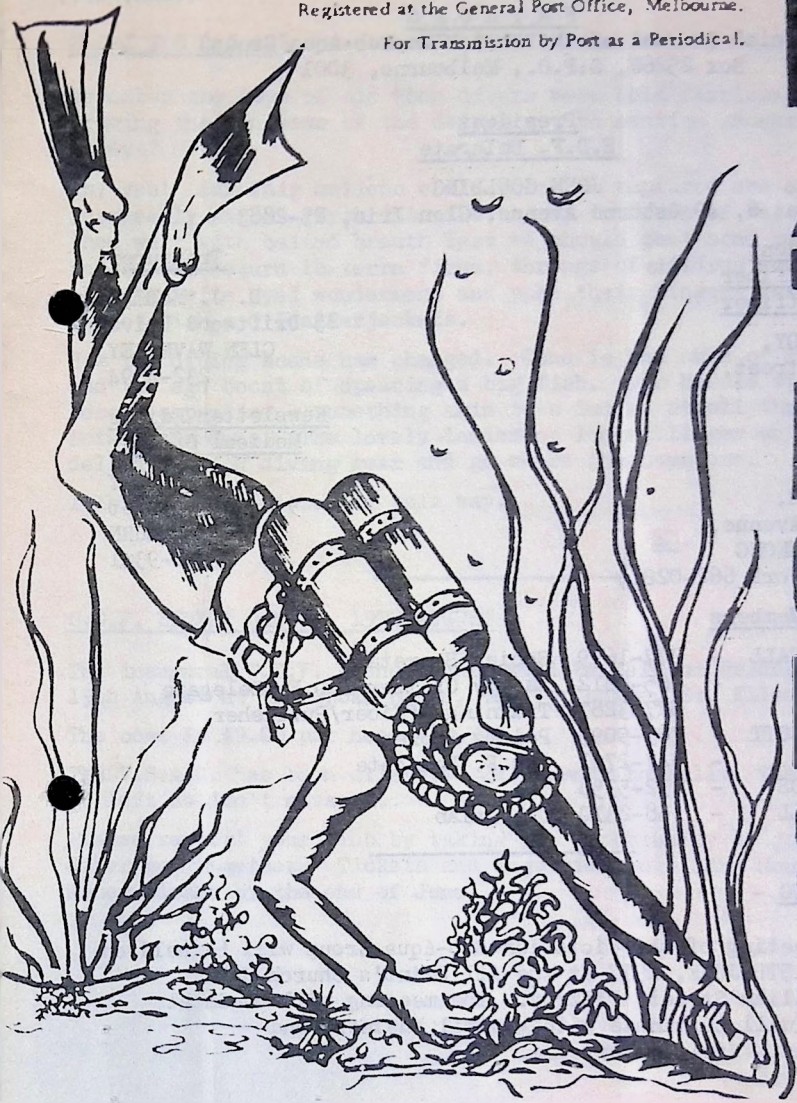


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FATHOMS



VICTORIAN SUB-AQUA GROUP

F A T H O M S
 (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 WEDNESDAY 15TH JUNE, 1977 at the All Saint's Church Hall, 97 King William Street, Fitzroy. The meeting will begin at 8.00pm and will terminate with general business and refreshments. Visitors welcome.

EDITORIAL

Remember the days of old when divers were bold fearless heroes braving the denizens of the deep - not to mention sharks and other biteys?

Ah, yes! Our fair maidens would watch in raptured awe as we fearlessly strode forth into the briney in front-of Portsea pub - then wait with baited breath lest we should meet some terrible fate. And on our return to terra firma, throngs of children would mill about in wide eyed wonderment and poke their fingers into our speared parrot-fish and leatherjackets.

How the diving scene has changed. Gone is the aura of Mike Nelson and the ego boost of spearing a big fish. Our heroic sport has become a pastime - something akin to a Sunday stroll through the Botanic Gardens. The lovely ladies no longer linger on land but delicately don diving gear and go where the boys are.

I think I like it better this way.

ED.

S.D.F. DINNER DANCE - 19TH AUGUST

The inaugural S.D.F. Dinner Dance will be held on Friday 19th August at the Stoke House, The Esplanade, St. Kilda.

The cost is \$9.00 per head - B.Y.O.

The V.S.A.G. has been allocated 24 tickets to sell. There are only 10 left so don't miss out.

Please support your club by taking the opportunity to join in this diver get together. Tickets and enquiries to - John Goulding. Money please by the end of June.

DIVE CALENDAR

JUNE	19	SIERRA NEVADA - Dive Capt. - Dave Moore 547-2791
JUNE	26	MYSTERY DIVE - MORNINGTON - \$1.00 per head. Dive Capt. - Carey Marshall 277-1679
JULY	10	VICTORIA TOWERS - Dive Capt. - Dave Carroll 58-2310 Meet Torquay Boat Ramp 10.00 am.
JULY	20	GENERAL MEETING
JULY	24	HOLLYHEAD - Dive Capt. - Barry Truscott 783-9095 Meet Sorrento Boat Ramp 10.00 am.
AUGUST	14	CHANNEL RUN - Dive Capt. - Max Synon 465-2812 Meet Sorrento Boat Ramp 10.00 am.
AUGUST	17	GENERAL MEETING
AUGUST	21	CAR RALLY - Organiser - Carey Marshall 277-1679

The Club would like to extend a warm welcome to two new members, Bruce Soulsby and Andrew Benson.

Bruce, a resident of Yarrawonga is a pretty keen boy and reckons he'll be able to get down to dive about every second weekend.

Andrew is no stranger to many of us, having dived with us on previous occasions. He's a member of the Bass Strait Club and sees the advantage in belonging to the active V.S.A.G. boys.

Whilst on the subject of new members we also welcome Julie Okle and Wendy Mason. It seems that nobody remembered to sign up these little beauties when they first attended our training course and then began diving with the Club.

The VSAG will conduct a B Grade diving course for members later in the year. Members wishing to undertake this course must be current 'C' card holders and have current medical certificates.

The course will be conducted over 4 days held on weekends.

Applicants should give their names to Alan Cutts.

NOTE - Members who do not currently hold 'C' cards should notify the Training Officer - Alan Cutts to apply for this certificate.

Committee meetings are open to any financial members wishing to attend. However, we ask that members contact the Secretary prior to the meeting so that catering arrangements can be made.

Committee meetings are held on the Wednesday evenings following the General Meetings.

The V.S.A.G. expresses sincere thanks to Alan and Glenys Cutts for the printing of the Newsletter over the past 2 years. During this time the Cutts' have printed this magazine as payment for the V.S.A.G. printing press and typewriter. This debt has now been completed and we look forward to a harmonious business relationship with the Cutts Family Printing Group.

COMMITTEE NEWS

The following matters were brought before and dealt with by the Committee at their meeting on the 25/5/77.

1. The Club has been granted the use of B. Lynch's 12' x 12' tent and annexe for future club trips and outings. The intention is that this tent will be used as a common gathering place and accommodation for those who do not possess their own tents. In return the Committee has granted to Brian future supplies of air from the club compressors at no cost.
2. The Property Officer and Training Officer who currently have the club compressors at their premises are asked to check their household risk insurance policies to determine whether an additional premium is necessary to provide cover against injuries or death resulting from air filling accidents.
3. The belt guard for the new compressor is to be replaced as soon as convenient.

4. The club will purchase a spare belt and O rings for the new compressor.
5. The Training Officer requested that the Club undertake a 'B' grade diving course and then possibly an 'A' grade course to be open to members who are current 'C' card holders.
6. The committee notes that some members do not have 'C' cards and feels that 'C' cards should be issued to members who have obviously reached that standard. After passing a simple examination 'C' cards will be issued.
7. Possible venues for the VSAG Annual Dinner were discussed. Suggestions were:
The Dorchester
The Gypsy Tavern
Further suggestions will be called for at the June General Meeting.
8. A review was made of the Dive Captains Responsibilities, and it was decided that these would remain unchanged. So that members may be more aware of these responsibilities and also the diver's responsibilities to the dive captain, new lists are to be printed and issued to all members. It is hoped that the decompression tables can be printed on the reverse side, and that the whole thing can be laminated for protection against water.
9. The Committee agreed to pay A. Cutts \$20.00 an issue for the printing of future copies of Fathoms. This figure will be reviewed again after 6 months.
10. The dive calendar was extended to August 21st.

PINPOINTING THE PINNACLES

The morning was dark, cloudy and the wind was bruising the small trees in the garden, just the sort of Sunday morning to turn over and go back to sleep. Not the sort of day to renew your acquaintance with the underwater world you would think, however you would be wrong. Sunday May the eighth, the Pinnacles, and I was the dive-captain so it was up and out into the cold morning air. Johnny and Dave arrived, in that order and we set out for San Remo. Every time we picked up the weather forecast, it sounded gloomier and gloomier, although there seemed no wind as we passed through the countryside, the man on the radio kept insisting there was.

We arrived at San Remo where we met Bruce Soulsby, Laurie and Kevin from Bass Strait and the brothers Tipping. Whilst we waited for the rest of the crew Johnny surprised us all by insisting on going for a run, a most un-Goulding like happening. The others arrived and we began changing into our gear. Tony has a new suit, beautiful it looked too, the only problem it seems, is that when he wants to change into it, he has to nip into a convenient telephone booth.

Stan Watts arrived and we loaded our gear aboard the boat, and set off down the channel. The sea was quite flat, but we ran into a little chop as we rounded the point of the Island. Stan must leave a cross on the water because once again he dropped the buoy right on the spot. There were twelve divers and we were going in, in two sets of 3 pairs, ie six and six. For those who have not dived this spot, the Pinnacles are two rock pillars rising from the seabed 120 ft down, the largest of which rises to within 35 ft of the surface. At the foot of the columns, there are small canyons, and valleys which take you down onto the sand at 130-135 ft. The only hazard associated with the dive is the depth, there being only a slight current factor. There are many varieties of fish, weed growth and many varied shaped sponges around the columns, with small caves and holes in the rock as you rise surfacewards.

We have no problems to begin with, except that due to a combination of hard living, over exercise, and old age, Tony had to be helped into his gear and almost lowered over the side much to the delight of all the unfitties on board. We took photographic records of this to exhibit at later club meetings. One of our visitors, Laurie Bannister from Bass Strait, had regulator troubles and was forced to surface after about ten minutes down, his buddy then dived with Pat and Bob in the second group.

Bazza and I were the last ones in of the second group, we followed the line down, and after stopping at 40 ft for minor repairs, we dropped to the base of the larger pinnacle. We moved off to swim around the columns, it was here that I found a larger anchor with its rope leading upwards, I couldn't remember seeing another boat close to us, pulling on the line I found a little resistance but certainly not as much as a boat would have. I left the anchor there, it was a large one after all and swam on after Barry. We passed Dave and Wendy on the sand and moved on in an easterly direction, moving around the lower slopes of the rocks.

All too soon it was time to come up, we rose to 70 ft and the top of the smaller Pinnacle, from then on matching our smaller bubbles and watching our gauges we drifted up to the surface. Stan brought the boat over to us and we climbed the ladder onto the deck. As we climbed out of our gear we found that Wendy had to ask Dave for some air on the way up, and Dave being the good bloke he is had obliged. Wendy's only comment was that it was OK but not quite the same as in the City Baths, but I'm sure that now she realises just why we teach that particular diving skill, and why it is so important. I also found that Dave had seen the anchor and by pulling the line down a little harder than me had found a buoy on the end. When we told Stan he said that they had been looking for it for a while and it belonged to a fellow skipper who had thrown it at the Pinnacle and missed. If it's still there next time, 2 fenzies should bring it up.

We motored in a little closer to land, and to a reef at about 60 ft where five of our intrepid band once more entered the water, however they returned with empty hands, and it must be pointed out that Bazza chilled to the bone had remained on board, whilst all this was going on.

Then it was back to San Remo on the rising tide, and with the wind getting up a bit. We docked, unloaded the gear, thanked Stan for once again giving us a nice comfortable ride, and settled down to relax, some of us with the seagulls, and some to the Pub for a counter lunch.

This had been once again a good dive, and yet not too many divers, perhaps Mother's Day had something to do with it. Those present in alphabetical order were John Goulding, Wendy Mason, Dave Moore, Bob Scott, Tony and Paul Tipping, Barry Truscott, Pat Reynolds, three visitors, from Yarrowonga Bruce Soulsby and from Bass Strait Laurie Bannister and Kevin Scally.

I would like to thank all those above for their participation in the dive organisation and for making the dive-captain's job so much easier.

BRIAN LYNCH

CLUBMAN OF THE YEAR

Being a relative newcomer to the V.S.A.G., I have watched with interest the increased level of awareness surrounding the "Clubman of the Year" award during the last few months. And from my position as a new member, I would like to put forward some personal thoughts on what this award ought to mean and involve.

As the title implies, the Clubman of the Year Award should go to a person who had contributed significantly to the Club during the year. This contribution can take many forms, but involves some degree of working for the benefit of the Club as a whole, and not merely for the pleasure of the individual club member.

Club activities take many forms other than pure diving, and to me, the award could and should only go to somebody who not only dives with the Club, but who is much more actively involved with the hard-work, administrative and club-promoting aspects of club life, be it by being a Committee member, helping to publish the magazine, helping with training, organising social activities or whatever.

I expect that many people will raise flags of protest at this suggestion, that is, that people who merely dive with the Club be excluded from consideration, no matter how many impressive points they have totalled. I also expect these same people to raise the argument that we are, after all, a diving club, and that recognition should be given primarily to this aspect.

But again, from a personal viewpoint, diving is very much a non-competitive, individual (although with a buddy) sport. Should any element of competitiveness (be it to 'go deeper', 'breathe less air', 'take better photos' etc.) or pressure (for example, "How come you're not diving?" or "Gee, I haven't seen him/her in the water for months") enter into the sport, especially in a Club context, then I believe that diving is going to lose those elements which make it such a tremendous pastime. And these elements would creep in if diving were the main criteria to obtaining the clubman of the year ward.

Following that line of reasoning, an individual who joins a diving club is usually seeking more from the club than the diving aspect, because that can be found alone. And it takes a lot of hard work by a relatively few people to provide the background necessary to make a club a club, in the true sense of the word, and not just a

group of people who dive together occasionally.

So, in my opinion, let's give the award to the person who most deserves it--the CLUEman of the Year.

CINDY TILBROOK

POINTS DISTRIBUTION

Holiday dives - maximum	40
Weekend "	30
1 Day dives	20
Introduction of new members	15
Diver training and assistance	10
General meetings	10
Working projects	10
Social events	10
Newsletter articles	10
Guests at fund-raising events	5
After meeting lectures	5

DIET FOR THE ACTIVE SPORTS DIVER

"Digging one's grave with one's teeth" is an old cliché, but it aptly describes what some of us in this club are doing.

There are times when one has to be quite an athlete to cope with the types of diving we involve ourselves in e.g. The Wall, therefore rest, exercise and correct diet will enable us to extend our limitations without neglecting our safety levels.

The divers diet should consist of as wide a variety of foods in as near as possible to their natural state. Natural foods should be substituted into the diet wherever possible in preference to processed foods. Although most foods should be eaten as close to their natural condition as possible, they must also be digestible and have a pleasant taste. This means that some foods must be lightly cooked, because it is difficult to digest some foods in the raw state. It is best to steam rather than boil vegetables and grill rather than fry meat and fish. If food has to be fried use peanut or vegetable oils rather than animal fats.

It is important to EAT SLOWLY AND CHEW WELL!

The following suggestions have been taken from Forbes Carlisle's "Diet for the Active Sportsman" and should be adhered to by active divers:

- 1.) For breakfast it is important to avoid the pre-cooked corn and wheat flake cereal and replace it with whole grain porridge, boiled brown rice or a cereal containing wheat germ, soya bean meal or yeast. It is a good idea to mix it with dried fruit. Wheat germ should be taken with breakfast. About two dessertspoonsful should be eaten, but attention should be paid to whether the individual can easily digest it.
- 2.) If possible, white bread should be completely replaced by wholemeal or rye bread and in any case it should only be used where necessary e.g. lunches.
- 3.) Jams should be replaced by honey, peanut butter or vegemite - these are splendid foods and should be eaten regularly.
- 4.) At least 3 pieces of fruit should be eaten daily and it is advisable for one of these to be an orange.
- 5.) As many vegetables as can be comfortably digested ought to be included in the daily diet.
- 6.) A sportsman needs plenty of mixed vegetables, salads and animal proteins. He can get this protein in the form of lean meat, fish, cheese and eggs.
- 7.) Cakes, biscuits and sweets are "Poison" when taken in large quantities. Dried fruits are very much better and a good substitute for sugar-sweetened foods. Brown sugar and honey are better used in cooking than the white refined sugar.
- 8.) Milk - an active person should drink at least 600 ml per day.
- 9.) Liver, grilled or dry-fried but not overcooked contains many times the amount of vitamins and other important nutrients than does the same quantity of other meats. Liver is about the best natural food to take to restore a falling blood haemoglobin concentration.
- 10.) Extra vitamins can be taken especially Vitamin B complex mixtures combined with Vitamin C but this only really applies to athletes training regularly.

People who indulge in active sports like diving must also consider the relation between meal-times and the periods of exercise. In exercising, the skeletal muscles make big demands on the heart and circulatory system. In digestion, similar demands are made by the stomach and intestines. Since the body possesses only a limited amount of blood (5 litres) it is impossible for it to be used in two places at once. In order to avoid this strain on the body

eating should be timed so that digestion is completed before exercising begins. Why not change your eating habits, then go fill in that half dug grave - you shouldn't need it for a while yet!

TONY TIPPING

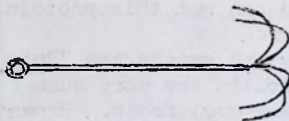
ANCHORING

Its probably happened to you. You've got your marks, located the wreck on the depth sounder and dropped the pick. Five minutes later you discover your marks have moved - or something. Or you've had your dive, you're cold, hungry and tired and really looking forward to going ashore and getting out of your chaffing wet suit - and the anchor's stuck.

These problems can be largely overcome by using the correct anchor and anchoring technique.

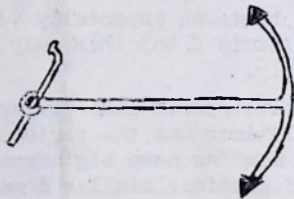
The main types of anchor are:

1. Reef Pick



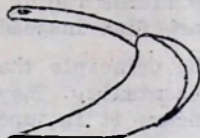
A cheap anchor which can be easily made out of a length of water pipe and mild steel rod. It is only good in rocky areas and is bulky to stow.

2. Admiralty



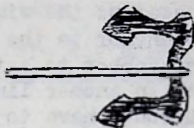
Traditional style of anchor. Has poor holding power in mud or sand except in moderate conditions.

3. CQR (Coastal Quick Release). Also known as the plough anchor



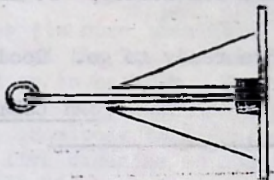
It is a good all round holding anchor but is heavy and very bulky.

4. Dreadnought



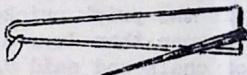
This anchor is the type used on ships and has good holding power on all bottoms. Its biggest disadvantage is its weight.

5. Danforth



Probably the best all round anchor as it holds well on all bottoms, is light and easily stowed. It can be recovered if snagged by pulling vertically on the anchor line which breaks a nail in the head allowing the shank to swivel away from the flukes.

The Tripeasy anchor is another version of the Danforth.



(Side view)

The ring (which is attached to the anchor line) will slide towards the head allowing the anchor to be pulled out head first.

Several imitations of the Danforth are available but are not recommended. They have the flukes facing out instead of towards the shank and the flukes are flat instead of flanged.

All anchors work on the principle that they will dig in harder if weight is exerted horizontally. They will come free if pulled from directly above. Therefore it is important to attach a decent length of chain between your anchor and anchor rope - say 12 feet. This should keep the shank down and prevent the anchor from snatching when a swell hits the boat.

When anchoring run your boat against the wind or current - whichever is strongest - then LOWER the anchor to the bottom. Allow the boat to drift back, feeling for the anchor to set as you pay out line. At least three times the depth in anchor line should be used. A simple method of ensuring you won't have to dive for the anchor is to tie a buoyed line onto the head of the anchor. By pulling up the buoyed line from directly above there is little chance of snagging.

If conditions are bad and your anchor is dragging, slide a weight down the anchor line. This will help hold the line flat and prevent the anchor from being jerked vertically. It also acts as a shock absorber.

So hang in there till you're ready to go. Good anchoring is the sign of a good seaman.

JAY CODY

FLOTSAM & JETSAM

One of our members who recently had a run-in with the law over a slight misunderstanding about the degrees of inflation of puff bags tells the story of a fellow convicted felon. Apparently this poor chap was asked to blow into a breathalizer. He refused saying that he was an asthmatic. The kindly officer then suggested he take a blood test, where upon the motorist again declined claiming that he was a haemophyliac and if the prick pricked him he would bleed to death. The frusted policeman then drew a straight line on the footpath with a piece of chalk and said "Alright then, walk a straight line." Again the motorist refused, and when asked for a reason, exclaimed "Because I'm too bloody p-ss-d!" Sounds like a bit of an act. Talking about acting, it seemed that Liddy's place on the

14th May was a gathering of the greatest array of has-been harlots and gigolos since Sodom beat Gomorrah in the foot balling match in 500 B.C.

Pick of the bunch for my mind was Syphillus Carroll who with bouffant hair (on head and crutch) mini skirt (just long enough to cover the open sores), and black lace stockings (which failed to stifle the stench) oozed its way around the room with all the grace of an Arab's armpit. As accomplices Syphillus had Crabs Karla Jironc, Tiny tits Topsy, Juicy Justine Lippy, and the other outcasts from the Female Impersonators review at the Thistle and Pit Hotel.

On the Masculine side there was Tricky Dicky Codyswallop, Slurry Murray Trusseau, Air Commodore Mooreless V.C. V.D. D.S.O. with Bar and many other muggins.

The only one who didn't do his thing was the old Beachmaster Lynch, but then again, Brian was wearing panty hose on the Pinnacles dive--- watch out lads.

Following the tradition set in previous years the V.S.A.G. Tube Trip was held on the Goulburn River on Sunday 22nd May.

With the river raging its more than usual fierceness down upon the members of this club and the Bass Strait Diving Club, everyone expected the casualties to be high. There were some tender farewells as we were setting off. Tony Sunshine emptying his magazine into the Mafia Staff Car. Somebody told Sunshine he would be a danger on the river with a live magazine so obediently he emptied out his pockets and placed all his back issues of Playboy in the car.

Bill Jet Jansen was there with a prototype of a rubber boat. Cactus Carroll found a new way to plug up holes.

And of course the day would not have been complete without having a whacker. Yes, this year's winner of the coveted Whacker of the River Award was Sid Groves of Bass Strait. A very fine effort by young Sid who modestly claimed that it was nothing new for him to be called a whacker.

See you next time.

OEPHELIA DICK