melbourne indicating their intention. Only Full or  
Life Members may vote.

- ALAN CUPTS