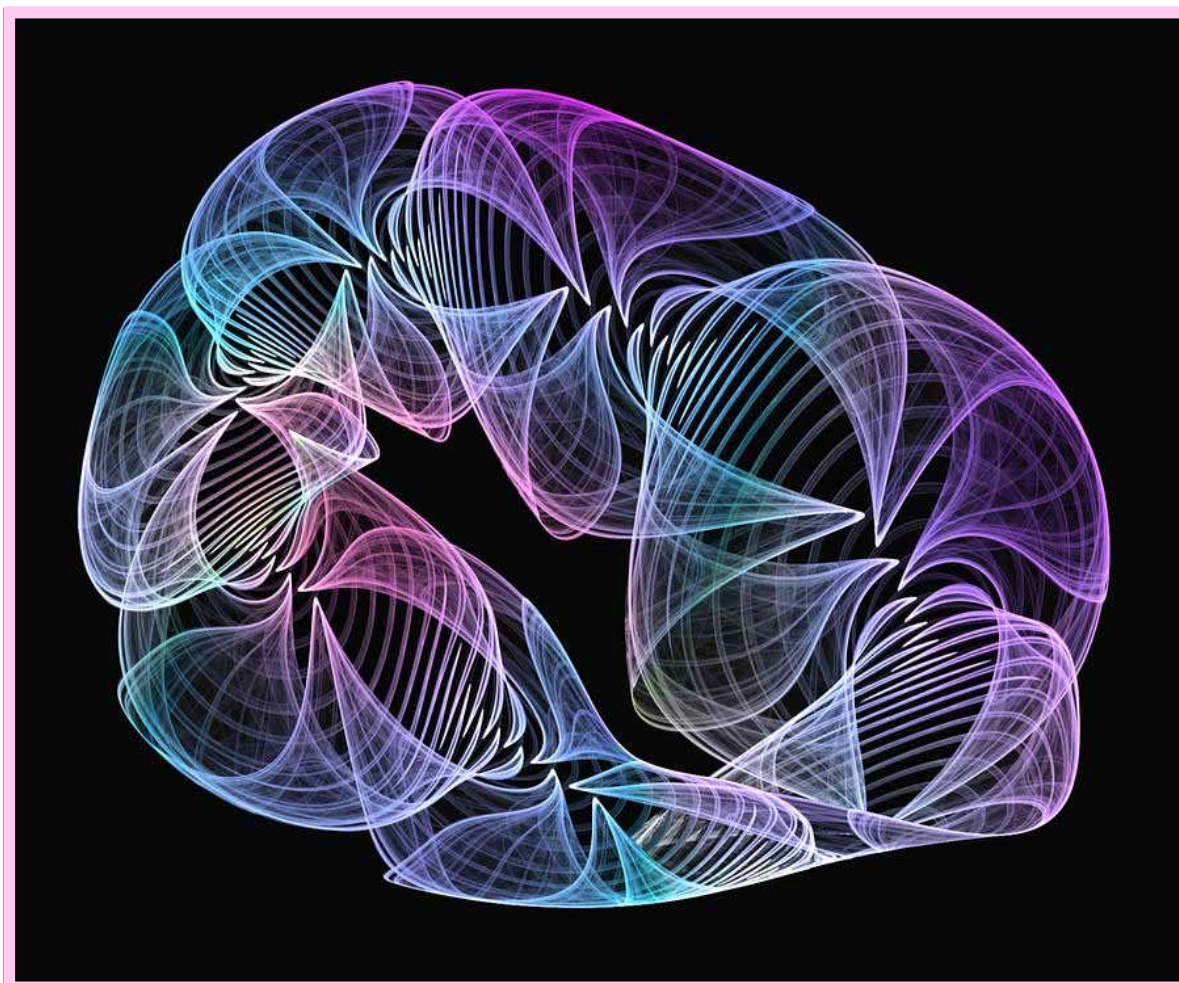


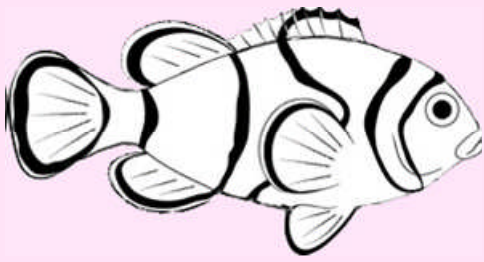
Underwater Explorers Club of SA Inc

# NEWSLETTER

JUNE-2019



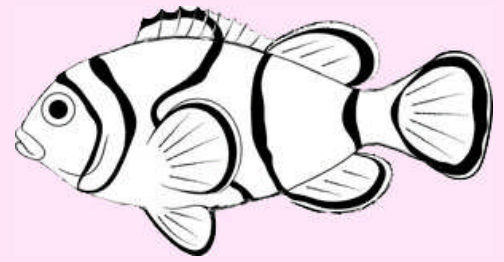
# GENERAL MEETING & ANNUAL GENERAL MEETING



Wednesday – 5th

**June**

1945 for 2000



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

*The judging of entries in the photographic competition (theme “Black and White”) will be followed by the normal General Meeting Agenda.  
The AGM will follow during which reports will be presented, and the election of office bearers for the coming year will be conducted.*

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

## CONTACTS 2018-2019

SDF Representative..... Judy HANI  
Email..... [secretary@uecofsa.org.au](mailto:secretary@uecofsa.org.au)  
Website..... [www.uecofsa.org.au](http://www.uecofsa.org.au)  
Postal Address..... Underwater Explorers Club of SA Inc  
P.O. Box 74  
Kent Town SA 5071

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





# Waters to be Explored



JUNE

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Sun 2nd

## Ardrossan Town Jetty

Tide times — [ H ] 0402 **2.60** [ L ] 0959 **0.89** [ H ] 1559 **3.24**

*This jetty is a superb dive, especially in winter when it is usually flat calm and visibility can be to 25M. It is only 6M deep and entry and exit are easy from steps on both sides of the jetty. Clear water makes it easy to find plenty of species of fish. There are cowfish, moonlighters, crabs, and cuttlefish. You might see the huge school of Mulloway at the end of the jetty. Look carefully for seahorses in the brown algae! Bring your camera. A trolley is a good idea.*

## ► Safety Officer

## Low Visibility Diving

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Low visibility diving is often encountered in coastal waters of South Australia. Sometimes divers choose to dive in these conditions such as in wreck diving or at night. But overcast conditions can also reduce visibility. And of course, windy surface conditions, surge, and stirred up water reduces visibility. At times, divers themselves can cause this condition.

Diving in low visibility reduces a diver's ability to communicate with their buddy. It is essential that buddies stay close together. This should be discussed in your dive plan. Monitoring air supply is important so regularly check your buddy's air. Signalling using hand signals to your buddy at a distance to ask or show how much air they have may not work in these conditions. In poor visibility, it is better to show your contents gauge to your buddy.

In order not to contribute to the low visibility, good buoyancy control is necessary to move along off the bottom. Sometimes gently pulling yourself along the bottom is better than using large finning movements. Swim beside your buddy rather than following so one doesn't get the buddy's finning movement stirring up the bottom in your path. Maintain a horizontal position so fins are not in the sand. Try a technique of sliding fins back and forth across each other rather than finning in an up and down motion.

### *Help with Navigation*

In low visibility, divers must be vigilant with their navigation or they may lose direction. Try to arrive on the bottom with a clear sense of direction and position firmly established in your mind. Take note of your surroundings before heading off. Look for some natural features such as rocks or coral. Periodically, look behind you to recognise your return. Do not be constantly changing direction. Note ripples in the sand. Ridges of sand are caused by wave action and run parallel to shore. Take note of water movement, current, and wave action. And of course, use your compass.

In low visibility, small problems can soon be magnified. If you become disoriented or anxious, stay calm and communicate with your buddy.

## SKILLS DAY

We'd love to see you at Skills Day. It's a fun afternoon and it's no charge to you!

We'll be practising dive skills such as buoyancy control, mask clearing, buddy breathing, removal and replacing of gear, rescues, retrieving divers from the water, use of the safety sausage and distress signals.

Please bring all your dive gear including weight belt and safety sausage. It may not be necessary to wear a full thick wetsuit as the water is warm.

## *Snippets*

A recent away trip to Edithburgh was well represented with a number of great dives and pleasant social occasions.

Other than scheduled dives, many members have different days that suit them for diving. A general email to gauge interest can sometimes be very beneficial.

Great to see new divers in the club and Hugh returning to diving. Cold weather deters many from venturing out, but the great visibility in winter can make the dives well worth the odd cold shiver.

A training dive in the warm waters of Thebarton Pool can be used to practise those rarely used skills increasing not only your ability but boosting your confidence.

Cheers

*Keith Lockwood*

## 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 \* **Big-Uns**  
(Sharks, Dolphins, Rays etc)

and will be followed by \* **Wrecks**

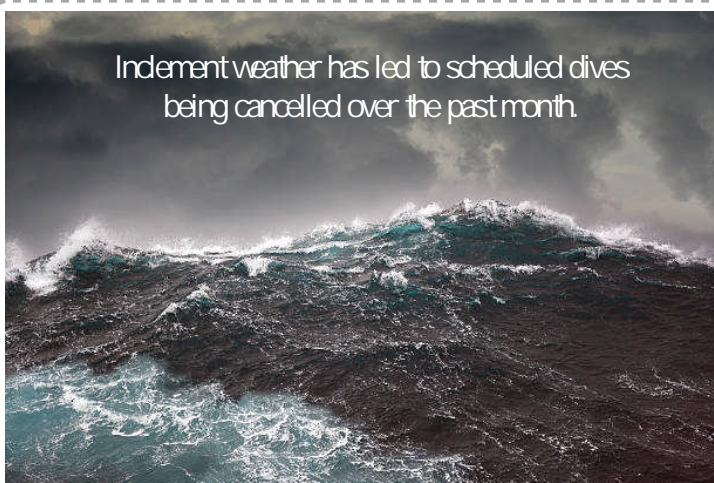
Photographs should be 7" x 5" which is  
**2100 x 1500** pixels when resolution is **300** pixels/in

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

Forward to [secretary@uecofsa.org.au](mailto:secretary@uecofsa.org.au)  
by **15-August-2019**



## ► *Past Dives*



Inclement weather has led to scheduled dives  
being cancelled over the past month.





Saturday 22 June  
**Annual Dinner** at “Secrets by the Sea” Henley Beach

Sunday 30 June  
**Skills Day** at Thebarton Aquatic Centre

Sunday 18 August  
**Patron’s Day Barbeque** at Peter Christopher’s home

**Annual Dinner**  
 Saturday 22 June — 2019  
 7:00 pm

**“Secrets by the Sea”**  
 207 The Esplanade, Henley Beach



A waterfront Restaurant in a heritage listed building (The Delmonte)  
 built over 100 years ago in 1911

Make a booking via the webpage, or contact the Secretary

Check out the menu at — <https://www.secretsbythesea.com.au/Menu/RegularMenu.pdf>

Skills Day

Sunday-30-June Meeting Time 11:30 am

**Thebarton Aquatic Centre 1 Myer Street, Torrensville**

Bring your complete dive gear – including wetsuit  
 Come to the car park and we will enter by a side door to take in gear

**Practice will include**

basic dive skills techniques, buoyancy control, mask clearing  
 buddy-breathing, gear removal, rescues and more

\* \* \* \* \*

Patron’s Day Barbeque

**Sunday 18 August**  
 12.00 noon

Residence of **Peter Christopher**  
 26 Armagh Street, Athelstone.



BYO Meat and drinks and also bring a salad or dessert to share.  
 To make yourself comfortable, bring your best relaxing chair

## Prawn and roasted tomato pasta

### INGREDIENTS

- 400g cherry tomatoes, halved
- 1/2 cup (125ml) extra virgin olive oil, plus extra to drizzle
- 400g spaghetti
- 3 garlic cloves, finely chopped
- 1/4 tsp dried chilli flakes
- 400g peeled green prawns (tails intact)
- 1/2 cup (125ml) dry white wine
- 1/4 cup chopped flat-leaf parsley leaves



### INSTRUCTIONS

- Preheat the oven to 200°C. Line a baking tray with foil.
- Squeeze the tomatoes to remove seeds, then discard. Place the tomato halves, cut-side up, on the baking tray and drizzle with 2 tablespoons of extra virgin olive oil. Season with salt and freshly ground black pepper. Roast in oven for 5 minutes or until starting to wilt.
- Meanwhile, cook the pasta in boiling salted water until al dente. Drain and refresh briefly under cold water. Toss with a little extra virgin olive oil to keep from sticking together.
- Heat the remaining extra virgin olive oil in a large frypan over medium heat. Add the garlic, chilli and prawns and cook, stirring, for 1-2 minutes. Add the wine and parsley, and allow the wine to bubble for a minute. Add the roasted tomatoes and the pasta to the pan and/toss quickly to combine.
- Serve in deep bowls and drizzle with extra virgin olive oil.

## Scuba Diving Photography

View photo galleries, get underwater photography tips, and read reviews of the latest camera and video gear on the market.

Part of the [scubadiving.com](https://www.scubadiving.com) website is a section providing a lot of information for divers who have an interest in underwater photography.

Go to <https://www.scubadiving.com/photos>, and look at some of the following —



- *Featured underwater photography*
- *Photo editing tutorials*
- *Photographer spotlight*
- *"through your lens" photo contest*
- *Underwater photo tips*
- *Underwater photography*
- *Photo & video equipment*
- *Photo articles*

**people's choice**

**COMMUNITY LOTTERY**

*Paper ticket sales and on-line ticket sales will continue until the end of August.*

*Our thanks again to those members who have accepted booklets to sell*

*On-line purchases can be made by visiting **our** on-line site at —*

<https://communitylottery.peopleschoicecu.com.au/public/community-groups/underwater-explorers-club-of-sa/>

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



# CALENDAR



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

(Dive **departure** times as shown)

## JUNE

*DL – Robyn Butterfield (0419 866 460)*

*SO – Sue Cucchiarelli (0438 882 509)*

	Sun 2nd	Ardrossan Jetty	1000
ä	Wed 5th	<b>Annual General Meeting &amp;</b> General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
ä	Thu 20th	Committee Meeting	1000
ä	Fri 21st	<b>Newsletter items due</b>	
ä	Sat 22nd	<b>Annual Dinner</b> – “Secrets by the Sea” Henley Beach	1900
ä	Wed 26th	SDF Meeting — Rob Roy Hotel	1900
	Sun 30th	<b>Skills Day</b> – Thebarton Aquatic Centre	

## JULY

*DL – Jeanette Smith (0436 007 459)*

*SO – Sue Cucchiarelli (0438 882 509)*

ä	Wed 3rd	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
	Sat 13th > Sun 14th	<b>Whyalla</b> - Cuttlefish	
ä	Mon 15th	Committee Meeting	1000
ä	Fri 19th	<b>Newsletter items due</b>	
ä	Wed 24th	SDF Meeting — Rob Roy Hotel	1900
	Sun 28th	Port Noarlunga Reef	1000

## AUGUST

*DL – Keith Lockwood (0466 399 390)*

*SO – Sue Cucchiarelli (0438 882 509)*

ä	Wed 7th	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
	Sun 11th	Rapid Bay Jetty	1000
	Sun 18th	Patron’s Day	
ä	Mon 19th	Committee Meeting	1000
ä	Wed 21st	SDF Meeting — Rob Roy Hotel	1900
ä	Fri 23th	<b>Newsletter items due</b>	

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](mailto:petermsf1@bigpond.com)

