



NEWSLETTER

JULY-2017



Underwater Explorers Club of SA Inc



GENERAL MEETING

Wednesday – 5th

July

1945 for 2000



Nailsworth Community Club, 31 Derlanger Avenue, Collinswood
All members, past members and potential members are invited to attend.

Whales, dolphins, dugongs, manta rays, huge cod, turtles and whale sharks are abundant at World Heritage listed Ningaloo Reef, the largest fringing coral reef in Australia and the only large reef in the world found so close to a continental land mass. More than 500 tropical fish species inhabit the 300 kilometre long reef, living in and around more than 200 species of coral. Lakeside, Turquoise Bay, Oyster Stacks and Coral Bay provide great snorkelling from the shore. The huge but gentle whale sharks, between four and 12 metres long, begin to appear in large numbers from April to July each year.

*Our Guest Speaker **Mary Hood** who recently visited the area will speak on her experiences there.*

Prior to the meeting, you are invited to join with those members enjoying a meal at the Hampstead Hotel on North East Road, Collinswood.
Meet there at 1815.

COMMITTEE 2017-2018

President..... Bob BUTTERFIELD
Vice President..... Al CHANDLER
Treasurer..... Robyn BUTTERFIELD
Secretary..... Keith LOCKWOOD
Training & Safety Officer Sue CUCCHIARELLI
Committee Person..... Mary HOOD
Newsletter Editor..... Peter MANSFIELD

CONTACTS 2017-2018

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Waters to be Explored



JULY



Tues 11

Diver's Choice

Tide times — [H] 0553 **2.03** [L] 1123 **0.71** [H] 1744 **2.74** Outer Harbour

Don't forget this mid-week dive we schedule each month. If you are not working, give Bob a call and organise a buddy.



Sun 23

Clean Up Australia – Ardrossan Town Jetty

Tide times — [H] 0517 **1.78** [L] 1020 **0.97** [H] 1642 **2.62**

Ardrossan is an ideal dive site at most times of the year. It's location provides calm seas and visibility of up to 15-20M. It is a shallow dive to 6M and usually there is no current. During the Clean Up, you will possibly observe many colourful sponges, crabs, and ascidians on the pylons. Look closely on the seagrass and algae and if fortunate you'll see seahorse as well as the debris etc we are there to remove. Cuttlefish are common and often there are large schools of fish at the end of the jetty.

It is a dive where a camera is a useful accessory. A trolley would be handy too !

► Presidents Pen



Greetings Everyone,

The club is embarking on its 64th year, something we can all be proud of.

The election of office bearers at last month's Annual General Meeting only brought one change. Hugh Sparrow has stood down and Sue Cucchiarelli has replaced him as a committee person. Sue will take on the position of Safety Officer, a role she is eminently qualified for. Peter Mansfield will assume the duties of Web Manager. Hugh has undertaken to provide assistance to Peter when and as required. Mary Hood will

have a floating role on committee.

One of the first tasks the new committee has is to draft the 2017-18 Calendar. Peter Mansfield in his capacity as Relieving Secretary in Keith Lockwood's absence overseas, has despatched an email to members listing dive sites and social events, asking you to nominate the sites/events you would like included in this year's calendar. Please give it some thought and let us know by Monday 10th July.

A group of our members are embarking on a trip to Fiji, some departing in late July and others early August, returning on 13 August. I personally am looking forward to the warm weather and good viz. Club member Yvonne Cadd has organised the trip. Thanks Yvonne.

As quite a few of the Fiji travellers are consistent attendees at the General Meetings, we have decided to cancel August's meeting. The next General Meeting will be Wednesday 6th September.

Peter Mansfield has again coordinated the People's Choice Community Lottery. Thanks very much Peter. He and Jenness will be away on their annual pilgrimage north from early July, so we need the Raffle Books and proceeds returned to Peter by Friday 7th July.

The re-scheduled Clean up dive at Ardrossan is only 3 weeks away. We need good numbers of divers and helpers to make this day a success. So please book in.

Important dates to remember —

- Sun 9 July Re-Scheduled Patrons Day at Peter Christopher's home.
- Sun 23 July Re-Scheduled Clean Up Dive at Ardrossan Jetty.
- Edithburgh away, 25 to 27 August. Accommodation is booked and we have 3 vacancies.

Booking sheets are out at the General Meetings or you can book in on line.

Please check your calendar and get on board.

I hope to see you at a Club event real soon.

Cheers

Bob Butterfield

► *Safety Officer*

Diving Holidays

Divers dream of diving overseas holidays often in the tropics. It is important to plan your trip well and be aware of the different regimes of unfamiliar places.

- Always access your holiday through a reputable company; you can find this out from your local dive shop or from experienced divers who have travelled to your choice of destination.
- Always have a comprehensive travel insurance that will cover you for all diving emergencies overseas as well as the usual cancellation cover, and for loss or theft of equipment.
- The DAN medical insurance cover is excellent and will cover you anywhere in the world for any accident (diving or otherwise). Also, be aware that answering 'yes' to any questions on the dive holiday medical form (overseas or in Australia) may prevent you from diving. Check this out with the tour/dive operator, before you leave home, to confirm if you need a dive medical.
- Be prepared with some simple spares and a small first aid kit.
- Diving in the tropics means caution against sunburn.
- Even though the water is warm, dive with some kind of head to toe suit and use gloves. Coral cuts are common and marine creatures are unfamiliar.
- Make yourself familiar with all dive equipment - that it is in good working order if it is not your own.
- Ask lots of questions of your diving hosts - about the equipment, the sites, etc.
- Be sure they give a comprehensive dive brief for every dive.
- Ensure that you are comfortable with any buddy that you dive with. Review signals and the lost buddy procedure with them.
- The water is often warm and very clear; do not become complacent with monitoring your depth and time.
- Dive holidays often consist of multiple dives on multiple days. It is a good idea to rest every 3 days on an extended holiday.
And remember, no flying after diving. Wait 24 hours.
- Boats are often large or inflatables. Familiarise yourself with how gear is stored. Often there are many divers so keep the deck tidy.
- Know your limitations and capabilities. Make these known to your dive hosts.
- Remember, if in doubt for any reason don't dive.



Plan well and use common sense and you'll have a wonderful time on your dive holiday!

○ **SKILLS DAY**

It was great to practise skills in warm clear water. Buoyancy is probably the most difficult skill to master as many divers found out on the day!

It was a good opportunity to try out various underwater signalling devices and the seldom used safety sausage.

By practising skills in a safe environment, it gives you confidence to know what to do in a tight situation.

Thanks to the following members who attended:

Bob Butterfield
Marianne Chi

Robyn Butterfield
Mary Hood

Pauline Chandler
Keith Lockwood

Alan Chandler
Irene Vatovec



Make a note of the following in your diary.
Further information will be passed on via the newsletter, and our website
<http://uecofsa.org.au>

Patron's Day Barbeque **Sunday-9-July**
will be held at the residence of Peter Christopher

Scuba in the Pub - ScuBAR **Friday-21-July**
will again be held at the Rob Roy Hotel.
The speakers will be
James Brook and Professor Steve Donnellan.

PHOTOGRAPHIC COMPETITION

Display your skills and submit 3 photographs
for consideration in our on-going competition
which runs tri-monthly

Current subject is * **Brachiopods +
Cuttlefish, octopus
& squid.**

Next subject is * **Molluscs**
(snails, clams, scallops, oysters)

Photographs should be 7"x 5" which is
2100 x 1500 pixels when resolution is 300 pixels/in

File should be **jpeg**, with a size less than 400 Kb

Forward to secretary@uecofsa.org.au
by **15-August 2017**



people's choice
COMMUNITY LOTTERY

*Tickets are still available and can be., purchased **On-line** at*
www.peopleschoicecu.com.au/underwater-explorers-club-of-sa

*The **Prize List** can be viewed at*
<https://www.peopleschoicecu.com.au/community-lottery-home/Prize-List/>

Remember, 100% of the sales made is returned to the club

Secrets to Saving Air for Scuba Divers

by SELENE YEAGER, Sport Diver Magazine

The list of tank-stretchers continues..

Upgrade Your Gear

Overhaul your regulator on schedule and consider one with lower work of breathing, especially if you often dive deep. Scuba Lab tests have shown that the work of breathing demanded by some regs can be three times as much as others, even more. A "hard-breathing" reg not only demands more energy and therefore oxygen just to operate it, your difficulty breathing through it increases your anxiety level and elevates your breathing rate. So it wastes gas two ways.

Get in Shape

Two people climb a flight of stairs. At the top, one is huffing and puffing and the other is breathing normally. The heavy breather is getting more oxygen, but he's wasting a lot of what he inhales because he's breathing so rapidly there isn't much time for gas exchange. It's an adaptation that makes sense only on land where the air supply is unlimited.

Diving can be surprisingly strenuous because water is so much denser than air. Swimming into a current, it's not difficult to elevate your breathing to the very wasteful rate of huffing and puffing. But even much lower levels of exertion will cause your breathing rate to rise. How much it rises and how soon depend mostly on your aerobic conditioning. A diver in better condition will have less increase when the workload goes up, so he will use less air. The other part of getting in shape is to lose fat and achieve a more streamlined shape.

Seafood Sensation —

Barbecued Squid and Chipolata Sausages with Spicy Tomato Relish

INGREDIENTS

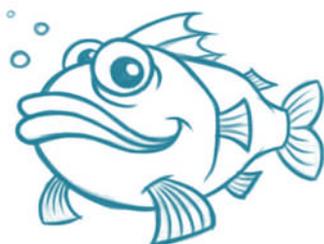
- 1kg small fresh squid, cleaned, tubes and tentacles separated
- 1 tablespoon olive oil
- 12 pork chipolata sausages
- 100g wild rocket leaves
- 1 lemon, quartered

Spicy tomato salsa

- 2 small tomatoes, diced
- 2 tablespoons tomato paste
- 1/2 teaspoon dried chilli flakes
- 1 tablespoon salted capers, rinsed
- 2 tablespoons olive oil
- 2 tablespoons basil leaves

INSTRUCTIONS

- For the salsa, combine the tomatoes, tomato paste, chilli, capers, olive oil, basil, sea salt and pepper in a small saucepan. Place the pan over medium-low heat and simmer, stirring occasionally, for 12-15 minutes until thickened. Allow to cool.
- Cut down one side of each squid tube to open out, then use a small, sharp knife to score a diamond pattern on the inside. Cut each piece in half lengthways. Toss the squid tubes and the tentacles in the olive oil, then set aside.
- Heat a chargrill pan or barbecue on medium-high heat. Add the sausages and grill for 5 minutes, turning, until browned all over and cooked through. Add the squid tubes and tentacles and cook for 2 minutes, pressing down firmly until grill-marked. Turn and lightly cook the other side.
- Arrange the chipolatas and squid on 4 plates with the rocket and lemon. Season well, then serve with some of the spicy tomato relish.



CALENDAR



 All Sunday dives to be booked **on the Website** by the **Thursday** before the dive
 All Wednesday/Thursday dives to be booked by the **Monday** before the dive
 (Dive **departure** times as shown)

JULY

DL – Robyn Butterfield (0419 866 460)

SO – Bob Butterfield (0417 838 387)

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|--|-----------|---|------|
|  | Sun 2nd | Skills Day | |
| ä | Wed 5th | General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood | 2000 |
| ä | Sun 9th | Patron's Day Barbeque – | 1200 |
|  | Tues 11th | Diver's Choice | 0830 |
| ä | Tues 18th | Committee Meeting | 1930 |
| ä | Fri 21st | Newsletter items due | |
| ä | Fri 21st | ScuBAR — Rob Roy Hotel, 106 Halifax St. Adelaide | 1800 |
|  | Sun 23rd | Ardrossan Town Jetty (<i>Clean-up rescheduled</i>) | |
| ä | Tues 25th | SDF AGM — JS6-13 Uni SA City West Campus, North Terrace. | 1800 |

AUGUST

DL – Jeanette Smith (0427 484 756)

SO – Sue Cucchiarelli (0438 882 509)

| | | | |
|--|-------------------|---|------|
| ä | Wed 2nd | General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood | 2000 |
| ä | Fri 11th | ScuBAR — Rob Roy Hotel, 106 Halifax St. Adelaide | 1800 |
|  | Sun 13th | Port Noarlunga Jetty | 0830 |
| ä | Tues 15th | Committee Meeting | 1930 |
|  | Thurs 17th | Diver's Choice | 0830 |
| ä | Fri 18th | Newsletter items due | |
|  | Fri 25th>Sun 27th | Edithburgh - Away | |
| ä | Tues 29th | SDF Meeting — JS6-13 Uni SA City West Campus, North Terrace. | 1800 |

SEPTEMBER

DL – Gary Doubleday (0417 886 942)

SO – Mary Hood (0427 716 938)

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|---|-----------|---|------|
| ä | Wed 6th | General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood | 2000 |
| ä | Fri 8th | ScuBAR — Rob Roy Hotel, 106 Halifax St. Adelaide | 1800 |
| ä | Tues 19th | Committee Meeting | 1930 |
| ä | Fri 22nd | Newsletter items due | |
| ä | Tues 26th | SDF Meeting — JS6-13 Uni SA City West Campus, North Terrace. | 1800 |

ITEMS FOR THE NEWSLETTER ARE ALWAYS WELCOME

Send them **by the date shown** in the calendar to —

Peter Mansfield, 4 Delange Avenue, Banksia Park SA 5091 or email to petermsf1@bigpond.com

