

P.O. Box 453 Murrumbidgee South 2221 NSW

Visit our web page at

<http://www.ozemail.com.au/~diving/stgeorge/stgeorge.htm>

February 2005

COMING UP

THURSDAY NIGHT DIVES

A reminder that the Club has a night dive every Thursday night. The site will be chosen on the Monday or Tuesday by Michael McFadyen or Dave Burns and advised to those on the night dive email list. If you are not receiving these emails and would like to, send an email to Michael as per the Club address list. The meeting time will be about 7:15 PM for till daylight saving ends.

After the dive, we normally have a BBQ or go to a local pizza place. In Summer we will be trying to have a BBQ. In January we had up to 8 divers and 4 non-divers attending these dives.

FEBRUARY

SOCIAL AFTERNOON AT THE CATERSONS.

Saturday 5th. February 2005.

25 Rosebery Street Heathcote.

Starting time 4.00 p.m.

Bring along your swimmers and something to throw on the barbie later in the evening.

We will supply salads, plates, cutlery, ice and glasses. Bring your own drinks.

The more the merrier. See you there.

For bookings contact Elly Caterson on 9520 9421 or e/mail lescat@dot.net.au.

Sunday 13th. February 2005.

This is a boat dive to Xanadu, a reef on the north side of Bate Bay in approx. 38metres of water.

For bookings contact Les Caterson on 9520 9421 or e/mail lescat@dot.net.au

Jervis Bay Weekend 19th & 20th February



A weekend for the girls of casual diving, eating, drinking and relaxing....

We have booked accommodation at Tranquillity Base - 2/120

Elizabeth Drive, Vincentia.

Located 5kms south from Huskisson and 1km north of Vincentia on the Beachfront. The unit has two bedrooms, large lounge room, dinning area and sunroom. Sunroom and Dinning room overlook the heated pool, spa and beach front, which you can access just through the trees. There is a large laundry and lock-up garage to store our diving gear.

You will need to bring all your own linen and food for a BBQ on Saturday night. We have the unit from Friday evening to 4pm on Sunday, so you can freshen up after Sunday's dive before heading home. The accommodation is \$80.00 each, which you can give to Kelly at the next meeting or in J.B.

We will be diving with SeaSports at Huskisson, double dives are \$76.00 and air fills \$6.00.

If you would like more information contact Kelly on 0410 599 186 or Carol 9531 1467.



Sunday 20th

Boat Dive with United Divers, Wollongong meet at Wollongong Harbour at 8.30am.

\$40 double dive.

Contact Philip Rose on 9543 0748

Saturday 26th

Social event The Anniversary Dinner to TBA

contact Carol Mapstone 9531 1467

MARCH

Saturday 12th.- Sunday 13th. SCAN event

Weekend diving Nelson Bay

Contact Les Caterson 9520 9421

CLUB WEEKEND AWAY IN APRIL 2005.

Diving Days are Saturday 23rd, Sunday 24th and Monday 25th.

Accommodation is staying at the SWR Dive centre lodge (above shop). Fare includes Three night Accommodation, three Days diving (Double diving with second tank provided) and breakfast on the mornings of diving.

Divers price \$370.00.

Deposit \$50.00 by February 28th payment to Les.

If there are at least SEVEN DIVERS we will have one of the boats to ourselves so we will be able to dive the out of the way places around Fish Rock, other than the cave, if you wish.

If you are interested or want any more info email me David.Burns@integral.com.au or phone me on 0407.219.100.

Lets Go diving.

SHELLHARBOUR WEEKEND

Friday 20 to Sunday 22 May 2005

After an absence of a year, we have scheduled a weekend of diving at Wollongong and Shellharbour. As in previous years, we will stay at the Warilla Bowling Club which provides very cheap and excellent accommodation and facilities. We will use members boats for the diving. The plan is to arrive at Warilla on Friday evening and dive Saturday at Wollongong and Sunday at Shellharbour. Some members are also planning to dive Friday, so if you can, come down in the morning for a couple of dives. Hopefully we can dive the SS *Bombo*, the Five Islands, The Arch, The Pinnacles as well as Bass Point Island.

If you are interested in this weekend, please contact Michael McFadyen as soon as possible. We have booked four cabins and already only a couple of spots remain. He can be contacted via email as per the membership list or 9558 8181 [home]. Cost for the weekend will be about \$50 for accommodation and diving as normal.

Details for John Conolly's proposed Moreton Bay 'Esperance Star' Liveaboard Dive Trip July 2005

July Mon11th - Fri15th 2005

Cost. \$420 /diver. Includes everything - meals, accommodation, tanks, tank fills, etc.

We do three dives on each of the first two days, at least two on the third day, and if the tides are right, two night dives on Curtin Reef.

Refer to www.esperancestar.com.au for a top informative website.

'Esperance Star' is skippered by legendary diver Trevor Jackson.

Transport to Brisbane - drive or fly. If flying, arrival by late Monday afternoon permits plenty of time for boarding. Several in a group can arrange an inexpensive minibus transfer to Scarborough (about 30 minutes drive North of the Airport). Car lockup (free security compound) facilities are at the marina. Those flying can sleep on board overnight (Thursday) at no extra cost and get their flight back on the Friday.

Would interested divers contact me on 95454553 or 0424248266 or email me on 'wjconolly@aol.com'

I will be needing to get a \$100 deposit asap as this boat is very popular. In November when I made the reservation it was the last week available in 2005. we need 12 divers.

LAST MONTH

Thursday 6 January by Michael McFadyen

On this fine night, Dave Burns, Dane Millanta, Eddie Ivers, Peter Trayhurn, Robbie Mapstone, Adam Florence, Kelly Jandik and I met at Windy Point which is just north of Oak Park. We headed east till we hit the sand and then followed the reef edge as it went south and east. The outward trip was not all that interesting, only one sea dragon being the highlight.

However, once we reached the area of Fish Soup (the outermost part of Oak Park) things changed.

Here we saw another sea dragon as we turned around to head back. Along the way we saw a fiddler ray, an eastern shovel-nose ray, and a very small Port Jackson shark. As we approached the exit, I spotted a southern eagle ray. As I followed it with my torch, it turned and whipped around behind me, narrowly missing Kelly. One person it did not miss was Eddie, he was hit by it on his tank. I am sure that he had to clean his wetsuit extra carefully that night!

Back at the exit point we lingered for a while, with a huge wobbegong shark under a rock being the highlight. Other things seen on the dive included lots of yellowtail, small leatherjackets, seapike and lots of colourful nudibranchs. Visibility was quite good, well in excess of 10 metres, and the water warm.

After the dive we headed to Shelly Beach where we set up the BBQ. Also with us were Maureen Ivers, Carol Mapstone and Ellie and Mellie Trayhurn. Mellie's highlight were the possums which came down to feed. Another great night dive.

COLOURS REEF

By David Vandervelden

Sunday 9th January, 16 club members aboard 3 boats set out from Rose Bay boat ramp to dive Colours Reef. There was a bit of a swell outside the heads but not enough to deter 16 enthusiastic divers. "SeaJohn" then "Lescat" followed by Ian set anchor along the wall in 30 metres. I was on Ian's boat and buddied with Dane and Tom. Ian buddied with Louise. We were first down the line and headed east from the anchor to find the wall. Not too far we located not only the wall but also Michael and buddies from "Lescat". I'm not sure how long the wall is as there wouldn't be enough air to cover it from one end to the other in one dive. The wall reaches about 6-7 metres high from the bottom at 30 metres. Its important to watch your deco time on this dive as it will usually run out before your air does. That means good navigation is also important. As the name suggests, Colours is vast with colourful sponges everywhere along the wall. This was also aided by 25 metres vis and maybe even better at times. While the 3 of us were on our safety stop Ian and Louise splashed in and headed down the line. We climbed back onto the boat and patiently waited for the Ian and Louise to return. After

about 20 minutes I thought I noticed the light house east of our location had moved. It was either an ingenious feat of engineering or our boat had come adrift. We took a vote and agreed with the help of Michael sitting on Lescat waving us good bye that we had come adrift. We up anchored and headed back to where we began. Michael pointed in the direction of bubbles ascending from the depths which could only be the rest of our crew. A short time later Ian and Louise joined us at the surface and climbed aboard. Ian commented that he knew he was in the right place even though the anchor wasn't there and so decided to do a blue water ascent. The boats and crew all met up at Camp Cove for the usual post dive feast. All divers appeared to have enjoyed their dive based on the stories of great vis, heaps of fish and of course the wonderful colours found on the dive.

"LESCAT" NON CLUB DIVES WITH LES.

Sunday 2nd.

Barrens Hut

John & Jenny Olsen + Sheila, Bev, Mike.

Viz 25-30m. Lots of tassies, 1 large catfish in the 1st. cave, 1 cuttlefish just outside the same cave. A terrific dive due to the viz

Monday 3rd.

Barrens Hut

Chris from UK, + Rob, Carol, Eddy I., Laurie

Viz about 15m. Not quite as good as yesterday, but still pretty good. We saw same plus one extra cuttlefish. The others were buzzed by thousands of salmon, but Chris & me didn't see a sign of them.

Wednesday 5th.

Middleground

Carol, Laurie, Michael, Carol, Rob, John C.

Viz about 10-12m. No wobbies but lots of life in all the crevices. Big red morwong abundant.

Saturday 8th.

SS Royal Shephard

Peter F., Michael, Kelly

Viz about 10m. Too rough to venture out of the heads. A really good dive from the boiler to the prop. We saw a cuttlefish eating a flounder. It looked very odd at 1st. glance.

Wednesday 12th.

Osborne Shoals

Robyn, Heinz, Eda, Dick, Rob,

Viz 15m. Water dirty down to about 10m. Robyn & me saw heaps. Nudibranchs, serpent eels, blue morwong (which followed us most of the dive), big red morwong, grouper. Probably my best Osborne Shoals dive.

Saturday 15th.

KFC Reef

Rob & Carol, John, Michael, Kelly

Viz about 10-12m. on the bottom. Dirty on the way down. Lots of starfish, cuttlefish, pullers, grouper and morwong. I took some pics that turned out ok.

Wednesday 19th.

Robyn + Eddy I., Graham, Michael, John C.

Viz about 5-7m. Lots of sponges, one stingray, a few cuttlefish. Robyn & me saw a school of thousands of salmon on descent. This was John Connelly's first dive at this site.

Chuuk Lagoon Trip - Sept 2004 by Michael McFadyen

In last months addition referencing Martin, his computer and his Deco, in no way was any malice or criticism intended.

Part 2

By the time we arrived at the wharf (about 3.30 pm) I was in a bit of trouble. I could not walk due to the dizziness and threw up as I attempted to get off the boat. In the end, I had to be almost carried off the boat and was placed on the gear trolley and wheeled back to the hotel. Again, I had to be carried up the stairs as I could not stand.

Once on the bed, I was not too bad so long as I kept my eyes closed. The only thing was that I was still very hot and even the application of cool towels to my head did not cool me down. I drank a little water but I was not getting better. Around this time Kelly and Louise commented that back on the boat I looked like I had a rash on my stomach and on the backs of my thighs. However, the thigh rash seemed to have disappeared by now and it may have simply caused by the heat.

At this time I thought that I must have heat stroke, due to the way I felt. However, the longer I did not recover led me to suspect that this was not correct. At about 7.30 pm it was decided to put me on oxygen and after I had been on this for some time, I had no improvement (in my view) whatsoever. About 8.15 pm it was decided that I

should go to the hospital as it was obvious I was not going to get better quick. I threw up again as I was put into the mini-bus.

At this stage, I should point out that back in 1998 when in Santo, I had a similar experience of dizziness. This cleared almost totally with a few hours and was later confirmed to have been a rupture of the round window between the inner and middle ears. The difference this time was that I did not have an ear that felt full of liquid, I had no hearing loss, I had no ringing in my ear and it was not getting better.

I was admitted to the hospital at 8.30 pm where I was examined by a doctor. His comments were that I was "conscious, coherent, co-operative, [I cannot read the next bits], not in acute distress". My vital signs were taken and were blood pressure 110/70 (normal for me), heartbeat of 88 (higher than normal for me) and respiratory rate of 16. By this time the rashes on the backs of my thighs were gone but there was still a rash on my stomach. My stomach was tender to touch. A neurologic examination showed that I was oriented to three spheres and was dizzy. I had well co-ordinated but weak muscle response. Other things were also normal. The only problem was when I sat up for one of the tests I threw up again. I also had some soreness on the upper arms but this was I am sure related to the tight wetsuit that I had been using for over 20 years and which had shrunk (and I had grown) to such an extent that it was very tight on me.

After this I was put on a saline drip and given one litre every two hours which was repeated when the first one was empty.

A more senior doctor was sent for and after a while he decided he would contact DAN for advice. After speaking to DAN, I was sent to the new Hyperbaric Chamber which is down near the Blue Lagoon Resort. I arrived there at about 11 pm and threw up as I left the ambulance. Over the next three days I would have four treatments in the chamber, ranging from three to over five hours each go.

By the time the third treatment ended, I was feeling pretty good and that night I ate my first food for about 56 hours and even had a couple of beers. I could walk without assistance and only needed to occasionally steady myself against the wall.

The next morning I felt really well. I considered was that I was 98% okay at this time, the only problem being a bit dizzy when being driven in a car. I even went for a walk up the road with Kelly. I had another treatment that day and after I felt almost 100%.

I feel that all of my improvement was not related to the treatments as I neither improved when taken to depth and the only improvement that occurred while I was in the chamber was because of the time that had passed rather than the treatment.

Was I bent? Who knows? All I can say is that I do not think that any improvement in how I felt came from the treatments, rather that I got better as time went on. It should be noted that all medical books on diving illnesses state that it is extremely rare to have inner ear DCS when breathing air (if I was bent, it had to be inner ear DCS as it is the only one that causes dizziness). Nearly all such cases are when people are using helium mixes. Personally, I think that perhaps it was a combination of illness and the extreme heat of the day.

As can be imagined, this was the end of my diving for the holiday. I did five dives and missed 17! I ended up not diving for six weeks, two weeks more than recommended by Dr Lee.

Kelly had been with me all the time I was in the chamber. Unfortunately, this was not just because she wanted to look after me, she had a case of the flu and was unable to equalise her ears so she would not have been able to dive anyway.

While this was all happening to me, the others kept diving, doing some excellent dives.

On Thursday 9 September most of the divers decided to have the day off and Bruce hired a four wheel drive for us to explore the island. Phil, Heinz, Bruce, Martin, Kelly and I went all over the place. We climbed up to the cave that overlooks the main part of the town. This cave has a huge Japanese gun that was to protect the town from attacking ships. From here we went to find a waterfall. After some rough driving we arrived at a spot where some local girls showed us a creek. What a disappointment, the water was filthy and the waterfall nothing more than a small series of rapids. It later turns out that this was not the waterfall, but we never did find it.

From here we went to the old Japanese command base which is now the Xavier High School. We were going to go to the Japanese Lighthouse (which we could see from the school) but we were told it was a US\$10 per person entry fee, a bit steep we reckoned.

After this we looked for a way back along the southern coast to the Blue Lagoon Resort but after a few kilometres we came to a dead-end and locals told us the road still did not extend the whole way.

We headed back to town the long way and had lunch at a small restaurant opposite the hotel. Not bad. Later that afternoon a few of us decided to go to Blue Lagoon to have a swim at their beach. This was very nice.

It was now Friday but I decided not to go out on the boat just in case I became seasick due to some remaining dizziness. The rest mostly dived the *San Francisco Maru*, truly the best dive in Chuuk and the *Hoyo Maru*.

This was Dick and Ida's last day so that night we all went to Blue Lagoon for sunset drinks and dinner. A nice change of scenery and food.

The next day I went out on the boat. They again dived the *San Francisco Maru* but unfortunately for Kelly, her ears played up and she could not do the dive. After that we snorkelled the *Hino Maru No 2* (also known as Gun High Wreck) and then they dived the *Sankisan Maru*, another fantastic wreck.

The next day most dived the huge *Aikoku Maru* and then the oil tanker *Shinkoku Maru* with a snorkel on the *Susuki Patrol Boat 34* in between.

It was now 14 September and I came down a bit crook so I did not go out on the boat. The others dived the destroyer *IJN Fumitsuki* and the *Hanakawa Maru*. Kelly also did a night dive that night on the *Shinkoku Maru*, catching up one lost dive.

The trip was nearing its end, so the last planned dive day was on the *San Francisco Maru* and the *Nippo Maru*. That night we went to the Blue Lagoon again but the food and service was nowhere as good as the previous time (2.5 hours to have dinner).

For a change, the next day's diving was not to be on wrecks. Some of the group decided to do extra dives and Kelly caught up two more dives. The diving was out at North East Pass where the visibility was fantastic. While I was snorkelling,

I could clearly see the divers at over 32 metres, even see what they were taking photographs of. The second dive was a shark dive. There were lots of grey reef and white tipped reef sharks, but not as many as normal. Again, I could see all this from the surface.

For our final night in Chuuk, we decided to put on a party for the dive guides. We bought some beers and ordered pizzas and sat out on the wharf with most of the dive guides till there was nothing left (we drank and ate a lot!).

The final day we did a little local sightseeing before heading out to the airport and the flights back to Guam and Cairns. Here we transferred to a hotel.

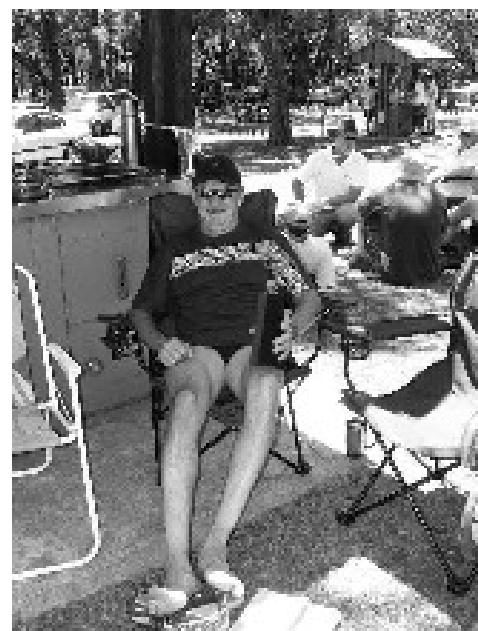
The next morning saw Peter, Phil and Bruce leave early for home while the rest of us (Louise, Eddy, Heinz, Daryl, Martin, Kelly and I) moved to new and different hotels. On Saturday 18 September Martin went home while Eddy, Louise, Heinz and Daryl went on a dive trip out to the reef. Kelly and I went whitewater rafting at Tully (145 km south). The next day Eddy and Louise went on the Kuranda Rail and Skyrail trip (which we had all done before) and the rest of us hired a car and spent the day going to Cape Tribulation.

Finally, on Monday 20 September, we all flew home to Sydney.

All in all, it was a very good holiday, although for me it was obviously not the greatest I have had for diving.

Thanks to Kelly, Eddy and Louise who spent considerable time waiting for me at the chamber as well as Phil, Bruce and others who attended to me before and at the hospital.

SOME PHOTOS FROM THE AUSTRALIA DAY BBQ



DON'T FORGET THE ANNIVERSARY DINNER



***St George Scuba Club
Anniversary Dinner
Saturday 26th February @ 7pm
Cedars Corner Restaurant***

***8 Beach Park Avenue
Cronulla***

***(restaurant is located in the lane opposite
entrance to railway station)***

***Full Lebanese Banquet plus
coffee & dessert
(BYO)***

\$ 35 per person (includes corkage)

***RSVP please to Carol Mapstone by
23rd February***

(02) 9531 1467

COMMITTEE**The committee of the Club for 2004 - 5 is:**

| | | | |
|--|--------------------|--------------|--|
| PRESIDENT: | Steve Shaw - | 9868 4056 | srcshaw@au1.ibm.com |
| VICE PRESIDENT: | Phil Rose - | 9543 0748 | pvrose@bigpond.com.au |
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| NEWSLETTER EDITOR: | Russell Stoker - | 0412 963 527 | rstoker@optusnet.com.au |

INFO OF INTEREST TO MEMBERS

Many members are still enjoying “*Le Scat*” boat dives on Wednesdays, Saturdays and Sundays, with Wednesday being the most popular by far. Don’t forget that to book a boat dive aboard “*Le Scat*” it is only a matter of contacting Les by phone on 9520 9421 for Wednesday or Saturday dives or Michael by phone on 9558 8181 for Sunday dives. (Of course St.George Scuba Club members take preference.)

NEXT MEETING

The next meeting of the St George Scuba Club will be held on 16th February 2005 at the St. George Rowing Club, Levy Street Arncliffe at 8.00 pm. Come along about 7 pm and enjoy a meal at the bistro.

NEWSLETTER

Please send items for the Newsletter to me by the 28th of the month rstoker@optusnet.com.auT. Please note that if you want to send any digital photographs for the newsletter, they be resized to about 150 dpi and a size of about 75 mm wide or high. Change them to black and white and save as a jpg file. This will make the file much smaller and quicker for you to e-mail but still good enough to print.