

Underwater Explorers Club of SA Inc

NEWSLETTER

FEBRUARY-2020



	<h1>GENERAL MEETING</h1> <p>Wednesday – 6th February</p> <p>1945 for 2000</p>	
<p>Nailsworth Community Club, 31 Derlanger Avenue, Collinswood All members, past members and potential members are invited to attend.</p>		
<p><i>Our Guest Presenter for this meeting will be Hugh Sparrow During the period Sept-Oct last year, Hugh made a trip to Turkey. For many of us this is an intriguing and mysterious part of the world, and Hugh will be enlightening us by talking about his experiences in that country</i></p>		
<p>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.</p>		

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

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



Greetings for the New Year

We have seen so much devastation here and interstate from the bushfires that have been burning for several months. People affected need essentials and Australians have been generous with volunteering and donations. But many individuals have also lost their livelihoods and towns are suffering. When you go diving to our South Australian towns, be sure to support the local businesses.....with accommodation, petrol, and meals.



So a new year is upon us and we hope to have calm seas and good visibility for our upcoming dives. **HAPPY NEW YEAR**

Be sure to book in to the UEC website if you want to dive or come to a social event.

And how about sending a note to other Club members to join you if you're going for a dive, or if you want to dive and are looking for a buddy. You are sure to find someone who wants to dive.


During the year we plan many weekends away. It is important that you book in for these as soon as possible so we know numbers especially to book accommodation. Our numbers are now not so high so we cannot afford to book a weekend without interest being shown. This year we will have cut-off dates so keep an eye on the calendar or you may miss out.



Waters to be Explored



FEBRUARY


 Sun 9th

Aldinga Reef

Tide times — [H] 0548 **2.09** [L] 1237 **0.04** [H] 1853 **1.48**

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.

 Sun 16th

Milkies Reef

Tide times — [L] 0420 **0.97** [H] 0910 **1.33** [L] 1522 **0.71**

Milkies Reef, a small reef, in 17M, runs north and south about 5 km west of the Glenelg jetty. It is named after a local milkman who found it. There are reputed to be spectacular and varied fish populations, spider crabs, Blue Devils, cuttlefish, strongies, silver drummer and crayfish. This is a new site for us so it should be good to explore

 Sun 23rd

Rapid Bay Jetty

Tide times — [H] 0530 **1.66** [L] 1220 **0.21** [H] 1830 **1.24**

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*

SALT WATER ASPIRATION SYNDROME

- *What is it?*

This is caused by inhaling a fine mist of seawater from a leaking or flooded demand valve, or while snorkelling.

It is characterised commonly by coughing or shortness of breath after a dive but other symptoms may exist. Symptoms may be delayed up to 12 hours.

In mild cases it can be caused by exercise, movement, or exposure to cold.

- *Symptoms*

Headache, general aches and pains

Coughing after surfacing, shortness of breath, cyanosis

Fever and shivering (cold exposure)

Feeling unwell, nausea and vomiting

- *Treatment*

Fortunately, it usually resolves in 24 hours. 100% oxygen should be given and the diver should rest

- *Prevention*

Obviously, avoid the inhaling of seawater!

Poor regulator performance or running out of air can contribute.

It is very important to make sure your demand valve, including octopus and the exhaust valves are in good working order and are well-maintained.

And a few final words on being a good buddy —

-] Do you help your buddy gear up?
-] Do you do buddy checks?
-] Do you know how much air your buddy has before, during, and after the dive?
-] And it is a lonely figure walking down a jetty alone, and then entering, and exiting alone.....
-] Are you and your buddy together and communicating before, during, and after your dive ?

Safe Diving

Sue

► *Past Dives*

HMAS Hobart — Saturday 7th December

It's been a few years since I last dived on the Hobart. The previous couple of dives were good but not fantastic and my expectations for this dive were probably about the same.

Well, as it turned out the dive on Saturday morning was amazing. My best Hobart dive ever!

We spent some time the previous night studying weather and tide charts. The tidal range was reasonable with low water at about 8.45 am. So ideally that meant getting quite an early start. We'd had dinner on Friday at the Normanville Hotel. Although we all behaved ourselves, I was not convinced that an early start was doable.



Nevertheless we all surfaced bright and early on Saturday morning and we were on our way to Wirrina Cove by 7.30 am. We loaded our gear onto Bob's boat and had departed the marina by about 8.30 am. Not bad going I thought.

The forecast temperature was 27 C with a light SW breeze. As it turned out the breeze was non existent and the sea was glassy calm – absolutely perfect.

My dive buddy Jeanette and I planned our dive and discussed what we would like to look at. We both wanted to penetrate the hull and look around inside. The plan was to go straight to the bottom and swim outside the hull to the bow and then work our way up to one of the hull cut outs which led inside the hull. I was using a Nitrox mix which meant I could have a longer bottom time. We agreed that Jeanette's dive computer which was set to a normal air mix, would be used as the reference for our no decompression time limit. We agreed to leave five minutes before our no decompression time expired and to do a five minute safety stop at five metres.

As we swam from the boat to the marker buoy there was virtually no tide to speak of. We descended the line and found visibility to be about 20 metres, the best I have ever experienced on the Hobart.

We found a school of Flat Head on the bottom but not as many as I have seen on previous dives. We also observed the usual Cow Fish, Wrasse, Snook, Leather Jackets and Old Wives. Inside the hull we also spotted a couple of Blue Devils. There were a couple of small Schnapper swimming alongside the bridge. However, the count of fish life overall was down in comparison to past dives on the Hobart.

On the previous couple of Hobart dives, my buddies have been somewhat reluctant to go inside the hull. It was a pleasure diving with Jeanette who seemed just as keen as I was to see inside. As a Naval Architect in a past life I am always intrigued by the machinery spaces and was thrilled to find the reduction gearbox deep in the bowels of the hull.

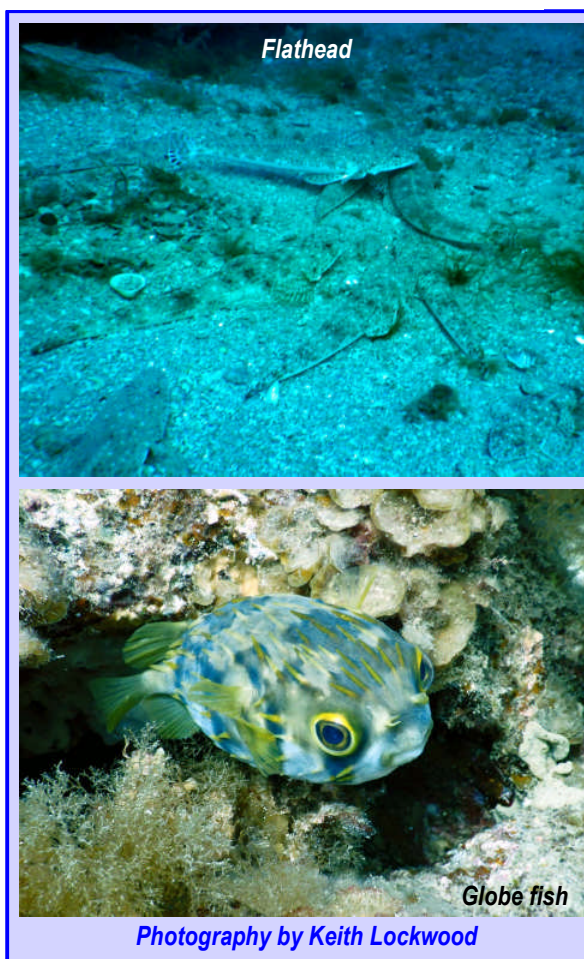
Not quite sure how we found ourselves in the gent's bathroom but it must be quite some time since the porcelain was last polished. There is noticeable silt build up throughout the hull interior. My cave diving training came in handy in order to minimise stirring up the silt.

We exited the hull through one of the deck hatches then swam around the central deck house. Our safety stop at five metres was uneventful. I'm always amazed how long it seems to count down those last five minutes.

On reaching the surface we found the tide just starting to creep in. Just enough to drift calmly back to the boat.

Bob and Keith were in the boat kitted up and ready to go. So Jeanette and I had a comfortable wait in the boat with perfect conditions prevailing for the rest of the morning.

This Hobart dive will be one I remember for a long time.



Hugh Sparrow



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 * **Faces**

and will be followed by * **Yellow Orange Pink**

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-February-2019



Seafood Sensation —

Greek Salmon

INGREDIENTS

For Topping

- 1/4 c. extra-virgin olive oil
- Juice of 2 lemons
- 1 clove garlic, minced
- 1 tsp. dried oregano
- 1/2 tsp. red pepper flakes
- Freshly ground black pepper
- 1 c. cubed feta
- 1 c. quartered tomatoes or halved cherry tomatoes
- 1/4 c. sliced kalamata olives
- 1/4 c. chopped Persian cucumbers
- 1/4 chopped red onion
- 2 tbsp. freshly chopped dill

For Salmon

- 1 lemon, thinly sliced
- 1 small red onion, sliced
- 4 salmon fillets (12-oz. total), patted dry with paper towels
- Kosher salt
- Freshly ground black pepper

INSTRUCTIONS

- Preheat oven to 375°. Marinate feta: In a large bowl, whisk together olive oil, lemon juice, garlic, oregano, and red pepper flakes. Season with pepper and add feta, tossing to coat. Cover and refrigerate for about 10 minutes while preparing other ingredients.
- Roast fish: Scatter the sliced lemon and red onion at the bottom of a large baking dish. Add salmon fillets, skin side down, to baking dish. Season with salt and pepper and bake until opaque and flaky, 18 to 20 minutes.
- Meanwhile, make topping: Into the bowl with feta, add tomatoes, olives, cucumbers, chopped red onion, and dill. Fold gently to combine.
- To serve: Plate salmon with lemon and red onion slices and top with feta mixture.

Serves 4



CALENDAR



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

(Dive **departure** times as shown)

FEBRUARY

DL – Hugh Sparrow (0418 814 735)

SO – Bob Butterfield (0417 838 387)

ä	Wed 5th	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
📅	Sun 9th	Aldinga Reef	O'Sullivan Beach 0800
ä	Tue 11th	Committee Meeting	1930
📅	Sun 16th	Milkies Reef	Adelaide Shores 0800
ä	Fri 21st	Newsletter items due	
📅	Sun 23rd	Rapid Bay Jetty	1000

MARCH

DL – TBA

SO – Sue Cucchiarelli (0438 882 509)

📅	Sun 1st	Seawolf/Lumb	O'Sullivan Beach 0800
ä	Wed 4th	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
📅	Fri 6th > Mon 9th	Mt. Gambier	
ä	Tue 10th	Committee Meeting	1930
ä	Fri 20th	Newsletter items due	
📅	Fri 20th > Sun 22nd	Fleurieu Peninsula – Hobart	

APRIL

DL – Robyn Butterfield (0419 866 460)

SO – Mary Hood (0427 716 938)

ä	Wed 1st	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
📅	Thu 9th > Mon 13th	Port Hughes	
ä	Tue 14th	Committee Meeting	1930
ä	Fri 24th	Newsletter items due	
📅	Fri 24th > Mon 27th	Edithburgh	

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

