

Waves 'n' caves

www.wavesncaves.com

Winter 2008



What's been happening?

Welcome to the wavesncaves seventh newsletter.

Firstly, congratulations go out to Kelvyn and Paula Ball on their new arrival, Ruby Ball.

Congratulations also go out to Josh, Ryan, Laura, Sally, Luke, Daniel, Josh, Nick and Christa on the completion of their open water course in February, as well as Ross Fitzgerald who has completed and passed his Instructor Rating!

While we're on a roll, we'll also pass along our congratulations to Dr Richard Harris (Dr. Harry), Andrew Bowie and Grant Pearce on their recent expedition to New Zealand where they reached a new depth at the Pearce Resurgence of 182m!

Welcome to our seventh newsletter—Winter 2008.

In this edition:

- Past Events
- Upcoming Events
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- Diving Headaches
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- Photography Tips
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- News Briefs

It's hard to believe that half of the year has almost gone by, but the weather has cooled down, cray season is over and the big boats have been pulled from the water.

Yet there's still plenty happening. Cave and sinkhole dives are still going forward at the Mount, and plans to dive the Nullabor cave system later this year are in actions, with talk for The President Coolidge and a trip up to Montague island in early stages too for next year. On top of all this, Parko and Kelly will be tying the knot a little later, escaping to Fiji to get away from this cooler weather.



Gary flies the flag Australia Day while diving. What better way to spend the weekend?



Past Events

Jan 12—Bakers Cave

Andrew, Adam and Freddy decided to tackle Bakers cave. This was the first time in 12 months that any divers had visited the site.

Bakers is a little like the shaft to start with, although it has a longer solution tube and a rock just under the surface level which one can rest on while gearing up, etc.

Unlike the shaft, vehicles are used to lift gear and divers out of the water. An 'alternate' route to the back was found by Freddy and enjoyed by all.

This weekend also saw dives at Pines and Allendale East.

Jan 26-27—The Shaft

Freddy guided 'The Shaft' this weekend, and had interesting experiences with climbers and weight belts, and a diver who enjoyed tumbling down the rock pile.

Jan 26-27 Feb 2-3—OW Course

Gary and Linda held an open water course for the Horshamites these two weekends, which started with Theory and Confined dive sessions at Horsham, and ended up down at the coast for the shore dives.

Students were introduced to less than favorable conditions, however, Clyde, Caleb and Adam took the most of the situation and enjoyed some drift diving at Pea soup.

March 1st—Portland

The Warrnambool guys hitched up the club boat, and headed to Warrnambool to join others from Horsham. Some of the new students had a dive along the breakwater and then took on their first boat dive.

Divers from the Warrnambool Sub Aqua Club enjoyed the worst of the worst, tackling swells, and being greeted to less than half a meter vis. Sadly, the Emily was not dived this day.

March 2nd—Ewens Night & Dry Caving

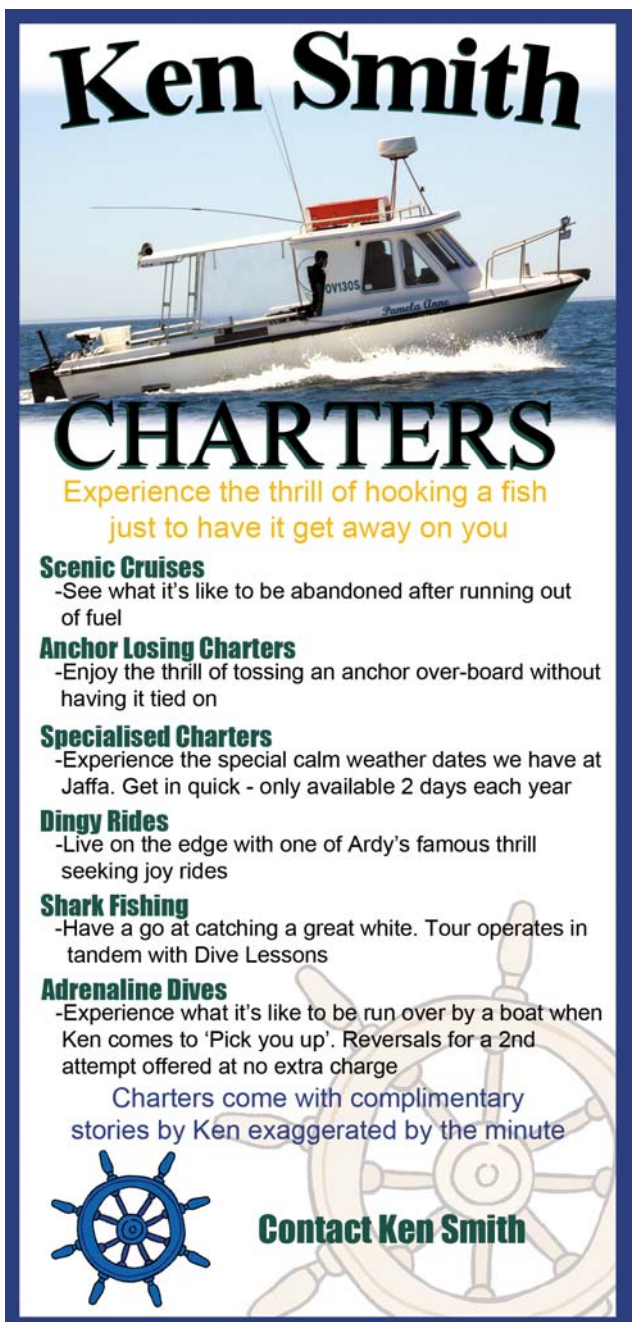
A group from Horsham, keen after seeing the sea at it's worst this month headed back to Ewens for clear water, and enjoyed a night dive through the ponds. The following day was spent out of the water, exploring Morgan's cave and getting a bit dirty.

March 22nd—24th—Easter Weekend

A group from Horsham and Warrnambool met at the shaft to explore the depths below, as well as taking some time to enjoy other caves in the area.

Thankfully this year Freddy did not lose his beverage to the whims of a flying missile. The threat that anyone climbing with a weigh belt shouts the guide a slab was enough to keep everyone well behaved this weekend.

Also on this trip, Smiley exposed his 6th sense as he prevented disaster and paused whilst abseiling just inches from the water to get someone to 'check his drysuit zip'.



Ken Smith

CHARTERS

Experience the thrill of hooking a fish just to have it get away on you

Scenic Cruises
-See what it's like to be abandoned after running out of fuel

Anchor Losing Charters
-Enjoy the thrill of tossing an anchor over-board without having it tied on

Specialised Charters
-Experience the special calm weather dates we have at Jaffa. Get in quick - only available 2 days each year

Dingy Rides
-Live on the edge with one of Ardy's famous thrill seeking joy rides

Shark Fishing
-Have a go at catching a great white. Tour operates in tandem with Dive Lessons

Adrenaline Dives
-Experience what it's like to be run over by a boat when Ken comes to 'Pick you up'. Reversals for a 2nd attempt offered at no extra charge

Charters come with complimentary stories by Ken exaggerated by the minute

Contact Ken Smith

April 25-27th—Mt Gambier Caves (Wet and Dry)

The Pines, Fossils Cave, Mud Hole and Englebrechts West were visited over this weekend, including a scout through the caves at Snake Hill, where many small passageways were crawled through, and decorations observed. Also found was a cave with bats that were coming to hibernate over the winter period.

Upcoming Events

June 1st—Hells Hole Day

A guided dive will be available at Hells hole this day, followed by some snags on the BBQ. Hells hole takes some preparation to get into, so why not make the most of this opportunity and come on down to the Mount this weekend. We dare say that other sites will be dived on the Saturday.

June 7th—Loch Ard

Once again, weather dependant, some hope to dive the Loch Ard wreck down near Port Campbell this weekend. More details will follow on our website and mailing list as the time draws closer.

July 5th—Mt Gambier (Long weekend)

Kilsby's and possibly the shaft will be open this weekend. Other dive possibilities include Pic's, One-Tree, Little Blue, Pines, Englebrechts, Allendale and Ewens, depending on numbers, experience and interest.

Sadly though, this is the last long weekend until Christmas. Why they're all stacked up so close at the start of the year is anyone's guess.

August 8th—HMAS Canberra

Hoping that all goes to plan, the HMAS Canberra should have been scuttled by now. This brand new wreck for the Queenscliffe area is sure to be a great attraction. See website for more details as dates or site may change depending on whether the wreck is available to dive by this date (or earlier!)

Sep 27—Oct 11th Nullabor Trip

A trip will be taking to the middle of nowhere to dive

some of the great world renown cave sites over on the Nullabor plains. Cave rating is required for this trip. (Those not yet cave rated and interested in this sort of diving should consider getting endorsed early to make sure they don't miss this fantastic life experience!)

October 17th—Catch N Cook

Cray season will be back into the swing, and we're sure that theirs more than just a couple that will be ready for the great hunting and the feeding experienced found with these unique creatures. There has been talk of holding a catch n cook this weekend over at Port MacDonald.

Short Notice Events

Diving events happen almost on a fortnightly basis, with trips all over the coast and inland at caves! These trips, normally decided within a week of the dive are communicated between divers on the waves n caves mailing list.

If you are not on the mailing list, then you are most likely not in the know of the majority of the dives that take place!

If you would like to be on the mailing list, send an email to adam@wavesncaves.com requesting to be added. The mailing list allows all involved to be able to send emails to the list members about any intended dives. ✍



Brittle Starfish found during Open Water Course in Portland

Reverse Profiles (Fact or Myth?)

Some debate has been raised regarding reverse dive profiles. (That is when the second or subsequent dives are progressively deeper than the previous).

This diving goes against everything taught in student dive books as well as on dive courses, however it seems to be occurring more and more often in the diving community. Have dive masters gone mad or is the traditional teaching to do the deepest dive first incorrect?

As soon as we descend from the surface we start to breathe gases at increased pressure. The increased partial pressure of nitrogen begins to exceed the pressure of nitrogen in the body's tissues, causing the tissues to take on more nitrogen. When we start our return to the surface this effect is reversed and nitrogen begins to leave the tissues, enters the blood stream and is exhaled out via the lungs.

When the pressure gradient that develops in the tissues to the lungs exceeds a certain size, then bubbles start to form which can then cause decompression sickness (DCS). These bubbles are more likely to form with the rapid change of pressure (such as that of a quicker ascent from a prolonged dive at depth), if bubbles already exist from a previous dive or if a problem exists with the elimination of nitrogen (which can be caused by poor blood flow due to hypothermia developing during the dive) or PFO. Other addition (but mainly poorly understood) factors may contribute to the nitrogen bubble formation such as alcohol, dehydration, obesity, viral infections or heart abnormalities of certain types.

It is now recognised that most non-decompression dives cause measurable bubble formation

DIVING SCIENCE & TECHNOLOGY, CORP. TABLE 2
SURFACE INTERVAL CREDIT TABLE

	35	40	50	60	70	80	90	100	110	120	130	140	
A	10	9	7	6	5	4	4	3	3	3	3	3	0:00 0:48
B	19	16	13	11	9	8	7	6	6	5	5	4	0:00 0:47
C	25	22	17	14	12	10	9	8	7	6	6	5	0:00 0:21
D	29	25	19	16	13	11	10	9	8	7	7	6	0:00 0:09
E	32	27	21	17	15	13	11	10	9	8	7	7	0:00 0:07
F	36	31	24	19	16	14	12	11	10	9	8	8	0:00 0:06
G	40	34	26	21	18	15	13	12	11	10	9		0:00 0:05
H	44	37	28	23	19	17	15	13	12	11	10		0:00 0:05
I	48	40	31	25	21	18	16	14	13	11	10		0:00 0:05
J	52	44	33	27	22	19	17	16	14	12			0:00 0:05
K	57	48	36	29	24	21	18	16	14	13			0:00 0:05
L	62	51	39	31	26	22	19	17	15				0:00 0:05
M	67	55	41	33	27	23	21	18	16				0:00 0:04
N	73	60	44	35	29	25	22	19					0:00 0:04
O	79	64	47	37	31	26	23	20					0:00 0:04
P	85	69	50	39	33	28	24						0:00 0:04
Q	92	74	53	42	35	29	26						0:00 0:04
R	100	79	57	44	36	30							0:00 0:04
S	108	85	60	47	38								0:00 0:04
T	117	91	63	49	40								0:00 0:04
U	127	97	67	52									0:00 0:04
V	139	104	71	54									0:00 0:04
W	152	111	75	55									0:00 0:04
X	168	120	80										0:00 0:04
Y	188	129											0:00 0:04
Z	205	140											0:00 0:04

Z Y X W V U T S R Q P O N M L K J I H G F E D C B A

that cause no symptoms or illness. The presence of these nitrogen bubbles and the residual nitrogen in the tissues previous to a subsequent dive needs to be taken into consideration when planning dive profiles.

However, returning to the original debate - does it matter if dives are made in reverse profile? Unfortunately the Myth busters team haven't put this to the test for us. However, some others have looked into this with some interesting findings.

To start, we find that the rule of having the deepest dive first can be traced to recreational dive manuals written in the early '70s. Earlier origins cannot be found! There is no reference to the issue in the US dive manual or other occupational diving texts.

In 1999 at the Smithsonian Institution a workshop examined all the theoretical, experimental and practical data for reverse profile diving. These experts came to the conclusion that no reason exists to prohibit reverse profile diving **for non-decompression diving** using air or nitrox to depths less than 40m. They do however add that **any depth differentials should under 12m**, and that this conclusion should not be extrapolated to

any other types of diving.

On a more practical note, it is interesting to see that a diver can calculate that longer bottom times are gained by doing the deeper dive last, with no increase in risk as long as the tables are accurately followed.

Don't expect this information to find it's way into any student dive manuals in the near future though. It will take some time before the dive industry becomes convinced to ditch the training against reverse profiles.

Please note that this information provided is a summary of collected information found. It is given as is, and without any warranty. We do not endorse reverse profiles ourselves, but are simply passing on information we have found regarding the subject as a point of interest.

Did you know...

Kangaroo's swim in the sea? Yes—it's true. In fact, there have even been two eye witnesses back in Dec 07 who saw a Kangaroo get taken by a shark off Torquay beach!

The unfortunate roo was about 200m out to sea for a paddle when it was struck by a shark!

Diving Headaches

During our diving, most of us at some stage have experienced headaches at some time. We are going to explore some of these types of headaches, the cause, and the best way to prevent them.

Carbon Dioxide Headaches.

CO² headaches normally increase near or on the surface with intensity at the end of the dive. This is caused by an increase in the body's carbon dioxide level, which stimulates receptors in the brain's blood vessels.

These are normally caused by a diver taking shallow breaths of air (where the diver is not fully exhaling out all the CO²).

The condition can also be caused when a diver skip breaths (holding their breath and pausing after each inhalation).

The condition can be encouraged by deeper dives where the increased density of the air/gas excites a more turbulent flow, or by excessive work loads which can cause a diver to over-breathe their regulator.

Considering that carbon dioxide is a number of times more narcotic than nitrogen, the potential impact of extreme excessive carbon dioxide buildup is a dulling of the divers senses to the point of sleep.

The best way to avoid CO² headaches is to take deep breaths, making sure you exhale fully on each breath, thus exhaling as much CO² from the lungs as possible.

Dehydration Headaches

Dehydration along with CO² is one of the most common causes of headaches, yet can continue to go unrecognized. One of the first symptoms of dehydration is

headache accompanied with dizziness, which can range from mild to severe, depending on the degree of dehydration. Other symptoms can include a deep yellow color in urine (although this is normally hard to detect when diving).

The body uses internal fluids to maintain it's temperature. When the body runs low it begins to concentrate fluids internally and peripheral flow is cut down. In turn, this reduces the ability of the body to off-gas as the capillary exchange at the extremities has become less efficient due to decreased circulation, which in turn throws out all of the deco models.



A diver can believe that they are off-gassing normally, whereas in reality, they are not! Watching your computer or following the tables won't help because the formulas used are no longer valid. The blood flow to the brain is also reduced due to dehydration. This results in reduced oxygen flow to the brain and headaches and dizziness occur accordingly.

It is advisable to drink at least two liters of water a day, however When engaged in SCUBA diving, it is recommended to increase this to about four liters a day. The suggestion for divers would be to hydrate with water shortly before diving and during surface intervals. Dehydration can be a greater risk factor with diving because the air that one breathes is normally completely

dry, plus many divers are wary about over-drinking because they don't want to have a full bladder whilst diving (especially in a dry suit!). While this is understandable, care should be taken than a diver never dehydrates.

Sinus Headaches

Sinus headaches are caused by the a sinus squeeze during ascent and descent. The symptoms are pain in the face or forehead (and can also include pain in the cheekbone).

A diving headache caused by a sinus squeeze is generally a failure to equalize pressure. This is most commonly caused by (but not limited to) inflammation of the sinuses or nasal cavity from allergies or a cold.

Prevention can include slowing your ascents and descents or using decongestants. Note however it is best not to dive when you are unwell.

Tension headaches

Tension headaches can cause symptoms such as a pain in the head and the back of the neck. These are caused by muscle strain due to anxiety and muscular rigidity.

Wearing mask straps, hoods or neck seals that are too tight can also cause tension headaches, along with not equalizing the mask during descents, as well as the clenching of the jaw.

Prevention can include learning to relax in the water, wearing the correct fitting gear, equalizing the mask on descent by blowing out gently through the nose and not over tightening the mask strap.

Migraine Headaches

Migraine headaches include symptoms such as severe pain, visual changes, possible numbness or weakening of a limb and nausea.

Post dive vomiting can also be brought on by a migraine headache, but, if coupled with other symptoms, could indicate a DCS headache.

If the diver has a history of migraines, then there could be a direct correlation between diving and the onset of the cranial pressure.

It should be noted that many of the medications used for the treatment of migraines contain elements which will increase the risk of nitrogen narcosis.

Unless one is able to take measures to prevent a migraine attack, those with migraines should not dive.

Anyone who suffers from migraine headaches and wishes to dive needs to consult a physician, preferably one who has knowledge of SCUBA diving medicine.


DCS Headaches

Headaches can also be a symptom of decompression sickness.

DCS is caused by the formation of nitrogen bubbles as dissolved nitrogen comes out of the tissues on ascent.

This can lead to permanent physical impairment or death.

A diver should seek immediate medical attention if a diver complains of a headache and has other signs of DCS such as joint pain, swelling, skin rash, itching, dizziness, nausea, vomiting, ringing in the ears, and extreme exhaustion.

A diver is at risk of DCS when they do not perform decompression stops after deep or long dives before surfacing, or by ascending too quickly (such as can happen during a panicked ascent or a CESA). 

Top 6 things to do with non diving spouses

1) Tell them to find a good position on shore and keep an eye out for flares - that RIB engine is looking distinctly dodgy.

2) Buy them a book on knots; that shot line is going to need a good splicing at some point.

3) Make them Food Marshal for the weekend. They are in an ideal position to get into the queue for the teas and sarnies as soon as the boat is in view. By the time you've come alongside, they might be near the front. Well, almost.

4) Get them a Pokémon Game boy: it's cute, absorbing and all the rage. Just be warned - they are likely to get mugged by rampaging gangs of five-year-old children.

5) Involve them in the subtle art of brass restoration: you're too busy bringing up spidge to bother polishing it as well.

6) Best of all, get them on a boat handling course - a non-diving skipper means fewer fights about who gets to dive slack. And they can haul up that shot without risking a shoulder bend - perfect. *Excerpt from Diver Magazine Feb 07*

Looking for Accommodation?

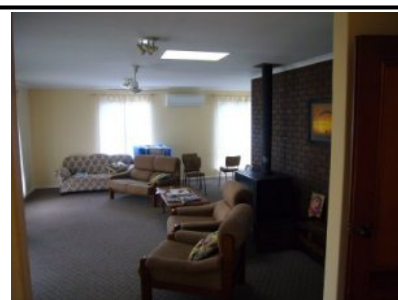
Whether you're chasing it for a night, a weekend or a week, this spacious 3 bedroom house with good size living areas and fully furnished, located in Wimmera Street Mt Gambier may be what you're looking for.

It includes an outdoor entertainment area at the back with facilities for diving gear to be hung up on. Perfect for scuba divers visiting the Mt Gambier region, whether to dive in caves or the nearby sea.

It also makes an excellent place to stay while doing your CDAA course! Prices start at \$20 / head / night.

For bookings, contact Kelvyn or Paula Ball

Ph: (03) 5384 2259
Mob: 0428 842 259 / 0427 842 259
Email: freddy14569@bigpond.com



Deadly Creatures

The blue ringed octopus

Two species of the blue ringed octopus exist. The *Hapalochlaena lunulata* is the larger of the two, and found in the more tropical waters, whereas the *H. maculosa* is the smaller and is found more so in our diving area along the southern half of Australia.

The maculotoxin in the venom is very similar, and in fact indistinguishable from Tetrodotoxin TTX.

Tetrodotoxin (TTX) is a remarkable substance which is found in a number of marine life including toad fish, porcupine fish, puffer (blowfish, globe-fish). TTX like substances can also be found in creatures such as crabs, some frogs, shellfish, sea stars, flatworms and of course, our blue ringed octopus.

When humans ingest a toxin (such as when dining out on puffer fish) it is called a poison, when the toxin is injected (as in a blue ring bite) it is called a venom.

TTX was identified by a joint American-Japanese research group in 1964, and somehow (crazily) found it's way to be a exotic dish for the Japanese.

TTX works by blocking nerve impulses to voluntary muscles so causing a "dose-dependent flaccid paralysis". This basically means that the victim remains awake but is paralysed and so unable to breathe or move!

The toxin is similar in both species of blue ring octopi and is injected by a bite from the octopuses parrot like beak, which is often painless! After about 10 minutes though the symptoms of the poison begin to develop, which includes weakness and numbness around the face, and then accompanied by nausea and vomiting.

In one case cerebella effects were noted.

Only two human fatalities have occurred in Australia along with approximately 15 episodes of envenomation over the past 50 years.

The good news though is that the blue ringed octopus is far from an aggressive creature, and will not bite unless handled. It will normally choose to first warn it's potential victim off by showing it's bright blue rings to indicate it is 'not happy'.



Rescuers handling a blue ringed octopus bite victim should keep in mind that a victim can remain awake during the rescue and thus should not make audible predictions of poor outcome, as the victim will be able to hear all that is said while they remain conscious (even if they appear dead!)



First aid in a TTX envenomation/ poisoning can be life saving! Expired air resuscitation (EAR) will support the victim's breathing until an advanced life support can be instituted with airway protection and mechanical ventilation (such as an iron lung).

This external support for breathing will be required for 4 to 8 hours until the toxin wears off. At this point in time there is no antidote.

The female octopus lays around 50 eggs in autumn and carries them about under her legs for 6 months. Once the eggs have hatched, the female dies. ✍️

Warrnambool Sub Aqua Club

The Warrnambool sub aqua club plan dives for every weekend, which range widely in the skill levels involved, so there's something for everyone!

The Warrnambool sub aqua newsletters are on our website, and dates are listed on our main page, as well as our calendar.

They're a bunch of friendly divers, and more than happy for you to join them for a dive.. Why not take them up on the offer!

However, if you are going, make sure you let the mailing list know your plans, as there may be other interested people who would come with you. ✍️

Why go Cave Diving?

For many, the terms cave diving strikes fear into the heart, with thoughts of being trapped in the dark depths of a flooded small hole underground, and with time (air) running out. The whole idea of diving where there is no direct access to the surface sounds crazy and extremely dangerous.

However, each year more and more divers take on membership with the CDAA (Cave Divers Association of Australia). Are they all adrenaline junkies and extreme risk takers, or is there more to cave diving than meets the eye?

Unfortunately, cave diving has a reputation that it does not deserve. Many people have been using partial facts about cave diving to make it sound like one of the deadliest craziest things you could ever do.

This not only comes from people who know nothing about cave diving, but also sadly enough from some cave divers themselves. (Probably trying to make themselves look more *mucho* and tougher than they really are. Maybe they think it makes them more attractive to the opposite sex?)

Cave diving in it's early years started off with significant risk. Many died as there were none who had gone before them to set precedence, who could advise them of the risks, and precautions that we take for granted today.

Most of what you hear today is based on these early expeditions, and not on current information. Would it be fair to compare sailing from England to Australia to what happened a century ago, or how safe flying is by ignoring what happens today and focussing at what happened back in the 1920's? Of course not. But sadly, this is what is happening with cave diving, and it's giving the sport a bad name.

Of course, cave diving, just the same as normal diving has it's dangers, but once you know those dangers, and how to avoid them, is can be just as pleasant and safe as open water diving for those who are prepared and properly trained.

Firstly, it may come as a relief to know that no one has died in Australian cave diving in more than a quarter of a century! You may think that this is because hardly anyone takes up cave diving, but during this 25 year period over 4,000 members have been trained to dive caverns and caves in Australia, with more than 700 of them still active within their membership in the CDAA each year.

But, we can talk and deal with the concerns of dangers a little later. For now, let's stand aside, and



look at why so many take it up. What is the big attraction?

For some, it's the ability to further their training, to learn more and expand their skills. To become that 'better diver' and to constantly grow.

For others it's the exploration factor—the ability to explore cave systems, and be able to combine this with a sport they love so much.

Others are cavers, and simply use cave diving to get through flooded sumps so they can explore another section of the dry cave further onwards. (Which is how cave diving first started out in Europe. Not by divers, but by cavers).

Then there are ticket chasers, just another thing to add to their list of credentials.

Finally, there's those who are chasing the ability to dive in clear calm water no matter what time of the year it is or what the weather is doing.

Whatever the reason is that one gets involved in cave diving, it's rarely the reason they stay! Once introduced to this new diving environment, a diver is normally treated with far more than they initially hoped for.

Let's have a look at some of the attractions, and what they have to offer.

Calm Waters...

Let's face it . For those of us living on the southern coast of Australia, the weather isn't exactly the kindest to those who love diving. Every now and then you'll get the perfect weekend, but wouldn't it be nice to choose the weekends that suit you, instead of constantly having to change plans to suit the weather?



Cave diving is the answer. With cave diving, it doesn't matter what the weather is like outside, the waters will always be the same. Not only do you not have to worry about swell, or any kind of water movement, you also get near air visibility in most caves all year round! You haven't experienced good visibility until you've dived in caves (even if you've dived in the tropics!)

This was the primary reason I decided to take my deep cavern course. To be able to dive when I wanted to, instead of when the weather dictated. As I type this up now, I'm planning some cave diving this coming weekend. The weather—absolutely shocking for diving.... in open water that is. But it won't affect me. I can still enjoy some good dives.

While I found this to be the answer to my problem of bad weather, I soon learned that the benefits didn't stop there.

The technical side.

Just the deep cavern course itself will not only get you into fantastic dive sites, but also gives you other qualifications that would require numerous courses outside of the CDAA to complete. For instance, a single CDAA deep cavern course will also equip you for:

- Peak Buoyancy Control
- Technical diving
- Wreck Penetration Diving
- Deep Diving (to 40m)
- Cavern Course.

... through another agency. All this, as well as the added benefits of being able to dive many of the great fresh water caverns and sinkholes around the Mt Gambier region, not to mention the rest of Australia!

More than 4 separate courses from another dive

organisation is wrapped up into a single course with CDAA!

So, if you want to go dive the wrecks around our southern coast, why would you join up for multiple courses (such as deep diving course, wreck penetration, etc) with another agency when all these are covered within the first step to cave diving?

Exploration...

I've found that most of us don't really have a grasp of how much enjoyment exploring a cave can be until we've done it. I've been with others who have gone into a dry cave system for the first time, or maybe explored a small cave in the ocean on scuba who went in with questions and doubts about the enjoyment it can bring, and came out the other side with a whole new attitude.

Even my wife couldn't understand how enjoyable it could be until she got to sneak into her first cave at sea, surfacing with a smile from ear to ear.

Exploring a cave system underwater is an experience that can not be explained in words, so I won't even try to begin, but mark my word—I was never interested in the exploration side of cave diving when I started—I only wanted clear calm water all year round. What a completely different outlook I have on it now! I started only wanting my deep cavern ticket—but it wasn't soon until I decided I wanted more!

Some cave diving sites look rather daunting (such as the shaft—which has a small hole in the ground for the diver to enter), but there not all like that. There are other open sites that are much less intimidating, and even quite inviting, such as Kilsby's or Piccaninnie Ponds.

Cave diving certainly isn't for everyone though, as there's more to the training than the open water






course, but don't let this scare you! There are certainly more people out there that would think it's not for them who are wrong, than those who think it is, and it isn't.

Cave diving isn't all about big dark scary holes (although there are plenty of them if that's what interests you). You first start with the cavern course, which is an introduction to some cave environments (such as Pic's) that are beautiful places to visit.

And as for the dangers, the gear used in cave diving is a little different to your normal open water dives. Everything has redundancy, and some with multiple redundancy options. You are actually better equipped to deal with the unexpected in caves than when open water diving, not just with the gear setup, but also with the training!

If you enjoy diving, and live anywhere within a couple of hours of Mt Gambier, I'd highly recommend you look a little further into what a deep cavern course can do for you. From there, who knows where it might lead you! 



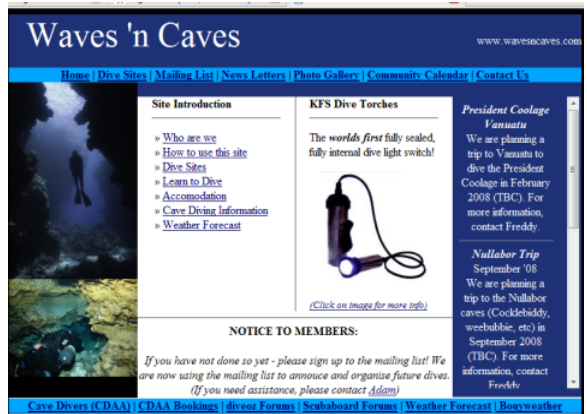
Scooter Manufacturer releases it's new range of underwater dive scooters.

Have you visited our website lately?

Recently we have had some new video's uploaded to the website, including video footage of the Goat Track in Tank cave, and Englebrechts East in Mt Gambier.

New photos are uploaded almost on a weekly basis of our most recent dives. Please feel free to post some diving photographs up on the site yourself!

Current and past editions of the Waves n Caves newsletters as well as the Warrnambool Sub Aqua newsletters can also be found and downloaded on our website.



We also have an account with buoyweather, although this has now been suspended until warmer weather avails again. If you do not know the password to access the 7 day forecast, please sign up to the mailing list and request it there. (If you require assistance, please feel free to email adam@wavesncaves.com for assistance.

The latest information on upcoming dives, including the interactive dive calendar can also be accessed via our website.

If you've got an idea or suggestion for the website, would like to submit a newsletter article, or would like to advertise on our website, or newsletter, please let us know. We are always looking for more articles, jokes, funny pictures, ideas, constructive criticism, etc.

Presently, we are averaging between 100 to 150 unique visitors every month to our website, and over 5,000 views of our video files.

Jokes submitted by our readers...

Riddle: Three dive buddies were driving to a dive site and stopped at a motel for the night. The room rate was \$30, so they each paid \$10 and went up to the room.

Later, while getting some ice, one of the buddies met the person from the next room and found out that he had paid only \$25.

When he told his buddies, they decided to call the manager to find out why they had paid \$30.

The manager admitted the mistake and gave the bellhop \$5 to give back to the divers. The bellhop said to himself: How can I split \$5 between 3 guys? I will give each of them \$1 and keep \$2 for myself! Which he did.

So now the divers had paid \$9 each (\$10 less \$1 they got back). $3 \times \$9 = \27 . Plus \$2 the bellhop kept = \$29. What happened to the other dollar?

Always wanted to be exploited by dive boat operators? Well, here's your chance.

By enrolling in a PAPADIDI* course you can master the best techniques to ensure that you will always be the person the boat skipper calls on to haul in the anchor, especially after that extra bubble producing long and deep dive.

After entering as a SERF (Senior Extractor of Rope Facilitator), you can proceed to be a STOUGE (Special Teaching On Odd Grapple Elevating) before reaching the valued rank of SLAVE (Special Lifting of Anchors Via Elevation).

Write or call now for more information about how to waste your valuable money on our extremely useless and exploitive courses.

* Professional Anchor Pullers' Association and Dive Implement Device Instructors

PO Box \$5000 Sydney, NSW \$2000, telephone 1800 muchmoney

Personal Add...

Young attractive male seeks female dive buddy for shared recreation and friendship, must have boat.

Please sent photo of boat.

In days of old, When divers were cold
And before dry suits were invented
The best latrine was neoprene
Especially if it was rented

Two sports divers were kitting when one noticed the other putting vaseline on his hair and patting it down,

"What are you doing that for" said the other diver,

"There's bleedin' sharks in there, I need all the speed I can get" came the reply,

Don't be daft, you can't out swim a shark!

True.... just as long as I can out swim you!

Q. Why do SCUBA divers fall backwards out of boats?

A. Because if they fell forwards, they'd fall into the boat!

Q. What lies at the bottom of the ocean and twitches?

A. A nervous Wreck.

A diver was shipwrecked up onto a lonely and tropical shore. As he stood up he noticed his hands were purple, he looked at his feet and they were purple, worriedly he unzipped his wetsuit and his chest and stomach were purple. With his head in his hands he cried, "Oh No!, I've been marooned!"

Sayings guaranteed to annoy the dive operator...

"Can I keep this coral your anchor broke off?"

"Buddy? Oh, did I go down with a buddy?"

"Can someone lend me a computer, mine keeps flashing 'DECO VIOLATION'?"

"Does anyone else smell smoke?"

"What do I do with this bucket of vomit?"

"Is that your mask under my tank?"

Wookey Cave

By Linda Claridge

Wookey Hole, Somerset was the site of the UK's first cave dive using Standard Diving Equipment—lead boots, metal helmet and surface supplied air. In 1935 two divers—Penelope Powell and Graham Balcombe entered the water here for the first time at Chamber 3 with this bulky, loaned equipment in a bid to explore and hopefully confirm, a link and possible cave between here and Swindon's Sump, some 3kms away.

My thoughts were a million miles away from these early days as I slowly entered the cold dark water of Chamber 3. The tick silt was disturbed far less than I expected and that which did lift up created interesting swirling patterns in the thigh deep water around us.

Heavy and clay based, the bottom was more slippery than I expected though, and care was needed not to end up unceremoniously dumped on your backside.

A final check of our gear—we were all wearing side mounted 55's, and a quick orientation to the location of the fixed line stretching out across the silt beside us and we all slowly sunk beneath the surface to follow Martyn Farr into one of his favourite caves.

The first 5-10m was very low vis, but once clear of the entry area this increased to a pleasant yet chilly 2-3m vis.

We had all shipped our personal dive equipment over to the UK for the trip and I was most appreciative of my dry suit and undergarment in the 9 degree water and I watched Martyn fin along in his wetsuit, rubber boots and fins! Standard cave diving attire for Wales and England it seems!

Swimming along in single file we moved through the cave to Chamber 9, glancing up at the air surface above us as we passed by Chambers 6 and 7. Surfacing at Chamber 9 we were surprised by a mass of pulsating colored lights, loud music and a sea of faces staring back at us. Not a welcoming party but rather a tour coinciding with our dive.

Wookey Hole has regular tours throughout the cave allowing visitors the opportunity to view Chambers 3-

9 without getting their feet wet and to learn about the history of this cave. This artificial tunnel was driven to this area of the cave in the 1970's by the then owners, Madame Tussauds and allowed 70m of submerged tunnel to be replaced with a 2 minute walk.

We descended again, mindful of the fact that in only about 10 minutes we had traversed an area of the cave (92 meters in length) that had taken the early explorers 13 years (1935-1948) to negotiate.

We continued on with our dive, each section differing from the one before, silty, muddy, sandy, rock collapse or long rock slabs. Down towards Chamber 15 we squeezed through the tightest area of the dive, also the deepest at just under 22m.

Using air and our side mounted cylinders this was a relatively straightforward exercise but in 1960 when John Buxton finally negotiated this awkward, but passable constriction on a 50/50 mix, lead boots, and front mounted rebreather it was a whole different ball game and a major step forward for cave diving and especially for Wookey hole.

Meanwhile in other areas of the world the new aqualung was beginning to be used and only a year before had reportedly been used on a dive to 102m in Southern Rhodesia to establish the bottom of the Sleeping Pool. In Britain a few dives had been completed on the aqualung but the conventional organised cave diving fraternity remained sceptical about aqualungs.

By 1962 this scepticism waned and the aqualung took over as the equipment of choice. Wetsuits also took over from the old style dry suit and fins replaced the need to walk upright in weighted boots. The style of exploration was changing in Wookey Hole.

As we swam along the tunnel towards Chamber 20 I felt the gentle flow of water against me, even in my dry suit and warm undergarment I could feel the chilly 9 degree water cooling me down—bugger the wetsuits!

We eventually located the 3 way intersection and surfaced in Chamber 22—our planned turn around point—for a chat prior to descending back down through the now much lower vis and beginning our traverse out of the cave.



Divers surfacing at Chamber 9 prior to continuing on towards chamber 22.



The low sandy flattener seemed much more user friendly on the way out with the slight current now working with us. We soon arrived back at chamber 9—no greeting party this time—very cold but elated at having completed Chamber 3—Chamber 22 and returning in just under an hour. The early divers who paved the way, without fixed lines to guide every step, without the advances in modern dive technology that we now take for granted took 35 years to get to this stage.

We carefully climbed up the muddy slope made worse by our wet presence on it and exited up and over the ladder and railing at Chamber 9—no mean feat in all our side mounts—and headed out of the cave, still fully kitted up via the cheese room. This area of the cave has been set aside for the curing and again for the very tasty Wookey Hole Cheddar cheese.

Outside in the sunshine we were finally able to dekit on the grass much to the pleasure of the tour guides and their visitors. A rather unusual dekitting area we were in the midst of the famed Wookey Hole theme park surrounded by witches, dinosaurs, cavemen and wooley mammoths, our excited chatter often interrupted by the recorded roars of the numerous dinosaurs in the area!

A most magical dive steeped in history and only made possible by the generous assistance offered to us by Martyn Farr, Steve Marsh and Andy who share their knowledge, dives, tall stories, cylinders and experience with us. ✍️

Articles Wanted

If you have a story to share, some good diving jokes, or an article you would like to write up, please let us know! We are always looking for more articles to put in our newsletters!

News Briefs

HMAS Canberra

The Birdon Group has been appointed by the Federal government to prepare and sink the 30 year old FFG-7 class guided missile frigate. A large seagoing tug is already on its way to Rockingham in Western Australia and will soon begin towing the 138 metre long warship to Geelong in Victoria.



It's expected to arrive through Port Phillip Heads before the end of June, and will be berthed at Geelong's grain pier where she will be stripped and prepared for sinking off Point Lonsdale and Barwon Heads.

Unfortunately, this work is expected to take at least six months, but VARS expects that the ship will be sunk before mid 2009 in 30m of water.

The size of the ship, and the depth means that divers of all qualifications should be able to dive on this ship and visit at least part of it, with the upper half of the ship to be accessible for recreational Open Water class divers.

The location, also much better than where Adelaide's HMAS Hobart lies in that there will be less hassles with current being outside the heads.

Within days of the sinking, VARS expects to have divers reporting schools of small fish sheltering in her cavernous hull. And after just a few weeks, her grey war paint will be mottled with the seedlings of an undersea garden as the warship starts to become a living reef.

Giant Squid found in Portland

A giant squid was netted in Portland on May 26th by commercial fisherman. Fisheries Victoria says



the creature is being kept in a freezer and will be transferred to the Melbourne Museum. The museum is yet to confirm whether it will be used for scientific research or put on display. Bob McPherson of the local sport and Game Fishing Club says it is not the first squid netted off Portland, but it is the largest. ✍️