

FATHOMS

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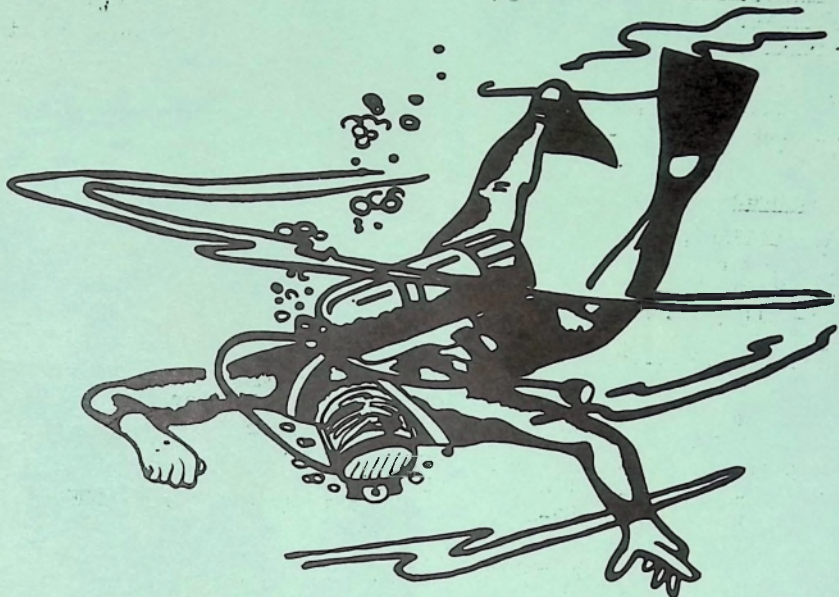
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SAFETY IN DIVING

50c

Nov 80



VSAAG

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 19th November, 1980 at 8pm at the Collingwood Football Club, Lulie Street, Abbotsford in the 2nd floor Function Room. Bar facilities are available to VSAG members prior to, and after the General Meeting and meals are served from 6pm until about 9pm. A list of VSAG members will be provided to the Football Club thereby eliminating the requirement to sign the visitors book at the entrance. Visitors welcome!

FOREWORD

This issue of Fathoms sees the passing of an era, as it is the last Club magazine to be printed by Glenys and Alan Cutts. For the past 6 years, I believe, we have all enjoyed the fruits of their hard work. We certainly will have our job cut out to equal the high standard of publication we have been used to.

As a newcomer to the Fathoms magazine I can only say that to have assistance in publishing such a magazine has been of enormous help to me. A lot of time and effort goes into each issue and to have someone to help share the load especially typing and printing, is a great relief.

To say "Thank You" Glenys and Alan really doesn't seem to be enough, but I am sure you will understand that all members are very grateful to you both.

In this issue we have a fitness test which was written and prepared by Geoff Birtles, so take a few moments out to see just how fit you really are. As divers we should all be in good shape and therefore be able to cope with any emergency which may arise in the water, your life could depend on it.

Maybe, Geoff might be able to recommend a few simple exercises we could all do to improve our physical fitness. How about our next issue Geoff? We hope you won't be giving away too many trade secrets which might affect business at Jump Gym Pty. Ltd.

In the last issue of Fathoms magazine I managed to make my first mistake and that was the confusion over just who exactly is Vice President of V.S.A.G. The correct answer is of course John Goulding Esq. who also holds the office of Secretary and is one of our S.D.F. Delegates. My apologies John, as the mistake was an honest one.

Further good news for V.S.A.G. members has come through the generosity of Fred Ferrante. The coming 1980-81 year will again see members attempting to take off the V.S.A.G. Literary Award, as Fred has very kindly offered to donate the prize to the winner this year. Our thanks Fred and let's hope that more articles will appear from other members in the coming months.

Actually, I would like to take this opportunity to appeal to all members to make some sort of contribution to our December issue so we can begin our summer diving on a good note. So please send articles of an historical type, or maybe dive details of your favourite

dive, maybe some humour or a crossword puzzle. Have a go and send to Des Williams, my address is on the first page.

For those of you who were unable to attend this years Oceans 80 Congress, let me tell you that it was a very exciting and informative 2½ days indeed. I did manage to see a few V.S.A.G. members at the Film Festival on Saturday evening. Al Gidding's 2 hour feature film "Mysteries of the Sea" proved to be better than all previous press accounts and I think V.S.A.G. associate member Andy Redwood summed it up with the word "Brilliant".

Marine biologist, Reg Lipson, also showed some 6 minutes of film which was discarded by the ABC whilst making a forthcoming feature on the ecology of the Sth. Aust. lake system at Mt. Gambier. Reg aired the film on Sunday afternoon and I can only say it was the most compelling footage I have personally ever seen in Piccanninie Ponds, and the bit we saw was discarded by the ABC!! So keep your eyes open for advertising of this coming documentary to be seen on ABC T.V. in either November or February. The footage retained must be mind boggling!

The lectures on various topics by many scientists and biologists were of the usual first class standard and were complimented by excellent talks by Dave Burchell of Sth. Aust., Thor Heyerdahl of Norway and Dr. David Lewis of Sydney our own Antarctic adventurer of modern times.

In this November issue all members of V.S.A.G. will find two car stickers enclosed. They were recently produced and further copies are available for 50 cents each.

ED.

DIVE CALENDAR

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>	<u>DIVE CAPT.</u>	<u>NOTES</u>
NOV . 16	TENNIS PARTY	10 AM	T.Tipping 80-4956	Location - Balnarring Beach courts
NOV	19 GENERAL MEETING	8 PM		Collingwood F/C
NOV . 23	TORQUAY AREA	10 AM	B.Scott 367-2261	Torquay B/R

DIVE CALENDAR (Cont'd.)

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>	<u>DIVE CAPT.</u>	<u>NOTES</u>
NOV. 30	SORRENTO AREA	8 AM	P.Reynolds 789-1092	Sorrento B/R
DEC. 5	DINNER DANCE "GREEK TUN"			
DEC. 7	GOLF DAY	8.30 AM	I.Garland 529-5484	Mornington
DEC. 14	FLINDERS AREA	10 AM	C.Jironc 347-4110	Flinders

COMMITTEE NEWSGeneral Business -

- Two Club stickers to be sent to each Club Member in November newsletter
- Further discussion re club purchasing a sextant and decision was to leave this purchase in abeyance for the time being
- New diving flags to be made to cover the needs of all boats likely to be on club dives
- Club shot line to be made
- A box for club depth sounder will be made by Max Synon
- A suggestion was made that VSAG invite other dive club presidents to our annual dinner dance
- J. Goulding & D. Williams to attend the coming SDF Diving Officers Conference on behalf of VSAG
- The future printing of Fathoms was discussed and we have a couple of alternatives available. A decision will be made very soon.
- Next Committee Meeting to be held at Bob Scott's home at 3 Elba Place, Keilor Downs on Wednesday 26th November.

FOR SALE

Two steel 72 cubic foot cylinders only, for \$60 each including full 12 months test. Contact Pat Reynolds on 789-1092.

A great chance to buy a spare cylinder at a bargain price! Ring NOW!

THE PROBLEM OF VISION

When a swimmer descends into the depths, his vision becomes inadequate in three distinct ways -

1. His eyes are unable to focus and only blurred impressions remain.
2. It gets rapidly darker as he descends until there is not enough light to see by, and
3. Visual contrasts are so reduced that even if an object could be brought into focus and even if there were enough light to see by, it would scarcely be distinguished from the water background.

The problem of focusing has been virtually solved by the face mask. The reduction of light intensity with depth can also be coped with to some extent, but the loss of visual contrast underwater is a major problem and little can be done about it yet.

When the eye is working normally in air, light is focused by the curved cornea and by the lens on to the light sensitive retina. This focusing depends on the fact that a light ray passing from one medium to another is bent or refracted to an extent determined by the difference in the refractive index of the two media.

Air has a very low refractive index while the optical media in the eye has rather high ones. A ray of light entering the eye is refracted at the cornea of the eye and this is where the main focusing power of the eye is found. The partially focused light then passes through the lens which has itself a rather higher refractive index than the media in which it is embedded. Unlike the cornea, the curvature of the lens can be altered, and it is in this way that we can focus at will on near or distant objects. As the main imaging power of the eye lies at the air-cornea boundary, the power of focus depends on the difference in refractive index between air and the optical medium.

The naked eye cannot focus underwater as water and the optical media have similar refractive indices and the focusing power of the cornea is much reduced. The lens lacks the power to complete what the cornea has failed to do and the eye cannot focus on any object at all.

The solution is to imprison an air-space in front of the cornea and thus allow it to function properly. This is the principal of the face mask and most types of underwater contact lenses. The slight disadvantage of this system is that light passing obliquely through the face plate will be refracted in its passage from the water, through the glass, into the imprisoned air within. This has the result of making an object in the water appear to be $\frac{3}{4}$ its true

distance. As the object is optically nearer, a larger image of it will be projected on the retina, but this does not necessarily mean that it will seem to be bigger.

On land a near object is not judged to be bigger than an identical object further away, because distance is unconsciously taken into account when estimates of true size are made. Underwater, the increase in image size should be offset by a decrease in the apparent distance of the object. An object underwater should therefore appear to be nearer but not bigger than on land. Nevertheless, an inexperienced diver frequently judges things underwater to be bigger than they really are and this may be because he does not unconsciously compare the size of the retinal image with the optical distance of the object, but rather because he compares image size to true distance which he has judged by some independent means.

Contact lenses are being developed for underwater use although they are not yet on the open market. They either depend on the air space principle of the face mask, when a small cap containing air is cemented to the outside of the contact glass, or they have a small lens of very highly refractive material embedded in the contact glass. In its simple form the air-space type has the advantage that it allows equally good vision on land as underwater, but are rather bulky. The lens type cannot be worn in air but has less bulk.

Neither type has yet been perfected sufficiently to allow extended periods of wear and they do not give the protection against cold and polluted water provided by the face mask. Contact lenses do provide a wider field of view than the standard mask and the elimination of the inner glass surface of the face plate with its scratches, condensation and water drops should make a useful contribution to the clarity of vision underwater. Next month we'll talk about scattered light and contrast reduction in water.

by PROF. NO-ITALL

V.S.A.G. GOLF DAY

Venue - Mornington Country Golf Club, Beleura Hill Road, Mornington

Date - December 7

Time - Tee off at 8.30am Meet by 8.15am

We have a booking for 16 players at the moment, which can be increased if I have enough notice. The approximate cost of the day will be

\$8/person (\$5 green fees + \$3 for prizes). Clubs and buggies are available for hire at unknown cost, but not many sets are available. Prizes will be awarded for best score (both gross and handicap), nearest the pin, longest drive and a consolation prize for worst score. I would appreciate it if those interested in playing would let me know at the October meeting or by ringing me on 529-5484 after business hours.

A BYO barbeque will be held at Ballam Park, Cranbourne Road, approx. 3km from Wells Road turn off after the game.

NEIL GARLAND 529-5484

V.S.A.G. DINNER DANCE

This year we have a booking at the

"GREEK INN"
18 Market Lane
Melbourne - City

for a minimum of 50 people to enjoy the Christmas spirit in the usual manner.

For \$15.00 per head you can enjoy a fine meal, a good dance band and a floor show. The reserved evening is FRIDAY 5TH DECEMBER. It is a B.Y.O. restaurant. All money will be required at November General Meeting. Only a few tickets are left - so hurry!

SUGGESTED HANDICAPS FOR ANNUAL "V.S.A.G. MILE"

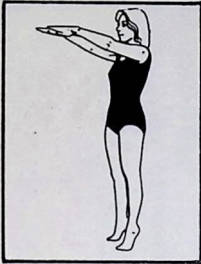
Scratch: Brian Lynch, Tony Tipping*
20 secs: Bazza Truscott
30 secs: Geoff Birtles, Chris Truscott
40 secs: Paul Tipping, Jay Cody, John Goulding*
60 secs: Simon Whiteley*, Des Williams, Craig Truscott, Revel Scott
75 secs: Marg Ziccone*, Dave Moore
120 secs: Jack & Cindy Liddy, Dave Carroll & friend, Bob Scott
150 secs: Others

* Denotes previous winners!

So let's see you all at Somers for the Tennis Party and V.S.A.G. Mile this year.

HOW FIT ARE YOU?

Despite the breathless dash for bus or train, most of us maintain we are reasonably fit. But are we? Even if you do jog, swim or play squash regularly and thus have a reasonable level of "heart-lung" fitness, you may still be quite deficient in "skeletal muscle" fitness: How physically fit you really are - or aren't - may spring a surprise on you. But guess no more. The fitness tests below, divided into five main components of overall physical fitness - proper weight and fat composition, muscular strength and endurance, cardio-respiratory endurance, flexibility and balance - will give you a clear idea of just what shape you are in.



BALANCE

Assume a diver's stance as indicated, rising on to your toes with out-stretched arms and keeping your eyes closed. Hold this stance comfortably for 30 seconds.

- 30 seconds = GOOD 3 Points
- 20 seconds = AVERAGE 2 Points
- 10 Seconds = POOR 1 Point

YOUR SCORE _____ POINTS

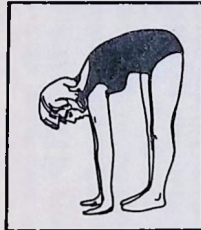


BODY FAT

PINCH TEST. With your thumb and forefinger, grab a thickness of skin at your stomach (adjacent to umbilicus). Measure the thickness.

- Less than 1/4" = GOOD 3 Points
- Less than 1/2" = AVERAGE 2 Points
- 1/2" - 1 1/4" = POOR 1 Point

YOUR SCORE _____ POINTS



FLEXIBILITY

Stand erect, feet together. Bend forward at the waist and reach for the floor. Do not jerk or bounce down.

- Palms of hands to floor = GOOD 3 Points
- Knuckles to floor = AVERAGE 2 Points
- Fingers to within 1" floor = POOR 1 Point

YOUR SCORE _____ POINTS



CARDIO-RESPIRATORY ENDURANCE

Run on the spot for 60 seconds (at a rate of 3 footfalls per second), lifting your feet at least 4" from the floor. Then take three deep breaths. Then hold the fourth breath for 30 seconds.

- 30 seconds = GOOD 3 Points
- 20 seconds = AVERAGE 2 Points
- 12 seconds = POOR 1 Point

YOUR SCORE _____ POINTS



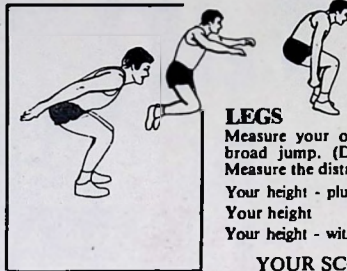
BASAL PULSE

Take this test tomorrow morning, right after you wake up while you're still in bed. Find your resting pulse with your fore and middle fingers, either at the side of your throat or inside your wrist.

- Count the beat for 30 seconds: multiply by 2.
- Under 68 beats/min = GOOD 3 Points
- 69 - 74 = AVERAGE 2 Points
- 75 - 84 = POOR 1 Point

YOUR SCORE _____ POINTS

STRENGTH AND ENDURANCE



LEGS

Measure your own height and do a standing broad jump. (Do not take a running start.) Measure the distance you leap (to back of feet).

- Your height - plus 1 foot = GOOD 3 Points
- Your height = AVERAGE 2 Points
- Your height - within 1 foot = POOR 1 Point

YOUR SCORE _____ POINTS

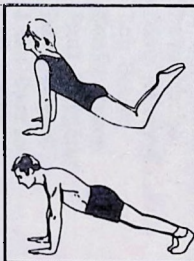


ABDOMINALS

Lie on the floor with your knees bent and feet together in front of you. Interlace your hands behind your head. Slowly curl yourself up until your elbows touch your knees, then return to starting position. Only do as many as you comfortably can.

- 25+ Curl ups = GOOD 3 Points
- 18 - 24 = AVERAGE 2 Points
- 17 Down = POOR 1 Point

YOUR SCORE _____ POINTS



ARMS

Men should do push-ups with body fully stretched out, weight taken on hands and toes only. Women should do this exercise with weight supported on hands and knees with feet 12" off floor. Keeping your back straight, raise your body by straightening your arms only.

- | | | |
|---------|---------|--------------------|
| MEN | WOMEN | |
| 25 plus | 35 plus | = GOOD 3 Points |
| 18 - 24 | 25 - 34 | = AVERAGE 2 Points |
| 12 - 17 | 15 - 24 | = POOR 1 Point |

YOUR SCORE _____ POINTS

HOW YOU RATE

YOUR TOTAL SCORE _____ Points

- 21 +** Congratulations! You're in fine shape. But keep it up.
- 16-20** Your fitness rating is adequate, but there is still good reason for you to raise the overall level of your physical fitness.
- 15 -** You should take immediate measures to become physically fitter. You'll feel better for it!

If you would like to know the purpose and relevance of each test and how JUMP can help you achieve a higher level of overall fitness and well being, read on.

PLEASE NOTE: Should you feel unduly fatigued while you are doing any of these exercises, stop immediately and rest.

1979-80 CLUEMAN OF THE YEAR AWARD

During the year our points scorer recorded the following votes which eventually determined Tony Tipping to be our 1979-80 Clubman of the Year.

1. Tony Tipping	890	18. Carl Jironc	120
2. John Goulding	790	19. Paul Sier	120
3. Barry Truscott	770	20. Lesley Gillies	120
4. Fred Ferrante	640	21. Trevor Brooks	110
5. Pat Reynolds	530	22. Carl Croxford	110
6. Des Williams	530	23. Don Able	90
7. Mick Jackieu	480	24. Bruce Southby	80
8. Dave Moore	420	25. Justin Liddy	80
9. Dave Henty-Wilson	340	26. Brian Lynch	80
10. Bob Scott	320	27. Cindy Liddy	70
11. Wendy Mason	310	28. Amanda Bedson	65
12. Paul Tipping	250	29. Paul King	60
13. Dave Carroll	230	30. Bill Junes	40
14. Alan Currie	140	31. Paul Jefferson	40
15. Max Synon	140	32. Peter Smith	30
16. Don McBean	140	33. Jim Turner	10
17. Neil Garland	130	34. Jay Cody	10
		35. John Marshall	10

FOOTNOTE:

There may have been some extra names in the score book, but as I did say on a couple of occasions, if I could not read your signatures the points would not be counted.

Your outgoing Points Scorer,

BOB SCOTT

OCTOBER 19TH - 19TH & 20TH CENTURY WRECKS

When seafaring man set out across the treacherous oceans in little wooden ships, tragedies at sea were a common occurrence. Over centuries the seas claimed thousands of ships and many more lives. All over the world where the waves lap the shores divers look for sunken ships to search for their treasure or to marvel at their strange intrusion of the ocean floor.

On October 19th the V.S.A.G. did a double century dive. Firstly, to take advantage of the ideal weather conditions we located and

anchored over the site of the J2 class submarine. This sub was one of several supplied by Britain to Australia in 1918 and finally pensioned off to the deep in 1926.

Visibility was a good 60 feet and the very still conditions made for a most interesting dive on this scuttled sea monster.

Lying in 130' of water the sub's shape became visible from 70' down the line, and the swim along the side and down through the hatches into the now bare compartments provided for a 15 minute dive to maximum 120'.

After a 90 minute surface interval, we split into 2 groups. Tony and Bazza's crew diving the Holyhead whilst Russell and I persued our attempts to find the "Light of the Age". Finally with success, (with a little help from our friends) we were diving this 1868 wreck.

The Light of the Age was a three masted wooden ship, which sank approximately 2 kilometres west of Pt. Lonsdale. It is interesting to note that at the Board of Enquiry to investigate the loss of the ship, it was found that the charts used on board were obsolete, the boats were in poor condition and that on many occasions the ship was known to wander off course.

The luckless Captain was found guilty of drunkenness and neglect in navigating his ship, with the result that his certificate was cancelled.

What remains of the wreck is testimony to the savages of the sea, and the dedication of hardworking divers who have stripped the remains bare. However for those who are prepared to work hard, there is still the odd bottle to be dug out. We saw 2 fine bottles that were recovered on Sunday.

So from 1926 to 1868 - a short time in the history of seafaring, but worlds apart in ship design and purpose.

JOHN GOULDING

CHRISTMAS/NEW YEAR - ULLADULLA, N.S.W.

A booking has been made at the Shoalhaven City Council Caravan/Camping Reserve South St., Ulladulla N.S.W. for 8 non-powered camp sites from 26th December to Friday 9th January.

People already confirmed for sites are -

Bob Scott
Terry Brooks

Barry Truscott
Des Williams

Tony Tipping
Max Synon

On present numbers this group will occupy 5 sites.

Members wishing to attend should notify Tony Tipping or John Goulding as soon as possible and pay a holding deposit of \$20.00 by the November General Meeting.

The diving at Ulladulla is excellent with a variety of interesting reefs within a short boat ride from the boat harbour.

Camp sites are approx. \$25.00 per week and during this time of the year, all sites must be booked for a minimum of 2 weeks.

QUARANTINE STATION - POINT NEPEAN

A Brief History: The history of Point Nepean emphasises the military requirements of Great Britain to protect her possessions in Australia against foreign encroachment by means of military outposts around its coasts.

The first military personnel to arrive in the State of Victoria were 51 of all ranks of the Royal Marines under command of Lt.-Col. David Collins who established Port Phillip's first settlement at Sullivans' Cove at Sorrento in 1803. The settlement was short lived though, as Collins found the area to be unsuitable and moved to Risdon Cove in 1804, thus Hobart was born.

After John Batman's settlement arose on the banks of the Yarra more interest was generated in Port Phillip and in 1836 "squattling" was legalised and for a fee of \$20 per year people such as James Ford and Daniel Sullivan had use of the grazing land around Portsea and Point Nepean.

With the discovery of gold in the Colony in 1950's and the corresponding increase in shipping, the Health Depts.' inspection of passengers at Port Phillip Heads showed increasing numbers of infected passengers. This was due in part to overcrowding and unsanitary conditions on board ship.

On 6th November, 1852, the sailing ship "Ticonderoga" arrived off Portsea. 100 passengers had died of typhus fever on the voyage from Liverpool and there were scores of stricken passengers on board and an increasing death toll.

The home and several buildings belonging to the Sullivans at Point Nepean were purchased by the Government and a quarantine station established and those who could be moved were made comfortable there. The more seriously ill were put on board the "Lysander", a ship previously fitted up as a quarantine hospital. About a further 70 people died during this period and deaths were so numerous and sudden that coffins were unobtainable, and burials had to take place without them.

The "Sanatory" station was gazetted as such in 1854, the name being changed some time later to "Quarantine Station". New buildings and accommodation for police were erected as all further quarantine isolations were supervised by police. The Station originally included leper and cattle quarantine areas until 1908 when the Commonwealth applied for 420 acres for defence purposes. This land included the cattle jetty built in 1879. The jetty is now gone although it was still standing till about 10 years ago and always proved to be an interesting snorkel dive.

An interesting and imposing monument still exists on the beachfront at the quarantine station and can be seen clearly as we pass by in our boats. It was erected by an Irishman named Heaton over the area originally used to bury the victims of fever from the "Ticonderoga". It is an impressive vault like structure with a stone panel which possibly was to be engraved with descriptive detail, but it is still blank today.

On a recent tour I made of the Point Nepean area I was able to inspect the old Cemetery, where some of the first settlers who lived between Pt. Nepean and Rye are buried. A number of drowned sailors from the wrecks of "Cheviot" and "Tornado" also lie there. I found that through this little cemetery I really had a tangible link with the early pioneers of the past. It is a very humble, tidy spot, probably much as it was years ago and I guess the tranquility of that afternoon together with the setting sun made reflections of the past just that little closer.

Construction of defences at Port Phillip Heads was commenced during the Russian War scare as I have mentioned in a previous article and there is little more I can add, other than to say that the Army has certainly kept the ground, buildings and surrounding bushlands in perfect condition. I believe that the day is soon to arrive when the general public will be able to venture freely into a large part of this at present restricted area. So, let's hope that it will be possible to keep this beautiful area unspoilt for the future, a

task which I personally do not find very easy to do.

The Point Nepean Fort, although it never had to beat off a Russian invader did have two moments of glory. In 1900 two 6 inch mark 7 naval guns were installed at the tip of Point Nepean commanding the Rip. The gun emplacements were called F1 and H1 respectively. 14 years later England declared war on Germany and from F1 the first British shot fired anywhere in the world in World War I stopped the German ship "Pfalz" which was found to be manned with German Naval reserves and to carry warlike stores, its decks being drilled to receive 4 inch guns.

Fantastic as it may seem, the same gun with a different barrel was later to fire the first British shot in World War II. The ship didn't stop and was not hit, luckily, as it was a Tasmanian ship mistaken for the enemy. These guns are now mounted outside the gates to the Quarantine Station.

When next in the Sorrento area make a visit to the Museum in Sorrento I am sure you will not be disappointed. There are a couple of publications also on sale for further reading.

DES WILLIAMS

FLOTSAM & JETSAM

There has been some recent excitement in several V.S.A.G. homes lately with new arrivals for Dave and Jenny Henty-Wilson and Paul and Lesley Tipping.

Prior to the young Henty-Wilson on the scene, Dave was seen talking to Bob Scott about a miniature wetsuit, however we feel that Jenny may have the last word on that issue, particularly as the wee babe is a daughter.

Paul and Lesley had no such ambition for their baby, but have chosen a name dear to our hearts for their daughter - "Eliza". Lesley insists it had nothing to do with the famed wreck "Eliza Ramsden", but we also hear that Paul gave Les 3 alternatives from which she could choose:- "Eliza", "Holyhead" or "Sierra"(Nevada).

Also on the good news scene is the recent engagement announcement of Rob Adamson and Cheryl Collier. Rob and Cheryl have recently bought a house in Murrumbidgee and are planning a wedding in Cheryl's home state of Pennsylvania followed by a touring U.S. honeymoon.

And so the bachelor ranks of the V.S.A.G. are thinning fast. Is there any truth in the rumour about a certain V.S.A.G. committee man taking a diving bride before the New Year???

The Divers Ding or otherwise known as the S.D.F. Dinner Dance was a great night, apart from a very loud band. Still, most members who attended had a great night.

This column is supposed to be diving commentary, but this month it seems a bit like a Madam's Gossip Column.

So to top it off what a day we had on October 19th. Sorrento was a welcome sight after an early morning drive, and assembled there were 12 divers eager to get going on the flat blue sea.

The weather and sea conditions being nothing short of perfect, we dived the intact submarine outside the heads, and then dived the "Light of the Age" and the "Holyhead".

What a day! No relics, no crays (out of season), no problems, just beautiful clear water diving. Earlier in the month Bazza led a group from Sorrento to a spot where 6 boats were already anchored and dived in pea soup conditions looking for remains of the "Gambier".

Looking at the forthcoming Dive Calendar we have some interesting dives coming up before Christmas, and then of course the summer trip to Ulladulla. Remember to phone the Dive Captain before the dive and to be on site at the prescribed time.

Over the years some people have complained about the early times set for dives. The reason for setting such times (8am Nov. 30th) is to take advantage of suitable currents and provide members with some magnificent diving spots, if the weather is kind.

There is nothing quite like a clear crisp morning on the sea, and if at times life feels a bit humdrum then do yourself a big favour, and "dive with the dawn patrol".

Neil Garland has made a general plea for all swingers to notify him for attendance at the V.S.A.G. Annual Golf Day. (See notice elsewhere in magazine).

With Golf days, tennis days and a Greek supper planned during the next few weeks, summer 1980 looks like being a busy time - so be there or read all about it in F & J.

VICTOR MOWER
(On the Grass Again)