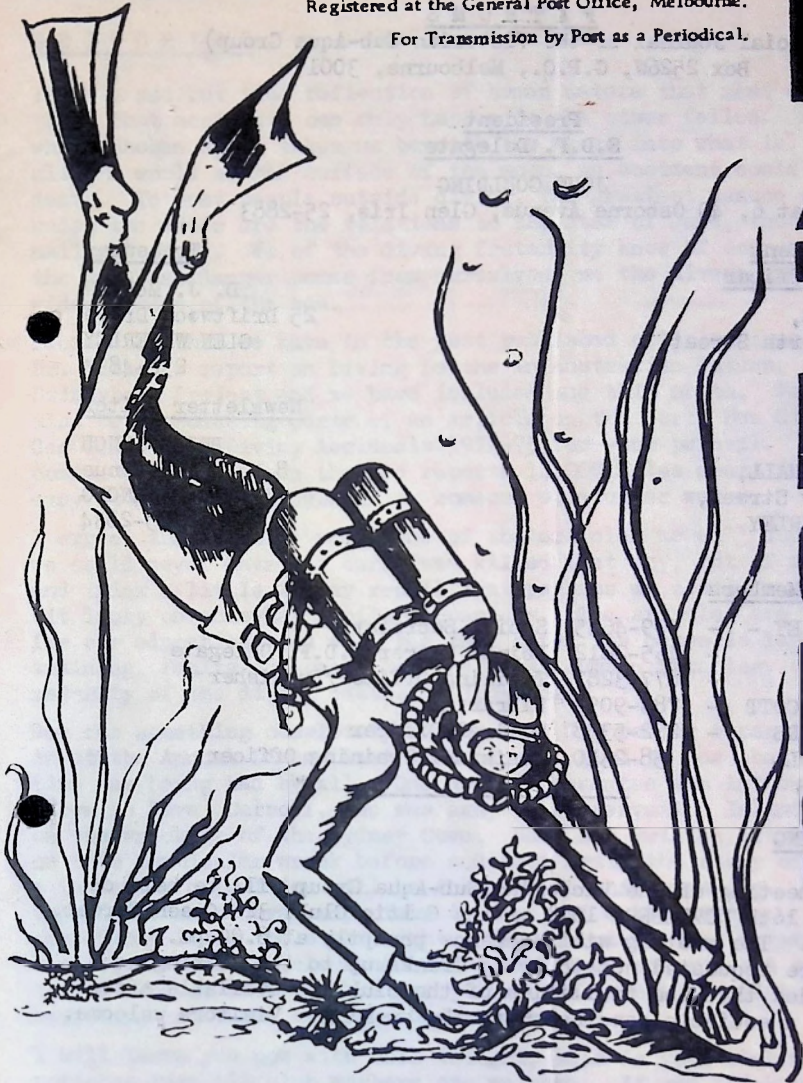


Registered at the General Post Office, Melbourne.
For Transmission by Post as a Periodical.



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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795-2834CLUB MEETING -

The next meeting of the Victorian Sub-Aqua Group will be held on Wednesday 16th NOVEMBER, 1977 at the Celtic Club, 320 Queen Street, Melbourne. The meeting will commence promptly at 8.00 pm. Members are requested not to bring drinks up to the meeting room, but reminded that the facilities of the club are available afterwards for a sociable conclusion to the evening. Visitors welcome.

EDITORIAL

It is a sad but true reflection of human nature that most of us think that accidents can only happen to the other fellow. For us, whose chosen sport takes us beneath the waves into what is, as alien a world as the surface of the moon, an accident could mean death. To most people outside diving, the greatest menace to life under the water are the relations to the star of Jaws, the much maligned shark. We of the diving fraternity know of course that the greatest danger comes from ourselves, we the divers are the real widow-makers of the sea.

Because of this we have in the past published articles from Dr. Walker's report on Diving Deaths in Australian Waters, codenamed Stickybeak Project and we have included one this month. We shall also be reproducing parts of an article on the North Sea Oil and Gas Industry's Diving Accidents 1971-75 for your perusal. The common factor between the two reports 12,000 miles apart is how easy it is to kill yourself or someone else under water.

I expect that when we read some of the articles we will declare that we could never have got ourselves killed that way, but if we stop and think a little we may recall that perhaps we could have been a bit lucky on somewhat similar occasions. The articles are there for our education, you will see that often the cause is lack of training, faulty equipment and the final common pathology of the majority of the diving deaths is drowning.

Now for something completely different. Our roving reporter looked in at the Annual Dinner last week and was glad to see that a good time was being had by all. One notable absentee was Anthony (better known as Dave) Carroll. He was away on Preservation Island diving on the wreckage of the Sydney Cove. Dave has written articles on this particular wreck before and once again the story of this, a Tasmanian expedition will be featured in this magazine. We sent one of our undercover reporters to see Yuri Geller perform his remarkable feats the other night. We understand that together with spoon bending, clock and watch starting, and the odd thrown thought, heart stopping has now joined the impressive list of happenings at these amazing performances.

I will leave you now with this thought, this is your club magazine, articles from all club members are welcome. If you think you can

write an article that other members of your sport will find interesting then write it, if you are in any doubt give me a ring or talk about it at the General Meeting. Don't worry about spelling mistakes, Glenys always corrects mine.

EDDITTER

DIVE CALENDAR

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>	<u>DIVE CAPT.</u>	<u>NOTES</u>
NOV. 16	GENERAL MEETING Celtic Club	8 PM		
NOV. 20	TENNIS PARTY-SOMERS 3 Sandy Court, Somers	10 AM	T. Tipping 24-7133	Bar-B-Que facilities & spaghetti eating comp.
NOV. 27	GEORGE KERMODE - Meet Flinders Pier	10 AM	B. Truscott 783-9095	
DEC. 4	HURRICANE - Meet Rosebud Ramp (behind tennis courts)	9 AM	P. Reynolds 232-5358	
DEC.10/11	SKI WEEKEND-EILDON WEIR - Fraser Nat. Park		P. Reynolds 232-5358	
DEC. 21	GENERAL MEETING Celtic Club	8 PM		
DEC. 26	COFF'S HARBOUR		T. Tipping 24-7133(H) 20-6948(W)	
	SORRENTO	Details to come	M. Synon 465-2812	
AUST.DAY WEEKEND	REFUGE COVE		J. Cody 846-1313	

COFF'S HARBOUR - CHRISTMAS TRIP

Dates: Christmas Day to when the last group leaves
6 Sites: Arranged with Len Grant Ranger, Park Beach Caravan
Park Jetty - Coff's Harbour
No Power
Cost: \$2 per day per site extra 30 cents per day for a boat.
Organiser: Tony Tipping 20-6948 (Work)
24-7133 (Home)

DEADLINE: NOVEMBER GENERAL MEETING

Facilities: Clean grassy surface
Plenty of toilets and showers
Exceptionally good shopping centre
Golf Club, Tennis courts, Squash courts etc.
Ideal surf beach - running & circuits daily!
LOUSY BEER !!!

After having dived around some of the most famous spots on five continents over the past 10 years I must admit I haven't seen a better location than the Solitary Islands for viewing underwater fauna. Sure, there are better reefs around Heron and The Red Sea, better wrecks around Port Campbell and the Mediterranean but wait till you see the 20 kg Kingies and Blue Groper - not only these but thousands of species because these islands form the marine boundary for tropical and temperate waters along the east coast.

The weather is excellent - hot days and warm tropical nights with an occasional late afternoon downpour. This doesn't matter as there is plenty of nightlife both outside and under cover especially the Golf Club! The married couples are catered for - plenty of Pokies, Bazza - likewise the singles.

All in all it should be the holiday of the decade diving or otherwise!

TONY TIPPING

HAVING A BALL

On Saturday the 22nd the club gathered for its Annual Dinner at the Dorchester. Nearly everyone arrived on time. John Smibert tried to do a reverse Cinderella, but apparently couldn't get the Pumpkin out of second gear. Once again the Dorchester looked after us very nicely. The meal was tasty and the beer and wine flowed freely. Our entertainment this year was provided by Terry Piper and his two terrific travelling turntables which although a little restricted due to the Power Strike, still kept most of us dancing all evening long.

The room was dominated by Jay and his re-enactment of the Last Supper. Jay as usual was wearing his off the shoulder - trousers, held up at the end of the evening by Trish; Jay that is, not the trousers. The presentations went off smoothly. Johnny as President in making the introduction to Alan Cutts receiving his Life Membership gold badge and certificate provided the entertainment high spot of the evening. This was followed by John himself receiving the Clubman of the year award. The other awards which were for the minor placings so to speak went to Dave Moore and Max Synon as equal third with the distinguished runner up Tony Tipping.

Throughout the entire evening prizes were given away to lucky ticket number holders. Max who had his eye on the car fridge now has to sit down longer in order to finish his crossword puzzle. After the presentations were over, the music played on and the dancing continued and in the open competition Paul just beat Carl by three falls to one. Its a very stange thing about these Annual Dinners nowadays, no sooner do you get there than it is time to go home. Possibly this is due to the fact that everyone present participated in the evenings entertainment. Our ladies all looked beautiful and the men just looked....so until next year I raise my glasses to you all then reach into my nice new shiny car fridge and pour myself another beer.

Salut

BEACHMASTER

RECOVERY DIVE - FLINDERS 23/10/77

So we've all heard about how great the Annual Dinner was and how depressed I was after the lady walked out on me at 11.30 at the Dorchester - then to my mind the best cure was to get a dive organised next morning. Unfortunately not many takers until Bruce and Ken came across and talked about Ken's new boat and how it hadn't been in any decent water yet.

We decided on Flinders at 11 am so after heading back to Carey and John's for a few glasses of "WATER" with the Moores I made a quiet exit and headed on to Somers by 4 o'clock. No sooner had I crashed when Bruce and Ken arrived with boat and families in tow.

It was low tide at Flinders Pier so no sweat dropping the new Stedecraft in and off we headed to Bushranger Bay near Cape Schank. Swells were rising and a south westerly wind picking up so seas weren't exactly glassy! The dive itself was marred by a surgy bottom and poor visibility (about 15') but apart from that it was well worth it - we meandered our way around several chasms and caves and managed to pick up a sizable feed of abs.

Back in the boat, conditions as rough as (Ken's) guts then a slow trip back as we'd taken in half a boat load of chunder, I mean water - once around West Head it was "gun it Ken" and away we went; the 105 Chrysler pushes the 14' craft along pretty briskly - he's after VSAG line honours at Eildon!

Best part of the day was the picnic afterwards - Val and Jenny had everything waiting including a few cold stubbies - it's times like this that a poor lonely bachelor envies his married mates (especially after being dumped the previous night).

TONY TIPPING

PROJECT STICKYBEAK

Dr. Douglas Walker

Provisional Report on 1976 Australian Diving DeathsOverview

There were twelve identified diving related fatalities in 1976. Of these two were in swimmers using fins mask and snorkel, eight were scuba divers, one was using surface air supply (hookah) and

there are insufficient details at present available to assign one case. Both the snorkel users were unused to its use and one of them was a poor swimmer, though he dissembled on this matter to others. One professional diver, using scuba, ordered his boat to keep one propellor turning in order to maintain position against an ebb tide while he investigated an underwater object. As soon as he entered the water he was drawn into the propellor tunnel and killed. The other scuba deaths occurred at the surface, often related to low air/deteriorating water conditions/cold. While ignorance was gross in two cases, in the remainder this was not the cause as four had C-cards and one other had 30 years of diving experience. One victim suffered a fatal "heart attack" and another was said to be obese: the remainder were in good health. Buddies, where present, behaved creditably. The rapidity of the change through unconsciousness to death is worthy of comment. Once more the wearing of a functioning buoyancy vest can be seen to be a critical factor: two CO² type vests failed their wearers at the critical time. The hookah diver died through the cumulative errors of others, from unsafe practices that were certain to produce a death sometime. He was supplied oxygen in place of air while working at 70 ft. This was possible because the gas supplier had the same thread on cylinders used for both gases and the colour-code was hidden by the method of storage. Naturally this user has corrected the faulty procedure but recurrence will remain a possibility until a different connection is required for different gases. This problem has been found in hospitals: faced with similar dangers, gas cylinder fittings were altered. In constructing the report the superiority of the information in cases where the Coronor spoke to the witnesses as well as viewed their depositions was evident, fewer points of interest remaining undocumented. The basic findings are given in Table 1.

Method

In most cases the details are from statements taken soon after the incident by Police Officers skilled in guiding witnesses to make clear what has just occurred. They are concerned with excluding, as is the Coronor himself, any possibility of illegality or criminal aspects. It is no part of the task of those concerned to consider deeply why that person died while another would have survived. Luckily in most cases background detail is included. In a few instances reports from those with knowledge of the events are received and these gain from the less formal setting out of the

events. News cuttings are a vital part of the discovery of cases though they not be entirely correct with all details on occasion. Additional cases may remain still undiscovered and readers are invited to send information they may possess concerning all types of diving incidents, not only concerning fatalities.

Case Notes

1. Snorkel (breath-hold divers) are represented by two fatalities, both over-seas visitors to the Barrier Reef. Both were inexperienced in the use of fins, mask and snorkel. While one was said to be an adequate swimmer, the other was apparently not only a very poor one but had previously only used a snorkel while in shallow water. The warm, still, clear waters of the reef can drown the unwary as easily as can the colder, rougher waters of other areas. In neither case was help sufficiently near at the critical time.

Case BH 1/76 This unfortunate visitor, aged 28, was travelling on holiday with relatives on a yacht. The party decided to view the coral off one of the islands on which they had landed. The victim, described as an average swimmer had only used a snorkel once previously and early in this outing was seen to be having some difficulty in co-ordinating breathing when underwater (through water entering the snorkel). This difficulty appeared to have been resolved before the party separated, the victim remaining in the shallow (3ft) water 60ft from the beach when the others entered deeper water. One member of the group became cold and returned to shore with the expectation that the victim was following him. However a headcount of the remaining swimmers disclosed the victim's absence and the alarm was raised. About 10 minutes later a body was seen floating on the surface, minus mask and snorkel. Resuscitation attempts were unavailing.

Case BH 2/76 This death occurred during a normal commercial boat trip to an offshore reef, those aboard including individuals previously unknown to each other. There was seemingly an assumption that all swimmers were fully competent to manage their own safety in the water, no actual proof of any experience being requested. There was no small dinghy available to recover anyone getting into difficulties. Some of those remaining aboard after the spearfishermen and the snorkellers had left, happened to see the victim, aged 24, surface and wave his arm and shout for help. He was estimated to be about 150m distant. Two scuba divers jumped into the water from the boat and swam to the spot but were

initially unable to locate him. It was at least 6 minutes before he was found, minus face mask and snorkel but still wearing his weightbelt, in 10-12m of water. The body could only be raised with difficulty because the weightbelt had been put on in such a manner that it was difficult to release, though the victim had shown another person that the quick-release worked easily a few days perviously. His claim that he had 4 months of experience with a snorkel was misleading, he having only used it when floating in shallow water as he was actually only able to swim a few strokes. The sea was calm and not an adverse factor. Resuscitation attempts were unsuccessful.

Taken from the South Pacific Underwater Medicine Society's Journal.

AN APOLOGY

Beware the friendly Newsletter Editor's telephone call to demand/request an article within a couple of hours. "As Social Secretary you've got to produce something if only to apologise for being an anti-social Social Secretary for not appearing at the do the other night!"

Well, I apologise for not attending the do. Seriously folks a club is only what you the member make it, the more that happens in the club the greater the attraction for new members.

Do you want to take advantage of group discounts for film nights, theatre and other live type shows (excluding ones where we would all be disadvantaged by Carls posterior embellishments!!) as example I want to see the much published STAR WARS. How many also want to see it?

Any other type of mid week activity required? Your suggestions welcome.

PETER OAKLEY

Plagiarised (stolen) from Pt. Hacking Diver - Cookery Nook

Baked Fish with Crab Stuffing

A two-for-one taste delight while providing a fish stuffing that is simple, yet delicate. Yields four servings.

1	3lb fish	
1	cup chopped celery	1 6oz pkt frozen crab (diced or fresh)
$\frac{1}{4}$	cup chopped onion	2 tblsp lemon juice
$\frac{1}{4}$	cup butter or marg.	$1\frac{1}{2}$ tsp curry powder
4	cups cornflakes crushed	1 tblsp parsley
2	tblsp melted butter	

Clean fish and split almost through, removing the backbone. Saute in butter, celery and onion. Add cornflakes, diced crab, lemon juice, curry powder and salt and mix lightly. Salt the inside of the fish, and then stuff the fish with the mixture and secure as required.

Bake in a preheated oven at 350° for 45 or 50 mins., brushing periodically with butter. Sprinkle with parsley before serving.

COMMITTEE NEWS

1. It was decided that more people should be involved in article writing for the magazine. This matter to be taken up at the next General Meeting.
2. A decision was made that a deposit should be charged when members are borrowing club equipment. The charges are to be \$20 for a full set, or a single tank; \$10 for any other piece of equipment i.e. regulator and/or weight belt. Members are to be reminded that equipment should be returned promptly and clean. Any equipment damaged will be paid for, out of the deposit.
3. Brochures were shown of the Oxy-Viva, this had been discussed at the General Meeting. The approximate price is \$425. It was decided to discuss this with Dr. Knight. A motion was passed that first aid kits are to be given to boat owners, so that first aid is always available.
4. It was decided to invest the club surplus money in the Permanent Building Society of Victoria.
5. The raffle for the regulator was set at \$1.00 a ticket. Tickets are now available, the draw will take place before Christmas.
6. It was decided that the fee for a boat dive would be \$4.00 per person. This will apply from 1st January, 1978.

PRE-DIVE CHECK LIST

In the haste of today's busy world, far too many divers are finding themselves out to sea on a dive boat with either broken or forgotten gear. Their much dreamed about dive trip is possibly ruined by some simple malfunction such as a broken mask strap or busted wet suit zipper.

The sea and the ocean environment are especially hard on equipment of any kind - and diving equipment is no exception. A constant vigil of inspection and home maintenance are important to the success of your dive trips.

One of the best ways to avoid unexpected breakdowns is to develop a pre-dive checklist, similar to the pre-flight checklist utilised by aircraft pilots all over the world. This handy reminder provides a point-by-point list of the subtle symptoms which could spell trouble for your dive trip.

Here are just a few items you might put on your checklist:

Mask - Check the head strap for signs of deterioration, especially around the buckle area. If it looks suspicious, replace the strap or carry along a spare.

Snorkel - Make sure the lower portion (mouthpiece section) is solidly glued to the upper portion. Snorkels have a habit of coming apart underwater when you're on scuba.

Fins - Check the heel straps for weathering or rubber deterioration. Replace them before they start breaking. Also check the fin blades for cracking or splitting.

Dive Knife - Check the straps for wear. Also be certain the retainer ring is holding the knife in the scabbard securely.

Safety Vest - Check that CO² inflator mechanism to see if it is functioning properly and generously lubricate the moving parts and cartridge threads with silicone grease. Inflate the vest to check for pinhole leaks or tears on the vest seams.

Wet Suit - Make sure all zippers are moving freely and lubricate them with silicone. Check the suit for tears at the seams - especially in the armpit and crotch area.

Weight Belt - Be sure you have sufficient lead weights to maintain neutral buoyancy at 10 feet, and that belt buckle is functioning

properly.

Regulator - Attach it to your tank and make sure it is working properly. Check the exhaust valve function to be sure it isn't stuck shut. Also, check the sintered filter to make sure it isn't green with corrosion.

Submersible pressure gauge - Check to be sure it is not leaking air, and that the needle indicator moves smoothly when you turn on the air. Also check the pressure reading against another pressure gauge to be sure your SPG is reading accurately.

Tank - Check to be sure it is filled to its rated capacity. Make sure the tank valve turns on and off smoothly and easily. If the valve knob turns hard, it needs an overhaul and cleaning.

Tank Pack - Make sure the tank band and tightening device are not cracked or corroded. Check the harness for missing parts.

Depth Gauge - Make sure the strap is not cracked or weathered. Also check the needle indicator to be sure it's not stuck. You can squeeze the back of most oil-filled gauges to make the needle move.

Dive Watch - Make sure the bezel is not loose and spinning around too easily. Keeping accurate track of your bottom time is absolutely vital.

Follow this simple check list one or two days prior to every dive trip and you'll happily find far less chances of equipment failures or breakage on your dives. In order to dive safely, a diver must be confident that all of his equipment is functioning perfectly.

Still another side benefit if using a check list is that it minimizes chances of forgetting to pack a piece of your gear.

Make up your own pre-dive trip check list now. Have it sealed in plastic if you like, and keep it handy in your dive bag or dive locker. The important thing however, is to use it everytime you plan to go off on a trip.

SYDNEY COVE

It all started at Mt. Gambier many years ago in the days of the 3½ hour thrash for a weekend's sinkhole diving. One long weekend I bought a book there, Australian Shipwrecks to 1850, by Charles Bateson. Well there it was. Apart from the Dutch wrecks on the West coast (and they were foreigners not even coming here), one in Torres Strait (shades of Captain Bligh) and the Sirius on Norfolk Island (not really Australia), the first wreck in Australian waters was the Sydney Cove in 1797. It ended up on Preservation Island just off Tasmania's North-East coast. Well that's just next door and since it was wrecked in shallow water it should have been easy to find.

First stage was to get someone else interested. Rob Adamson and I struck out in January 1974 to settle it for once and for all. Although we had a great time around Flinders Island however, we only found the job a little beyond us.

Next September the next attempt was made. Unreal. After covering miles of water, snorkelling, fragments of the wreck were found and after dodging Tasmanian black tiger snakes for a week we returned wondering what to do next.

That question was answered over the weekend of the 20th-25th October.

A group from Tasmania, including representatives from the Launceston museum, the A.B.C., the Tasmanian National Parks and the owner of the island (Bruce Bensemann) headed out by boat(s) from Launceston and arrived at the Furneaux Group at 3am in the middle of rain, squalls and typical chilly Tasmanian weather.

At 10am that same morning we started work on the remains, and had soon uncovered most of two thirteen foot anchors with wooden stocks still attached. Using a principle similar to an air lift, but with a two ton water pump instead of air we kept going. Hookah is great, the air lasts for ever. Six hours later we got to the end of the anchor and there it started.

Looking out at us was the pommel of something. Well it was. Not bronze unfortunately, but still a cannon. Next day it was uncovered. Were we finished? What would you find under a cannon, a gun-carriage? Right! Next question, what would you find under a gun-carriage? Have you ever seen one of those Hollywood specials of

naval carnage, storm or shipwreck in the 18th century. There always seems to be some poor soul crushed to death by a cannon. Well you're right, dead men tell no tales so we can only guess whether that was how he ended up there though. Apart from this there was hemp cordage, bits of 18th century bottles, broken crockery and other odds and ends.

Next day the sand was moved along the "keel" (we think) until darkness beat us just as we came to what is probably a most important step. The next day was spent in measuring, photographing and recording as well as covering everything up with about eight feet of sand, partially to protect the wreck from the elements, partially from damage from divers.

The reason divers are not wanted there at the moment are manifold. It rests with the fact that a full archaeological excavation will be done on this wreck and that means that every rotten bit of wood or rusty connection will be recorded and examined hopefully to answer a lot of questions of historical importance concerning the opening up of the Bass Strait area and the first settlement in Australia. If someone sees a rotten bit of plank on the bottom and wants to look under it, he brushes it out of the way, probably destroys it, certainly moves it from its location and subsequently destroys the story that might have been there. An example of how this can work is as follows. The ship sank because of a leak in the front port side that could not be got at to be sealed. During the weekend pieces of plumbing, each about $\frac{1}{2}$ " x 6" x 2'6" long were found in the port bow area. They had tarred canvas and copper sheathing covering and had been nailed to the outer hull in this area. Upon examination they were seen to be obviously a patch and a really rough job at that, over what was probably a potential leak point in the hull. If this was the case the next deduction is easy. Any ship that would have as poor maintenance work done on it as this, was definitely a scow before it left port. The ship was a coffin from the start. More information than this is needed before we can be sure that this is the case, but how many divers would not even regard a piece of wood as being in any way important and could easily destroy the rest of any evidence in not knowing this? The same applies to the cannon. Only about two cannons have been found with gun-carriages in existence with them. Anyone who lifts the cannon improperly will certainly destroy the carriage. Because it is of cast iron and concreted to other iron remains they would probably badly damage or destroy it as well because it is probably

only a form of porous graphite at this stage and would be very soft and of very low structural strength. To cap it all off, they would be most likely unable to afford to preserve it so it would end up bad news all round.

In other words, don't get interested in going down there, not just yet, especially as you couldn't afford the fine if caught.

Anyway it was a great weekend.

DAVE CARROLL

FLOTSAM & JETSAM

Our month of activities started back on Sunday October 9th when we tempted the fate of the weather again to try our luck on the wreck of the Victoria Towers.

With all but two of the intended divers assembled, and with darkening clouds looming on the horizon we headed out to the wreck site. As the temperature was not quite 30°C, we realised that Bazza would give it a miss, and considered that John Smibert, probably had a case of the snores. The dive went well and was rather crowded with divers swarming over the wreck. The presence of an extra diver went undetected by most under the water, but there was some strange glances as eleven divers surfaced; when only 10 went out in the boats. It appears that young "Smibes" extracted himself a little late from bed and arrived at Torquay just as the boats were disappearing into the distance. So our boy drive up the coast, kitted up in his diving gear and swam out from the shore. Well done John, but don't try the same stunt on the Pinnacles!

The next event on the calendar was the Annual Dinner. Between 7.45 and 8.30pm the Dorchester was turned into a Divers Mecca, however there was not a wet suit in sight.

Pat Reynolds was there making sure he got his money's worth by eating his and most of Jenny's dinner. Whacker of the River Award winner Syd Groves was there living up to his reputation. So were Bruce and Val Soulsby who travelled from Yarrawonga to attend this gala night.

This year we had about \$100 worth of prizes which were eagerly

snapped up the lucky winners. Also on display was the Poseidon Regulator which the Club has purchased for its Christmas raffle.

Our sleeping beauty friend, "Smibes" already tarred with the reputation of being a bed freak turned up about 10 pm - apparently he slept in!

Dave Moore and Rob Adamson have been walking around lately with slightly swelled heads. On a recent dive to the Pinnacles Dave had to tow Lil'Abner Tipping back to San Remo and Rob towed the Bass Strait boat. The 2 volvo vultures are claiming salvage rights!

A recent extract from the Melbourne Herald maybe of use to divers and swimmers. It concerns the ever ponderous situation of "what to do in a confrontation with a shark". The article started off by suggesting that "swimmers attacked by a shark should fight back.... quite often (but note not always) a shark will leave if the person being attacked fights back" Mr. Dan Miller a U.S. Marine Biologist said.

The article goes on to say that a "one-bite warning might be all a shark intends. But if a shark is circling you should never be aggressive. Sharks react to aggression. However if the shark does attack, aggression seems to be the positive thing to do."

Confused? OK don't blame you. So here's the easy way out. As the shark may only be intending one bite, always take with you one juicy piece of rump steak - about 14 lbs. would be bite size.

If the shark then swims away your problem is solved, providing of course the shark chose the steak and not you.

If the shark remains take out a 20c piece and flip it. If it falls heads - take out white flag and wave it in front of shark to let him know that you are not going to be aggressive. However if the coin falls tails, don underwater boxing gloves, and come in punching. But remember keep your guard up.

To avoid all this potential danger - take up cricket.

Good luck.

KANNY PACKERMIN
(The Cricket Promotor)