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VSAG divers at Truk Lagoon, Geoff Birtles, John Goulding, Andy Redwood, Yves Corbett, Cynthia, Photo by Des Williams

VICTORIAN SUB-AQUA GROUP

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FATHOMS

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

PRESIDENT:

Max Synon 8 Pine Street, Thomastown 3074 465 2812

TREASURER:

David Carroll 5/29 Dover Road, Williamstown 3016 397 2317

COMMITTEE MEMBERS:

John Goulding, 13 Birdwood Street, Box Hill South 3128 890 6634

SECRETARY & SAFETY/

MEDICAL OFFICER:

NEWSLETTER EDITOR:

Des Williams 29 Valerie Street. Boronia 3155 762 1623

TONY TIPPING	- Vice Pres. & S.D.F. Deleg.	-	80	4956
BOB SCOTT	- Social Secretary	-	367	2261
PAT REYNOLDS	- Property Officer	-	789	1092
TERRY BROOKS	- Points Scorer & Assist.Ed.	-	439	3749
PAUL TIPPING	- Public Relations Officer	-	387	2027
MICK JACKIW	- S.D.F. Delegate	-	736	1730
GEOFF BIRTLES	- S.D.F. Delegate	-	846	1983
BARRY TRUSCOTT	- Committee Member	-	789	6395

CLUB MEETING:

The next meeting of the Victorian Sub-Aqua Group will be held on the Thursday 16th September at 8.00 p.m. at the Collingwood Football Club, Lulie Street. Abbotsford. Bar facilities are available to VSAG Members prior to and after the General Meeting and meals are served from 6.00 p.m. until about 9.00 p.m. 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 ARE VERY WELCOME!

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STOP PRESS ##### STOP PRESS

BECAUSE OF A SPECIAL COMMITTEE MEETING OF THE COLLINGWOOD FOOTBALL CLUB MEMBERS ON WEDNESDAY 15TH SEPTEMBER, WE HAVE CHANGED OUR MEETING DATE:

V.S.A.G. ANNUAL GENERAL MEETING NOW ON THURSDAY 16TH SEPTEMBER AT 8.00 P.M. COLLINGWOOD FOOTBALL CLUB, LULIE STREET, COLLINGWOOD.

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EDITORIAL

The S.D.F. Vinner Vance was a resounding success this year and approximately 50 V.S.A.G. members and partners attended. An excellent night, and because of Tony Tipping's energetic sales effort in pre-selling tickets, V.S.A.G. had the third largest attendance present, for which our Club received a cheque for \$50. Our thanks Tony.

Another special thank you is also due to Alex Talay, who has been kept very busy printing for V.S.A.G. ever since he mentioned he was a printer! Our newsletter has been brightened up with beautifully designed covers, and new Alex has just completed a run of newsletter wrappers, together with Dinner Dance tickets for September. Alex has done all of this work as a donation to our Club, and it is tantamount to a cash donation. This sort of Club spirit has made V.S.A.G. what it is today, Victoria's best diving Club. Our sincere thanks Alex and my personal thanks also, go to you for the assistance you also give with preparation of photographs for the newsletter each month. PAGE 3.

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This month "PERISCOPE" surfaces again after several months submerged. My plea for help with new items didn't fall on deaf ears! Thanks Geoff, but I'll warn our readers, you may need asbestos gloves to hold the periscope!!!

Terry Erooks looks at survival at sea or maybe that should be vampires at sea.

Vandals have twice this month, put a vital navigation beacon in the top end of the Bay out of action with a shotgun blast. This is certainly a far cry from the 'phone box vandalism' we are all familiar with. The thoughthad crossed my mind that ... upbe some desperate diver was looking for a new wreck dive close to Melbourne. It is a wonder divers haven't been blamed anyway, because we seem to be under attack as the cause of every other type of marine problem, such as descration of marine graves, wiping out fishes, killing off crayfish, removing the future of abalone divers, taking a living away from scallop fishermen and wreck bashing.

Our centre-spread of photographs this month, were all taken at the SDF Dinner Dance. Guess you will recognize the faces, they are self explanatory. Paul Sier won a divers torch during the drawing of lucky tickets, V.S.A.G. collected \$50 for their huge attendance and everyone had a great time. Thanks to Julie again for processing the photographs. Hope you all enjoy this issue.

DES WILLIAMS

COMMITTEE NEWS:

Meeting held at Des & Julie'William's home on Tuesday 24th August.

- (i) It was agreed that members must physically show their cray licences to boat owners before departure on a dive.
- No development oxygen therapy unit as yet.
 G. Birtles agreed to act immediately and obtain same.

- (iii) Boat handling instruction day for members to be deferred until November.
- (iv) Discussion of forthcoming dinner dance.
- (v) Discussion of dive calendar.
- (vi) John Goulding proposed medicals for members need not be renewed every 3 years. Instead new members must have a CZ18 medical within 3 years prior to joining V.S.A.G. Members who suffer diving accidents or have operations which may effect their diving performance are to notify the Club in writing.
- (vii) T. Tipping reported on S.D.F. general meeting.
- (viii) Margaret Ziccone has offered to type the Club newsletter should it be deemed necessary.
- (ix) Discussion of newsletter costs and amended mailing list to dive shops in Melbourne.
- Next Committee Meeting will be held at 8.00 p.m. on September 21st at Max & Pam Synon's home, 8 Pine Street, Thomastown.

(((((FLOTSAM AND JETSAM)))))

In the world of diving, we have good divers and bad divers, novice divers and experienced divers, even new divers and female divers, but AQUARIUS TRAVEL Company has found a new term for one of our own members; Keith Jensen. In Aquarius' advertisement for diving holidays that appeared in the latest SKINDIVING magazine, they refer to Keith as a PAGE 5.

VETERAN SOLOMONS diver.

Thinking about veteran cars and veterans of bygone wars, gives the impression that our jolly rotund Keith is something of an old warrior, who is hard to get started and slow when he does go - not our Keith, he's a high flyin' jet setter whose presently diving his butt off in the SOLOMONS. And furthermore, not far behind him in the veteran stakes is our Presiden: Max, who's also with Keith.

The S.D.F. Dinner Dance was quite a bash! Three hundred odd people attended with V.S.A.G. representing about 12% of total numbers. Not bad for a non-commercial club! Seems I only had time to dance with ladies from 5 other clubs before I was told that the band (if you could call them that) were not playing a progressive barn dance!

- Can't understand this modern music! I would like to have been the drink waiter serving the Birtles' table - saw a \$20.00 note flashed to the waiter at one stage! - Not so at my table - We had Paul (Dirty Tricks) Sier. He offered the waiter a night of fun with my beloved Murgatroyd - She looks O.K. when the little bundle she's carrying is hidden by the table cloth. The young waiter locked over and couldn't believe his good fortune. Later when she stood up the poor lad fell over and then told Paul he wasn't taking the rap for anybody else's liberties!!

Thankheavens for snow bunnies or what a weekend we had at Falls Creek!

Heaps of snow, great skiing and a cup of hot soup from Hilary's Kitchen. Then there was Sally Brooks - the little blonde number who can rustle up the fastest bowl of corn flakes complete with REV milk!

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Master of the slopes was Wayne Hatch, who not only had the skill and style, but could "name drop" with the best of them in the queues.

Bruce Soulsby and Alex Talay were the most definite skiers on the day, as both announced that they were definitely going to the pub in the afternoon.

Tony (the SUDAFED KID) Tipping voiced plenty of opposition about the idle rich skiers, but looked splendid in his Pierre Cardin ski suit and latest Italian Ski boots.

Don't forget to turn up for the Annual General Meeting which will be on Thursday 16th September - not Wednesday as is usual.

With some new dive locations being recently found, the Springtime diving season promises to be really interesting - and don't forget the V.S.A.G. dinner dance in September - If you though the SDF dinner was good, you ain't seen nothing yet!!

SIGNED AUSTIN TAICHIOUS

****** V.S.A.G. DINNER DANCE ******

FOR ONLY \$15 PER HEAD YOU CAN EAT, DANCE TO A LIVE BAND AND DRINK ALL YOU LIKE AT:

VENUE: Manhattan Room, Bendigo Hotel, 125 Johnson Street, Collingwood

DATE:" Friday 17th September 7.30pm - 1.00am

*There will be ticket prizes and a raffle organised by Bob Scott. Prizes have been donated by Geoff Birtles: PAGE 7.

- 1 Male 3 Months Gym Course
- 1 Female 3 Months Gym Course

So folks, be there! Ring BOB SCOTT NOW on 367 2261 FOR TICKETS.

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NOTE: Don't forget cur next general Club meeting has been moved to THURSDAY 16th September at Collingwood Football Club.

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FOR SALE

TABATA BOUYANCY VEST (JACKET TYPE) ONLY 12 MONTHS OLD, EXCELLENT CONDITION Blue in Colour - Scuba Fed \$100 RING ALEX TALAY ON 772 3085

DIVE CALENDAR

DATE	LOCATION	TIME	DIVE CAPT.	MEET AT
Sept. 5	Western Port Dive		Paul Tipping 387 2027	Details to come
Sept.16	Annual General Mee	eting (No	te: Change of	Date)
Sept.17	V.S.A.G. Dinner Da		5 Scott 7 2261	
Sept.19	Sorrento	8.30am	Bob Scott 367 2261	Sorrento B/Ramp

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DATE	LOCATION	TIME	DIVE CAPT.	MEET AT
0ct. 3	"George Kermode" Wreck	10a.m.	G. Birtles 846 1983	Flinders Pier
0ct. 9	Yarrawonga Weekend	ela constanta	Bruce Soulsby (057) 26 8241	
0ct.17	Sorrento	9a.m.	Pat Reynolds 789 1092	Sorrento B/Ramp
0ct.20	General Meeting -	Collingwo	ood Football Clu	b
Mary 2	(Tune Cup Dave) El	Indown On	Dive	

- Nov. 2 (Tues. Cup Day) Flinders Cray Dive Barry Truscott - 789 6395 Moet at Flinders Pier 9.00 a.m.
- NOTE: Those wishing to dive on above dates must confirm with the Dive Captain the evening before the dive, to arrange boat accommodation.

V.S.A.G. MONOGRAMMED PULLOVERS:

Well, you have all seen them now and they look terrific, so if you have changed your mind and decided that \$27.00 would be well spent on one of these exclusive pullovers, then ring ALEX TALAY on 772 3085 now and place your order for another lot that Alex is organising. Closing date is the next General Meeting on Thursday 16th September.

PERISCOPE

It was all too much! Flotsam & Jetsom reduced

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to less than a page, Blasts (Whispers) from the past, Cray fairtales and sentimental letters to the editor. As one of our better known club socialists would say - Its time! Time for Periscope to cast its cynical eye around and breathe some fire into the tired old pages of this proud magazine.

If you haven't caught S.I.A.'s July 82 article "Charlie's \$3m Dive", read it soon. It should have read, "Charlie's a Charlie" or at very least a proper Burke.

Cop his personal recipe for disaster - A cold water dive to 190 feet for 15 minutes B/T with deco stops of four and seven minutes at 20 and 10 ft. respectively. (Mandatory stops per US tables) Heavy diving by any standard - but consider the planning and execution.

Shot line, (good start) but it stopped at 175 ft. and he kept on swimming past it! A watch and depth gauge - but he left them in the boat - they couldn't handle the depth! (Something they shared in common with Charlie's body). Now Charlie (an American) was an experienced deep water diver (self proclaimed 250 footer - I guess they were American feet). Not only did he not plan for extra decompression above that of a fit US Navy diver (who risks a 2 in 100 chance of bends anyway) he didn't worry about an emergency air supply at 20 ft., or even a dive suit appropriate to the depth and temperatures. His suit came complete with (Stars & Stripes), Zips and detachable hood!

You can guess it if you haven't already read it. Charlie got narced, ran out of air and suffered a spinal bend. A 3 million dollar recompression exercise and a bloody miracle saved him.

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Now Charlie's effort was no worse than that of his dive guides Peter and Allison Barker (the authors) who:

- planned a dive to this depth and duration in the first place.
- with a relative stranger ill equipped (enotionally and physically) to handle the situation.
- did not plan for extra decompression and did not plan and provide for an extra air cortingency.
- did not carry even basic first aid (on board) equipment for decompression sickness (oxygen, aspirin and fluids). Like this was not your average dive!
- carried cut a useless and potentially dangerous recompression procedure (that almost certainly exacerbated the problem) and that any basic deep water dive training would have precluded.

Hindsight, you say? I think not. It was a dive conceived in ignorance and executed in bravado. What worries this writer are the author's closing comments - "We'd do it again ... and ... there's not a great deal we'd do differently". I hope the Barkers have \$3m put aside, because bet your life (or theirs) that it's the Australian taxpayer who eventually picks up Charlie's bill! (Esso will expense the cost against pre-tax profits).

Incidentally, I notice Charlie wears a beard - in common with all the other Marine Biologists getting bent lately. Seems to be mandatory uniform for PHD's and "would-be" M.B.'s. I wonder if this is a predisposing factor to decompression sickness. Hair for thought?!

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For some considerable time I have been trying to convince our committee to purchase oxygen therapy equipment. It's been hard going, but it seems that we are finally going to get it. Hopefully, Charlie's story will speed things along.

"On-board" oxygen therapy is a superb "band-aid" for the more serious diving mishaps that can occur. If it can't solve a problem, it will at least generally alleviate or arrest further deterioration until proper treatment can be carried out.

It can be used for the treatment of drowning, pulmonar barctraumas, decompression sickness, contaminated air sicknesses and salt water aspiration. Unless you have undertaken a resuscitation course or recently updated your diving knowledge with current reading (I suggest Steve Sinclair's "Australian SCUBA Diver") you may not understand how decompression sickness can be helped with pure oxygen.

Its all a matter of molecular weights, diffusion and Dalton's law of partial pressure. "Daltons what?" Let's start again. Bends are nitrogen bubbles (arising out of inadequate decompression) trapped in tissue.

If we can enrich or saturate the blood surrounding the nitrogen bubbles with oxygen, the nitrogen which is lighter than oxygen, will diffuse from the bubbles faster than the oxygen can diffuse in I.E. the nitrogen bubbles will decrease in volume.

Cnce you do understand this basic (albeit over simplified) principle you will start to appreciate that there is no good reason why VSAG cannot be fully equipped to meet this kind of emergency.

Oxygen can be administered thru a normal SCUBA regulator fitted via an adaptor to a "D" size oxygen









bottle. We are all used to breathing thru a regulator, so this presents no problem either to the patient or those helping him. (A simple OXY-VIVA is another alternative - but this requires more knowledge and skill to administer effectively).

A diver suffering decompression sickness should be placed in the recovery position (similar to sleeping on one's side) and continually observed in case of respiratory or cardiac arest. Body temperature should be maintained. They should be given 300 mg. of aspirin (most VSAG boat owners now carry this) to help minimise blood clotting, and orange juice or Staminade to help maintain the body's fluid and salt balance. 100% oxygen should be administered (if available) during transport to recompression facilities. Transport should not be stressful. A fast bumpy boat trip could and has killed a diver suffering decompression sickness.

Obtain help and advice on recompression facilities by phoning the RAN School of Underwater Medicine HMAS Penguin Sydney, which provides an Australia wide service. Limited facilities are also available at the Prince Henry's Hospital Melbourne Dr. Michael Tronson.

And now to finish on a happier note - The Big M, Bazza and your writer have, as a result of brilliant historical research and superb coastal navigation, managed to obtain the marks for another sub. And its a beauty! (Actually we cased the general area until we happened across the <u>original</u> wreck basher's distinctive red boat. We knew we'd hit pay dirt when we saw Peter Roger's sheepish grin).

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Its in 85-90 ft. of water and virtually intact. The nose is blown off, but this only makes it more accessible. Its quite different to the other subs, seems much bigger, different layout (conning tower up front rather than amidships) more bits and pieces and more interesting. We celebrated by plucking a cray off it which was some compensation for yet another lost torch.

GEOFF BIRTLES

ANNUAL GENERAL MEFTING SEPTEMBER 16th THURSDAY

This is the most important Club meeting of each year and it is your duty as a V.S.A.G. member to be present to vote for your choice to be on the Committee for 1982-83.

This year we see Max Synon, Tony Tipping, David Carroll, and Bob Scott (presently on the Committee) seeking re-election, also Alex Talay is the only new nomination (at time of writing this report), so be there and don't forget the meeting night has been changed to THURSDAY 16th AT 8.00 P.M.

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"BLAST FROM THE PAST"

This interesting diver profile comes from Fathoms magazine of August 1973.

DIVER PROFILE	(or know your Buddy)
AUGUST DIVER	- JOHN GOULDING
Home	- Flat 2, 80 Campbell Road, Hawthorn
Age	- elderly 27, but looks younger.
Sex	- Yes

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Profession	-	Tin Can Executive Secretary of V.S.A.G.
Hobbies	+	Wearing wet suits Monstering Falling over things
Last Book Read	-	Kama Sutra Backwards
Opinion of L.B.R.	-	Confusing
Favourite Quote	-	Can you read backwards?
Last Accomplishment	-	Didn't fall off his horse at the V.S.A.G. rodeo.
Profile		Strong willed and of an inquisitive intellect. Has a sensitivity to problems, that is often concealed by a logical approach to getting confused. Has been known to blow a horn.
Likes	-	Women, lcmonade, women, lemonade with a dash, women and getting bogged.
Dislikes	-	Noisy women, coarse language, noisy parties, loud music, alcohol and broken differentials.
		* * * * * * * *

SURVIVAL

The following extracts are taken from Safety and Survival at Sea by E.C.B. & K. Lee Cassell, London 1971.

Apparently in a survival situation, the humble seagull can be viewed as a food source! "Sailing Boat GILCA Indian Ocean, July. Sixtysecond day: a seagull perched on the bowsprit. It was shot by revolver, decapitated, the blood was caught in a mug and the body squeezed dry PAGE 19.

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dry of blood "we added fresh water with just a dash of sea water for flavouring, and enjoyed a mugful of the most delectable drink in the world". "The flesh of the bird had been deliciously tender, and most surprisingly, did not taste of fish.... We settled down with renewed vigour to the task of reaching land".

The authors explain that all sea birds are edible. "If a bird perches on the craft, wait until it folds its wings. If it is within arm's reach, grab it. Catch others by using a fishing line and floating a barbed hook. Drink the blocd, provided fresh water is drunk the same day. Skin the bird. Eat the entrails first. Flesh which can be spared for another day should be dried". As well as providing protein, the mere catching of food gives renewed hope to the survivor, however for the body to use protein, water must be drunk on the same day as the food is eaten.

Thirst is the main complaint of those cast adrift with dehydration being a mortal enemy. To quote the authors again, "On no account should survivors drink seawater, but mix it with fresh water, when rations are short. Seafarers with plenty of fresh water and good prospects of replenishing their supplies may use a little seawater in their cocking, but the amount of salt consumed in this way, should not exceed that taken in normal life ashore". On a planned voyage, Thor Heyerdahl reported, "Our water ration could be ladled into us till it squelched in our stomachs, but our throats malignantly demanded much more. On such days, we added 20% to 40% of bitter salt seawater to our ration, and found to our surprise that this brackish water quenched our thirst" Let's hope none of us find ourselves in a situation where this type of survival is necessary.

T. BROOKS

aa GOING DOWN aa

V.S.A.G. has been very active in the last couple of months to the extremes of sporting activity, what with diving, snow skiing, dinner dances and God knows what else, a bloke doesn't know where to begin to report on his cronies' activities.

We shall start with a report on a dive we did about four weeks ago on Spectacular Reef. Bright and early it was, when I arrived at Big Mick's place and pounded on the dcor. Silence greeted me as I gave it another bash. I don't mind telling you I was puzzled and alarmed because this is most unusual for the Big Fella, and especially since I was dive captain for the day. Finally he roared at me from the vicinity of his bedroom and told me in no uncertain terms that he was not diving and furthermore, that my presence was not welcome.

Horrified at this outburst, I demanded an explanation and was met with silence again. Then it dawned on me, as I counted on my fingers the days since the birth of the Little Carrot. Yes folks, I can only surmise that the filthy devil was giving the ferrett a run. Outraged I renewed my onslaught on the door lest my buddies be stranded at Sorrento.

Common sense prevailed in the end as we set off about a ½ hour later. Spectacular Reef as most of us know is quite a good dive, but other thoughts were in my mind as Hilary and I kitted-up. Was the famous sand expedition around the Sub by Paul and Don (previously reported in Going Down) an error in judgement or was there

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some other reason for this hairbrained exploit. I decided to find out, as we strugged down in the raging current and turned our backs on the dropoff and headed for the sand. After a half hour bumping over the backs of numerous Banjo Sharks and investigating every tiny ripple of the beautiful white sand, I was well satisfied that the former of the two possible explanations was indeed the case. Strangely, Hilary did not share my enthusiasm for the solving of this mystery, but by all accounts everyone else enjoyed the dive.

Two Snow trips have been undertaken by members in the last couple of weeks. The first being to Mt. Buller and 5 of us ventured up there for a day trip. It was my first time on the snow, but John, Wayne, Pat and Paul are all experienced and much advice was given as to how it is done. Basic lessons were bandied about left, right and centre. Paul Sier's suggestion being the most terrifying as he insisted that the best way to learn was to tip me over the edge and see what happened. I can now claim to be an authority on the topography and contours of this dreadful mountain, as I can truthfully say that I have become intimately familiar with most of it in a face down position.

Last weekend still suffering acute muscle soreness and bruising I, along with 12 others, made the trip up to Falls Creek. Hilary, Pat and I arrived on Friday afternoon and were soon joined by Bruce Soulsby. All thoughts of skiing that day were soon shelved, as we decided to give the slops a nudge. After an enjoyable evening and all slightly in our cups, we retired about 2 in the morning.

We awoke early and headed up to Falls reaching the snow about 9.30 a.m. By this time (after finding out that Bruce and Hilary had never skied before), I considered myself a bit of an expert as the 3 of us accompanied by teacher Pat, reached the beginners slope. Bruce was a natural, but Hilary had the infuriating habit of falling down and requiring assistance to gain the vertical again. Soon tiring of alternately cursing and helping her and being true male chauvinists, we abandoned her to her fate and headed for the more difficult slopes. The snow was much better than at Buller, as it was softer, and hardly hurt at all when one fell down, which was often.

About eight of us retired for lunch at 2 o'clock and being a genuinely concerned group of individuals, we enquired of each other as to Hilary's whereabouts. No one seemed to know, so for the next hour or so, whilst scoffing various quantities of pies, chips and other energy giving junk food, we discussed the various rossibilities.

The general consensus at the end was "She'll be right mate", as we headed out the door for various destinations.

Bruce and I decided we'd had enough, so we headed off to the Sundance Hotel in the village. We were still there two or three hours later, when Hilary dragged herself through the door muttering all sorts of foul accusations and obsenities about the lack of attention she had received throughout the day.

Naturally, we assumed a posture of innocence

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and blamed everyone else, whilst plying her with liquor to take the heat off. By the time everyone else turned up she was somewhat mollified and they only copped a mild rebuke.

That night we attended the Bogong Pub and after a good time, we were swept out with the butts again. Next day, some skied, some golfed and some just lazed about in the sun, before heading off home after a somewhat exhausting, but enjoyable weekend.

A.T.

CHRISTMAS DIVE TRIP TO PORT LINCOLN S. AUST:

If you wish to join V.S.A.G. this summer at fabulous Port Lincoln, then don't delay, ring BARRY TRUSCOTT now on 789 6395 and reserve your campsite.

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CHANGE OF PHONE MUMBER:

To all of you with Barry Truscott's phone number written in your diary, please note it has been changed to: 789 6395

YARRAWONGA WEEKEND TRIP (OCTOBER 9th & 10th)

Just a short phone call to V.S.A.G. Country Member, Bruce Soulsby on (057) 26 8241 will enable you to arrange accommodation at Yarrawonga for an action-packed weekend.

There's plenty to do and see on the weekend with magnificent golf course, eating out and playing the "pokies" at the beautiful Mulwala Club, wineries to explore and much more.

My advice is you should ring BRUCE now; you won't find a more helpful guy around and he can advise and arrange details for you.

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SPECTACULAR REEF 15/8/1982

Our dive Captain was Paul Tipping and the Bay at Sorrento at 8.30 a.m. was like a sheet of glass and bathed in golden sunshine, this couldn't be Winter!

We had three boats and eleven divers and were soon motoring over the glassy surface for Spectacular Reef off Point Nepean.

I dived with Mick JEACLE & Alex TALAY and we descended to 110 ft. to be confronted by a very large sailing ship anchor heavily encrusted with marine growth, resting on a ledge.

My first dive on this beautiful reef, where every form of Southern variety of marine growth lives in harmony with the colourful fishes. We didn't sight any very large fishes, but the numbers of Blue Devil Fish was most surprising.

The current had ceased and we cruised on towards the Heads end of the reef, peering into the massive caves and ledges, an underwater terrain which reminded me of the Grampian mountains

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in western Victoria.

We surfaced after a most enjoyable dive and made our way back to the boats. We then went across to the outer edge of Lonsdale reef, where most of us enjoyed a shallow second dive on this very pretty part of our coastline. The visibility, by the way, was easily 70-30 ft. all day, and the warm sunshine was most welcome once back in the boat.

Thanks to Bill, Lazza and Mick for bringing their boats and of course thanks to our dive captain Faul Tipping who's Watchful eyes remained in the boat while we dived Spectacular Reef.

DES WILLIAMS