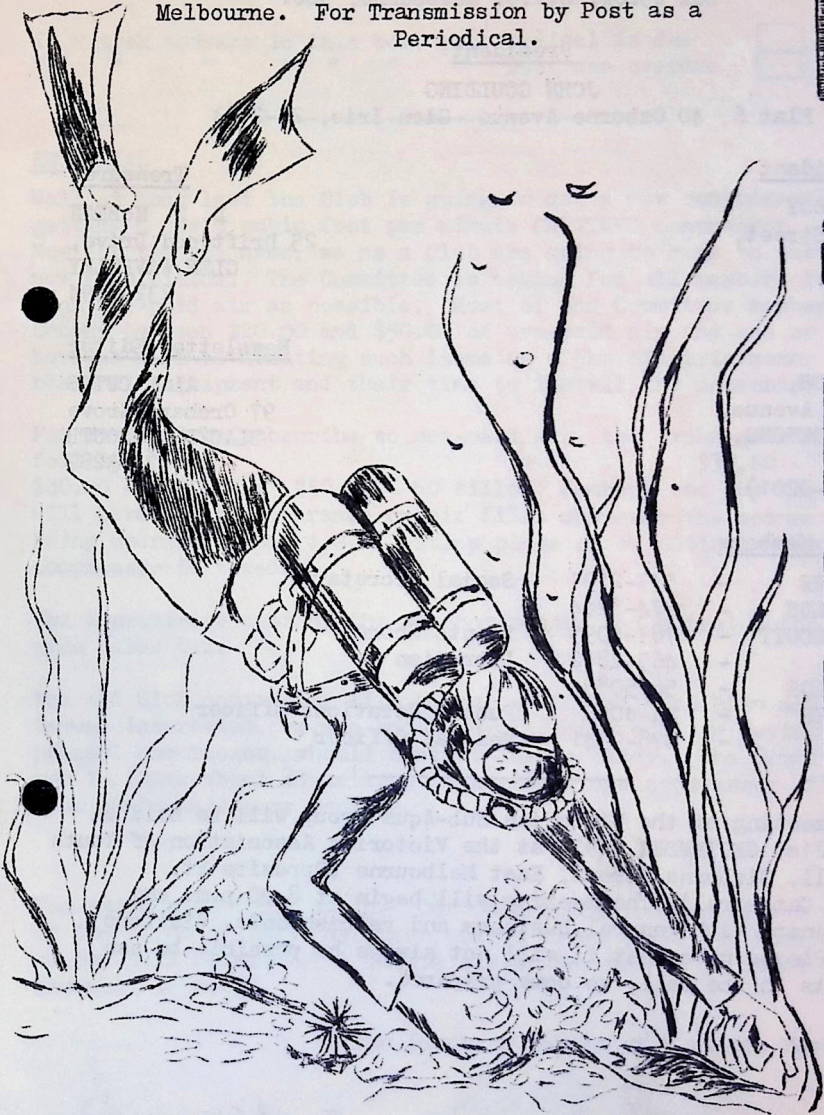


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FATHOMS



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, 21st SEPTEMBER, 1976 at the Victorian Association of Youth Club's Hall, Gisborne Street, East Melbourne (Opposite St. Patrick's Cathedral). The meeting will begin at 8.00 p.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.

V.S.A.C.

ANNUAL DINNER.

AT

THE DORCHESTER!

ALEXANDER AVENUE. MELBOURNE.

SATURDAY 16TH OCTOBER, - 8'11 12.

\$17. A HEAD. EVERYTHING THROWN IN!

DANCING

SPOT PRIZES

UNUSUAL ENTERTAINMENT



LUCKY NUMBER TICKETS
AWARD PRESENTATIONS

TICKETS AVAILABLE FROM - J. CODY
J. BARKER

FATHOMS

DIVE CALENDAR

- OCTOBER 3 ELIZA RAMSDEN - Meet Sorrento Boat Ramp 9.30 a.m.
Dive Captain Jeff Barker 24 4025
- OCTOBER 10 FOSSIL BEACH - Meet Dava Lodge between Mornington and
Mt.Martha at 10.00 a.m. Dive Captain Carev Remage
56 5085
- OCTOBER 16 ANNUAL DINNER - See ad.
- OCTOBER 19 GENERAL MEETING
- OCTOBER 24 GEORGE KERMODE or SPEKE - Meet Flinders 10.00 a.m.
Dive Captain Brian Lynch 795 2834
- NOVEMBER 6-7 CHANNEL RUN - Meet Sorrento 10.00 a.m.
Dive Captain Barry Truscott 783 9095
- NOVEMBER 16 GENERAL MEETING

PRESIDENT'S COMMENT

The Annual General Meeting of the Victorian Sub-Aqua Group will be held on Tuesday 21st September.

This is the time when we report on the year's events and progress of the Club. It is also the time when retiring members of the Committee and members who have been opted onto the Committee since the last Annual General Meeting must stand down, and if they desire can offer themselves for re-election. Any financial member who has been nominated and seconded can stand for election.

This year we have had a number of changes to the Committee. Our aim has been to have active members who are prepared to give considerable time and effort on the Committee. I believe this has greatly assisted us in achieving the things we set out to do. Sure, there are still some things not accomplished, but these projects will be on-going and will be done, given the support of the Club and the spirit of people working together to enjoy their sport.

F A T H O M S

I take this opportunity to thank the Committee for their dedication and work during the year.

I also thank all the members who have contributed to the growth of the V.S.A.G. and who by their support, involvement, regard for safety and sense of good fun have helped to make the Club one of the most respected in Victoria.

JOHN GOULDING

FLINDERS 25th JULY

This was one of those days where we all lived in hope of a dive - no one was really all that confident of getting in between the Friday night and the Monday morning. Jenny, Paul and I had gone down to Somers for the weekend and rang Max on the Saturday night. He'd had about 5 phone calls to confirm attendances, so we all met at Flinders Pier at 10 a.m.

There were two boats, Max's and Peter Smith's new Stejcraft, and after deliberating whether or not it was worth it for half an hour we decided to head around to Skull Rock. Bazza, Frank and myself with Peter, and Snush and Paul with Max were the crews. However trouble struck before we even got to West Head - Peter's new 65 Horse Chrysler outboard only seemed to be firing on one. Around West Head there were 10 foot swells, so it was decided to give Skull Rock a big miss and head back to the Pier. After pulling the two boats out, and the weather becoming bleaker than ever, no one bothered to even do a pier crawl - not even Frank - so it was back to Somers for the usual boozy barbeque.

TONY TIPPING.

PORTSEA HOLE. 8th AUGUST.

This dive was actually advertised as the Eliza Ramsden - Channel Run with Barry Truscott dive captain. However, Bazza had little response during the week regarding the dive owing to rough seas,

FATHOMS

high winds. heavy rains and a red alert for small craft on the bays.

Despite all of this nonsense and having noticed a HIGH on the weather map early on in the week west of Perth and west of several lows and cold fronts. I told Jenny in my usual hyper-optimistic fashion that after all the storms etc. during the week Sunday morning would be perfect and seas would flatten out overnight. Sure enough.....no I won't elaborate too much but Paul, Bazza and myself pushed the good ship "Marie" off the Sorrento boat ramp and headed down past Quarantine for a spot of luckless trawling after picking up Frank Derkson at Portsea Pier.

Then back to the Holé to find we were right on slack water so over the side I went - SH....OUCH!!! It was cold, but that was just the start - The three of us headed straight down the anchor rope checked our depth gauges on the sandy bottom; my Wilkie read 115 feet. Paul's new S.O.S. 100 feet and Bazza's converted toy compass about 60 feet. Or was it metres Bazz? Whatever the depth it was bleedin' freezing mate comparable to the temperatures I sustained in Table Bay on the west coast of the Good Hope Peninsula heavily influenced by Antarctic cold currents back in winter '73. It's days like 'his a bloke really misses Malindie Reef off Kenya or Asoab on the Red Sea! (couldn't resist the opportunity that time fellas).

Back on the sandy bottom we cruised around for twenty minutes before finding the wall and began a slow ascent taking in the usual beautiful flora and fauna which included a 3 ft grey nurse. After 25 minutes below we were quite relieved to hear Frank start Bazza's boat and save us a 200 metre swim.

To all those divers who rang Bazza during the week but decided to sleep in or sit around the fire that day. I really thought you were a bunch of pikers however down the bottom of the Hole I reconsidered - maybe you're just smarter than we three Spartans!

TONY TIPPING

THE GEORGE KERMODE

The phone rang at about six o'clock 'care for a dive tomorrow' said Bazza, and so after a great deal of arm-twisting by Di I said

yes - and that dear readers is how I came to be drifting out to sea on Sunday 15th August, clutching a flare in one hand and waving Paul's jacket with the other.

Starting at the beginning, we arranged to meet at Flinders at around ten, which we duly did, our objective being to motor across to seal rocks and then on to the George Kermode which has been sunk by the Fisheries and Wildlife people to act as an insore artificial reef. The George Kermode was a Melbourne dredger which after living out its useful life was fittingly buried at sea.

We motored across a calm sea, and paused for a while, so that Tony could renew old friendships with some of the seals, and then moved along parallel to the Phillip Island coastline until we rounded Pyramid rock. It was in this vicinity that the ship had been sunk. We had been led to believe that there would be a wreck buoy marking the spot, but no such luck. However there was a very helpful fisherman laying lobster pots in the area and he obligingly gave us the general location. We set up the Depth Sounder and prepared to locate our wreck. It was at this point that our troubles began. Once set up, we could not start the motor but we were not too worried as the fisherman was still only about 200 metres away and laying pots. After about 20 mins. we still had not started the motor and now the "Sea Rambler" was fast approaching Pyramid Rock and looked to be heading for Flinders. Bazza came up with the distress flares: 'carried them for years and now a chance to use them' and when it was well alight he handed it up to me on the cabin roof. There we were with a blooming cloud of orangy-brown smoke pouring from the flare. Suddenly half the flare came out and Bazza, the boat and Frank's flippers were on fire. Luckily we put them all out quickly, and then saw that the fishing boat had turned and was heading straight towards us and our smoke screen.

When the boat arrived the fisherman, Mr. Don Hutchinson was tremendous and stayed with us until Bazza had the engine going again. To further add to our confidence he also mentioned that he would be in the area for another hour and a half. We now proceeded with our dive, setting up the depth sounder we ran towards our marks and picked up the wreck straight away.

We dropped a marker buoy and sent down two pairs of divers. Tony and Jenny, Paul and Frank, whilst Barry and I remained in the boat, whilst we slowly circled the area. We finally anchored and awaited the reports

from the earlier divers. Yes, we were on it and it was big.

Then it was our turn to dive. Down we went right onto the side of the ship, there was a ramp of wooden decking laying on the bottom and leading us into the wreck. We bottomed at 75 feet, swam across the decking and in through the side, entering one of the holds. Looking upwards the explosive holes seemed like large skylights in a big room. We swam up and out, and then turned and swam towards the dredger's large scoops, once used for tearing up the sea floor, now lying uselessly on their old enemy.

Swimming over the vessels upturned bottom we had encountered some weed and sponge growth, and Bazza noticed some mussels on the buckets but overall there was not much marine growth on the ship, and naturally not much fish life. Some parrot fish, leather jackets and a few sweep, but more fish will come when the marine growth blossoms.

The ship appears to have come down sideways, and then possibly has toppled over a small rocky ledge, so that it is snugly held upside down tight against the ledge, it may even be twisted slightly. It is a large vessel, and certainly you are aware of its size down there. After a couple of turns around it, Bazza and I surfaced, no port holes left, just the holes where they had been, but a very good dive, which all of us were agreed upon.

We returned highly elated to Flinders impressive boat ramp, where ably assisted by local comment, we managed to get the boat ashore.

Our thanks for the day go to Bazza for the boat, to Jerry, Tony, Paul and Frank for crewing so well, and our special thanks to Don Hutchinson, without whose help, we may still have been out there!

BRIAN LYNCH.

THE NAKED TOOTH.

Last Thursday I had a tooth out. As I left the surgery I asked the dentist whether it would be safe to dive on Sunday. 'Certainly' was

F A T H O M S

the reply. I was pleased to hear that, but somewhere in the dim, dark recesses of my mind, I seemed to remember that I had read somewhere that to dive after a tooth extraction was a definite no - no.

Staggering home I checked my diving reference books - nothing about missing teeth. Perhaps I had imagined it, then as a last resort I began to check back through this year's 'Fathoms'. Finally I discovered the article I was looking for in February, under the heading 'The Doctor Needs To Know The Truth', reproduced by my old friend Dave Carroll.

In the article the author emphatically warns against diving within three weeks after a tooth or teeth extraction. (Dental Barotrauma) The example cited of surgical emphysema, (that is the trapping of air in tissue spaces) is of a dive to 24 metres 12 days after a tooth extraction. The bubble on the divers jaw was so big that they could not get his hard hat off. Decompression took 45 hours, that is about 2 whole days, and he probably wore his helmet for most of that time.

Coming back to the present the dive we had scheduled for the Sunday was to a depth of 25 metres, and so I did not dive. The reason that I wrote this article is because some people I spoke to did not realise the implications of diving after an extraction, and I must confess that had I not read the article previously I would probably have dived. So it proves two points, one is that the medical articles reproduced in our magazine are extremely pertinent and useful, and two, I do read them, do you?

BRIAN LYNCH.

THE COLD DIVER.

At this time of year, Victoria is unique in many ways. Not only do we have dirty water and unpredictable weather to contend with, but also cold water. The temperature of Victorian water ranges from a maximum of around 18°C in January, to a minimum of about 11°C in August.

The human body operates most efficiently at a temperature of 37°C(97°F)

This is known as the core temperature. It is measured deep within the body and not on the surface of the skin. The body attempts to maintain this temperature within a very small range. If the core temperature rises the body compensates in 2 ways. Surface blood vessels are opened up and the blood can lose heat directly to the atmosphere. Perspiration secreted by the body evaporates from the skin's surface and thereby cools the body. If the temperature drops below 37°C heat is conserved by shutting off blood flow through the extremities and by shivering which is an involuntary muscular action which helps to generate heat.

If despite these efforts the core temperature drops below 37°C a number of signs and symptoms become apparent.

36°C	Shivering.
34°C	Confusion, disorientation temporary amnesia.
33°C .	Shivering replaced by continuous muscle rigidity.
30-32°C	Heart irregularities, unconscious.
24-25°C	Death.

The body loses heat far more rapidly in water than in air at the same temperature.

Chilling, if not severe enough to threaten life, leads to loss of co-ordination, a decrease in the ability to think clearly and difficulty in the performance of fine tasks. Swimming ability is decreased with increasing discomfort and fatigue.

In serious cases the treatment is to maintain respiration and circulation while rapidly rewarming the diver by placing his body in a warm bath and elevating the limbs and head out of the water. Immersion of the limbs may cause death by causing the blood vessels in them to open up and overload an already enfeebled heart. For less serious cases a hot shower may suffice. Wetsuits may be left on during this treatment. The temperature of the bath should initially be around 36°C and raised rapidly to 40°C. Since this

F A T H O M S

warming can be fatal it is advisable for it to be done in hospital. The best first aid treatment is to use the body heat of several people huddled around the patient. Skin-to-skin contact is the most efficient way to do this. Wrapping the patient in a blanket is virtually useless. Warm drinks administered regularly may also be of some value. Alcohol is detrimental.

In mild cases the only treatment is commonsense. Get out of the water and warm up. That second SCUBA dive isn't worth the risk of unconsciousness neither is that last half hour or so of a six hour spearfishing competition. Patch up that leaky wetsuit so as to stop cold water continually flushing out the warmer water next to your skin. Take along a thermos of hot coffee or soup. DO NOT take alcohol as a means of warming up. It does the exact opposite by opening up the surface blood vessels. Marihuana also acts to stop the blood vessels being shut off to conserve heat.

It is important to realise that even after getting out of the water heat continues to be lost from the deep tissues and the core temperature may drop to a point where the symptoms may become serious. It takes several hours to restore all lost body heat. This combined with exhaustion particularly after a long hard day spearfishing or shooting closeups makes driving a particularly hazardous occupation. Too many of us have near misses or small scrapes on the way home, and I'm sure all of us at one time or another in the warmth of our cars have felt ourselves nodding off. Give your bodies time to catch up, have a B-B-Q lunch or dinner but remember to take it easy with alcohol because this can only aggravate the problem.

Reprinted from an article by Melbourne Uni Underwater Club.

Submitted by JEFF BARKER.

SNOW 1976

The week before it all started to happen people were heard muttering that Liddy had conned them again as there just weren't no snow. "No worries" says I, tongue in cheek, "there will be tons of it!! Somebody must have been listening because when

Di, Rod, Jeff and myself slid into the snowline on Friday a.m., it was b. everywhere. So park car, grab gear and beer and get into Landrover for quick trip to front door of Maganni. Drop gear. drop beer, boots on, pants on hit slopes. As I fell gracefully down Bourke St., closely followed by Rod I thought now let Moore eat his words!

We skied all day and then settled down to a few cold ones while awaiting the rest of the crew who started straggling in about 9 or 10. It's all a bit hazy now. The weekend went pretty quickly with Cody telling everybody how easy it was and the next run wasn't all that steep. Just as well visibility was next to zero so you couldn't see where the hell you were going. Sunday we were joined by "Bad Luck" Marshall and Carey. Ask him about Falcons and things. By the way John, the wine was terrific.

Sunday night most of the crew shot thru, leaving us few ruggies to face the rest of the week. And what a week. At this stage it was still snowing so Rod built a snowman and Maree started to stop falling over. Di got buried in the snow trying to find her way home again and again. Terry went to sleep and Jeff and Chris got up early again. Pete Smith arrived and gave Maree Shaky Kees. Pat Reynolds lost his car in the snow. The newly weds (Russell and Raelene) who were adopted on night, finally made it onto the slopes.

Wednesday we went skiing for a change and then went out for Xmas Dinner, which wasn't much good, ask Terry he only had three belongings of everything. On the way home, thought I'd do the right thing and ring the missus, she wasn't home so Maree and I and the newly weds had a champagne supper. Bad news that!

Can't tell you much about Thursday, I missed it.

Friday was good, so Di convinced me to go with her to the advanced class with the Austrian Ski School. Bad blue that! But the best skiing to date. Jeff and Chris Barker were going to go dancing that night, but Chris didn't want to and when Jeff insisted she got mad and broke her leg. So we had to carry her off the mountain on crossed skis.

Saturday saw us all out there again with Johnny back again and more Shaky Knees. Saturday night we stayed in, in a desperate bid to finish the booze but we missed out by about that much!

Sunday the sky cleared and for the first time you could see the mountain, but alas we had to make tracks. Just as well because it took a while to find the car and a bit longer like 2 hours to dig it out. Then home and about a week to recover!!

One or two points -

Maree didn't think it could snow inside.

Rod can't build mushrooms out of snow.

Di doesn't like sausages, you can tell by the way she cooks them.

Terry can't stay awake.

Johnny wasn't the only one with Shaky Knees on Thursday night.

Jeff is a male chauvinist pig.

Cody can't hold his licker.

Who was a white pointer in the snow?

Hooray.

JUSTIN LIDDY

The Essendon Skindiving Club has compiled a list of SCUBA Filling stations in Victoria which is reprinted below. This list is not yet completed, but is intended as a guide. If you know of any amendments or additions to the list, please advise the Committee. It is anticipated that a revised list be circulated on an annual basis.

<u>NAME</u>	<u>ADDRESS</u>	<u>DAYS OPEN</u>
Liddy's Lodge	8 Penang St., McKinnon 582310	Mon.-Fri. (After Hrs.)
Airdive Equipment P.L.	24 Albert St., Abbotsford	Mon.-Fri.
Associated Diving Industries P.L.	1288 Centre Rd., Clayton	Mon.-Sat.

F A T H O M S

ADDRESS

DAYS OPEN

<u>NAME</u>	<u>ADDRESS</u>	<u>DAYS OPEN</u>
Australian Divers (Spiro) P.L. C.I.G.	170 Abbotsford St. Nth Melb. 90 Bell St., Preston.	Mon - Fri.
Dale Chapman's Dive Centre	38 Bluff Rd., Black Rock.	Mon.- Sat.
Divers Den	437 Spencer St. Wst Melb. & 436 High St., East Prahran	Mon.-Sat. Mon.-Sat.
Max Auto	539 Main St., Mordialloc	
Pod, Dive & Ski Centre	1 Olsen St., Frankston	Mon.-Sat.
Norm Smart	15 Beech St., Langwarrin	Sat. After.
Normalair-Garrett Manufacturing P.L.	26 Fraser St. Airport West	Mon.-Fri.
Ocean Divers Service Industries.	237 E. Boundary Rd. East Bent.	Mon.-Sat.
Parkview Surf Shop	799 Nepean Hwy. East Brighton	Mon.-Sat.
Probe Diving Services	111B Spring St. Reservoir	
Ski-Hire P.L.	23 Carrington Rd. Box Hill	Mon.-Fri.
Southern Aquanauts	21 Vale St. Reservoir	

GEE LONG

Mobile Marine Service Station	Queenscliffe Rd. Newcombe	7 Days
Fred Pyke Surf Shop	35 Boston Rd. Torquay	Mon.-Sat.
Ron Green's Rifle Store	Ryrie St., Geelong	Mon.-Sat.
Dive and Surf	Mooroobool St. Geelong	Mon.-Fri.

EASTERN DISTRICTS

Sportsman's Roost	Morwell	
Rod Legg	Anderson St. Newhaven	
Cargill's Clothing and Sports Store	Wonthaggi	

F A T H O M S

WESTERN DISTRICTS

Andrews Sports Store	Hamilton
Stan McPhee Sports Store	Warrnambool
B.P. Garage	Warrnambool

MORNINGTON PENINSULA

Flinders Surf Shop	Rye Rd., Flinders	7 Days
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FLOTSAM & JETSAM

Spring is 'ere, the grass is ris.
 I wonder where the birdies is.
 They say the bird is on the wing,
 But that's absurd,
 'cause everyone knows, the wing is on the bird.

Having started this column on a serious note, let us continue by delving into some of the more interesting and fascinating things that have happened in the last month.

For a start, did you hear the one about a certain vice-president of the V.S.A.G. who lives down McKinnon way, telling some people at Mt. Buller about his pet dog. "Oh Yes", he said in between hic ups, "I like dogs, got one myself. He's a WHITE POINTER!!! Who ever heard of anyone getting narcosis at 5000 feet - above sea level. Quite a lot of interest was shown amongst members to go skiing and a very successful week was enjoyed by those who went, under the careful watch of Justin and den-mother Di Smith. Chris Barker had such a feel for skis and especially stocks, that she now insists on walking around with crutches.

Maree, a little envious of Justin and Pat with their own ski boots has decided to equip herself better next time. She's going to buy stocks - Maybe she could do a deal with Chris.

To Carey and John, who made it for one day, and almost didn't make it home, you are to be commended on your endurance.

Enough of this snow business!

The dive on the Portsea hole on the 8th August, was a little disappointing, the weather was poor, the water cold, the visibility terrible and as Bazza put it, even the shark he saw looked miserable. Never mind, you get some good ones and some bad ones. As for me I'd rather a good shark any day!

A better dive was had on the 22nd August. This time it was the wreck of the George Kermode, an old dredge which was laid to rest off Phillip Island, earlier this year. Although the visibility was not great, the sheer size of this ship underwater is mind-boggling.

As you are probably aware dive training is again underway. anybody who would like to assist should contact Justin Liddy.

Don't forget the annual Dinner at the Dorchester on October 16th.

This year we're doing it a little differently. We are booking a reception room at the Dorchester in the Alexander Gardens. There's only going to be us, so be there, bring your friends and enjoy it.

In conclusion, let me remind you that it's only a few short months till Christmas and to the cricket season. One of the Melbourne papers a few years ago. described a visiting Englishman's pace bowling thus:-

"This does not detract from the achievements of the charging Northants bowler, whose balls come off the pitches so fast batsmen were hustled into errors".

That's what I call making sacrifices for sport.

CEC. POOLE

Apologies to contributors who submitted articles which do not appear. If the typist's cramp is cured they will appear next month.

ELECTION OF DIRECTORS 1976-77

NOMINATION FORM

We, the undersigned, being full members of the Victorian Sub-Aqua Group, hereby nominate:

_____ for the position of Director.

Signed: _____ Date: / /

Signed: _____ Date: / /

I, _____ hereby accept the above nomination for Director of the Group.

Signed: _____ Date: / /

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