

Underwater Explorers Club of SA Inc

NEWSLETTER

AUGUST-2019



GENERAL MEETING

Wednesday – 7th

August

1945 for 2000



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

*Our guest speaker for this meeting will be our Secretary, **Keith Lockwood**
Keith was fortunate enough to enjoy a trip to the exotic island of Tahiti in 2018
He has put together a collection of his memories of this place, and
talk about his experiences while 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.

Tahiti is the largest island in French Polynesia, the South Pacific archipelago.
Shaped like a figure-8, it's divided into Tahiti Nui (the larger, western section) and Tahiti Iti (the
eastern peninsula). With black-sand beaches, lagoons, waterfalls and 2 extinct volcanoes, it's a
popular vacation destination and the gateway to other islands such as Bora Bora.



COMMITTEE 2019-2020

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

CONTACTS 2019-2020

SDF Representative..... Kevin McCARTHY
Email..... secretary@uecofsa.org.au
Website..... www.uecofsa.org.au
Postal Address..... Underwater Explorers Club of SA Inc
P.O. Box 74
Kent Town SA 5071



Waters to be Explored



AUGUST

Sun 11h

Rapid Bay Jetty

Tide times — [L] 0143 **0.5** [H] 1128 **1.31** [L] 0017 **0.54** (Mon 12th)

The home of our SA fish emblem, the Leafy Sea Dragon, the old jetty is a wonderful dive in 11M. After an easy entry, a snorkel or underwater swim following star droppers from the new jetty will lead you to the old jetty. As you progress, look in the seagrass for weedy seadragons! The site shows off various types of nudibranchs, colourful sponges and crabs on the pylons, with massive schools of old wives, big trevally and other species at the "T". Look for brittle stars or blue-ringed octopus under rubble, but be wary of turning things over and make sure you have gloves on. Huge stingrays have been seen here too. The visibility on this dive is usually superb so bring your camera.

► *Safety Officer*

COLD AND HYPOTHERMIA

It's chilly in South Australian waters at this time of year. Plan your dives to avoid getting *cold* or *hypothermia*.

What is Hypothermia?

Hypothermia is an unusually and potentially dangerous condition where the body's core temperature (37deg) drops too low. Cold water in winter draws any enormous amount of heat from the body, about 25 times more than in air.

What are the signs and symptoms of being cold or more seriously hypothermic?

Hypothermia is usually classed as being mild, moderate, or severe. In 'mild' cases, we usually say a person is 'cold'.

Mild: shivering, pale cool skin, numbness, poor co-ordination, slurred speech, slow thinking

Moderate: shivering stops, muscle rigidity, clouded consciousness, pulse and respiration slow and shallow

Severe: loss of responsiveness, irregular heartbeat, pupils fixed and dilated, may appear unconscious
....*this can be life-threatening*

How do we treat it?

For *mild* cases, remove the person from the water, change into dry clothes, protect from cold and wind, and give warm sweet drinks, no alcohol. (Seek medical advice if there is no improvement)

For *moderate to severe* cases, treat as above but no drinks and seek medical advice. Lay the person down and keep them still, cover with blankets and use gentle warming with no direct heat but do not massage. Monitor pulse rate and breathing. Commence EAR/CPR if required and provide oxygen.

But most important.... how do we prevent it!

Have a good meal in the morning before your dive and arrive without being tired.

Wear a thick wetsuit or dry suit, boots, hood, and gloves.

On boat dives after the dive, stay out of the wind when you are wet. Consider a windproof and waterproof jacket.

Plan to shorten your dive time. We have all probably been 'cold' underwater. It is difficult to see shivering or skin colour in our buddy, but we can certainly see if our buddy's co-ordination is poor.

When your hands are no longer able to signal clearly or you cannot easily use your inflator, adjust clips, etc. then it's time to exit the water.

Safe Diving

Sue



► *Committee Notes*

A new UEC year has begun. It was great to see a good turn-out for the AGM. Your committee remains the same except we welcome Hugh Sparrow who has returned to committee. His experience and computer skills will be a great asset. We thank Ian Louth who has stepped down from committee. Kevin McCarthy has kindly volunteered to be our SDF rep. Thank you to Judy Hani who has been our SDF rep for many years. If any other members can help out in any way during the year we would welcome your input. We are looking for members to help out being dive officers so please volunteer. Thanks to those of you who have been dive leaders and safety officers this past year.

We look forward to a year of some great diving in SA, and interstate and overseas sites as well! We're currently working on the new calendar which will be out soon. And we'd like to see a good turn-out for social events too. It would be great to see social or life members at these events as we don't see you at dives. Remember to book in for all events, and as early as you can for weekends away; we need to know numbers to book accommodation. And we are always looking for new members. Perhaps you can encourage divers that you meet to consider coming out to a UEC dive, meeting, or social event.



SUBSCRIPTIONS 2019-2020

Now **Over-Due**

Full Members and Life Members continuing to dive — \$70

Social Members — \$35

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 * **Stripes**

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-2019**

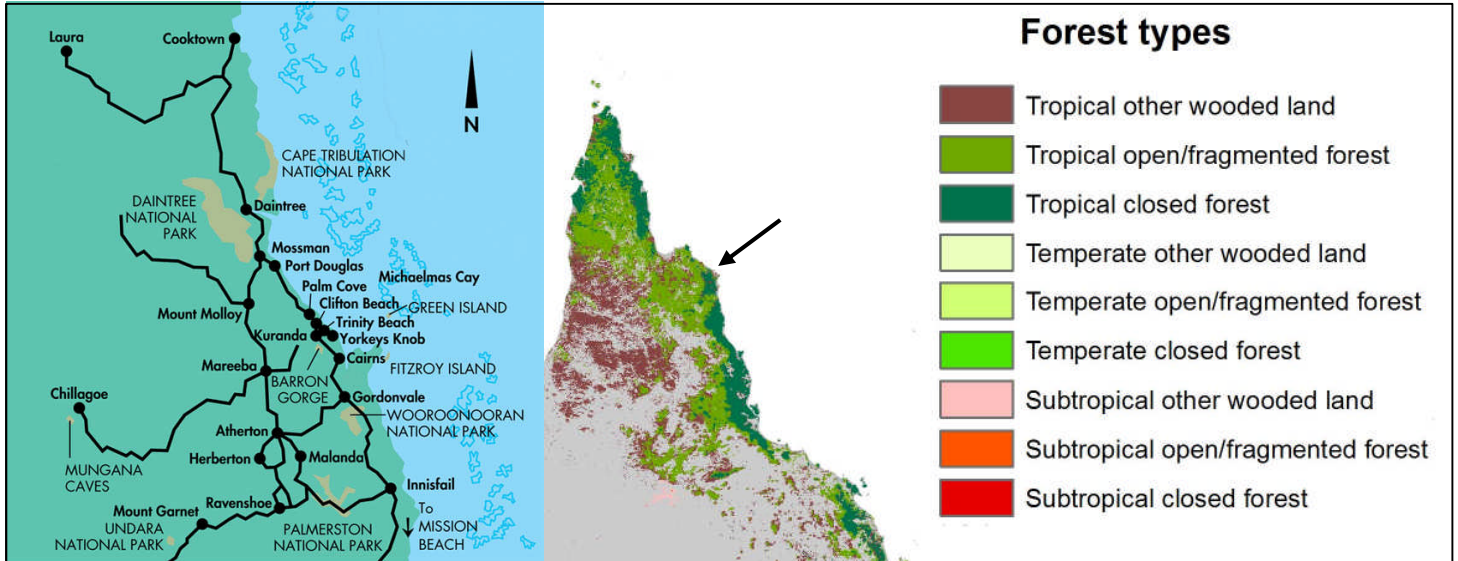


Rob's Ramblings

Tales from a visit to North Queensland

Cooktown — Daintree

A few bits and pieces on the Daintree Rainforest and Cooktown.



I am always astounded how big Queensland is and just how far north FNQ really is - look at the maps!

The forest map on the right shows where rainforest is - in dark green - not a lot, really, only a thin strip on the east side of the Great Divide.

When driving from Cairns to Cooktown - a 4 hour road trip - you start in Cairns near the rainforest, but meet it in earnest once at Mossman and especially in the nearby Daintree. What it must have been like for the first gold explorers in this region - especially in the hot and humid WET! Cairns, Port Douglas, Cooktown and Laura (see the map above-left) all owe their genesis to gold hunting in the 1870's.

We see sugar cane fields in and around Mossman and can smell "molasses" as we approach the working sugar mill on the edge of town. The sugar trains have a tiny track but can carry huge loads of cut cane-and right through the middle of town.

We leave the sugar fields behind once on the ferry and cross the Daintree River-we are then in proper rainforest-dense, impenetrable and eerie. There really are cassowaries still there, along

with many types of odd possum, azure kingfishers, various pythons and lots of frogs and insects. Something un-nerving for us "foreigners" from down south is that you must be careful when fishing in, or playing near, any creek or river. Most creeks have at least one salt water-estuarine crocodile in residence-especially around Cairns itself.

The picture shows "Cassius", who came from the Northern Territory, where he was a "problem"-bit the outboard motor off a boat and probably killed someone. He is in captivity on Green Island but he shows what live in the FNQ rivers! He is the



largest one in captivity-5.3 metres and 1.3 tonnes! So, no dangling of hands in the water, or cooling off with a swim in the Daintree River.



On the left we have “Fluffy” on Green Island-not a problem like “Cassius” (especially when her jaws are secured with sticky tape!)

On the right we are at Cape Tribulation in the northern Daintree-basically the end of the coast road for the country. No swimming because of crocs but also no swimming when stingers are around. There are many different species of tiny-some near invisible-jelly fish-see below. When diving or swimming here, many wear “stinger suits” which cover head, hands and body in thick nylon suit. Once, while returning from a dive off Cape Tribulation, a member of our group started having convulsions in the boat and had to be helicoptered off the beach when we arrived due to having been stung by a jellyfish and nearly dying in the boat!

The first thing to do up here in winter is to find the nearest public toilet and look for green tree frogs! These come out in the WET but do not like the cold of winter and seek out any warm spots-such as loos.

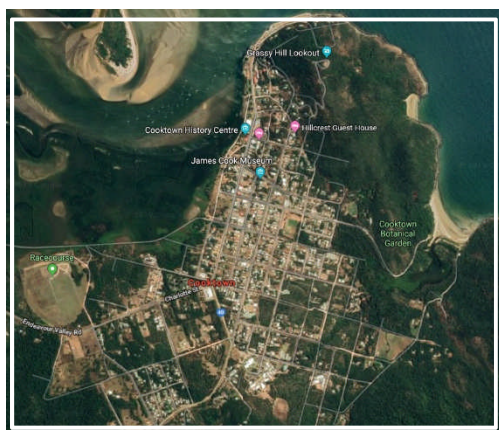
Look at the chap below we found in the toilet at the Daintree Eco Lodge. Each toilet had two of these glorious amphibians. One night there was rain and the lawn was covered in large brown frogs but we only see the green chaps do this in the WET-which we did years ago on a deserted road in the Daintree at night while being bucketed down upon by two inches of rain-the road was covered with hundreds of green tree frogs-surreal!



Another thing to look out for are geckos. In Cooktown at night we had a dozen of these on the roof hunting small insects. Keep a torch handy as you never know what might be out there.



There is a track up the coast from the Daintree to Cooktown-the Bloomfield Track-but it is for 4WD only. We backtracked to Mossman and then headed west and north around the rain forested mountains to get to Cooktown via dry, eucalypt savannah country-quite a rain shadow from the nearby east side of the mountains and their cloak of rainforest.



Cooktown is a sleepy fishing and tourist town at the southern edge of Cape York Peninsula. This is where James Cook struggled in his near-sinking HMS Endeavour in 1770 and beached the vessel for repairs on the edge of the Endeavour River. He stayed here 48 days and was very nervous, on leaving the mangroved bay, whether he could get out of the surrounding reefs.

Cooktown was established on the edge of the Endeavour River in 1873 as a town to service the Palmer River Gold Field, over 100 kilometres away.



Today it has less than 2000 people, a couple of pubs and motels and a wharf with tourists stocking up on their way to Cape York or to do a spot of fishing in the river. The fishing is marvellous in this area—either out on coral reefs or in the mangrove river. We went out for a day and had more fish than we could eat—lucky neighbours got a few kilograms of very fresh fish. Not easy though - all sorts of tricks on where to find the fish, what bait to use, how to wind it in etc.

The gold days of Cooktown are another story altogether!

Rob Kirk, June, 2019.

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

people's choice

COMMUNITY LOTTERY

*Paper ticket sales and on-line ticket sales will cease on **Friday-30-August***

Many thanks to those members who accepted booklets to sell.

*All tickets from these books have been sold, but if you missed out, on-line purchases can still 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

Seafood Sensation –

Mediterranean snapper tray bake

INGREDIENTS

- 400g cherry truss tomatoes
- 2/3 cup dry white wine
- 2 tablespoons lemon juice
- 4 garlic cloves, crushed
- 2 teaspoons ground coriander
- 1 teaspoon sweet paprika
- 2/3 cup extra virgin olive oil
- 1kg red-skinned potatoes, cut into 1cm slices
- 2/3 cup fresh oregano leaves, plus extra to serve
- 2/3 cup fresh dill sprigs, plus extra to serve
- 2 teaspoons finely grated lemon rind
- 1 teaspoon caraway seeds
- 1.5kg whole cleaned snapper
- 1/3 cup kalamata olives
- 2 tablespoons drained capers, rinsed
- Lemon wedges, to serve

INSTRUCTIONS

- Preheat oven to 200C/180C fan-forced. Grease a large baking tray with sides.
- Remove half of the tomatoes from the vine. Place in a large bowl. Using hands, crush tomatoes. Add wine, lemon juice, garlic, coriander, paprika and 1 tablespoon oil. Season with salt and pepper. Stir to combine. Add potato. Toss to combine. Place potato mixture on prepared tray. Bake for 30 minutes.
- Meanwhile, place oregano, dill, rind, caraway seeds and remaining oil in a small food processor. Season with salt and pepper. Process until finely chopped. Make 4 slits on each side of fish. Rub dill mixture in cavity and in slits of fish. Place fish on potato mixture. Bake for 15 minutes.
- Cut remaining tomatoes into small portions. Add tomatoes, olives and capers to tray. Bake for a further 15 minutes or until fish is cooked through. Sprinkle with extra herbs. Serve with lemon wedges.



A future dive for you ?

AMMAN — An underwater museum, comprising 19 military relics, has officially launched in Aqaba.

Aqaba's Underwater Military Museum Dive Site has opened for divers and snorkellers to explore military machines stationed along coral reefs imitating a tactical formation, according to an Aqaba Special Economic Zone Authority (ASEZA) statement.

After 30 days of scanning, photographing and planning, the ASEZA sank the military machines, while ensuring that the process did not affect surrounding marine life, the statement said. The formation consists of tanks, an ambulance, a military crane, a troop carrier, an anti-aircraft gun and a combat helicopter.

Eight of the objects were settled at 15-20 metres below the surface and the other 11 can be found at 20-28 metres allowing people to snorkel, take a tour from a glass bottom boat or scuba dive to the sites.

This resource will grow as the museum's collection is catalogued, and as new acquisitions are added, the statement said, adding that the museum aims to give visitors a new type of experience.

The ASEZA took all possible measures to ensure the protection and safety of the marine environment in cooperation with the relevant authorities and associations, according to their statement. Before the sinking, all hazardous materials were removed to comply with environmental best practices.

The location of the museum also promotes the recovery of natural reefs as it relieves pressure on them by drawing visitors away to an alternative site.

Aqaba's Underwater Military Museum Dive Site is a product of a partnership between public and private sectors as the ASEZA was responsible for the planning, preparation and sinking, while the Aqaba Port provided the mobile docks used in the process and the required human resources.

The Aqaba Port Marine Services Company was responsible for providing tug boats and the Royal Jordanian Maritime Force secured the site to maintain public safety, while the Red Sea Diving Centre volunteered to document the whole operation with their professional underwater cameras, the statement said.



Entering the World of SCUBA

On Fri, 19 Jul 2019 at 00:55, <lofreire@alumni.rutgers.edu> wrote —

I am interested in submitting an article related to my experience as an Advanced Open Water diver on the Atlantic Ocean and the Caribbean Sea. Please let me know if you are accepting such articles.

Submitted By: Luis Freire

I replied to Luis, and he has submitted the following article —

World Submerged

by Luis Freire

The first encounter I had with diving was during childhood. I watched shows and movies on television when I wasn't allowed to be outside. The best shows were on public television and among them were the documentaries of Jacques Cousteau; namely, *The Undersea World of Jacques Cousteau* and *The Cousteau Odyssey*. Cousteau was widely known as a visionary of the marine environment in the 1960s. I am intrigued by his determination to build underwater "villages" that he named Precontinent I, Precontinent II and Precontinent III which were designed to accommodate people living and working at varying depths on the sea floor.

Not long after learning of the accomplishments of Cousteau, I started living in Treasure Island, Florida throughout middle school. For most of the year, I went fishing from the bridge connecting the island to the mainland or swam in the waters surrounding the shoreline. Years later while attending college in New Jersey, I swam on a weekly basis in the indoor pool for exercise, to manage stress and to control weight. After graduation, I continued to swim in the college pool and participated in recreational activities that involved improvement of mind and body. I enrolled in PADI courses because Rutgers University offered diving and First Aid classes that were scheduled around diving trips to foreign countries. Aside from the obvious benefits, I met many people from a variety of backgrounds. I began to develop an understanding of the concerns surrounding the balance between man and sea life. The people and places that were at the forefront of aquatic discipline became part of my inspiration and dialogue.

I began swimming in college and continued for over a decade after graduation as a way to train physically for future water sports. When my gym membership lapsed, I jogged 5 miles on a high school track to sustain an exercise regimen. I have also extended my commitment to water sports by learning windsurfing and boat sailing. This began when I started to see corporate executives competing on international sailing regattas. It revealed to me that the water provided many challenging areas of exploration and growth. At this point, the closest I had ever been to actual diving was snorkeling. On one attempt, I descended to the bottom of the swimming pool. After reaching the 17 foot bottom, I returned to the surface with a sudden and overwhelming urge to breathe. Eventually, I began to understand the process that a person undergoes when remaining at depth without the support of a breathing apparatus, other than a mask, a snorkel, and fins. Apparently, the first of a series of biological transformations begin to unfold. It starts with a decrease in heart rate. That is complemented by constriction of the blood vessels; and subsequently, the contraction of the spleen which releases an oxygen-drenched supply of blood. During a snorkel dive, the blood instinctively transfers to the brain, the heart, and the lungs and away from the extremities; including the hands and feet. The splash into a body of water sets into motion the physiological changes necessary for momentary underwater survival by invoking the vagal nerve. Competitive free-divers are keenly aware of another portion of the process that provides the vital seconds of life-sustaining oxygen; that is, contraction of the spleen. This organ stores blood as part of its normal function, but the blood shift that occurs as a result of the contraction is what effectively nourishes the snorkel diver throughout the immersion interval. For the sake of comparison, one can point to the respiratory conditions exhibited by the Sherpas of Nepal when climbing to an extreme elevation on Mount Everest. Whereas most individuals depend on an external infusion of oxygen for energy during exertion, it is conceivable that the Sherpa have adapted genetically to benefit from more efficient metabolic consumption of existing oxygen circulating internally within the system. Regardless, oxygen deprivation and excessive pressure against the ear canal keep extended dives an elusive goal. For that purpose, it is important to adhere to doctor recommendations regarding proper diet and exercise in order to continue to enjoy those moments uninterrupted and unimpeded.

During a dive excursion to the Caribbean, I had the opportunity to see a reef shark at close range, to marvel at a pair of spotted eagle rays gliding 50 feet underneath our dive wake, and to join a school of dolphins that hovered around me at the surface while the other divers embarked onto the boat. One species of marine life was not underwater. It was a fish that sprung out of the water, flapped its pectoral fins like wings, maneuvered adrift of the dive boat, and finally returned to the depths of the sea. These flying fish are common to the tropical regions and are more appropriately referred to by the Latin term, Exocoetidae. The structure of its body is rigid and sturdy enough to contribute to gliding through aerodynamic navigation, increasing its speed and improving its aim. Flying fish have developed various physical characteristics that provide the majority of strength required to perform a physical extraction above water and to glide considerable distances by means of powerful leaps. At the end of a glide, they fold their pectoral fins to return to the sea, or drop their tails against the water to exert lift for another glide while making necessary course correction. The curvature of the pectoral fin mimics the aerodynamic shape of a bird wing. The Exocoetidae controls flight time by using a straight or angular heading toward updrafts surging from air and ocean currents. The Exocoetidae can remain in flight for over 160 feet but can double that distance depending on the intensity of updrafts. They can travel at speeds over 40 MPH and rarely climb over 20 feet. It is important to note that the Exocoetidae have caused disputes between the neighboring country of Trinidad and Tobago and the island of Barbados over conservation practices. The dispute is further exacerbated by the fact that flying fish are central to Barbadian life: appearing as symbols on passports, sculptures, coins, and forming the basis of a culinary delicacy. The eggs of the Exocoetidae are used exclusively in Japanese cuisine as a variety of sushi called tobiko. As for the evolutionary cycle, a relative of the flying fish dates back over 200 million years ago, but the modern flying fish more accurately traces its origins to a distinct species that appeared approximately 60 million years ago. Due to its acrobatic capabilities, it serves as the inspiration for the Exocet missile. This military armament is launched from underwater, travels a low trajectory, and skims the surface before ramming the target.

Beside the sea life, we saw artifacts from Spanish and British war vessels that included lost anchors. Another dive trip brought a different expedition that focused on an area surrounding the New Jersey coast that is known for wrecking diving. The first wreck was the USS Algol (sunk 1991, depth 145ft, GPS 40°06.545' -73°41.450'), the second was the GA Ventura (sunk 1996, depth 60ft, GPS 40°07.514' -73°56.465'), and the last was the SS Delaware (sunk 1898, depth 75ft, GPS 40°11.523 - 73°98.606). The majority of this stretch of coastline is dotted with sunken military ships that purportedly still contain live ordinance or shipment of gold cargo. One sunken vessel in this area is the German submarine U-869 that rests in a depth of nearly 250ft. You drift down and float above the deck or the side and immediately absorb the vessel's presence. As you near the sea bottom, a recognizable shape begins to form. As you descend, you see a straight line, then round sections. Eventually, a ship materializes in front of you. As you admire the complexity and magnificence of the wreck, images of the past and the present overtake the scenery. Whether sunk intentionally or tragically, the allure of wrecks is nearly irresistible to divers. It motivates people to conserve the aquatic environment by exploring remnants of history. Several months before the Caribbean and New Jersey trips, we performed training dives at an artificial lake in Pennsylvania. There we floated around a submerged Sikorsky S-56 helicopter and descended past a thermocline en route to other abandoned vehicles (a school bus and a Cessna aircraft) that serve as sanctuary for the fish and as a backdrop for underwater photography. The water temperature at this dive site was a shivering 40 Fahrenheit which even the neoprene wetsuit was not able to subside. It was not the last time I would enter a numbing thermocline and would relive that sensation on the New Jersey wreck dives.

The prospect of being a member of the PADI network that has a learning component at its core was crucial to my decision to join. The existence of an organization focused on the instruction, preservation, and regulation of marine exploration fascinated me. I intended to enroll in Rescue Diver to further challenge myself and to remain active in PADI education and research initiatives. After my training subsided, I followed the trail of pioneers such as Rob Stewart who studied sharks, applied advanced diving techniques, and produced documentaries for diving enthusiasts; among them the 2006 Canadian film, Sharkwater. In terms of what has happened to me and to other colleagues, I would advise new PADI students to read as many books or articles on the subject as you can handle prior to enrolling and training. Another way to prepare for diving is by watching documentaries that feature dive experts. Then, decide where you can most realistically and practically contribute to the PADI mission as well as your own personal objective. A good way to know if you are ready for this adventure is to image yourself teaching SCUBA to friends, family, or any person you may encounter.



I have been mentoring college and high school students with academic courses for over a decade. During a lull in water sports, I use mentoring as a way to keep mentally adept. It is a good way to stay current on modern technological innovations such as submersible watercraft or trends such as cage diving for great white sharks in South Africa. I use this time to research the marine ecology insofar as the creatures and their environment are concerned. I read about the latest issues affecting the diving community such as medical advancements, weather patterns, conservation efforts, and geopolitical movements.





CALENDAR




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

(Dive **departure** times as shown)

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
ä	Tue 13th	Committee Meeting	1930
ä	Sun 18th	Patron's Day	
ä	Wed 28th	SDF Meeting — Arab Steed Hotel, 241 Hutt St., Adelaide	1900
ä	Fri 23th	Newsletter items due	

SEPTEMBER

DL – TBA



SO – Sue Cucchiarelli (0438 882 509)

ä	Wed 4th	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
	Sun 8th	Ardossan Jetty	1000
ä	Tue 10th	Committee Meeting	1930
ä	Fri 20th	Newsletter items due	
	Sun 22nd	Grange Tyre Reef <i>Adelaide Shores</i>	0830
ä	Wed 25th	SDF Meeting — Arab Steed Hotel, 241 Hutt St., Adelaide	1900

OCTOBER

DL – Jeanette Smith (0436 007 459)

SO – Mary Hood (0427 716 938)

ä	Wed 2nd	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
	Fri 4th > Mon 7th	LWE Edithburgh	
ä	Tue 8th	Committee Meeting	1930
ä	Fri 18th	Newsletter items due	
	Sun 20th	Noarlunga Reef <i>O'Sullivan Beach</i>	0830
ä	Wed 23rd	SDF Meeting — Arab Steed Hotel, 241 Hutt St., Adelaide	1900
ä	Sat 26th	Asian Dinner	1830

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

