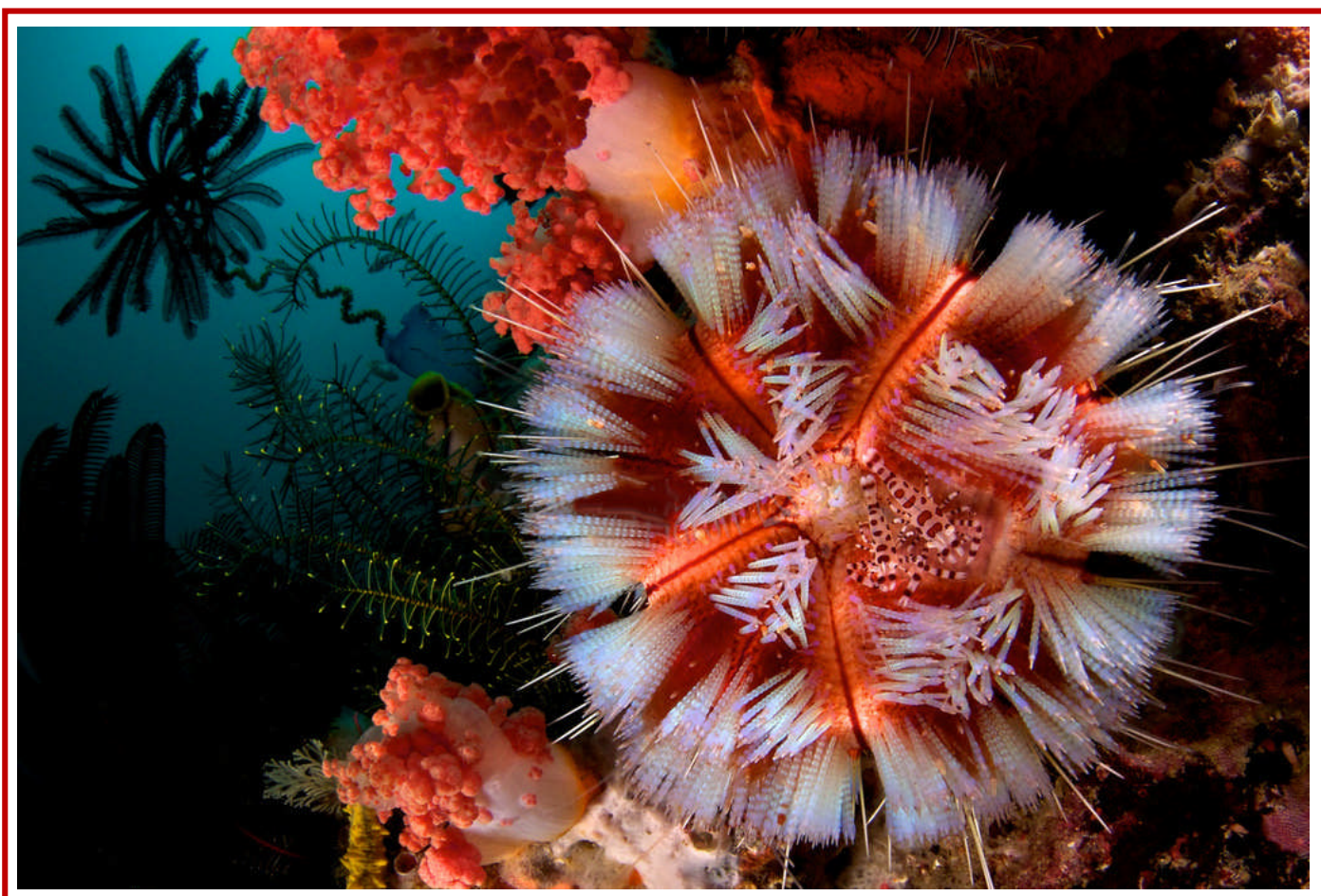


Underwater Explorers Club of SA Inc

NEWSLETTER

MARCH-2019





GENERAL MEETING

Wednesday – 6th

March

1945 for 2000



Nailsworth Community Club, 31 Derlanger Avenue, Collinswood

All members, past members and potential members are invited to attend.

*Our Guest Presenter for this meeting will be our Patron, **Peter Christopher**
Peter is also a director on the board which manages the not-for-profit organisation,
Clipper Ship City of Adelaide Ltd.*

*You may have read that with the proposed redevelopment of dock 1, there appear to be some
changes suggested to the negotiated location of the City of Adelaide.
Peter will outline the work that has taken place to this time, and talk about the Government proposals
and how they will affect future plans for the vessel*

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 2018-2019

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

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DISCLAIMER - The opinions expressed by authors of material in this newsletter are not necessarily those of the UEC

Cover Photograph — Coleman Shrimp and Fire Urchin
Taken by **Simon Marsh**
7-March-2012 Indonesia



Waters to be Explored



MARCH

Note — Unfortunately, the scheduled away trip to Port Hughes for the March Long Weekend (Fri 8 > Sun 10) has been abandoned due to problems associated with accommodation.

Sun 17 Bluff — Victor Harbor

Tide times — [H] 0102 **0.99** [L] 0908 **0.36**

The Bluff is a fairly shallow dive off the point at the 'Bluff' at Victor Harbor, 5 km west of the town centre. Meet at the jetty. The dive is in 4-6M but to deeper depths if you move away from the shore. There are a variety of fish with plenty of bullseyes, moonlighters, and some crinoids. Crayfish and leafy sea dragons have even been spotted along this rocky and weedy coast. Entry is by ladder from the jetty or a rocky entry through large boulders around the corner so take care. Be wary of any current or surge, stay close to shore, and keep close buddy contact as visibility may be limited.

Sun 31 Aldinga Reef

Tide times — [L] 1150 **0.92** [H] 1921 **1.33** [L] 2257 **1.29**

Aldinga is a wonderful dive in 22M to the Arches or Drop-off. Lucky to find cowries or leafy seadragons, but plenty of gorgonia and colourful sponges. Nudibranchs live along the drop-off wall. Report a rare harlequin fish if you spot it. You cannot remove anything as this is a marine reserve. Remember your safety stop.

The Star of Greece is a good site to visit after Aldinga. It lies in only 6M on clean white sand and is visible at the surface at low tide. A dive or snorkel will give you schools of fish. This iron ship sunk in 1888 is a protected site.

► Committee Comment


We have a busy month of diving ahead, even though the Pt. Hughes away trip for the long weekend has been replaced with day dives as arranged nearer the time. The scheduled dives at the Bluff and Aldinga Reef will be complemented with the opportunity to dive on the intervening weekend as Mel Turner, our member from Western Australia, is planning to be here. Anyone with ideas for dives on Saturday 23rd or Sunday 24th of March, please contact Bob or me, as Mel will need someone to dive with.

Our guest speaker for the month, Peter Christopher, will fill us in on the latest developments for the City of Adelaide. It is pleasing to see the trips away later in the year are filling up. Besides the Lady Elliott Island trip 21st to 28th of July, Cocos Keeling and Christmas Island are planned for August and Kangaroo Island is booked for 21st to 28th of November. We plan to take the boat.


Happy diving –

Robyn

14th AUSTRALIAN SHELL SHOW
 Incorporating the 125th MSSA Birthday Celebrations
 ADELAIDE, SOUTH AUSTRALIA 2019



Educational Displays
Competitions
Talks
Books
Artwork
Trade tables
International & Local Dealers
and more.



Malacological Society of South Australia

Proudly hosted by the Malacological Society of South Australia Inc.
 Your local Shell Club
 FIND US ON FACEBOOK

VENUE
 Goodwood Community Centre
 Rosa Street Goodwood
 April 12-14th 2019 (Delegates)
 April 13-14th 2019 (Public)
 April 15th Fieldtrip/Bush BBQ

Come along and join in.
 View some of the rarest and most beautiful sea shells, fossils and land snails from around the world, and those found right here in South Australia.

1880 NEW SHELLS FROM PORT DARWIN
 By GEORGE FRENCH ANGAS, C.M.Z.S., F.L.S., &c.
REPLACEMENT OF PLATE XL
 Fig. 1. Fossil (2019) Adelaide, p. 418.
 2. Stone (from museum) Adelaide, p. 418.

For General Enquiries and Registration Packs
 Contact us at: sashellclub@gmail.com

► *Safety Officer*

Carbon Dioxide Excess

Have you ever had a headache after a dive? This is a common occurrence. You may have had a long relaxing dive in summer. The water is warm and divers tend to stay in the water longer. Or you may have had a long snorkel to the shore or boat with a bit of 'huff and puff'.

Why do you have this build-up or excess of carbon dioxide?

Carbon Dioxide excess is one of the most common ailments a diver can have. Carbon dioxide is the gas in our blood that creates the stimulus to breathe. Yet, too much can be dangerous, and it may be a contributing factor to other diving ailments.

Where does it come from? The source –

Air breathed **IN** contains about 80% nitrogen (N₂) and 20% oxygen (O₂) with approximately **0.03%** carbon dioxide (CO₂)

Air breathed **OUT** contains about 16% O₂ and **4% CO₂** (N₂ 80%)

So how do we get this build-up? The Cause –

When we eat – Food + O₂ produce energy + CO₂ + water

When diving – this carbon dioxide build-up or excess can be caused by poor ventilation due to shallow breathing, tight fitting equipment, **skip breathing** (photographers beware – don't hold your breath), a regulator with resistance to breathing, or dead air space (small bore snorkel) or **exertion** while snorkelling. Deep diving can also increase CO₂ build-up.

Signs and Symptoms may include —

-] **Headache**
-] Rapid, deep breathing, increase in depth and rate of breathing, or increased breathing, all which may be difficult to see unless other symptoms are present. (This is the body trying to get rid of CO₂).
-] Lack of reasoning, confusion, poor judgement
-] Lack of coordination
-] Unconsciousness

So how do you help yourself or your buddy? First Aid Use 'self-rescue', lifesaving techniques

-] Stop all activity
-] Try and regain normal breathing
-] Establish buoyancy and re-assess. You may just need to slow down. Rest, ascend.

Prevention

-] Make sure your wetsuit fits well: not tight, no tight hood.
-] Dive slowly and calmly
-] Maintain normal breathing



At this time of year, avoid heat exhaustion:

Hydrate. Put on your wetsuit *after* putting gear together and gear up the same time as your buddy.

With long country drives: Be well-rested.

And remember.....diving, drinking, and driving don't mix.



► *Past Dives*

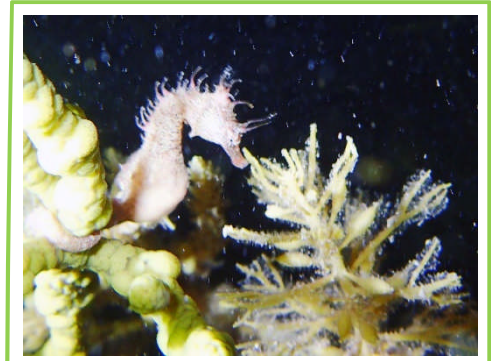
Edithburgh Jetty — 26 January



There were a few dramas leading up to this dive (on my part that is). We left Port Victoria with the intention to do an afternoon dive off the Edithburgh Jetty, go to dinner in the pub followed by a **night dive** for those who were interested. When I went to kit up I realised that I'd left my regulator hanging on the line at Port Victoria. I left all my dive gear in the car from the previous dive and at the last minute decided to give my regulator a rinse. As a result I did not do the afternoon dive and Bob said that he would lend me his regs so that I could do the night dive. However, as I have Air 2 Bob's (or Michael's) regs did not fit. As a result I used Bob's BCD. It was not until after Bob had left that I realised Bob dives with a weight belt and I use integrated weights. Problem was solved by the good old cable tie that a fellow diver provided to me.

All the hassle preparing to get into the water was well worth it. I buddied with Marianne and Keith buddied with new UEC member Ian Philp. This dive was awesome. The water was 23 degrees Celsius and we dived for 94 minutes to a maximum depth of 6 metres. There was an abundance of critters. We spotted 4 pyjama squid, numerous seahorses, 2 rays, Marianne spotted a juvenile leafy sea dragon (the first time I've seen one at Edithburgh), a variety of nudibranchs, all your usual suspects (moonlighters, old wives, varieties of leatherjackets, goatfish etc.) and a swimming anemone which was fully opened up before it closed. This is the first time I have seen a swimming anemone opened up too. A very enjoyable dive was had by all. A big thank you to Bob for lending me his BCD so I could enjoy this dive.

Jeanette



Photography by Jeanette Smith

Normanville — 16 > 17 February

"Come on in Mate! ...They serve anyone in here!" was the cheerful greeting I got as I walked into the front bar of the Normanville Hotel on Saturday. I hastened to the bar and bought a "tasting paddle" of craft beers for only \$15. The other UEC members soon arrived and we ordered more paddles and some large steak dinners. Normally I limit my eating and drinking before diving, especially when a boat dive is planned. However, on this occasion I thought I should not go boating without a paddle.

Early on Sunday morning we drove to Wirrina. Jeannette and I were to dive the Hobart, with Bob kindly taking us in his boat. The sea was calm as we tied up to a buoy, but there was a moderate current running. Bob carefully arranged a second line to a downstream buoy, so that we had a line to follow to the wreck. Then Jeannette and I entered the water.

When you have been diving for a long time, 43 years in my case, you like to think you know what you are doing. The current didn't seem too strong so I let go of the line (a mistake) and planned a speedy descent to the wreck. I got to about 20m, and I could see the wreck, when I realised my right ear had stopped clearing. There was no option but to go back up and try again. The current seemed stronger now. With some effort I reached the shot line and descended, clearing my ear. I was a bit puffed when I joined Jeannette, but we continued down into the wreck and I took video of Jeannette's explorations. The combination of depth and deep breathing took its toll and I had to call the dive on air consumption after about 30 minutes. We slowly surfaced to our deco stop. I had about two minutes deco on my conservative Shearwater computer. The moral of the story is; always use a line if you have one.

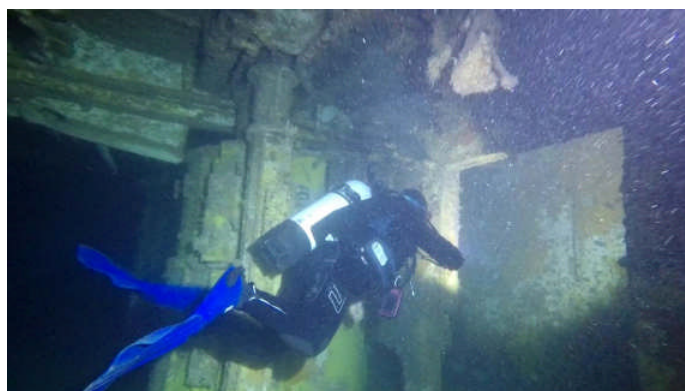
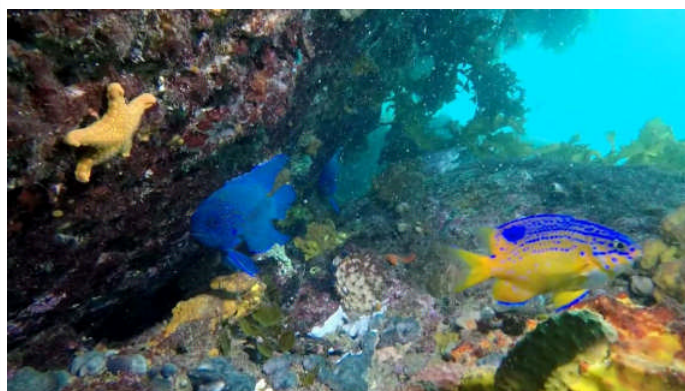


The sea was becoming choppy as we climbed back into the boat. So we motored to Rapid Head where we found some calmer water. The water is at about 7 metres deep at the base of the cliff. There are several undercuts in the cliff where many fish hide. My video light showed them nicely and we saw a lot of blue devils including many small juveniles. There were some seals (or maybe Australian sea lions?) on the rocks but they didn't join us in the water. We experienced some current, but it could be easily avoided by getting close to the bottom and hiding behind a rock. This was a very enjoyable and pretty dive. We returned to the boat after about 30 minutes.

Heading home the boat was slowed by short sharp choppy conditions as we rounded the head, but this improved as we made a quick trip past Rapid Bay jetty and back to Wirrina. We returned to Normanville and made a bee line for the bakery for some much needed lunch.

Thank you to Bob and Jeannette for an enjoyable morning of diving. I have some video which I hope to show some time,when the editing is complete!

Ken Smith



Images by Ken Smith

Ocean Film Festival World Tour

Saturday-16-March
2:00 pm and 7:00 pm

The Capri Cinema
141 Goodwood Road

Visit — <https://oceanfilmfestivalaustralia.com.au>

A promotional poster for the Ocean Film Festival World Tour. The background is a large school of fish swimming in clear blue water. A diver is visible in the lower right corner, swimming towards the school of fish. The text is overlaid on the right side of the image.

PHOTOGRAPHIC COMPETITION

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

New themes have been decided for future competitions –

The current theme is * **Black and White subjects**

and will be followed by * **Big-Uns**
(Sharks, Dolphins, Rays etc)

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-May-2019**



Seafood Sensation

Soft prawn tacos with coleslaw, avocado and coriander

INGREDIENTS

- 1 tsp each ground cumin and coriander
- ½ tsp ground chilli
- Juice of 3 limes
- 100 ml olive oil
- 1 garlic clove, finely chopped
- 36 peeled medium green prawns
- 1 avocado, diced
- ½ cup coarsely chopped coriander

To serve – corn tortillas, wrapped in foil and warmed in oven

Coleslaw

- 300 gm white cabbage, thinly sliced
- 1 carrot, coarsely grated
- ¼ Spanish onion, thinly sliced
- 60 ml olive oil (¼ cup)
- 60 gm sour cream (¼ cup)
- 1 tbsp white wine vinegar
- Juice of 2 limes
- 1 garlic clove, finely chopped
- 2 spring onions, thinly sliced

INSTRUCTIONS

- Combine spices, half the lime juice, half the oil and half the garlic in a large bowl, season to taste, add prawns and toss to coat. Stand for at least 10 minutes to marinate.
- Meanwhile, for coleslaw, combine cabbage, carrot and onion in a large bowl. Combine oil, sour cream, vinegar, lime juice and garlic in a separate bowl, season to taste, whisk until smooth. Toss through cabbage mixture with spring onion, season to taste and set aside.
- Combine avocado, coriander, and remaining lime juice, oil and garlic in a bowl, season to taste, set aside.
- Heat a frying pan over high heat. Drain prawns, add to pan in batches and cook, turning once, until just cooked through (1 minute each side). Serve hot with coleslaw, avocado salsa and warm corn tortillas.





CALENDAR



☞☞ All Sunday dives to be booked **on the Website**
by the **Thursday** before the dive ☞☞

(Dive **departure** times as shown)

MARCH

DL – Jeanette Smith (0436 007 459)

SO – Bob Butterfield (0417 838 387)

ä	Wed 6th	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
☞☞	Sun 17th	The Bluff – Victor Harbor	1000
ä	Thu 21st	Committee Meeting	1000
ä	Fri 22nd	Newsletter items due	
ä	Wed 27th	SDF Meeting — Rob Roy Hotel	1900
☞☞	Sun 31st	Aldinga Reef	O'Sullivan's Beach 0830

APRIL

DL – Keith Lockwood (0466 399 360)

SO – Sue Cucchiarelli (0438 882 509)

ä	Wed 3rd	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
☞☞	Sun 14th	Ex HMAS Hobart	Wirrina 1000
ä	Mon 15th	Committee Meeting	1000
ä	Fri 19th	Newsletter items due	
☞☞	Thu 18th > Thu 25th	Easter Anzac Week- Edithburgh	
ä	Wed 24th	SDF Meeting — Rob Roy Hotel	1900

MAY

DL – Ian Louth (0412 783 528)

SO – Sue Cucchiarelli (0438 882 509)

ä	Wed 1st	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
☞☞	Sun 19th	Glenelg Tyre Reef	Adelaide Shores 0830
ä	Tues 21st	Committee Meeting	1000
ä	Wed 22nd	SDF Meeting — Rob Roy Hotel	1900
ä	Fri 24th	Newsletter items due	
☞☞	Sun 26th	Second Valley	1000

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

