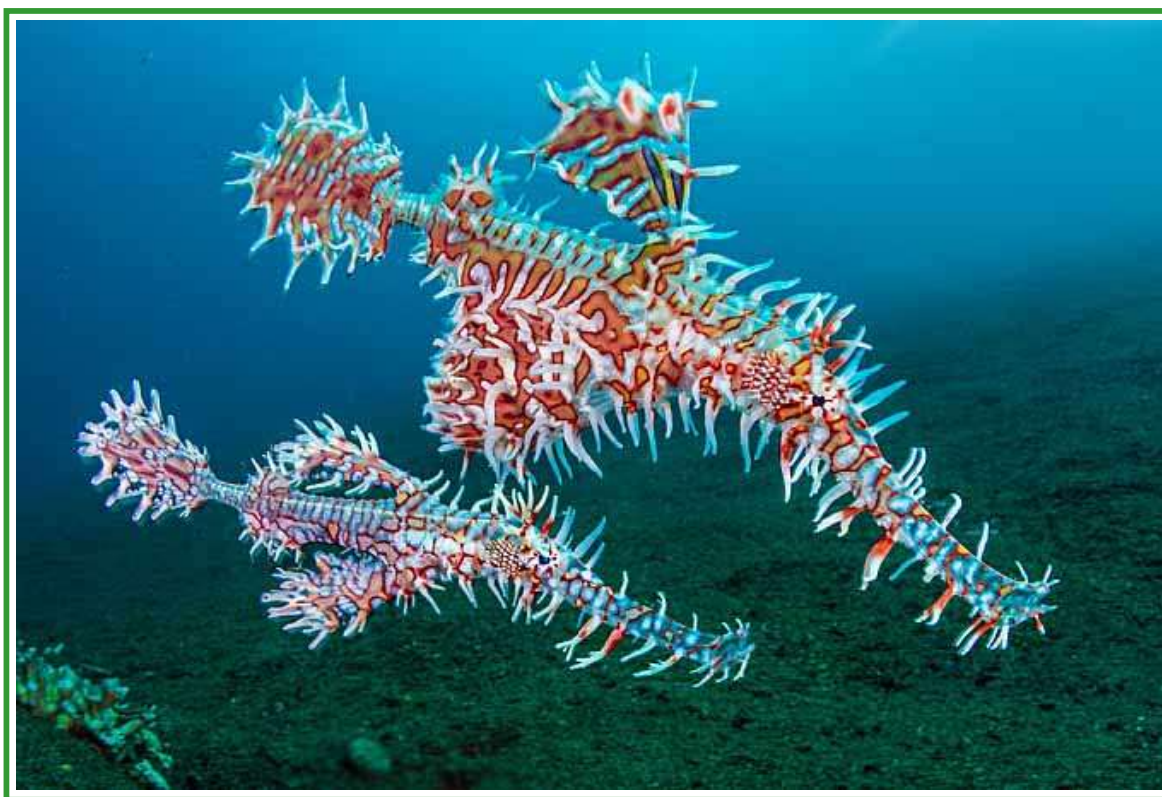


Underwater Explorers Club of SA Inc

NEWSLETTER

JULY-2020



GENERAL MEETING & ANNUAL GENERAL MEETING

Wednesday – 1st

July

1945 for 2000

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

Bob Butterfield will take us through the second stage of his overseas trip, speaking on the Christmas Island section of the journey.

This will be followed by the normal General Meeting Agenda.

The AGM will follow next 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 2019-2020

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

CONTACT 2019-2020

Email..... secretary@uecofsa.org.au
Website..... www.uecofsa.org.au

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



WHERE TO NOW ?

The people of SA have been coping with the Covid-19 virus, but are sure you were finding plenty to do around home. Perhaps you've saved some money, spending only on essentials. How things have changed in the space of a few months. At least now, things are opening up and we can get out and about a little more and are being encouraged to support our country towns after the bushfires and virus transmission by visiting their area.

With restrictions easing, the UEC is re-commencing our meetings and dives, beginning this month. A start will be made with the General Meeting combining with the Annual General Meeting which was deferred from June.

We are also planning to have a social get-together soon perhaps combining the Annual Dinner (which was cancelled) and the Patron's Day activity in August.

Unfortunately, the virus is still with us and we still need to take heed of social-distancing during all group gatherings.

So as far as diving goes, one scheduled dive remains on the current calendar so perhaps it is time to check your equipment, or to dream about a future interstate or overseas holiday that is on your wish list. The proposed new dive calendar will be discussed as a first priority of the next committee and if you have any wishes, make them known.

Cooking seems to have made a come-back. Have you tried a new seafood recipe that you can wow us with at our next BBQ or weekend away? People are reading more too. Is there a good book on diving, exploring, or seafaring history that you can source, or let us in on a good one you've read?

This is your newsletter, so we would welcome any article you may like to contribute, however small it may be. These will help expand the content, which at the moment is pretty minimal with no dives or other activities occurring which could be reported on.

During the period that restrictions were in place, some members still managed to enjoy some diving, and even though there are no reports on the dives themselves, a number of photographs were sent in by participants. These are shown on following pages.

Take care of yourself and we hope to see you soon.

► *Safety Officer*

SAFETY REMINDERS

We may have been spending more time around home during Covid-19, but we hope to get back to some diving soon.

Consequently, there is some preparation to be done. Does your dive gear have 'cobwebs'?

Here are some things to consider —

- How about checking your equipment. Do you need to make any adjustments or repairs? Upgrade?
- Does your personal 1st aid kit or repair kit need to have items replaced?
- Do you need a diving medical for any reason? Some commercial operators require you to have a medical if you have particular medical conditions or are taking any prescription drugs.
- And concerning your health: Do you need to update the name of your emergency contact? Have you told them about any medical conditions you have or medications that you take? We strongly encourage this.
- How is your fitness?

Our next dive is scheduled for July 12 at Port Noarlunga. If you want to dive, remember you'll certainly dive with a buddy, but need to be fairly independent gearing up as we need to abide by social-distancing.

Book in through the website if you want to come along. Dive officers will be announced closer to the date.

We hope to see you back in the water soon.

Take care of yourself

Sue

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 * **Hippocampus**
and the following theme * **Red-Orange-Yellow**

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-July-2019**



Seafood Sensation —

Easy paella tray bake

INGREDIENTS

- 1 tbs olive oil
- 80g sliced pepperoni
- 1 brown onion, chopped
- 1 red capsicum, seeded, chopped
- 1 1/4 cups (250g) medium-grain rice
- 100g cherry tomatoes, halved
- 2 cups (500ml) chicken stock, warmed
- 3/4 cup (90g) frozen peas
- 20 raw prawns, peeled leaving tails intact, deveined
- 1/4 cup flat-leaf parsley sprigs

INSTRUCTIONS

- Preheat oven to 200°C. Heat oil in a large frying pan over medium-high heat. Add the pepperoni and cook for 2 mins or until lightly browned. Use a slotted spoon to transfer to a heatproof bowl. Add the onion and capsicum to the pan. Cook for 3 mins or until onion softens.
- Spread the rice over a 2cm-deep large roasting pan. Arrange pepperoni, onion mixture and tomato over the rice, pressing down slightly. Pour over stock.
- Cover the pan tightly with foil. Bake for 15 mins. Uncover the pan. Sprinkle the rice mixture with the peas and top with the prawns. Bake for 10 mins or until the rice is tender and the prawns curl and are cooked through. Sprinkle with parsley to serve.





CALENDAR



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

(Dive **departure** times as shown)

JULY

DL –

SO – Sue Cucchiarelli (0438 882 509)

- Wed 1st **Annual General Meeting &**
General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood 2000
- 📅 Sun 12th Port Noarlunga 0800
- Tue 14th Committee Meeting 1830
- Fri 24th **Newsletter items due**

AUGUST

DL –

SO –

- Wed 5th General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood 2000
- 📅 Sun 9th Ardrossan 1000

New Dive Calendar

SEPTEMBER

DL –

SO –

- Tue 8th Committee Meeting 1930
- Fri 22nd **Newsletter items due**

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



Cover — Ornate Ghost Pipefish