

Waves 'n' caves

www.wavesncaves.com

#10 SUMMER 2008/2009



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What's been happening?

Strewth, the crazy season's finally behind us, the hot n dry weather is upon us, and the sea has been maintaining it's dogs breakfast like conditions for a while now—yet there's been crazy divers out there still finding places to make a splash.

A few divers 'yondered over to the Fleurieu Peninsula to have a gander. Others have been diving the caves and sea (on the odd occasion when it's been grouse), and when not, divers have taken to alternative sites, giving locations such as the Hopkins river a burl, and others have done some diving at Port Phillip Bay.

A pat on the back goes out to Parko and Ross for the completion of their CDAAs Cave rating in February too.

All in all this summer hasn't shown us bonza conditions of late, infact you'd be forgiven for standing around like a stunned mullet wondering what to do with yourself.

Well—in this edition we'll report on a few dive sites that we found that were as good as gold to dive where divers were able to hoon on out to and had a ripsnorter of a time, as well as add in a new feature article about Scuba Snoopy's dive expeditions!

Sit back, whack a sanga on the barbie and enjoy what we have to offer in this edition of the true blue, pure Aussie Waves n Caves newsletter.✍



Using Less Air

One of the questions commonly asked in the diving community is 'How can I use less air'. Normally as more dives are done, divers naturally use less air.

However, there are a few tips and techniques that can be used to assist in air consumption that may help.

Well, my favourite is to sneak up on your buddy and breathe off his spare occy for a while if he leaves it dangling. You can further improve your consumption by using less energy (let him drag you around for a while you're breathing off his occy).

However, if you have a dive buddy that's a little more alert than that, don't worry—there are still plenty of other things you can do to help improve your SAC rate, but first of all, let's look at what the SAC rate really is.

SAC rate stands for Surface Air Consumption rate, (or the rate of air that you breathe at the surface), as we all know the deeper you go, the more air you take in each breath.

From here, you are able to calculate what your air consumption rate will be at any depth, by multiplying your SAC rate by the Atmospheric pressure of the depth you intend to dive.

As an example, let's take a 20 minute dive to 20 meters where you used 120 bar and you were diving with a 10 litre tank:

120 bar x 10 litre cylinder = 1200 litres consumed during the dive.

1200 litres / 20 minutes = 60 litres / min air con-

sumption rate at 20 meter depth.

At 20 meters, the air is 3 times denser than at the surface so we divide by 3 to get a 20 litres /min Surface Air Consumption (SAC) Rate.

$$\frac{(\text{BAR used} \times \text{size of the tank used})}{(\text{Atmospheric pressure} \times \text{Time Taken})}$$

If you have a computer, the calculations may be a little more simple (and accurate), allowing you to enter additional details into your dive (such as tank pressure pre and post dive, and size of tank), and it will calculate your SAC for you, saving you the hassle of staying at the one depth the whole time.

Of course, you can use the same calculations over a shorter time. For instance, if half way through your dive you decided to pause at 1 particular depth for 5 mins—you could write down your tank pressure when you started, the pressure when you finished your 5 min break, and do the calculations from there.

Now that we know our SAC rate, we are able to determine how much air we will use at any depth, simply by multiplying our SAC rate by the atmospheric pressure at that depth.

Using our example before (of a SAC rate of 20l/min), we can calculate that at 30m we will use $20 \times 4 \text{ata} = 80\text{l}$ per minute).

Now that we have the most boring part out of the way—what are the practical tips on conserving air?

One of the best things you can do to improve your SAC rate is to **Conserve Energy**. There are a number of different ways you can do this, so we'll look

Looking for Accommodation in Mt. Gambier?

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: freddy@wavesncaves.com



at each one individually, and in a little detail, however before we start, understand that your tank will lose a few bar upon entering water (as the air temperature inside lowers to that of the water).

Trim

Correct Trim can lower your SAC rate considerably. If your body is trimmed properly (swimming horizontally through the water), as you swim forward, there is less surface area of your body to create drag. In turn, this means you use less energy to swim through the water, and therefore less air.

Buoyancy

The other side to Trim is your Buoyancy. We all learnt in our open water course that if we're correctly weighed, we should float eye level on the surface with our lungs full of air, and our BC and tank empty.

If we sink in that configuration we are carrying too much weight. This causes a few problems:

- 1) It increases the amount of air we need in our BC, thus creating more drag. (And uses more air to pump up our BC)
- 2) More weight = more effort to propel that weight through the water.
- 3) Incorrect weight also makes it harder to trim correctly. If you get yourself weighed correctly, it'll be much easier to then work out your trim.

The trick is to be as close to neutrally buoyant in the water as you possibly can—at all times. If you're too heavy or light, you're constantly using fin power (and air) to maintain a constant depth. If you're not neutral, you can't glide effortlessly between fin strokes.

Use a snorkel

Some of us hate the snorkel—and that's fine. However using a snorkel on the surface for a surface swim, as opposed to using your reg will obviously save you air.

Swim Underwater in Rough Conditions

If you need to do a surface swim, and the conditions are rough, you're actually better off swimming a meter or two below the surface. Fin kicks under water are much more effective than fin kicks on the surface. (Thus you get more propulsion for your effort).



Alternatively, if the bottom is not deep, you can use rocks, reefs and other objects along the bottom to propel yourself along. This can save significant energy and increase the rate that you travel.

In addition to this, using objects to pull yourself along at any time will help you conserve energy, and increase your SAC rate. (Be careful what you use though—you don't want to damage the environment or yourself)

You can also use the surge to assist, by pulling yourself along (or just holding onto something to stay still) whilst the surge is against you, and letting go—letting the surge push you when it changes direction.

Keep Warm

Your body burns calories and consumes oxygen to generate heat. The colder you are, the more heat your body needs to generate, and the more air you will use. (This is why when divers dive the same depths in the tropics than they do in temperate waters, they use much less air).

Be fit and exercise

Unfortunately nature is discriminatory, regardless of our laws. If your unfit or overweight you will use more air, than if you are well exercised and fit.

Be Slow

As crazy as it sounds, the whole idea is to be smart, and slow underwater. Try to keep your heart rate to a minimum. Water is approximately 800 times more dense than air, and your speed is proportional to the square of the energy it takes to produce it.

Think about how hard it is to wade through a pool, and then how much more energy you burn when you try to wade through it quickly. You use around

4 times as much energy just to double your speed.

(Also, the faster you are, the more things you actually miss out on seeing when diving!)

Make short fin strokes. Besides fining slowly, keep the strokes short. Wide fin strokes move a lot of water but give only a little more propulsion.

Improve your fining

Besides being slow, also use short fin strokes. Larger strokes move a lot of water, but only give a little more propulsion.

In addition to this you can get better fins, that allow you to kick with less effort, giving the same (or more) about of propulsion from every kick.

Be Streamlined

We saw before with our buoyancy how drag increases our air consumption, however there are other things we can use to be streamlined too. You can clip your console/SPG and occy to your BC, and keep your hands by your side to reduce drag. (Hands and arms stretched outright and waving all around increase drag, and also the energy used to 'wave' them).

Breathe as though you're Sleepy

Try to breathe as though you're almost asleep. That is slowly—and deeply. This saves air by being efficient and using the most complete exchange of oxygen and carbon dioxide. One might think that taking shallow breaths would help improve air consumption, but it actually wastes air (and can bring on CO2 headaches!).

When you breathe, the first bit of air to hit your lungs is the "dead air" that remained in your throat and trachea from your last exhalation. This air has a high CO2 component, and low oxygen component to it. The high carbon-dioxide concentration triggers the urge to take another breath, before you need more oxygen.

By taking deep breaths, you dilute the dead air with fresh air and deliver more oxygen to the lungs. This not only promotes quicker gas exchange, but it also delays the urge to take another breath. When taking deep breaths, this doesn't just mean breathe in

deeply, but also breathe out deeply.

Breathing out deeply causes as much CO2 to be exhaled as possible, thus delaying that urge to breathe again.

By breathing slowly, you increases the uptake of oxygen and your discharge of carbon dioxide because each breath stays in your lungs longer. This gives more time for your lungs to absorb the oxygen content.

Pausing between breaths

Whilst we're on breathing, another thing you can try is pausing briefly between breaths whilst keeping your throat open. (Note though that this tip is a controversial one!)



By pausing just a second between breaths you can help to increase your SAC rate, however this can also lead to Carbon Dioxide build ups, and cause headaches. While 'officially' it is not recommended, many divers do it, and have found the right amount of time to 'pause' for.

This isn't skip breathing. When you skip breathe, you hold your breath by closing your epiglottis and holding it for a much longer period of time.

When you close your throat, you create a closed air space which makes you vulnerable to embolism if you ascend. (Remember the no 1 rule in diving? Never

hold your breath!)

By keeping your throat open you avoid that risk. Besides that, skip breathing does not work. When you hold your breath, you retain too much carbon dioxide, which in turn triggers the urge to breathe sooner than necessary and this then results in rapid shallow breathing. You use more air by skip breathing, not less.

Be Comfortable

When we're uncomfortable, we become anxious. There is a whole range of anxiousness that we can become, but the more unnatural we feel, the more anxious we become, and the faster we breathe. (At the worst end of the scale, you can have an anxiety attack, where you can't control your breathing, and you breath short and very rapidly—using air like it's



A 'comfortable' Freddy diving in Tank Cave

going out of fashion).

The more you dive, the more comfortable you become with your gear and surroundings, the less anxious you become, and the less air you will naturally use.

Having a comfortable rig though will definitely help to improve this.

In addition to this, if you're a little puffed getting to your descent location—wait a few moments before descending. You don't need to be puffing in your regulator as you descend if you're worried about air consumption.

Fix Leaks

Whilst it may sound obvious, many divers dive with leaky gear. This can be regs, the connector between the reg and inflator hose on the BC, or even exhaust valves on the BC. If the BC is leaking air, you need to keep putting more air into your BC to replace it keep neutrally buoyant. Not only are you using up unnecessary air by filling an emptying BC, you're also most likely using more effort to swim as you constantly pass from being neutrally buoyant to negatively buoyant, between 'top ups'.

Dive Shallower

Where possible, stay that extra meter above the floor / reef until you need to lower. 1m in a dive is 0.1 ATA, and can improve your SAC rate by as much as 5% or more (depending on depth)!

Consider your regulator.

Lastly, if your fortunate enough to have enough in your budget to buy a regulator, buy a high-performance one. Considerable engineering has gone into reducing the work of breathing induced by

the regulator itself, and once again, the less effort required (to do anything), the less air you use.

What it all comes down to...

In the end, if the most interesting part of your dive is comparing your SPG to someone else's, then the dive couldn't have been that interesting to start with.

Everyone has different SAC rates. There are things that we can do to help improve it, but some people will naturally require more air than others. Lung capacity, and body size are some of those things.

If you breathe more air than someone else then take a larger tank, or allow for this. Air is there to be used. Don't let your concern for your SAC rate ruin your diving! (Funnily enough, the less concerned (stressed) you are about it—the less air your likely to use!)

Remember, air consumption and marchoness are exclusive. Marchoness has more to do with how many litres of fuel fit in your engine, and not how little air you use. ✍️



Ewens Ponds—Current Status

The opportunity for submissions as to the future use of Ewens Ponds has now closed.

At the time of writing, there has been no update to the future of Ewens ponds. The ponds are still diving, with a few taking the opportunity to visit the ponds for an evening and a night dive during the Australia Day Long Weekend.

More information will be available in our next newsletter, as well as being released on the mailing list as it becomes available. ✍️



Past Events

Saturday 27th December— Portland

The sea was calm, but quite dirty this weekend at Portland. There were two dives—the first looking for sharks teeth near Wally's ramp, but unfortunately ended up with nothing.

There are a number of keen divers wanting to go back and try a different location...

The second dive was on the lee breakwater, and was surprisingly murky below about 3m. A number of Jelly fish were found in the water, including a large one with a bell around 35cm in diameter.



Image of the larger jelly with a cowfish between the tentacles and the bell.

New Years 2009 —Fleurieu Peninsula

A few of us including some new open water divers decided to head over to the Fleurieu Peninsula (South of Adelaide) to do some diving. An article regarding the trip has been placed in this newsletter by Roughwater.

Australia Day 2009 —Mt Gambier

A few travelled over to Mt Gambier this weekend, due to the sea being too rough. Dives included an evening and night dive in Ewens ponds, a splash in some caves, as well as spending Monday at Kilsby's Sinkhole.

Feb 15th / 16th—CDAA Cave Course at the Mount.

Parko and Ross were put to the test this weekend while they did their cave course. New holes now beckon them and I dare say we'll be seeing a bit more of them over at the mount the next few

months.

Feb 15th—Queenscliffe Reefs / PPB

A few headed out to Port Phillip bay to do some diving. Vis was reported to be 17m with a bit of swell.

Feb 22nd—Mt Gambier

Some from Warrnambool headed over to dive Kilsby's and other holes in the ground at the Mount this weekend.

Upcoming Events

April 10th—13th (Easter)

At this stage there are no planned events for Easter. Options could include Mt Gambier, Queenscliffe, or possibly a wreck dive if the sea permits. If you have an idea on a dive you'd like to do—please let it be made known!

Missing dates in-between?

Unplanned diving events happen almost on a fortnightly basis which is why we don't have a whole lot of dives listed here, with trips all over the coast and inland at caves! (Even overseas trips are sometimes arranged at very short notice!) These trips, normally decided within a week or two 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 help@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. ✍

Warrnambool Sub Aqua Club

The Warrnambool sub aqua club plan dives for most weekends, 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 catch up with them and go for a dive? 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. ✍

Whacky Gear Review

By Lachlan

Have you ever felt the need to turn your head into a giant camera whilst on a dive and look amazingly stylish whilst doing it? If you answered yes to this stupidly long and sarcastic question, then your prayers have been answered! Liquid Image has released the SCUBA SERIES HD320 underwater digital camera mask at the 2009 CES Show in Las Vegas. In my opinion, this has got to be one of the funniest pieces of gear that you can ever pull out of your gear bag....



.....Awesome. For me, the crosshairs on the lenses really top it off nicely.



This mask has been tested down to 35 Meters, which is certainly an improvement from the base model (5m Max) and enough for the less adventurous of us divers. This mask can capture 5MP images and video at 720p resolution (That's 1280 x 720 for those computer minded people) and takes an SD card up to 32Gb in size and the pictures can be downloaded straight to your computer...It even has a small storage compartment to the right of the mask for your other dive essentials. (Mars Bar anyone?)

While this product may make camera work underwater a bit easier, if you happen to buy this product your biggest worry may be stopping your buddy grabbing your head and taking their own photos.

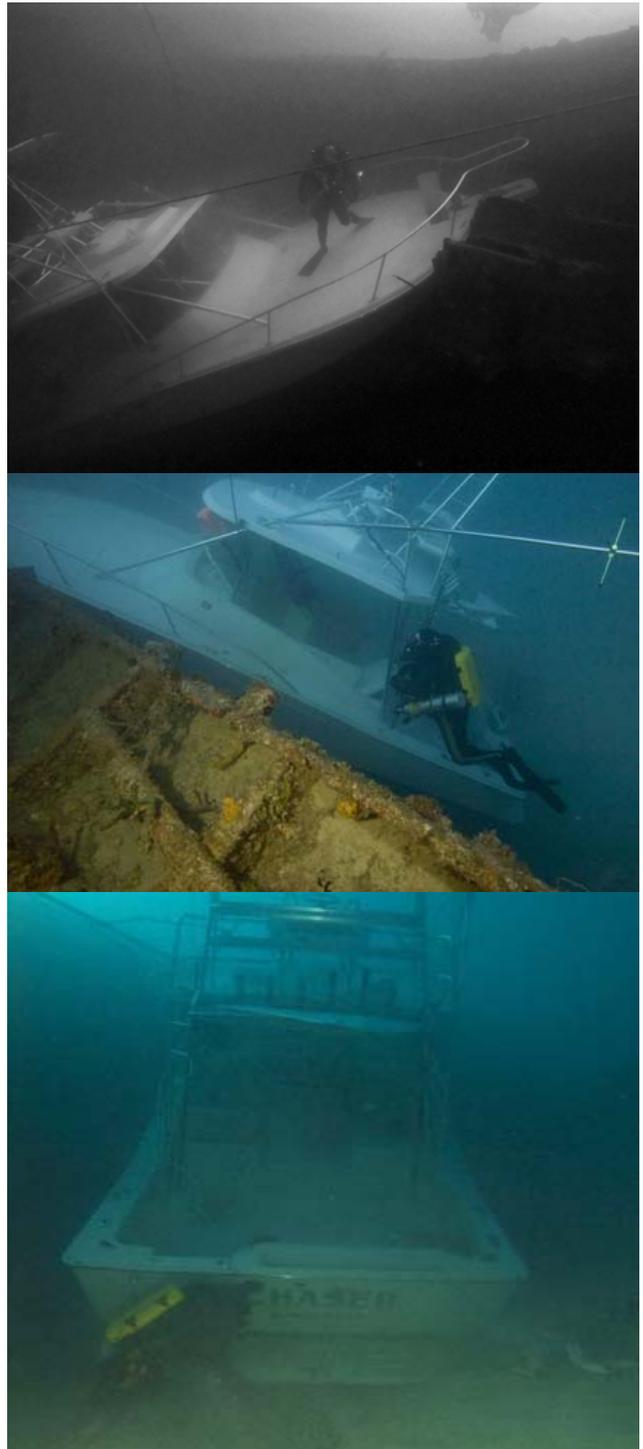
The price for this beauty is still unknown. ✍

New Wreck Dive.

Dec 30th, 2008

It appears the wreck of the Eagle off Islamorada has a new addition - a 32-foot Luhrs named Chaser. The boat was tied into the wreck with divers in the water, when the boat foundered. Its not a good day of diving when you meet your boat in mid-water. Fortunately no one was injured in the mishap.

Photos by of Richie Kohler. <http://uwex.us/>



The Under Water Channel (Online TV)

There is an online website called 'The under water channel', which hosts a variety of online TV programs. (Broadband connection is needed to view)

You will be asked to download a file sharing software 'Babelgum' which allows you to view the programmes ... but it is worth while doing so. A good broadband connection is obviously necessary.

Many of the programmes run for approx 40 minutes and content appears to be excellent.

The Channel is free to watch (except for the downloads depending on the plan you have with your ISP) and designed to appeal to a global audience of divers and 'armchair' divers - those who have yet to take the plunge!

The channel including stories of interest relating to free diving, wreck diving, cave diving, snorkelling, dolphin watching – and even nudibranch spotting!

Also, available are stories on Whales, Dolphins, Great White Sharks, Manta Rays, Wrecks and other dive destinations stories are also available..

For those who are interested, the site can be found at <http://www.theunderwaterchannel.tv/>



HMAS Canberra

Work on preparing the ex HMAS Canberra is almost complete. Scuttle date is currently planned for the end of March with a Celebratory Ball being planned for 18th April.

No doubt we will have some interested divers wanting to take the opportunity to dive her while she's in a clean and sterile state.

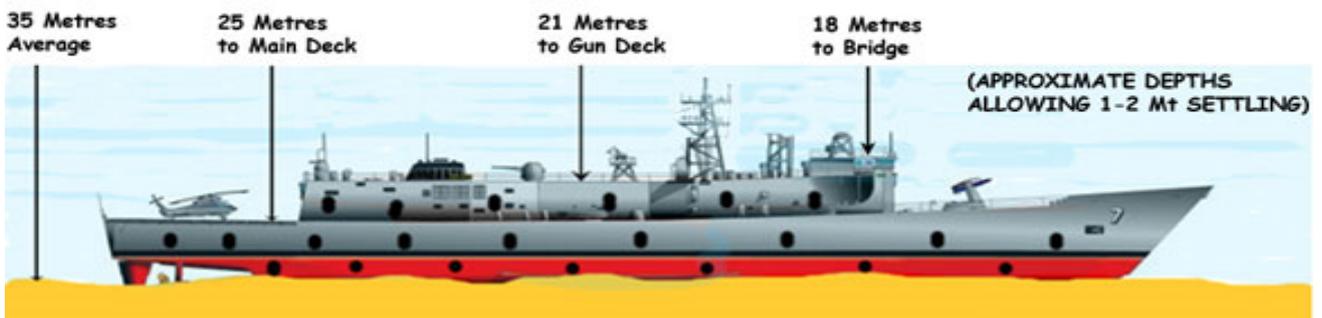
We have a number of interested divers wanting to dive her as soon as she's scuttled, so there shouldn't be a problem finding a buddy once this is done.

If all goes to plan, it is likely that she will be scuttled (and dived) before the release of our next newsletter, so if you're interested in joining us on a dive on her, and you haven't done so yet—you may want to sign up to the Waves n Caves mailing list.

(If you're having problems working out how to do that, contact Adam and he can put you on the list).



CONCEPTUAL DRAWING AND PROPOSED SITE DEPTHS FOR THE EX HMAS CANBERRA



Fleurieu Peninsula Dive Drip

By Roughwater

Another open water dive course has been completed leaving us with a number of new qualified divers that haven't seen a decent sea dive yet.

The situation unacceptable. The task—to prove that sea dives can be enjoyable. The assigned agent—66—aka King of Keen.

Chaos was still reigning—the sea putting on it's ugly face and there was no water that resembled the cone of silence anywhere near our current location. It was time to take control of this situation. We decided to hunt elsewhere.

Would you believe that there was perfect sea diving to be done nearby? No? OK—How about 'acceptable' sea dives with some nice things to look at? No? OK—How about a puddle with a goldfish in it?

Unfortunately none of these things could be found for us, so after some diligent undercover research, we decided to check out accommodation options over at The Fleurieu Peninsula. This turned out to be a task for only the keenest of agents—taking nearly 15hrs to finally source available accommodation! Looks like there isn't much accommodation over that end of the world, or it's more popular than we first thought.

But—showing true persistence we found our place to rest. Normanville was to be our target destination. It seems out of the way, so surely it will be a nice quiet place to go for an extended weekend.

Normanville—a town we hadn't heard of before on a Peninsula that we struggled to pronounce the name of. Yup, this was going to be our lazy holiday destination.

Gee wiz 99! We were wrong. The locals here really know how to put on a party! There was a pageant parade down the main drag, where a number of different groups had put in quite a bit of work on their floats and cars, which was followed by a great set of fireworks down at the beach prior to the New Year. It was absolutely fantastic what a small community could achieve! (And apparently they do this every year!)

Our accommodation was at the Court house Café with our Hosts Susan and Shaun, who were both wonderful and friendly. I couldn't speak highly enough of!

We had the run of the place after hours, having exclusive access to the café after it was closed which



was quite nice and relaxing to chill out and relax after our big days out.

As an added bonus, they were the only air fill within half an hours drive, and with a complete refurbishment of the equipment recently, air fills were good and clean. Shaun was even happy to come in after hours to fill up our tanks when we got back late, as we had an early dive the following morning. Talk about getting spoilt!

It was our first goal to try and get a night dive in and see the new year in under water. Unfortunately after a bit of searching we were unable to find a suitable shore dive in time. That plan went out the window. Maybe next year.

Our first shore dive was to be at Second Valley Jetty. While we all got wet, there wasn't much to see, but it was good quiet safe place for the girls to get in the water for their first post course dive and have a bit of a splash. Vis was still pretty poor, with a very light swell and no current.

The following day we tripped to Noarlunga. The weather too wild over this side of the peninsula caused us to head to Victor harbor. Wouldn't you know it—the weather turned so when we arrived at Victor harbor we couldn't get in there too—(but the dive site "The Bluff" certainly appeared to have some promising possibilities! We shall return!)

Back in the car, and over on back to Noarlunga again which proved that the weather had indeed changed and now it was looking good for a jetty dive there.

Well—looks can be deceiving! It may have looked good on the outside, but in the water things were different. Vis was like going walkabout in a dust storm, and there was a bit of current too. The situation was all in hand though—it's just what our divers are qualified for. They'd be like fish out of water if we were to find good vis and no current!). The

dive was interesting, but certainly far from what you could call a decent dive with good vis.

The following day the sexes split. The blokes went out on the boat, and the ladies went shopping. Our first dive was to be the ex HMAS Hobart. We dove off the Aladdin, a boat operated by Underwater Sports Charter which was launched from the Wirrina Marina near Second Valley.

Dave was to be our skipper today, and Paul our dive master for the two of us who had never been on a wreck before.

Both were great guys and pleasant to get along with, who obviously enjoy their work, and being with their customers—which made the experience so much more pleasant.

They had a BBQ and fed us well too—so no complaining there!

Previous intel on the area regarding large fish with pointy teeth and strong currents had us a little apprehensive of what to expect, but we decided to give it a shot anyway. We couldn't have been more wrong.

Dave dives his boat to the tide, meaning that we had next to no current whatsoever. (And it was a 2m tide the day we went—so he obviously times it well). Also, in their time of operating here they haven't glimpsed a great white on the Hobart. No danger here either boss, although they did have a new gadget (for us anyway) to try in the form of a personal shark shield just to be on the safe side. It was my mission to tag Ryan with it, but I ended up missing by 'that much!'.

The dive on the Hobart was very pleasant, relaxing and enjoyable. It was an easy boat to penetrate. Having only being on the Coolidge a few months prior I wasn't sure what to expect (as I've been told after the Coolidge not to expect much on other wrecks), but I thoroughly enjoyed my self on the Hobart. It was nice to be able to swim through a ship by ourselves, and just explore—no rush to be anywhere.

The locals didn't think too much about the conditions as the wind was blowing a breeze and there was a light swell. The poor sods—they need to come diving with us and find out what poor condi-

tions are really all about. :-)

The second boat dive had us heading to the Rapid bay jetty. This was to be a pleasant dive too, with plenty to see. We even sighted the resident leafy sea dragon at the start of our dive.

Back on the boat we mentioned to each other how much the girls would have enjoyed the dive.



Dave overhearing us, mentioned that he was booked out the following afternoon, but offered to make a special boat dive for us the next morning if the girls were interested.

Well, not having a descent dive yet the ladies were certainly interested, so the following morning saw us heading on out again with an early start.

6am was supposed to be our rise and shine. except someone set their alarm for 6am **Vic** time, and not **SA** time, having us awake at 5:30.

So, the first part of the morning had us wandering round like zombies, but once on the boat we were all awake and keen.

While it hurt to wake up, it was sure worth it. There





was a slight current at the jetty this morning but nothing major. The girls got to see water with half descent visibility (they're still yet to see 'good' vis, but we'll get there), but it was a great dive none the less.

Plenty of life to see, and we managed to find the leafy dragon again for the ladies, much to their delight.

The rest of the dive had us looking at fish, crabs, cheekily pulling on fishermen's line's, and taking lots of photos and video shots.



Hearing that the Aladdin was doing another boat dive that night at the Rapid Jetty again, I decided this might be a good opportunity to go and have a look at the jetty at night, and my bridge wasn't going to miss out either so we had ourselves book in again on some vacant spots for that night. (This was to be a total of 5 boat dives in the two days—guess we must enjoy this sport)

After a little snooze in the arvo we were still feeling too tired to go on our dive, but we forced our body's into submission. An hour later on the boat and sleep was the last thing on our minds again. The sun setting over the water, the breeze in our hair and we were as awake as ever spinning tales with the crew and other divers alike.

Due to our night dive being based on time, and not the tide we had a little bit of current at the jetty, but nothing too major. (Although you wouldn't want to have to swim far on a surface swim back if you were the wrong side!)

The color seemed to come out more at night. We found our leafy again and had a delightful dive. It was nice, peaceful and quiet until we surfaced, when we heard the yellin' from a pack of yobbo's walking around on the old Jetty. Apparently they decided to drive on down to check out if we had survived.

All in all the whole trip was a real winner. While we still didn't get the nice conditions we were hoping for we still had some great dives—with a few doing their first boat dive, and their first wreck dive too!

The trip was made so much more enjoyable too by the fantastic welcome and hospitableness of Shaun and Susan at the Courthouse Café (where we stayed in Normanville), as well as the blokes from Adelaide Underwater Sports Diving Centre and Underwater Sports Charter. It was great just to run into and be around pleasant people the whole trip. ✍️

Rapid Bay Jetty—Now Open

Rapid Bay Jetty is now open for shore dives!

There's four sets of vertical ladders that could be used for snorkelers or swimmers. Near the end, there's a divers ramp that consists of a flight of steps leading down to two dive platforms one for high tide and one for low tide.

The gap between the new and the old jetty is approximately 30 to 40 meters (where most of the life is). If traversing underwater it is advisable to take a compass. ✍️

Deadly Creatures

The stonefish

The **Stonefish** is another of Australia's **deadly** marine creatures. This fish pretends to be a stone (or small rock) and when stood on will inject it's venom through spines on it's surface into the victim.

Yes—Australia certainly has some weird deadly creatures!

There are two Australian species of stonefish, *Synanceia* and *S. verrucosa* and they are found in the warmer coastal waters such as the southern NSW coast up to Queensland and Shark Bay (Western Australia). These well camouflaged fish sometimes bury themselves into sand or mud in shallow waters.



The stonefish is well camouflaged in the ocean, as it is a brownish colour, with many venomous spines along its back and often resembles a rock, hence the name.

These can be extremely difficult to spot, as show in the photograph below.

The camouflage is not only used for defence, but also to disguise itself from potential prey.

The Stone Fish is usually only considered dangerous when stepped, caught or otherwise handled. A number of dorsal spines project from venomous glands along the back . Although it should be noted that a stonefish can live out of water for quite some time (up to 24 hours), so handling one washed up on the beach can also lead to deadly consequences!

The venom is involuntarily expelled when pressure is applied to them. It will take a few weeks before the gland regenerate again.

The venomous spines of the stonefish have the potential to penetrate rubber soled shoes or sandals. If you are unlucky enough to be stung by one, you will feel the sting almost immediately and may lose consciousness.

Other side effects include swelling, irregular breathing, reduction in blood pressure and paralysis.

Fortunately there have been no recorded deaths as a result of a stonefish sting in Australian waters yet.

If stung, you should immerse the stung area in hot water if readily available, and go immediately to the nearest hospital to be administered with stonefish antivenom.

If the patient becomes unconscious, external cardiac massage and mouth-to-mouth resuscitation may be required. (EAR and CPR)

Medical treatment may involve repeated infiltration of the wound with a local anaesthetic, with or without administration of the antivenin.

The stonefish's diet normally consists of

small fish and shrimp. ✍

Great White Scare for Police Divers

December 19th.—According to the AdelaideNow news, a Group of police divers had an interesting experience when they were had a 4m great white shark orbit above them.

The police divers had full face masks, and radio contact with their boat crew, until they were given the all clear to surface. The divers were wearing shark shields

According to another source, the divers took shelter near one of the tire modules nearby. Approximately half way through their ascent, they unstrapped their BCD's and held the tanks in front keeping a watchful eye on the shark, their idea being that if the shark was to strike they could use the tanks for protection. In addition to this, they were ready to exit the water much faster, considering this is where a shark can often attack.

Interesting thought to use the BC and Tank as a shield between the shark and yourself—and may be worth keeping in mind if we ever experience such an incident. ✍

Jokes and Humour

Bad day at the office

A letter written to one's sister...

Just another note from your bottom-dwelling brother. Last week I had a bad day at the office. Before I can tell you what happened to me, I first must bore you with a few technicalities of my job. As you know, my office lies at the bottom of the sea. I wear a suit to the office. It's a wetsuit.

This time of year the water is quite cool. So here's what we do to keep warm: We have a diesel-powered industrial water heater. This \$20,000 piece of equipment sucks the water out of the sea. It heats it to a delightful temp. It then pumps it down to the diver through a garden hose which is taped to the air hose. Now this sounds like a damn good plan, doesn't it? I've used it several times with no complaints.

When I get to the bottom and start working, what I do is take the hose and stuff it down the back of my neck and flood my whole suit with warm water. It's like working in a Jacuzzi. Everything was going well until my rear end started to itch. So, of course, I scratched it. This only made things worse. Within a few seconds my itchy rear end started to burn. I pulled the hose out from my back, but the damage was done.

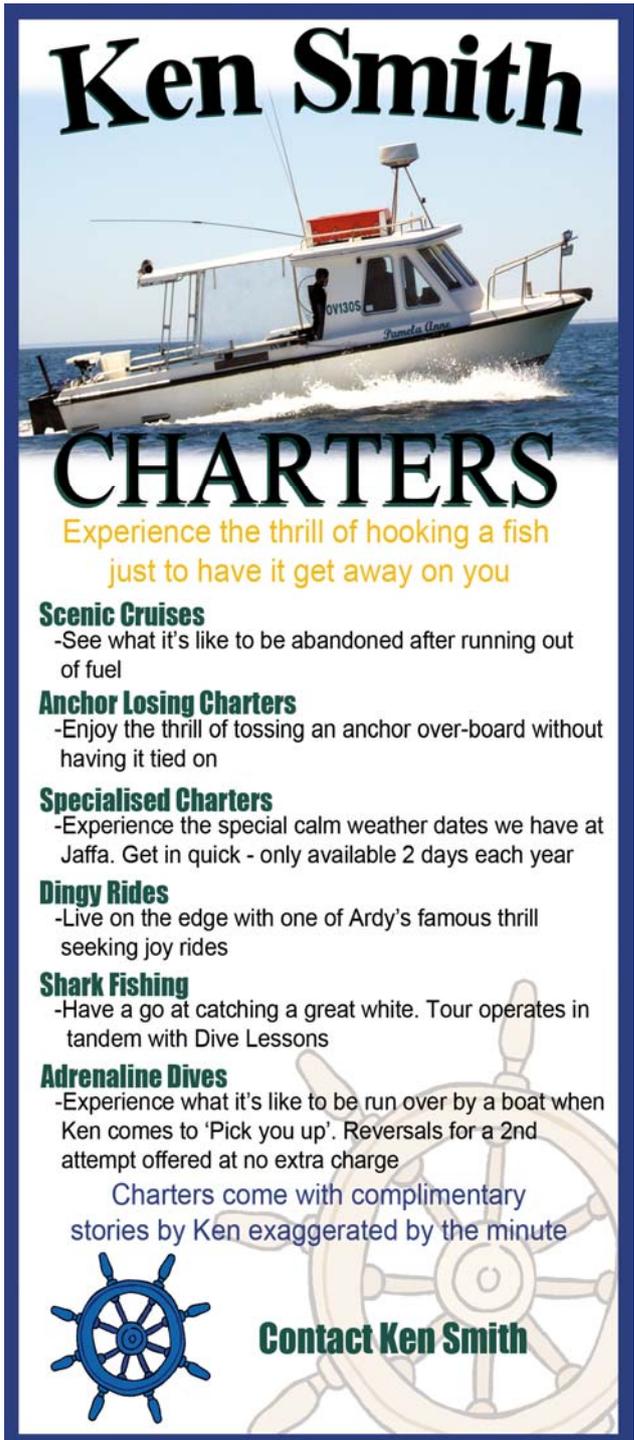
In agony I realized what had happened. The hot-water machine had sucked up a jellyfish and pumped it into my suit. This is even worse than poison ivy under a cast. I had put that hose down my back, but I don't have any hair on my back, so the jellyfish couldn't get stuck to my back. My rear end crack was not as fortunate.

When I scratched what I thought was an itch, I was actually grinding the jellyfish into my rear end. I informed the dive supervisor of my dilemma over the communications system. His instructions were unclear due to the fact that he and 5 other divers were laughing hysterically.

Needless to say I aborted the dive. I was instructed to make 3 hellish in-water decompression stops totaling 35 minutes before I could reach the surface for my chamber dry decompression. I got to the surface wearing nothing but my brass helmet. My suit and gear were tied to the bell. When I got on board, the medic, with tears of laughter streaming down his face, handed me a tube of cream and told me to coat my rear end when I got in the chamber. The cream put the fire out, but I couldn't crap for two days because my rear end was so swollen.

We've since modified the equipment to filter out most sea creatures.

Anyway, the next time you have a bad day at the office, think of me. Think about how much worse your day would be if you were to squash a jellyfish on your rear end. I hope you have no bad days at the office. But if you do, I hope this will make it more tolerable.



Ken Smith

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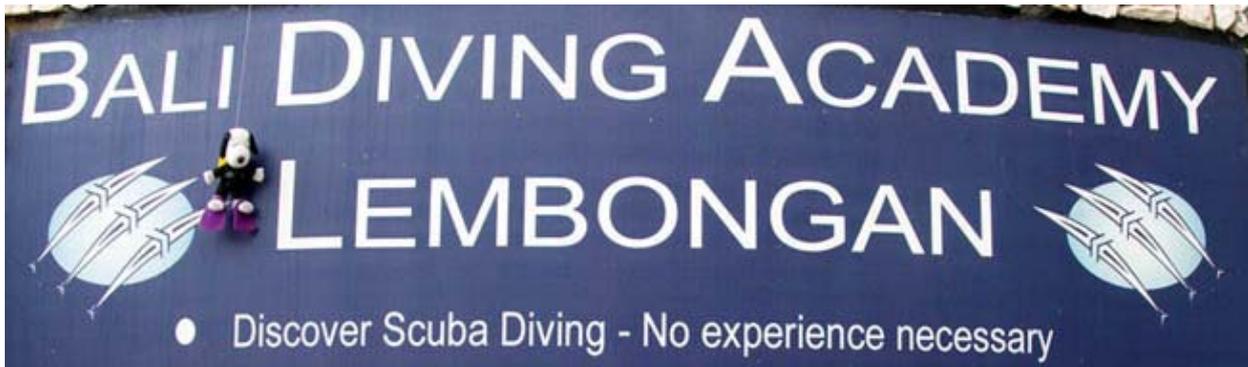
Contact Ken Smith

Scuba Snoopy in Bali

By Dave Harasti

Scuba Snoopy has always wanted to see the famous Mola mola, also better known as the Sunfish. A couple of months ago he met many unusual creatures in North Sulawesi but now he wanted to get up close and personal with one of the world's largest fish.

After some good old fashioned Googling, Snoopy discovered that Mola mola were regularly seen from August-October off Lembongan Island on the South East Coast of Bali. So off he went to Bali and a quick 30 min journey from Sanur across to Lembongan Island on the SCOOT boat and Scuba Snoopy was at the doorstep of Bali Diving Academy, a dive company in Bali renowned for finding Sunfish.



The next day Snoopy was off to a dive site called Crystal Bay which is located on Nusa Penida Island. When the dive boat pulled into the bay, Snoopy was shocked to see so many other dive boats already at the site, he counted 24 in total! It was obviously a very popular dive spot! He was very excited about getting in the water and his dive guide mentioned that there could be some current; Snoopy was okay with that as he'd dived in many currents previously.



It appears Scuba Snoopy wasn't the only person eager to see Sunfish. Whilst at 20 meters he saw 2 'Discover Scuba' divers being carried around by a dive guide. He thought that was pretty funny and called them 'Sputnik Divers' because when the dive guide let go of one of them they hit the bottom very quickly!



Holy moly Charlie Brown! The dive guide did warn Snoopy about the currents but he failed to mention that it was like being in the middle of a Category 5 cyclone! Snoopy didn't like it when his bubbles went down, then side ways, then backwards and then the best bit was when they whirled around his head.

Fortunately Snoopy was able to hide in the reef with the other divers. These were the worst currents Scuba Snoopy had ever encountered and he remembered the words of a famous QLD boat skipper "If you can't handle current join the Knitting Club"... well I bet the skipper had never dived in these currents!

And then finally it happened, and it was a sight forever etched in Snoopy's mind. A large Mola mola swam up from the depths to the bannerfish cleaning station for his grooming session. Scuba Snoopy followed the dive guide's advice of "If you see a Sunfish stick close to the reef as that way you won't scare them" and hugged the reef wall. Unfortunately Snoopy's guide didn't brief the other boats' divers



Wow, what an incredible sight. Snoopy had no idea where all the divers came from but he realised they were in competition to see who could touch the Sunfish first. Snoopy was rather peeved that the Sunfish got so quickly surrounded by Sputnik Divers



Fortunately for Snoopy, but unfortunately for the 20 odd divers that bombarded the Sunfish, the giant fish swam away from the crowd and headed right past Snoopy. His first Sunfish was only 5 meters away and it was big, much bigger than Snoopy but he wasn't scared!

Yay, Snoopy had encountered his first Sunfish and was totally stoked. But he wasn't done yet. The next morning he was heading out early to a site called Blue Corner. The dive guide had advised him that not many shops dived there because the current was incredibly strong. Snoopy was scared... very scared.

The dive guide was right, and this time Snoopy wished he had stayed on the boat with knitting needles. This current was so strong that Snoopy couldn't even hold on... but on the upside the visibility was about 40 meters and even though he was travelling faster than Superman he still saw heaps of cool big scary stuff! The other problem Snoopy had was the water temp... it was like diving in a freezer and he was only in a short 2mm spring suit! Whilst the surface was a nice balmy 28 degrees, below 20 meters it was only 18 - Snoopy was surprised that he didn't see a Polar Bear swim past.

This dive was insane as Snoopy covered approximately 1km in just under 20 minutes. However this was one of the best dives he could ever recall as he drifted past 5 Mola mola!!! Now Snoopy was danc-



ing the jig as it's not often you see 2, let alone 5 Mola's on a single dive.

Snoopy was moving too fast to take photos but he still managed to get nice and close to one Mola mola at the end of the dive, as the current finally slowed down to only a category 1 cyclone. Finally he could actually say still and check out the Mola mola!



Snoopy gave the customary Mola mola signal which involves sticking out your thumb and little finger and giving your hand a shake... it was similar to the hand signal that he'd seen previously at many heavy metal concerts. Snoopy was ever so grateful to his dive Guide 'Sven' for taking Snoopy on one of the best roller coaster dives he'd ever done.

Snoopy would like to thank the crew at Bali Diving Academy for their support, in particularly the manager Sven Fautz and his two dive guides Mojo and Skinny. He's already getting ready for a trip back there next year, however this time he's



packing a dry suit, REALLY long fins and some heavy weights...he's going to be prepared for those cyclone currents next time!

For anyone interested the rest of Snoopy's adventures and shots from Bali can be seen at <http://www.daveharasti.com/Bali/index.html>

Dave Harasti— www.daveharasti.com