



NEWSLETTER

OCTOBER-2017



Underwater Explorers Club of SA Inc



GENERAL MEETING

Wednesday – 4th

October

1945 for 2000



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

*Our Guest Presenter will be Gary Doubleday who will continue the tale of the Fiji Trip.
The Aggressor Live Aboard trip will feature, with comments from other participants
supplementing what Gary has to say.*

The talk will be illustrated with photographs taken during this time.

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.....AI CHANDLER
Treasurer.....Robyn BUTTERFIELD
Secretary.....Keith LOCKWOOD
Safety Officer Sue CUCCHIARELLI
Committee Person..... Mary HOOD
Newsletter Editor.....Peter MANSFIELD

CONTACTS 2017-2018

SDF Representative.....Judy HANI
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Kent Town SA 5071



Waters to be Explored



OCTOBER

Sun 1>Mon 2

Normanville

Unfortunately, accommodation could not be found for the weekend, so the day (or days) that dives will occur will be decided prior to this long weekend. Ideas for suitable locations over this period will be most welcome. Information will be forwarded to members when it becomes available.

Tues 10

Diver's Choice

Tide times — [L] 0058 **0.51** [H] 0721 **2.48** [L] 1350 **0.50** 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 15

Seacliff Reef

Tide times — [H] 0728 **1.63** [L] 1248 **1.4** [H] 1644 **1.52**

Seacliff reef is a small rising reef of about one metre, in a depth of 14M, which winds it's way around for quite a distance. There is a bounty of sealife. You'll spot blue devils, old wives, scaly fin, parrot fish, and schools of bullseyes. There are big cup sponges that shells live in and on the sandy bottom near the reef, we've seen weedy and leafy seadragons, and huge rays. It is a pleasant dive of often good visibility. Bring your camera! Follow the reef closely and navigation back to the boat should not pose any difficulty.

Sun 29

Seawolf/Lumb

Tide times — [H] 0855 **1.87** [L] 1605 **1.09** [H] 2124 **1.29**

This day can be a double dive so you may need two tanks. Both are close together and lie in 22M. The Lumb is a former tug and fishing trawler. It is small so one can explore from all angles. There are sponges growing and nudibranchs. The Seawolf was sunk in 2001 and lies on its' side. It is a bigger structure and there are many holes and hatches to investigate. The Pt. Noarlunga tyre reef lies adjacent so you have plenty to see. Bring a torch, remember your air, and do a safety stop.

► President's Pen



Greetings Everyone,

I read in the SDFSA September Bulletin that Openwater qualified divers are able to dive at Kilsby Sinkhole in the Southeast but are restricted to the direct ascent zone or non-overhead environment meaning there is never any rock above you. For more information see the SDFSA Bulletin September 2017.

Reminder - we are still having technical problems with the *website booking facility*. Until this is rectified, please book your dives or social events by emailing

committee@uecofsa.org.au

Important dates to remember

- Sat 7 Oct – Asian Banquet : Aroy Thai Restaurant
- Sun 12 Nov – Hobart (*Check that your Permit is current*)

2018

- Long weekend 25 to 29 Jan – Pt Victoria
- Weekend 9 to 11 Feb – Fleurieu Peninsula. Accommodation booked at Normanville as a base.
- Week 14 to 21 Feb – Trip to Eyre Peninsula jetty diving. Dates yet to be confirmed.
- Long weekend 8 to 13 Mar – Pt Hughes
- Easter 29 Mar to 3 Apr – Edithburgh

Accommodation will need to be booked asap for these away trips. So please check your diaries and register your interest.

September has been quite on diving terms with everything else on and the weather but it is spring and the warmer weather must be on the way.

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

Cheers

Bob Butterfield

► *Safety Officer*

Buddies: Remember....

“Talk” to your buddy often underwater. Use hand signals. Answer an ‘ok?’ Tell your buddy if you are going to change direction....And be aware of how much air your buddy has at all times.

Be vigilant in staying close to your buddy....close enough so as to be able to share air if needed. When diving in a threesome it is of utmost importance to be aware of staying together and communicating with both buddies. This is a situation where buddies easily become separated.

Air Spaces and Diving

We have air spaces in our ears, sinuses, lungs, stomach and gut. Pressure changes on a diver during descents and ascents may cause problems. Stomach and gut problems are rare, but often divers have problems with ears, sinuses, and lungs. These past few months have seen a record number of cold and flu cases, a worry to a diver. A common symptom of these ailments is accumulation of fluid and congestion. It is paramount that you do not dive if you are not well. If you cannot equalise your ears, have a heavy congested head cold or a congested cough, you must not dive until you are 100% clear. Ear or sinus squeeze may result. You need to have clear lungs to be able to expel air efficiently on ascent.

- *Ears* are very sensitive to pressure changes and are affected within 2 metres of the surface. A congested middle ear will show pain. You could burst an eardrum if you continue to descend. Cold water entering your ear then affects your balance and hearing, leading to vertigo and nausea.
- *Sinuses* usually clear when equalising but if congested will not; pain results. Then a nose bleed can also result.
- *Lungs and Airway Passages* must always be equalised. Breath holding is very dangerous especially on ascent. Normal lung volume must be maintained at all times by breathing normally. Congestion makes normal breathing difficult and blocks the airway passages and the lungs.
- *A cold, nasal or lung infection* or even hay fever causes inflammation and swelling of the nasal tissues, Eustachian tubes, sinus cavities, and airways, and along with mucus secretion leads to blockages in airways and inability to clear ears and sinuses. Eardrums may be damaged and infection can be forced into the ears and sinuses.

Never dive with congestion or infection

So....spring is here. We hope you are all well and healthy to dive!

Dive Leaders and Safety Officers are urgently needed so please volunteer to share the load.
Help and training will be provided.
More hands make light work.

Safe Diving

Sue



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>

Asian Banquet Saturday-7-October
Aroy-Thai Restaurant
954 North East Road, Modbury
6:00 pm

Scuba in the Pub - ScuBAR Friday-10-November
to be held at the Rob Roy Hotel.
Speakers are *Andrew Fox* (Life in the Shark Lane)
and *Dr Simon Bryars* (Blue Devils and Harlequins)

PHOTOGRAPHIC COMPETITION

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

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

Next subjects are * **Echinoderms**
* **Ascidians**

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-November 2017**



Seafood Sensation —

Chilli soy salmon with wok-fried noodles

INGREDIENTS

- 1/3 cup (90g) honey
- 100ml light soy sauce
- 1 long red chilli, seeds removed, finely chopped
- 4 x 180g salmon fillets, pin-boned
- 1 tbs olive oil
- 2 tsp sesame oil
- 200g baby spinach leaves
- 2 tsp grated ginger
- 300g fresh Singapore (wok-ready) or thin hokkien noodles
- Lime wedges, to serve

INSTRUCTIONS

- Combine honey, soy sauce and chilli in a small bowl, then set sauce aside.
- Season the fish with sea salt. Heat a frypan over medium heat. Add 2 tsp olive oil and 1 tsp sesame oil to the pan, then cook fish, skin-side down, for 5 minutes or until skin is crisp. Turn and cook the fish for a further 2 minutes or until just cooked but still pink in the centre.
- Meanwhile, heat remaining 2 tsp olive oil and 1 tsp sesame oil in a wok over high heat. Add the spinach and ginger, and stir-fry for 1 minute. Add the noodles, tossing to combine and heat through.
- Pour half the chilli soy sauce over the salmon, then pour remaining sauce over the noodles and toss to combine. Serve salmon with the noodles and lime wedges to squeeze over.

Expressions of Interest Sought

We are again looking at the purchase of Polo Tops, Rugby Tops and/or Jackets, bearing the UEC logo (either plain or coloured)
They will cost \$34, \$50 and \$69 respectively
With the logo charge being \$7

Respond by email to the Secretary, or by filling details onto the sheet at the General Meeting.





CALENDAR



All Sunday dives to be booked **on the Website** by the **Thursday** before the dive
 All Diver's Choice dives are to be booked by the **Monday** before the dive
 (Dive **departure** times as shown)



OCTOBER

DL – Keith Lockwood (0407 056 667)

SO – Bob Butterfield (0417 838 387)

	Fri 29th >Mon 2nd	Normanville - Away	
ä	Wed 4th	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
ä	Sat 7th	Asian Banquet – Aroy Thai Restaurant	1830
	Tues 10th	Diver's Choice	0830
	Sun 15th	Seacliffe Reef	Adelaide Shores 0830
ä	Tues 17th	Committee Meeting	1930
ä	Fri 20th	Newsletter items due	
ä	Tues 24th	SDF Meeting — JS6-13 Uni SA City West Campus, North Terrace.	1800
	Sun 29th	Seawolf / Lumb	O'Sullivan's Beach 0830

NOVEMBER

DL – Robyn Butterfield (0419 866 460)

SO – Sue Cucchiarelli (0438 882 509)

ä	Wed 1st	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
ä	Fri 10th	ScuBAR — Rob Roy Hotel, 106 Halifax St. Adelaide	1800
	Sun 12th	Hobart	Wirrina 0830
	Tues 14th	Diver's Choice	0830
ä	Tues 21st	Committee Meeting	1930
ä	Fri 24th	Newsletter items due	
	Sun 26th	Norma	North Haven 0830
ä	Tues 28th	SDF Meeting — JS6-13 Uni SA City West Campus, North Terrace.	1800

DECEMBER

DL – Gary Doubleday (0417 886 942)

SO – Mary Hood (0427 716 938)

ä	Wed 6th	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
	Sun 10th	Rapid Bay Jetty	1000
	Tues 12th	Diver's Choice	0830
ä	Tues 19th	SDF Meeting — Rob Roy Hotel, 106 Halifax St. Adelaide.	1800
	Sat 30th	Diver's Choice	0830

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

