

Underwater Explorers Club of SA Inc

NEWSLETTER

AUGUST-2020





GENERAL MEETING

Wednesday – 5th

August

1945 for 2000



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

*The first part of the meeting will focus on the judging of the “Hippocampus” theme of the photo competition.
Following this, our guest speaker will be Nick Cundell.
Recently, Nick and Di visited Gibraltar, and this trip will be the topic of their presentation.*

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 2020-2021

Treasurer..... Robyn BUTTERFIELD
Secretary..... Peter MANSFIELD
Safety Officer Sue CUCCHIARELLI
Committee Person..... Mary HOOD
Committee Person..... Jeanette SMITH
Web Manager..... Hugh SPARROW

CONTACT 2020-2021

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

THE DAYS AHEAD

We are finally getting back to diving. Although it's winter and the water may be a bit cool, the visibility is often very good. There is a dive at Ardrossan this month; dives on the eastern side of Yorke Peninsula are superb at this time of year. If you can't come for a dive, come for a country drive or better still join us for Patron's Day on the 16th. The new dive calendar is going to the printer's soon.

Even if you are not on committee, you can help out by sending articles for the newsletter. Have you been to see the whales lately? Why not tell us all about it! We are looking for volunteers to be dive leaders and safety officers. We had a diver show some interest in the UEC this past month. You can invite any prospective members along to a meeting or dive.

At the last general meeting, it was decided that a trial of running bi-monthly meetings would take place until the end of the year, at which time the process would be reviewed. With this month being the first to be affected, the next general meeting will be in October. We welcome any ideas for guest speakers at the coming meetings. This month we'll be having our deferred Club photo competition; topic Hippocampus, with future competitions to run every four months to fit in with the change in meeting times. So come along and enjoy photos of seahorses, dragons, and pipefish.



Waters to be Explored



AUGUST

Sun-8-Aug

Ardrossan Jetty

Tide times — [L] 0104 0.45 [H] 0705 2.79 [L] 1304 0.73

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, and cuttlefish. You may see the huge school of Mulloway at the end of the jetty. Look carefully for seahorses in the brown algae, decorator crabs and bryozoans in the seagrass, and nudibranchs and colourful ascidians on the pylons. Bring your camera. A trolley is useful

► Safety Officer

HYPERVENTILATION

There was an unfortunate tragedy on the east coast a few weeks ago. A young fit Olympic athlete, an experienced snorkeler, drowned while snorkelling alone. It has been suggested that the cause was hyperventilation or breath-hold diving, and sometimes known as shallow water blackout. It is more common among snorkelers than divers, but can sometimes manifest in divers due to anxiety.

It is associated with the amount of carbon dioxide in the blood, which is actually our 'trigger to breathe'. Hyperventilation involves taking a number of rapid or long, deep breaths before submerging, the idea being to stay underwater longer. How many of us, as kids, took lots of deep breaths in the swimming pool trying to see who could swim the farthest underwater? This is actually a very dangerous practice and can be fatal.

During a breath-hold dive, oxygen (O₂) is used and carbon dioxide (CO₂) is produced, so levels of O₂ decrease and CO₂ increases. With a normal breath, the O₂ level in the blood drops slightly but we don't black out because we have the 'urge to breathe'. But because with hyperventilation we start with a lower level of CO₂, the urge to breathe is delayed and the O₂ level drops. Sudden blackout occurs on ascent or immediately after surfacing as the partial pressure of O₂ supplying the tissues drops.

Unfortunately, with shallow water blackout there is no warning. It is sudden. It has been observed, a person may even continue swimming movements after blackout. A person will drown so a rescue is needed. Resuscitation must be applied and emergency contact made. Applying O₂ therapy is essential as O₂ levels have been reduced.

So when snorkelling never take more than two full breaths. Dive relaxed. Always dive with a buddy. And plan to have one diver up and one diver down at all times.

Safe Diving

Sue



► *Past Dives*

PORT NOARLUNGA JETTY — 12 JULY 2020



Photography by Sue Cucchiarelli

There was a possibility of some rain forecast for the day but winds were predicted to be fairly light and coming from the right direction, so we decided to go ahead with a dive. It was a sunny day at Noarlunga as we walked the jetty first to check out conditions.

It was high tide so waves were crashing over the reef. In spite of this, we thought we would give it a go. The viz may not be fabulous but the entry would be ok as we were getting in at the new steps and platform (which are terrific.)

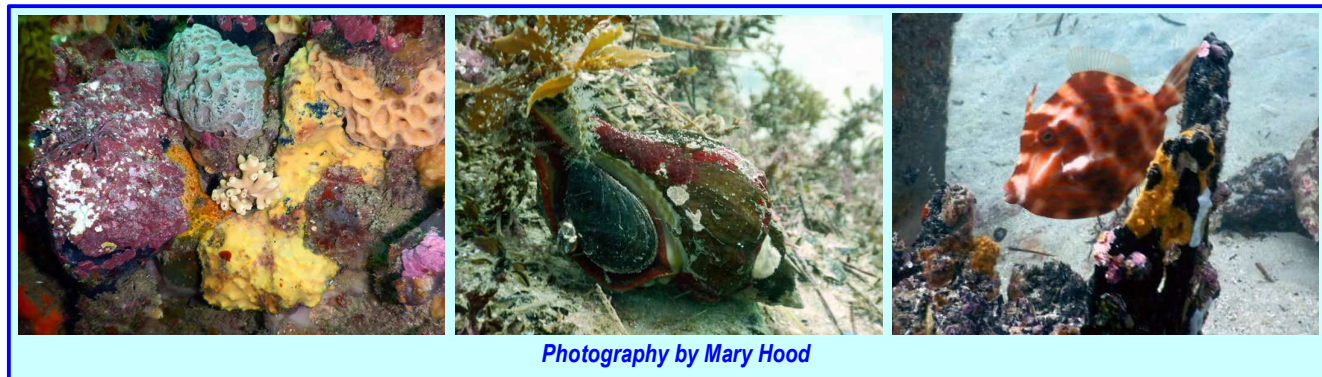
So Bob, Keith, Mary, and I went in, drifting a bit in the 'waves', (really like a washing machine!) Robyn was up top as look-out and support. All well, except Keith had a new-you-beaut- thicker wetsuit and was underweighted. Unfortunately, he couldn't get down and had to get out.

We moved over to a pylon and descended. With no current we headed north. The viz became better, about 4-5 metres, as we moved away from the jetty. There were plentiful numbers of orange sea stars, and juvenile bullseyes under ledges, limpets and large patches of mussels. There were the usual magpie perch and sweep, and large silver drummer swimming in and out of holes in the reef. Curious female wrasse followed us but scaly fin shoed us away.

We turned around and headed back to the jetty and just sat under it at the reef for a while watching the activity. There was plenty of active fish life around where the old ladder lay. Colourful leatherjackets, magpie perch and wrasse darted in and out.

After 55 minutes at 9M, we decided to get out. It turned out to be a worthwhile dive in spite of the surface conditions. Thanks to Robyn and Keith for their help on the dive. We enjoyed a hearty lunch at the bakery afterwards.

Sous Marin



Photography by Mary Hood



The information in the link below regarding diving fitness and medical examinations is on the DAN website. It directs visitors to a document titled — [Schedule for Lifelong Medical Fitness to Dive Evaluation](#) It is an informative document for all divers

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 * **Yellow–Orange–Pink** and the following theme is to be decided.

Photographs should be **8”x 6”** which is **2400 x 1800** 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-Nov-2020**



GETTING TOGETHER

It was unfortunate that the Annual Dinner was deferred, and then cancelled due to the restrictions imposed during the ongoing Covid-19 crisis. Our state is very fortunate to be in its current position where more social interaction is being allowed. We can only hope that this continues to be the case.

The following events have been planned to occur again this year, and present opportunities for us to get together (still keeping health requirements at the front of our minds)

Patron's Day Barbeque



Sunday-16-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

Asian Banquet

Saturday-17-October

7:00 pm

The venue is still to be determined – suggestions welcomed

Make a note of these events in your diary.

Further information will be passed on via the newsletter, and our website <http://uecofsa.org.au>

Use the Website booking facility or the sheets at the general meetings to book a place (banquet) or indicate your intention to attend (Barbeque)



SUBSCRIPTIONS 2020-2021

Now Due

Full Members & Life Members continuing to dive — \$55

Social Members — \$35

Seafood Sensation —

Tuna Melt

INGREDIENTS

- 1/3 c. mayonnaise
- Juice of 1/2 lemon
- 1/2 tsp. crushed red pepper flakes (optional)
- 2 x 185 gm cans tuna
- 1 ribs celery, finely chopped
- 2 dill pickles, finely chopped
- 1/4 c. finely chopped red onion
- 2 tbsp. freshly chopped parsley
- Sea salt
- Freshly ground black pepper
- 8 slices bread, such as sourdough
- 2 tbsp. butter
- 1 tomato, sliced
- 8 slices cheddar

INSTRUCTIONS

- Preheat oven to 400°. In a large bowl, whisk together mayonnaise, lemon juice, and red pepper flakes (if using).
- Drain tuna then add to mayonnaise mixture. Use a fork to break up tuna into flakes. Add celery, pickles, red onion, and parsley and toss to combine. Season with salt and pepper.
- Butter one side of each bread slice. Top an unbuttered side with approximately 1/2 cup of tuna salad, 2 to 3 slices tomato, and 2 slices of cheese. Top with another slice of bread, buttered side facing up. Repeat with remaining ingredients and place on a large baking sheet. Bake until cheese is melty, 5 to 8 minutes.

The Danger that is a Shark.

During the 1836–1900 period (64 years) within the Colony of South Australia there were two recorded fatal shark attacks in South Australian waters.

The earliest recorded shark attack occurred on 14 January 1884, when Miss Warren, daughter of Captain Ben Warren, fell overboard from the Bellona and was taken by two sharks. The vessel was one hour out from Port Pirie.

The following year, on 28 March 1855, Captain Coleman's son was taken by a shark after falling overboard from the sailing ship Sobella near Port Wakefield on Gulf St. Vincent. Witnesses saw a shark swim by with the young boy's body in its jaws.

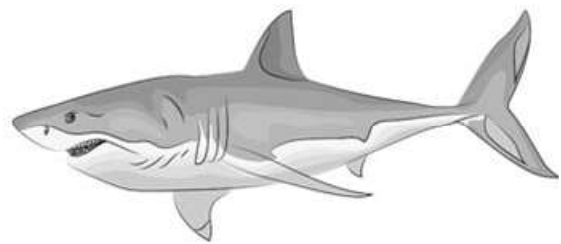
From 1901–1950, there were three fatal attacks (in 1926, 1936 and 1937), but the numbers increased from 1951–2000 to ten. Most attack species remain unknown, although all attacks between 1992–2000 were attributed to Great white sharks.

In more recent times from 2001–2020, there have been five fatal attacks, most recently in 2014 off Goldsmith Beach, near Edithburgh.

In all, there have been 82 recorded shark attacks, and of these, 20 were fatal attacks. There are five shark species which can be located in South Australian waters and they are the Great White, Port Jackson, Wobbegong, Bronze Whaler and Gummy.

The majority of the attacks have been attributed to the Great White.

Of those recorded only two involved Scuba Divers.





CALENDAR



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

(Dive **departure** times as shown)

AUGUST

DL – TBA

SO – Sue Cucchiarelli (0438 882 509)

➤	Wed 5th	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
📅📅	Sun 9th	Ardrossan	1000
➤	Sun 16th	Patron's Day Barbeque	1200

SEPTEMBER

DL – TBA

SO – TBA

➤	Tue 8th	Committee Meeting	1930
📅📅	Sun 13th	Port Noarlunga Reef	O'Sullivans Beach 0800
➤	Fri 22nd	Newsletter items due	
📅📅	Sun 27th	Ardrossan	1000

OCTOBER

DL – TBA

SO – TBA

➤	Wed 7th	General Meeting — Nailsworth CC, 31 Delanger Ave. Collinswood	2000
📅📅	Sun 11th	Rapid Bay	1000
➤	Sat 17th	Asian Dinner	1900
➤	Fri 23rd	Newsletter items due	
📅📅	Sun 25th	The Bluff Jetty	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

