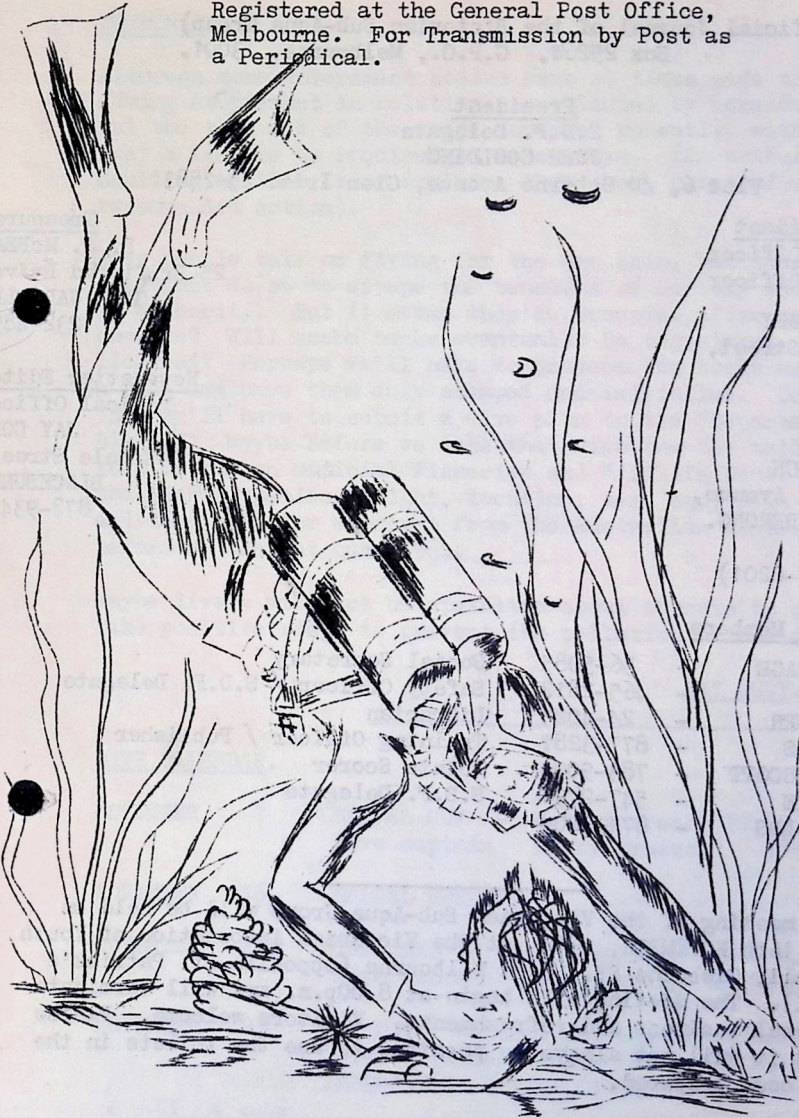


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VICTORIAN SUB AQUA GROUP

(official Journal of the Victorian Sub-Aqua Group)
Box 2526W, G.P.O., Melbourne. 3001.

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The next meeting of the Victorian Sub-Aqua Group will be held on TUESDAY, 16th NOVEMBER, 1976 at the Victorian Association of Youth Club's Hall, Gisborne St., East Melbourne (Opposite St. Patrick's Cathedral). The meeting will begin at 8.00p.m. 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

Although some government bodies have at times made threatening noise diving at present is relatively unpolluted by bureaucratic meddling. but the thin end of the wedge appeared recently. with the proposal that a licence be required to take crays. (An article by John Goulding in this issue explains the divers point of view and recommended action).

Many people take on diving for the ego trip, but those who stay with the sport do so to escape the tensions of society and the tentacles of authority. But it seems they're creeping after us. What will it come to? Will scuba tanks eventually be registered and divers licensed? Perhaps we'll have to produce log books each time we get a fill and have them duly stamped and initialled. Could it happen that we'll have to submit a dive plan to the "Department of Civil Diving"? Maybe before we take that fish for the table, we'll have to fill out an official Fisheries and Wildlife Dept. form stating the fish's species, weight, location, sex, age, next of kin etc. and then wait for approval from the Australian Conservation Foundation before we can eat our catch.

Maybe divers will not be apathetic about threats to our freedom and take positive steps to prevent the pollution of our great sport.

JAY CODY.

DIVE CALENDAR.

- | | | |
|----------|----|---|
| NOVEMBER | 7 | CHANNEL RUN - Meet Sorrento 10.00 a.m.
Dive captain Barry Truscott 793 9095 |
| NOVEMBER | 16 | GENERAL MEETING |
| NOVEMBER | 21 | PINNACLES - Meet San Remo 10.00 a.m.
Dive captain Tony Tipping 24 7133 |
| NOVEMBER | 28 | RIP DIVE - Meet Sorrento Boat Ramp 10.00 a.m..
Dive captain Justin Liddy 58 2310
EXPERIENCED DIVERS ONLY. |

- DECEMBER 12 TENNIS PARTY - 14 Tower Place, East Hawthorn 12.00 a.m.
Organiser Justin Liddy 58 2310
- DECEMBER 21 GENERAL MEETING - (Watch Newsletter for new location).
- DECEMBER 26 JERVIS BAY - Organiser John Goulding 25 2883.
- JANUARY 9
- JANUARY 22 - 24 WILSONS PROM. - Organiser Jay Cody 878 9341.
- JANUARY 30 GEORGE KERMODE - Meet Flinders 10.00 a.m.,
Dive captain Max Synon 465 2812.
- FEBRUARY 6 SIERRA NEVADA - Meet Sorrento Boat Ramp 10.00 a.m.,
Dive captain John Goulding 25 2812.
83
- FEBRUARY 13 UP THE YARRA BARBECUE - Organiser Dave Moore
547 2791.
- FEBRUARY 15 GENERAL MEETING.

RUNNING FOR FUN.

Once again the feared athletes of the V.S.A.G., made another sortie into the athletic world. This time it was on Sunday 10th October, and the venue, well known to the fitter members of the Club, was the Albert Park Lake arena.

Again this was another effort on the part of Brian Dixon, the Minister for Youth, Sport and Recreation, in aid of a worthy cause, to assist in the re-habilitation work of the drug and alcohol dependency group. This leads us of course to Tony, who bullied and cajoled us into attending. There were a lot of activities going on, putting, cricket, soccer, football, tennis almost every sport you can think of, plus the chance to win major prizes like colour televisions, transistors and other lovely things. The whole event was televised and I understand that some of us flashed briefly across Melbourne's television screens thereby improving the whole days viewing.

However, we were there principally for the gruelling, 3¼ mile race (jog) around the lake's perimeter. We started off mixed

up with walkers, runners and skiers would you believe. Actually the idea was for a family type jog around the lake road but we were just running against ourselves and a few other people as it turned out. It was a warm day and by the time we were halfway around it was a procession with myself and Paul Tipping bringing up the rear and Barry and Tony fighting it out for first home. Inevitably Tony did get there first, for as Bazza pointed out he did take a bit of a short cut, and it now looks as if Bazza is poised to take over the yellow jersey getting faster every day and as he put it after this run now for the Fun Run proper.

we rounded off the day by visiting the sideshows all staffed by people wearing Tony's tracksuit they were everywhere. Whilst wandering around, we discovered Jay hiding but once we assured him that the run was over he became quite bright and if you ask him to pour you a can of Coca Cola, "pure" music will flow until you switch it off that is.

Well that's it: we would like to thank those hardy families who accompanied us, that is the Truscotts Lynchs. Codys and Tinnings and here's to the next time.

BRIAN LYNCH.

DIAMOND BAY. October 3. 1976

The morning of this dive was very overcast but on arrival at Sorrento Boat Ramp conditions seemed almost perfect apart from a rather cold breeze. Jeff Barker the dive captain had two boats at his disposal, however there were too many divers for the two boats..... in fact four too many.

John and I together with Don McBean and Peter Marshall decided not to wait for a second trip in the boats, which would take us to Popes Eye, but to head over to Diamond Bay.

Diamond Bay looked absolutely terrific. it was as calm as I have seen it and completely sheltered from the wind. The weather was finally clearing up, the sun was out and we had by this stage entered the water. Visibility was about 4.572 metres to 6.096 metr

or for those of you who prefer the conventional ft. and inches 15' to 20'. There was a swell at the mouth of the bay near the reefs but the dive overall was well worth doing.

Just for interest John, Peter and I decided to return to Sorrento to hear all about the Ramsden, the first boat back was Peter Saunders' who had apparently not been reserved parking space amid the conglomeration of boats over the wreck and he and his fellow divers missed out.

We didn't wait for Tony Tipping's or Peter Smith's boats to arrive but from what I have heard both managed to dive on the wreck, even though Peter Smith gave Tony such a head start (for reasons which I will not disclose). By the way Peter, how's your motor running now?

CAREY RAMAGE.

FITNESS - A prerequisite for Diving - It's real meaning.

Fitness is more than well being, more than just good health, more than being free from sickness and disease and above all it is absolutely necessary for diving.

Fitness generally cannot be seen and is closely related to the level of efficiency of the heart lungs and blood vessels. The fitter a person is the higher his level of Cardio Respiration or Cardio Vascular Pulmonary fitness and the higher his oxygen uptake becomes. In other words a fitter person breathes in the same proportion of oxygen as the unfit person but because of his higher level of heart lung fitness, he is able to utilize more of the oxygen via the lungs into the blood stream, and in order to burn fuel oxygen is vital. Because a fitter person utilizes more available oxygen, his heart is not required to beat so fast.

With summer fast approaching, it's still not too late for the seasonal diver to get back into shape in just a few short weeks. Aerobic exercise is a known successful method of achieving fitness and can be very beneficial to the diver by allotting about 20 minutes per day to either or a combination of the following: jogging sessions, sprints, swimming, skipping, throwing or lifting bricks and above all circuit training. Generally if a person performs Aerobic exercise for 20 minutes and keeps his pulse rate at a sufficiently high rate,

(approx. 120 beats per minute) during this period he will soon develop internal fitness and improve his oxygen uptake.

No fellas, this is NOT a free plug for Health Clubs or Gymnasiums it's a reminder that YOU or ANYONE can exercise free of charge even on the living room floor and gain certain benefits to diving e.g., breathe your air easier, snorkel for longer, handle kelp or currents better or even climb back into Bazza's boat unaided!

TONY TIPPING.

JERVIS BAY. ZMAS 1976.

HURRY HURRY and avoid missing out.

Nine unpowered camp sites have been booked at picturesque Huskisson on the shores of beautiful Jervis Bay commencing Sunday 26th December 'til Sunday 9th January.

Huskisson is about 560 miles from Melbourne (a good day's drive) and is reached by travelling up the Hume Highway or along the longer Princes Highway.

It's a fair way to go, but then Jervis Bay offers sheltered diving conditions, usually excellent visibility and a wide variety of diving locations.

All people interested should contact John Goulding Before December 10

THE ANNUAL DINNER.

This year, after lengthy discussion, we selected the Club Room of the Dorchester for our Grand Annual Dinner. Departing from our normal practice, we had a private room all to ourselves. Music was provided by Scat Man Reynolds and his all electric juke-box.

and we were honouring two members with life membership awards, namely the afore mentioned Pat Reynolds, and John Noonan. So the stage was set for a good night's entertainment.

We had just that, fifty eight of us all arrived in time, and the meal commenced promptly at 8.30. Well lubricated with the pre-dinner drinks, we slid into and through the meal which was enjoyed by all. After the meal, the awards were presented by the President, firstly the two life members, Pat and John and finally the "Clubman of the Year" trophy to Justin, who has now carried off the coveted trophy twice. All the awards were presented with Johnny's usual sparkling speechifying, matched only by the replies, and then it was on with the dancing.

During the evening spot and raffle prizes flowed thick and fast, and our thanks here to those people who very kindly donated them. They certainly livened up the evening, even if they slowed down the dancing. It was very nice to see so many members of the Bass Strait Diving Club along too, and all enjoying themselves, our thanks here to Jay, who it was rumoured had threatened to sink their boat if they didn't come.

Like Cinderella we found that midnight came around too quickly, and that the golden coach soon turned into a Holden again and unfortunately the only glass slipper I found turned out to be Dave Carrolls, but that's another story. After the official party, most of the guests returned to the hospitality of the Barkers, to continue into the wee small hours. What happened there is clouded in mystery, certainly to me since I didn't go, as I understand it, to most of those who went on anyway, but my story ends at the Dorchester.

Now a large thank you to all those who participated in arranging the evening. To Carey and John who ferreted out the information in the beginning even if they didn't have the nerve to come. To Max who has been running all over Melbourne getting the life membership badges, and who had the misfortune of having the first ones lost on the railway; not by him but by the railways. To Dave (Moore) who thought up, and got hold of some of the spot prizes, and who sold tickets and managed to keep a pretty good tally on the numbers and the money. To Jeff Barker for selling tickets, to Jay who sold tickets and talked people into coming. To Pat Reynolds who arranged

the music. To the Dorchester for organising a good night and to all those who came, thanks again.

BRIAN LYNCH.

THE CRAYFISH LICENCE AND YOU.

A request has been made by the Victorian Farmers Union - Commercial Fisherman's Section, to the Fisheries and Wildlife Division - Commercial Fisheries Section for further legislation to police the taking of Southern Rock Lobster by divers using compressed air.

To this end, the Ministry of Conservation which has responsibility for these matters has proposed that all persons taking crayfish except commercial fishermen (who already pay a licence fee) shall require an amateur Crayfish licence and that the ANNUAL FEE will be \$20.

The revenue obtained would go to the Fisheries Research Fund and be used to employ an additional Fisheries and Wildlife officer. The Government hopes to raise \$20,000 a year through this licence.

There is quite a lot wrong with this proposal so set out in the following paragraphs are some of the points you ought to know.

We have a real task ahead of us to inform the Government of the divers' viewpoint on this matter.

1. The Commercial Fishermen's Section of the Victorian Farmers Union suggests that the SCUBA diver is responsible for a significant decrease in the season's crayfish catch. From your knowledge and experience do you think there could be any truth in this? Absolutely none! In fact the Commercial Fishermen's Section who are protesting about us wretched divers has not been able to produce any figures to back their statement. Furthermore most of the sport diving in Victoria is done between Cape Otway and Wilsons Promontory an area which accounts for only 12% of the Victorian Crayfish catch. Thus the effect of some divers taking crayfish in this area is minimal on the overall crayfish catch and certainly does not effect the livelihood of the commercial fishermen. In the past 12 months V.S.A.G. divers have taken approx. 15 crayfish in Victorian waters. In the total membership of the (over 500 members) the total catch

- is less than 200 crayfish for the year - (result of all club surv.)
2. There already exists a bag limit of 4 crayfish per day for non-commercial fishermen. This limit is more than generous as it would be a very fortunate diver who was able to obtain this bag limit in one day. As with all community groups it is reasonable to assume that some divers may anger the fishermen by stealing from cray-pots or by selling their catch but let the Commercial Fisheries Section come up with some proof. The existing laws aim to prevent amateurs from selling their crayfish catch. Similarly the present laws do stipulate the minimum size for crayfish, and the times of the year which crayfish cannot be taken.
 3. It has been quoted by Mr. J. Sealey a Portland Cray fisherman, that the real problem with falling catches is due to over fishing by the professionals. He quotes in the magazine "Australian Fisheries" January 1976 that the number of cray boats has increased from 161 - 199, a 23% increase, whilst the number of cray pots has increased from 5369 to 8025, a 42% increase. He states that most fishing grounds are being overworked and that existing laws which regulate the number of pots which can be used, are being flaunted. The restrictions on the catching of school shark has led to many fishermen turning to crayfish for their livelihood.
 4. The Commercial fishermen do face a grim prospect, but the introduction of a \$20.00 amateur crayfish licence is not going to assist them. In fact, it may harm them. Divers who take out a licence may well concentrate on cray hunting to "get their money's worth".
 5. It is expected that legislation will also be enacted to eventually ban the use of compressed air for taking crayfish. So a diver who finishes his SCUBA dive then takes a cray on a snorkel dive will have a hell of a problem proving his innocence if the Fisheries and Wildlife spots :-
Clue No. 1 - SCUBA TANK
Clue No. 2 - CRAYFISH
Elementary my dear boy, he's guilty sure as $2 + 2 = 5!!!$

Big brother government tries to act in the best interests of those concerned, however the Government cannot make the wisest

and most equitable decision unless it knows all sides of the argument.

You are requested to do something positive by writing to the Minister for Conservation and the Minister for Youth, Sport and Recreation, to protest against the proposed amateur crayfish licence. If you've ever caught a crayfish, then it's very much in your interest to protest against this intrusion into our sport. If you've never caught a cray, write and tell the Ministers, just how hard it is to even find and catch a cray and why you and most of your buddies have never caught one.

This licence must be opposed by us, we know that it's not the divers taking all the crays. so don't let a bunch of un-informed do-gooders impose more restrictions on us.

Write to in the first instance :-

- 1 The Hon. W. Borthwick M.P.
Minister for Conservation,
240 Victoria Pde.,
EAST MELBOURNE. 3002.

- 2 The Hon. Brian Dixon M.P.,
Minister for Youth, Sport and Recreation
Department of Youth, Sport and Recreation,
23rd Floor.
570 Bourke Street
MELBOURNE. 3000

JOHN GOULDING.

WILSONS PROM. J anuary 22 - 24

Australia Day weekend, January 1977. Reg Truscott's 40' boat Mirrabooka has been booked for this weekend and will leave Port Franklin in the early hours of Saturday morning bound for Reelfo Cove and other spots on the east coast of Wilson's Prom. The cost for the weekend is \$50 plus air. All you need to bring is diving gear, air-bed, sleeping bag and perhaps a tinny or two. Ring Jay Cody 878 9341 for bookings or further information.

V.S.A.G. Drinking Team.

Reckon you can down the odd glass or two pretty quickly? Why not apply to join the official V.S.A.G. drinking team? A contest will be held at Southland on Saturday morning, 27th November. Novelty prizes will be awarded. We suit required. Contact Team Manager Carey Ramage 56 5085 As soon as possible.

PETER OAKLEY'S BUCK'S TURN.

A buck's turn will be held on Friday 12th November for Peter Oakley. Venue to be decided. Ring John Goulding 25 2883.

YOUR HEART IS A KILLER.

It is important for you to know about heart disease, what causes it, and what can be done about it. If every person who reads this takes the advice given, we stand to decrease deaths from heart disease by a staggering figure.

The Facts:

Your heart is tough and it works hard. Each day it delivers 1,500 gallons of blood, enough to fill a road petrol tanker. As the heart beats, blood flows through its four chambers, through the heart valves between them and out to the body's arteries. The heart's own blood supply is carried through its coronary arteries. Disease of the heart and blood vessels ("cardio-vascular" disease) may affect the heart valves, the muscular walls of the heart chambers, or the arteries, including the coronary arteries.

Coronary Heart Disease occurs when the coronary arteries become clogged and narrowed to such an extent that the blood supply to the heart muscle is severely reduced. It can cause :

Heart attack ("coronary occlusion" or "myocardial infarction");
Chest pain on exertion (angina pectoris);
Congestive cardiac failure (a weakening of the heart muscle).

It is the most serious of the heart and blood vessel diseases and is on the increase among young and middle-aged Australians. Some 500,000 people are suffering from it right now - but less than half know about it and are seeing a doctor.

Stroke and high blood pressure are serious diseases of the blood vessels which affect an estimated 1 500 000 Australians. Stroke occurs when blood vessels in the brain are either ruptured (by high blood pressure) or blocked by the same clogging process which may affect the heart's coronary arteries. High blood pressure may also lead to excessive strain on the heart or interfere with the proper function of other vital organs such as the kidneys.

Congenital heart disease is an inborn defect of the heart itself (such as a "hole in the heart") or of the large blood vessels leading to and from the heart. One baby in every 300 is born with a heart fault.

Rheumatic heart disease is an inflammation and scarring of the heart (especially the valves) in which children are frequent victims. 100,000 Australians are believed to be suffering from it.

What can be done?

Coronary Heart Disease is a legacy of the affluent society. It is linked with cigarette smoking, being overweight, not having enough exercise, high blood pressure and too much cholesterol in the bloodstream. Research has shown that cutting out these "risk factors" offers a good chance of preventing it.

Figures show that cigarette smokers have twice as much coronary heart disease as non-smokers. We are not sure why cigarettes are so dangerous, but we do know that nicotine increases heart

rate, increases blood pressure, constricts the blood vessels and increases the heart's oxygen needs.

Overweight people suffer more heart disease.

Physical exertion cannot "strain" a normal heart. Communities with a high degree of physical fitness, such as New Guinea Highlanders, are virtually free of coronary heart disease. Properly graded exercise also helps those who already have heart disease. In fact, it is possible for a fit man to delay coronary heart disease for as long as twenty years.

Too much cholesterol in the blood is a significant factor in the development of coronary heart disease as it leads to thickening and clogging of the coronary arteries. A blood test arranged by your doctor will show if the cholesterol is high. If it is, you should get it down by dietary fat modification.

High blood pressure can be spotted in a health check and controlled by treatment. New drugs have lowered the death rate and 2,000 fewer Australians now die from this cause each year.

Submitted by Tony Tipping from a recent medical journal.

FLOTSAM AND JETSAM.

Did you see all the enthusiastic faces on the people who turned up for the Fossil Beach dive near Mornington on October 10th. I think the only person?? to really enjoy the fun of it all was Deefa Liddy. (D. for Dog - to the un-initiated). Undaunted by the cold and somewhat windy conditions, we still managed a shallow snorkel dive near fisherman's beach at Mornington. I'll never know why they call it fisherman's beach. As a young boy I used to spend some summer holidays at this beach and even in those days, the area had the poorest reputation around Mornington for fishing. Mind you the birds weren't bad - Hmmm maybe we could go back there this summer.

Anybody who missed the Annual Dinner at the Dorchester must have had a good excuse or else had rocks in their head. Pete Oakley came all the way from Sydney to be there. Somebody told him that the Social column reporter from the "Workers Daily" would be there. Chris Barker sported some cut-down crutches which she wielded like a pair of sabres on the dance floor and cut down anyone who stood on her toes. Brian Lynch played some sort of game like pin the tail on the donkey, and distributed prizes to who ever was two paces to the left and 3 paces backwards.... John Goulding received a telegram from Prince Charles the following day which advised that he (Charlie) was honoured to have such a distinguished counter-part in the new Colonies. Need we say any more. Only that it was a great nite and a huge success for the organisers, the Club and those who attended.

On Saturday 24th Eclipse fever grabbed a few of the blokes and 3 boat loads headed off to Popes Eye to witness this once-in-a-life-time experience. The great intentions of examining the effect of the Eclipse on the marine life were soon forgotten when the sky spewed its blackness at us and we huddled together amazed at this instant night. Nine little heads peered out of the Port Phillip Bay depths to watch the lights go on around the bay and the seagulls become completely ballsed-up by this wondrous act of nature.

Needless to say the dive on the following day scheduled for the George Kermode, had to be cancelled because everyone had black dots before their eyes.

To think that we all trusted Tony in believing that it was safe to peer at the eclipse through a pair of Safe 'N Sound Party Hose.

In keeping with famous writers of old I'll leave you with some useful information. Having recently reached the tender age of 30 years. I have lived 10,958 days, consumed over 4 tons of food and nearly a ton of beer, walked about half way around the world spoken somewhere between 5 million and 10 million words in mainly one language and attended one ballet.

AULDEN UNCULTURED.
