

ST. GEORGE SCUBA CLUB.

JANUARY, 1977.

Any queries please contact Warwick Fuller 76-8124
Ross Lambert 524-7096

A Happy New Year to all Club Members.

The first club meeting for the year will be held next Wednesday, 19th January. Don't forget our new meeting place - St. George Sailing Club, Riverside Drive, Sans Souci.

T - shirts, untidy jeans and thongs cannot be worn in the club.

It would be appreciated if we could have as many members as possible at this meeting.

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The first two trawler dives for Jervis Bay this year will be on Sunday 27th February and Sunday, 3rd of April. If you want to go on either of these dives, get your name on the list early. The boat will only take twelve divers, and you have two good dives. Cost will be about \$6 but the exact amount will be advised at the meeting.

NB: Names will not be taken for these dives unless they are paid for in advance.

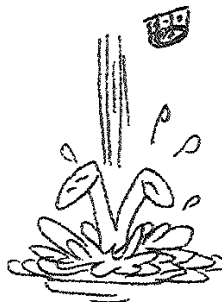
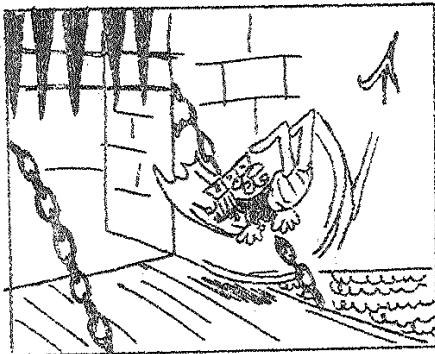
So 'Bring your money with you'.

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If anyone has got any slides that we haven't seen yet, bring them along to the meeting.

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And in a lighter vein.....



ST. GEORGE S.C.U.B.A. CLUB
CLUB ACTIVITIES FOR FEBRUARY, 1977

Any queries please contact Warwick Fuller 78-8124
Rose Lambert 524-7096

DIVES.

The first outing for this year falls on the Australia Day long weekend (Jan, 29, 30 & 31). No specific dives have been planned but some of will be down at Currarong camping area and the dives can be arranged then according to the number who turn up. A night dive has been tentatively planned for either Saturday or Sunday night.

The next dive will be held at Bass Point (Shellharbour) on Sunday 12th February. Meet in the reserve at 9.00am.

For those attending the trawler dive on Sunday 27th February, the boat will leave Greenpatch beach at 8.30am so make sure you are there on time. There will be another meeting before this dive to give you another reminder.

The next trawler dive will be on Sunday, 3rd of April. There are still a number of vacancies for this dive.

The first meeting for the year was held at St. George Sailing Club and turned out to be a most successful evening. There were over twenty members & visitors there which is the best roll up we have had for a long time. The surrounding and facilities of the club are far superior to those of Coronation Hall and from the number of people still there at 11 o'clock, it appeared as though everyone enjoyed themselves.

With regret, we must advise that our President, Chris Ashton, has had to resign from the Club because of personal commitments. We are sorry to see him leave us and we must extend our sincere thanks to him for the considerable amount of time and effort he has devoted to the Club.

Club Membership at the moment appears to be falling. The Club is able to function much better with more members as you all must realise. How about a concerted effort from existing members to come along to one of the dives planned over the next couple of months. If you know of anyone interested in diving or thinking about joining a Club, why not suggest our Club, or rather YOUR Club. We would like to have a larger membership and it only by spreading the word about, that we will achieve this.

Films will be shown at the next meeting which is on Wednesday, 15th February.

FOR SALE.

1 only Fensy vest - excellent condition. \$60- Contact Peter Navin 529-3165

And in a lighter vein:

An adventurous fun-loving polyp
Propositioned a cute little scallop
Down under the sea;
'Nothing doing,' said she;
'By Triton - you think I'm a trollop?'

ST. GEORGE S.C.U.B.A. CLUB
CLUB ACTIVITIES FOR FEBRUARY-MARCH 1977

Any queries please contact Warwick Fuller 78-8124
Ross Lambert 524-7096

DIVES

The first dive we have planned is the trawler dive at Jarvis Bay on Sunday, 27th February. This dive is fully booked but for those who are going, please don't forget that the boat will leave Greenpatch beach at 8.30am. If you are planning two dives, it would be preferable if you bring two tanks with you.

We have booked Bob Baker's boat for a dive on Sunday 13th March. The boat will leave at about 9.00 am, so don't be late. The boat will leave from the marina next to the ferry wharf at Gunnamatta Bay. There are still a few vacancies for this dive so if you want to go, please ring Ross or Warwick beforehand. Cost is \$3.50 per head payable on the day of the dive.

On Saturday night 5th March, we will be having a night dive at Shiprock. Be there by 8.00pm. If anyone does not know where it is, please check your road directory. A track leads down to the water from Shiprock Road, Port Hacking. Plenty of parking space is available in the street. Please do not forget to bring a torch.

The trawler dive for Sunday 3rd April is now fully booked. The next trawler dive from Jarvis Bay after that will be on Sunday 5th June, but names will not be taken for this dive until the April meeting. As usual, the cost will be \$6 per head in advance.

The following item is taken from the latest edition of Port Hacking Divers Newsletter and might be of interest to a number of members:

The Diving Doctor's Corner.

'He felt that chilling heaviness of heart,
or rather stomach, which, alas! attends,
Beyond the best apothecary's art,
The loss of love, the treachery of friends
No doubt he would have been much more
pathetic,
But the sea acted as a strong emetic'.

BYRON.

The scientists call it motion sickness. Cars and aeroplanes cause it, but it is generally reckoned that boats do the job better. Now that divers are heading out to sea, high winds and rough water will have to be considered in the same way as bottom time, tidal currents and the rest. It is an almost universal complaint. Only about three percent of people are unaffected, and a rough sea will soon have six out of ten people feeling sick. For anyone claiming to be immune, there are plenty of stiffer tests, like cooking chops that have gone off a bit in the galley of a reeling fishing boat, or hanging head down blowing thru blocked petrol pipes. ^{movement} Seasickness is caused by violent in two or three planes at once. I have always believed that it was brought on more by the vertical movement of the sea. Heaving (aptly named), then by rolling

from side to side, or pitching, which is a see-sawing action, but I understand that science now blames the last one.

And it seems that to be pitching 16 times a minute is 20 times worse than to be pitching 32 times a minute. The movement produces overstimulation of the balancing mechanism in the inner ear. The vagus nerve leads these impulses to the stomach and the rest of the story you know. We call it seasickness but an old sailor claimed to a friend of mine that it is really 'lawdsickness' because sailors only get it for a couple of days after leaving port. This adaptation of 'finding your sea legs', fortunately puts to an end the complaint for most people. Again, you are far less likely to get ill in a boat that you are used to, and you become less susceptible as you get older.

We all know of the chap who starts to feel sick before the boat leaves the wharf, and he will prove to be the worst sufferer of all. Nevertheless, at the other end of the scale, people in coma have been seasick, and believe it or not, codfish, in tanks on a steamer, have been seen throwing up.

Fellow divers can spot a new victim when they see someone settle in a corner of the boat, stop talking, start yawning and progressively lose interest. He will turn rather pale, but by the time that he becomes greenish yellow, it is too late for action, because all remedies must be given well in advance. The danger of seasickness is the intellectual numbness that it produces. It causes apathy, which leads to error of judgement and mistakes long before the victim is laid out.

Can steps be taken to prevent an attack from starting? The answer is yes.

Avoid overtiredness, from a long night journey, for example. Also avoid hangovers, overeating, and unpleasant smells (rotting fish & engine smells spring to mind). Make sure that you are warmly dressed. Do not eat large or greasy meals just before going afloat, and I believe keeping yourself thirsty helps. Avoid particularly coffee and beer. In large boats stay on deck in the fresh air avoiding smells and look at the horizon. Otherwise, go below, lie down flat and close your eyes. On deck stay a third of the length from the stern. There, the motion is least.

In small boats, be kitted up ready for the dive, since looking downwards brings on trouble, as map readers and navigators know to their cost.

If you begin to feel queasy, take the helm; it will often put matters right; no one has met a car sick driver! Small open boats are much less sickmaking than large craft, but beware of anchoring. The most harden stomach may rebel at this, so be over the side without delay. Of course there is only one cure of seasickness and that is to sit under an apple tree.

Failing this, what else can we do?

Well, your local chemist carries a good choice of remedies. But it is important to remember that all carry the side effect of drowsiness, which like alcohol, encourages narcosis, bringing it on at shallower depths. Tell your diving partner. Always try a test dose in safety at home, and take them exactly as directed before the trip as once started, no drug is fully effective against seasickness.

For Sale. Ricoh 35mm. camera with flash & bulbs, complete with housing. \$45.00
Contact Alan Fletcher 546-1940

Com-pak hooker with Honda engine. Fully reconditioned, 6 yrs. old. No hoses but many spares. \$200- Contact Ron Witz, Bulberry Place Engadine.

The next Club Meeting will be on Wednesday, 16th March. New members & Visitors please note the Club's dress regulations. Ring Warwick or Ross to find out what they are.

ST. GEORGE SCUBA CLUB.

Club activities for March-April, 1977

Any queries please contact Warwick Fuller 78-8124
Ross Lambert 524-7096

DIVES.

The first dive will be a night dive at Shiprock on Saturday, 26th March. Be there by 6.30pm and don't forget to bring your torch.

There is a trawler dive at Jarvis Bay on Sunday, 3rd April. Those who are going have already paid and there are no more vacancies. The boat will leave Greenpatch Beach about 8.30am so don't be late. On Sunday 16th April, we have planned a dive at Wattamolla in the Royal National Park. Meet in the parking area near the kiosk at 9.00 am.

Bob Baker's boat, the 'Wambina' which we were planning to use a bit this year was recently burnt out over at Jibbon. We are now looking for another boat so we can get a few dives in locally. We will let you know as soon as we are successful.

For Sale: Medium Pro Jacket 3/16" Good Condition \$30.00 Ring Warwick Fuller 78-8124

Ricoh 35mm. camera with flash and bulbs, complete with housing \$45.00
Ring Allan Fletcher 546-1940

Nemrod Silura Camera with flash \$20.00 Nemrod regulator \$20.00
Ring David Aaron 59-2156.

The next club meeting will be on Wednesday, 20th April.

Club News - April 1977

Any Inquiries : Warwick Piller TS 8021

Ross Lambert 321 7096

Dives for April-May 1977

Sunday 30th April :- a dive will be held at Kiama. Meet at the lighthouse in Kiama at 9.00 am.

Sunday 15th May :- trawler dive aboard the 'Salvus' from Sydney Harbour. The cost will be \$6 per person payable at the wharf. Meet at Rose Bay wharf at 8.00am. Bring two tanks each and some lunch. Anyone who has not put their name down, but who wishes to go ring Warwick or Ross.

The trawler dive at Jarvis Bay on the 5th June is booked out. All those who are booked to go should pay by the next club meeting.

The 'Salvus' has been booked again for the Saturday 18th June. There are still places available and again those who wish to go should pay at the next meeting.

For Sale

Small-Medium Pro-Jacket 1/18" Good Condition \$30 Warwick Piller TS 8021

The Wrecks of the 'BERNHART' and the 'CATHERINE KILMACK'

Among the dives planned from the 'Salvus' are dives on the wrecks of the 'Bernhart' and the 'Catherine Kilmack'. Below is a brief historical note on the fates of both these ships.

One of the most accessible wrecks in Australia is that of the 'Bernhart' a 1301 ton passenger clipper. In August 1867, on her second voyage to Australia she ran into a storm just outside Sydney Heads. Her master, Captain Green, steered a course between two light beacons positioned on South Head, which were the only visible reference points. The mistake cost the lives of all but one of the ships 121 complement, for the ship bore headlong into the cliff-face and sank.

little remains of the ship today save a pile of ballast blocks about 500 yards south of the Gap, Watsons Bay, where the mishap occurred. Among the pile of rubble however, a diver may still find token coins, pieces of silver, personal artefacts and even the odd gold sovereign.

Two months after the 'Dunbar' tragedy, the 880 ton 'Catherine Adamson' went down at North Head, disgorging a cargo comprising mainly of casks of liquor worth approximately £80,000 sterling. The story goes that during a storm a ill yoke arose between the captain, George Stuart, and the pilot Hawkes as to the harbourage best suited to ride out the gale. During the argument Nemesis intervened to solve it on her own terms.

The next club meeting is on Wednesday 18th May

See you there.

ST. GEORGE SCUBA CLUB.

Any queries: Warwick Fuller 78-8124
Ross Lambert 524-7096

DIVES FOR MAY - JUNE 1977

Sunday, 29th May at Bass & Flinders Point (Crunulla) 9.00 am. Ron Haigh has volunteered his boat to ferry groups around to Tumbledowns, weather permitting. There will be a charge of \$2.00 per head to help Ron cover his running costs.

Sunday, 5th June is a trawler dive at Greenpatch. The boat is booked out but this is a reminder for those who have put their names down. The first dive commences at 8.30 am so don't be late.

Although it's on a long weekend, we have organised a night dive at Bass & Flinders Point on Sunday, 12th June. Be there by 5.00 pm.

Club members & visitors will be given the opportunity of visiting the Hyperbaric Unit at Prince Henry Hospital (this is the unit where decompression sickness etc. is treated). The inspection will be on a weeknight (probably a Tuesday or Wednesday). The maximum number that can be taken on an inspection at one time is 15 so if more wish to go, we will arrange another night as well. No date can be set until we have final numbers. Anyone wishing to go please ring Ross on the number at the top of this newsletter and leave your name & phone no. BY 31st MAY. No further names will be taken after that date.

Our raffle was finally drawn at the last meeting. The winner was Peter Moxham. Many thanks to all those who bought tickets.

The dive that was to be held on the "Salvus" on 18th June has, unfortunately, been cancelled. For those who had not heard, the boat sank at Rose Bay wharf a few weeks ago and will be out of commission for some time. We are trying to organise replacements and will keep you informed of our progress.

The next club meeting will be on Wednesday 15th June. This is our Annual General Meeting & Election of Officers for 1977/78. Club fees are also due again for all members. We would like to see as many people attend this meeting as possible.

See you there.

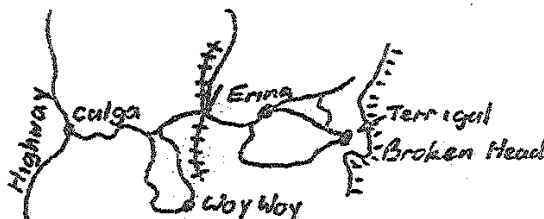
ST. GEORGE S.C.U.B.A. CLUB
CLUB ACTIVITIES FOR AUGUST 1977

Any queries please contact :

Peter Moxham 633.3297
Warwick Fuller 78.8142

DIVES

There are three dives planned for this month, the first of which is a trawler dive on Sunday 7th August at Greenpatch. The trawler arrives at 8.30am so be there at the latest 8.00am. Some vacancies still exist so be quick. For enquiries ring Warwick Fuller. Campsite A37 has been booked at Greenpatch and the cost is \$6.00 to be paid by the people who camp there. The \$6.00 site will accomodate approximately 20 people. The second dive is at Terrigal on the 21st August. Meet at the Haven at 9.00am. Directions: Drive north along the tollway or Old Highway and turn off at the Gosford exit. Head into Gosford and there take a right turn for Terrigal. Drive through Terrigal and you will come to a large Caravan Park/Camping area. There is also a boat ramp. That is the Haven.



The third dive is a night dive at Shiprock on Saturday the 4th September. The low tide is at 6.18pm, so divers must be in the water by 6.00pm. Don't forget your torch.

The Club elections for 1977/78 were held at the last meeting and the members present moved a motion to elect three additional members to an "Activities Committee".

The Office bearers are:

President	- Peter Moxham
Vice President	- Alan Fletcher
Secretary	- Warwick Fuller
Treasurer	- Laurie O'Grady
Activities Committee	- Peter Navin
	- Greg Payne
	- Wayne McBay

We wish to offer our thanks to the office bearers for the past year and good luck to those newly elected.

Club membership fees are now due and it would be appreciated if you would pay these as soon as possible. To make things easier and ensure we hold correct addresses etc, I have enclosed a membership renewal form for those who did not pay their fees at the last meeting. Please complete this and return it with your fees which are now \$6.00

ST. GEORGE S.C.U.B.A. CLUB
CLUB ACTIVITIES FOR SEPTEMBER, 1977

Any queries please contact:

Peter Moxham 633.3297

Warwick Fuller 78.8142

DIVES

Two dives have been planned for this month, the first of which is a night dive at Shiprock on the 4th September. Divers must be in the water by 7.30pm so don't be late. Don't forget your torch. The second dive is at Bear Is. on the 18th September. Meet outside the shop at 9.00am

The trawler at Jervis Bay has been booked for the 2nd and 3rd of October, and those people intending to go please contact Peter Moxham as soon as possible. There are 2 vacancies on the 2nd and 4 on the 3rd. We intend to have a quick lunch on the 3rd and get in a couple of hours spear fishing before the final dive.

Club membership fees are now due and for those members who have not paid, there will be a membership renewal form with the newsletter. Please complete the form and return it with your fees which are now \$6.00. For those people who have not paid their fees, this will be the last newsletter.

At the next meeting the door prize will be a book called "Ron and Valerie Taylors UNDERWATER WORLD" which is worth \$9.50. Tickets will be 50¢ and you can purchase more than one if you wish.

At the last meeting there were 6 members and 3 visitors.

The next meeting will be on 21st September.

Divers medicals have been advised for all club members. The diving Doc in the St. George area is Dr. Ian Unsworth and the address is as follows:-

Southside Diving Clinic
40 Borrodale Road,
KINGSFORD 2032

All enquiries and appointments Ring 663 5108.

There is a bone disease called Atrophic Bone Necrosis which is a deterioration of the hips and shoulders. All Commercial divers are compelled by law to have X-Rays every year and Dr. Unsworth advises every Sport Diver to have one. To arrange for the X-Rays ring Prince Henry Hospital X-Ray Dept. on 661.0111 and ask for Divers bone necrosis survey. Arrange a convenient time and there is a small questionnaire that has to be filled out.

A decision was made to print a list of Club Members addresses and telephone numbers so members can contact each other. Anyone not wishing to be on the list please contact Peter Norham on 633 3297 by the next meeting

At the last meeting there were 16 members and 2 visitors.

Gear for sale - Mimrod tank and Aquairis Reg \$75
1 Medium Small Pro Jacket \$30
Contact Warwick Fuller on 78.8124

The Next meeting will be on the 21st September.

ST. GEORGE S.C.U.B.A. CLUB
CLUB ACTIVITIES FOR OCTOBER 1977

Any queries please contact:

Peter Moxham 653.3297

Warwick Fuller 79.8142

DIVES

Two dives have been planned for this month. The first is a series of four dives to be held on the October Long Weekend, Oct 2nd & 3rd, at Jarvis Bay. This dive is fully booked, but for those who are going, please don't forget that the boat will leave Greenpatch beach at 8.30am. Spearfishing will be permitted for a few hours before the final tank dive on the Monday. Campsite A57 has been booked again for the full weekend including Saturday. The second dive is at Kurnell on Sunday the 16th October. Meet outside the main entrance to Captain Cooks Landing Place at 9am.

A few months ago the members expressed concern about the lack of safety equipment owned by the club. In an effort to raise money so that we can purchase an Oxy Viva resuscitation unit, we arranged to have a Guessing Competition. Tickets have been allotted to each member and the committee would like to see the members sell the tickets and return the ticket butts as soon as possible. Extra books are available from Peter Moxham.

For sale: 16^{ft} Half cabin fibreglass boat. Lights, speedo and safety gear all on a sturdy trailer - \$4800.00.
Contact Greg Fisher on 522.9254

The next club meeting will be on Wednesday, 19th October.

THE DANGERS OF THE D.C.M.

by Dr. Ian P. Unsworth,

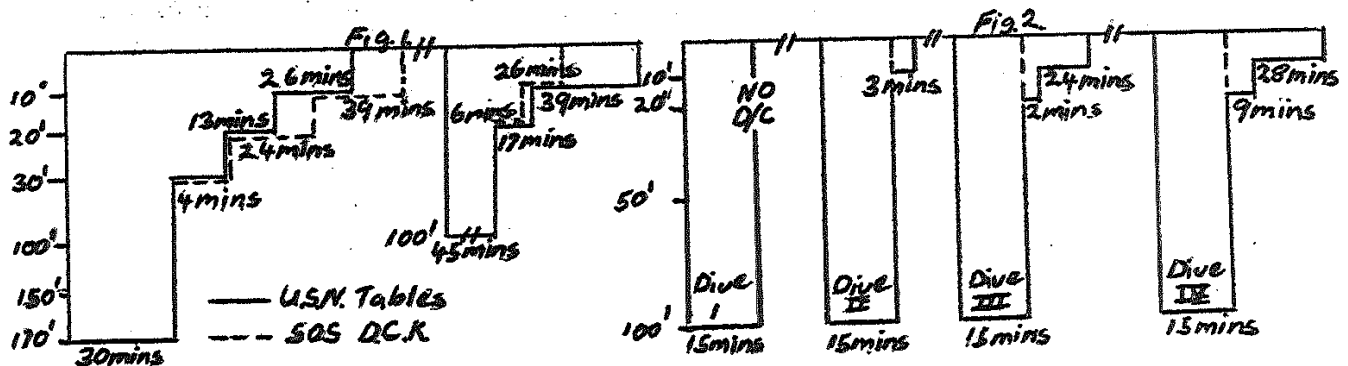
The Prince Henry Hospital, SYDNEY

Over the last few years many divers have been turning to the use of the decompression meter for decompression from repetitive dives, rather than computing their D/C time from repetitive dive tables. This, I believe, is becoming a very dangerous practice because the D/C meter has certainly now been shown to be a safe device under all diving conditions.

In the hyperbaric chamber at The Prince Henry Hospital, Sydney, tests were carried out using the latest decompression meter on the market - the D.C.K. produced by S.O.S. We have shown that for the first dive, the D.C.K. gives you a longer decompression time at all depths as compared with both the U.S. Navy and Royal Navy tables. If then, we repeated a dive - and it did not matter what the surface interval was, as we used intervals ranging from 1 hour up to 4 hours, and using different depth combinations such as a shallow first dive with a deeper dive following or vice versa, or a series of shallow or a series of deep dives - we found that in all dives subsequent to the first, the D.C.K. got progressively more perilous or adventurous by shaving off many minutes from the D/C stages at 30, 20 and 10ft. marks, (Figure 1) e.g. this 170 ft. initial exposure.

One particularly interesting series of experiments was where we were using a repetitive dive table for a dive to 100 ft. for 15 mins. separated by an hour surface interval, not a strenuous dive and within a sportsdivers capability. This situation could also arise for an underwater construction supervisor, for example being required to investigate work on a harbour breakwater or rig. We carried out the tests as usual in our chambers and the result makes interesting reading (Figure 2). At no stage in the four repetitive dives did the meter require the diver to pause for nitrogen off-gassing, yet the fourth dive by U.S.N. tables required a total of 37 minutes decompression. The likelihood of decompression sickness if the meter is adhered to, is great as you would imagine.

Thus I believe the sole use of the compression meter as an indication of correct decompression after repetitive dives, to be dangerous in the extreme and since the tables **MUST** be consulted for the computation of the correct schedules, I believe there is no place in diving for a decompression meter, other than as a talisman or an expensive way to get bent



REPETITIVE DIVES USING USN. TABLES and SOS D.C.K.

ST. GEORGE S.C.U.B.A. CLUB

CLUB ACTIVITIES FOR OCTOBER 1977

Any queries please contact:

Peter Moxham 633.3297

Warwick Fuller 78.8124

DIVES

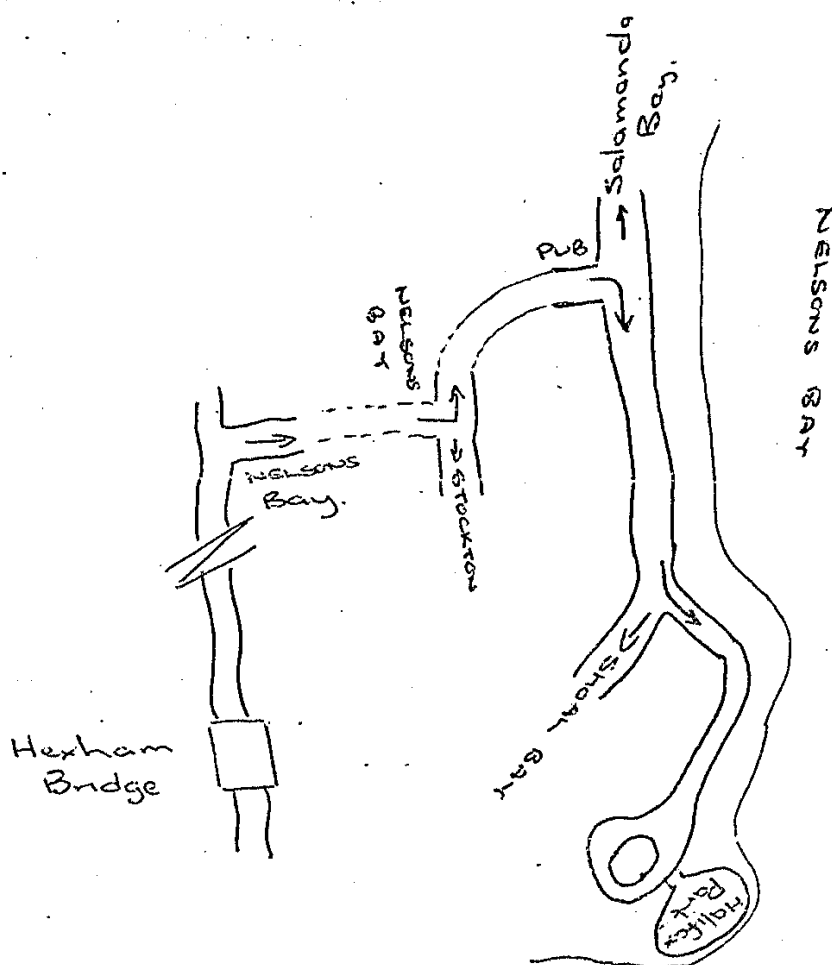
Three dives have been planned for this month. Wednesday 26th October, a night dive will be held at Gordons Bay, Googee. Access in by Moore St, Googee (U.B.D. map 72, E3)

October 30, 31 - Weekend at Halifax Park, Nelsons Bay.

Friday, 11th November - a night dive at Shiprock, meet at 7.30 pm.

At the next club meeting a venue for the Christmas Party will be set.

The next club meeting will be on Wednesday, 16th November.



ST. GEORGE S.C.U.B.A. CLUB
CLUB ACTIVITIES FOR NOVEMBER 1977

Any queries please contact:
Peter Moxham 633.3297
Warwick Fuller 78.8142

DIVES

Two dives have been planned for this month, the first of which is a dive at Bare Is. on Sunday 27th November. Meet at 9am at the Bare Is. parking area, La Perouse.

The second dive is a trawler dive at Greenpatch on Sunday 4th December. The trawler leaves at 8.30am so be there at the latest, 8am. Campsite 437 has again been booked and the cost is \$1.00 per car. Seven vacancies still exist, so if you wish to go please contact Peter Moxham as quick as possible.

The Club Christmas party will be a barbeque at Allan Fletchers house on Saturday 10th December, commencing at 4pm. Members and their friends are requested to bring their own Meat, Glasses and Cuttlery. The Club will provide Salad and Plates. Beer will be on tap for 20¢ per 10oz glass. Spirit drinkers will have to provide their own drink but the club will provide soft drink for mixers. Members wishing to attend the Christmas party are requested to ring Peter Moxham before the 5th December so that we can make final arrangements

The Committee would like to draw the Guessing Competition at the Christmas party, so all ticket butts must be returned by 5th December. We still have 4 books left, so anyone wishing to sell another book please ring Peter Moxham and the book/s will be delivered as soon as possible.

For sale: Nikones II in Good condition with Electronic Flash and bracket, one 5" close-up lense. All of this for \$300.00. Contact Greg Fisher on 522.9254

The next meeting will be on Wednesday 21st December, 1977.