

Sea Braggin'



MONTHLY NEWSLETTER

- OCTOBER 2010 - Edited by Ray Moulang -

INCLUDED IN THIS ISSUE ARE DIVE REPORTS FROM :..

Eddie Ivers, Nancy and Mike Scotland

PICTURE PRESENTATIONS FROM :..

Ron Walsh, Gary Perkins and Peter Flockart

A BIG THANK YOU GOES TO THEM.



Eddie Ivers Photographer
Steve Shaw was the spotter

What's On – OCTOBER 2010 –

WHEN	WHAT AND WHERE	CONTACT	WHEN	WHAT AND WHERE	CONTACT
Friday 1 st to Monday 4th	<i>Away Long Weekend Boat Dives Kiama.</i>	<i>Ray Moulang 0403437974</i>	Friday 22 nd / Sunday 24th	Weekend Trip to Port Stevens	Kelly McFadyen 9545 5596
Saturday 9 th (changed)	<i>Deep Dive SS Tuggerah/ SS Undola from Yowie Bay</i>	<i>Gary Perkins 9533 6869</i>	Friday 22 nd / Friday 5 th Nov	Overseas Trip Palau	Dave Casburn 9527 6279
Sunday 17th	<i>Boat Dive Red Flag / Magic Point Botany Bay</i>	<i>Jason Coombs 9345 4599</i>	Saturday 23rd	Double Boat Dive Rose Bay to SS Duckenfield / Dee Why Wide	Ray Moulang 0403437974
Wednesday 20 th	<i>Club Meeting Rowers Club 8pm</i>	<i>Jason Coombs President</i>	Sunday 31st	Boat Dive Blue Fish Point / Rose Bay	Peter Flockart 9371 0265

What's On - NOVEMBER 2010 -

WHEN	WHAT AND WHERE	CONTACT	WHEN	WHAT AND WHERE	CONTACT
Saturday 6th	<i>Deep Dive SS Tuggerah/ SS Undola from Yowie</i>	<i>Michael McFadyen 9545 5596</i>	Tuesday 16th @ 7:30pm	2011 Club Dive Calender Agenda Setting Night	Jason Coombs President
Sunday 7th to Monday 15th	<i>North Solitaires Trip Wooli</i>	<i>Peter Flockart 9371 0265</i>	Wednesday 17th	Club Meeting at Rowers Club	Jason Coombs President
Sunday 7th	<i>Boat Dive Marley Point</i>	<i>Mark Ridsdale 9558 5196</i>	Saturday 20th to Sunday 21st	Dive and Drive 4WD Weekend. Swansea and Stockton Beach	Ray Moulang 0403437974
Saturday 13th	Deep Dive / Rose Bay	Peter Flockart 9371 0265	Sunday 28th	Double Boat Dive Bombo etc Wollongong	Eda DiCamillio 9560 6082

Stockton Beach Dive and Drive.

A trip is planned for a Shore Dive at Swansea and a Four Wheel Drive and camp on Stockton Beach on Saturday and Sunday 20th and 21st November.



Philippines Trip

A flyer is being prepared for this trip by Dive Adventures.

Depart Saturday 12th February arrive back Saturday 26th February.

Sydney - Manila - Cebu - Legaspi - Manila - Sydney.

Thresher Sharks, mantas, Whale Sharks

Indicative is as follows:

13 nights / 14 days

Malapascua (6 days) 18 - 24 dives, Ticao Island (3 days) 9 dives, 2 days snorkelling with the whale sharks. All accommodation, transfers, airfares including Excess baggage for Cebu - Legaspi leg, nitrox at Malapascua, all brekkies, full board Ticao, Lunch and dinner at Malapascua -- allow say \$100.00.

All up cost \$2950 - \$3000 minimum 8 divers

See Mark Ridsdale for more details.





Thresher & Whale Sharks PHILIPPINES

15 Days / 14 Nights ex. Sydney **\$2950-\$3000**

This package is based on group rates with a minimum 8 divers - exact price will be reviewed with final numbers

Malapascua & Donsol 12th - 26th Feb 2011

Includes:

- Return low season flights ex. Sydney to Cebu & from Legaspi - with Philippine airlines - Conditions apply
- 1 nights twin/double share Accommodation in Cebu
- Return Transfers to Malapascua by road (air con Van/Car) and Private boat
- 8 nights twin/double share accom - Tepanee Resort
- Breakfast daily in Malapascua
- 15 Dive package in Malapascua includes - Tanks Weights and Dive Guide with Thresher Shark Divers
- Bonus Special *** Free Nitrox *** Free Wi-Fi ***
- Sunset Cruise for the Group on the last day
- Flights ex.Cebu to Legaspi - with Cebu Pacific air
- Return Transfers, Legaspi to Donsol and to Ticao Is.
- 4 nights at Ticao Island in a beachfront Cabana
- All Meals at Ticao
- 9 Dive pkg at Ticao - Tanks Weights & Dive Guide
- 1 night twin/double accom Elysia Beach Resort Donsol
- 2 x Whale Shark Interaction
- 1 night twin/double share accom at Venezia Hotel - Legaspi
- Australian departure and applicable airline taxes (approx. \$360 & subject to change)



**NOT INCLUDED: ** departure/terminal fees in Philippines **
Meals (unless specified) * Travel Insurance * Spending Monies
Conditions apply. Prices Subject to change without notice.
\$300 Deposit required to secure a spot!**

DIVE
ADVENTURES

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FOR BOOKINGS AND MORE INFORMATION PLEASE CONTACT



St George Scuba Club
Scuba Divers



MARK RIDSDALE Mob: 0419 243 717

Email: mrsrconsulting@aol.com

Wooli Trip in November

For those of you who may be looking for a trip away before Xmas why not come to Wooli in November.

There are still places available if you wish to attend.

Dates are from 7th till 15th November.

Come for the whole week or part of it

\$50 will secure you a spot

For \$130 per day you get a double dive / 2 air fills / snacks on the boat / accommodation.

All you need to do is supply food for breakfast & dinner. It is also BYO alcohol & bedding.

If you want to go get your deposits into our treasurer asap.

Any queries contact me.

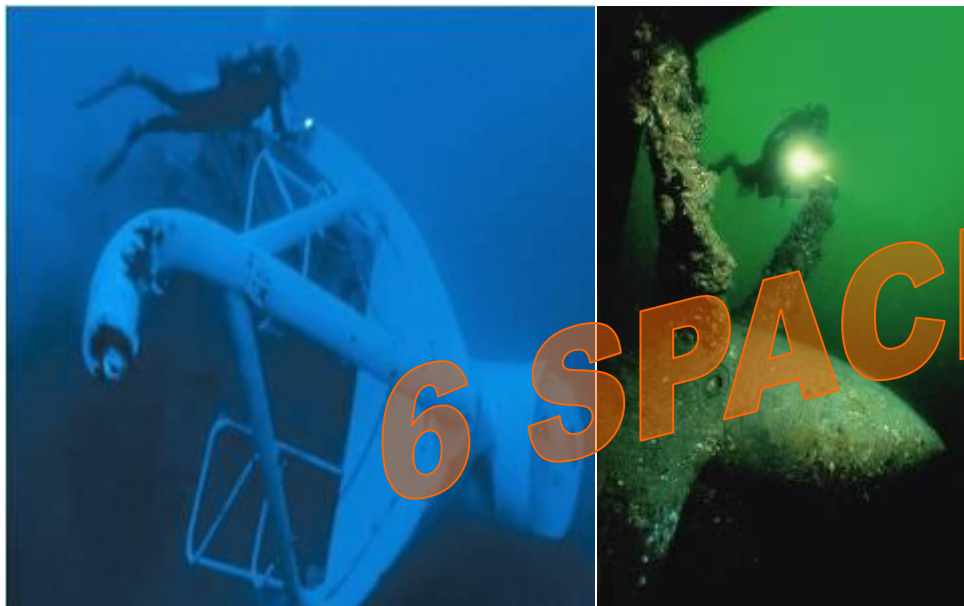
Regards, Peter Flockart.

NEW ZEALAND TRUP FRIDAY 11TH TO MONDAY 21ST MARCH 2011

St George Scuba Club Monthly Newsletter –

Dive the **Poor Knights** Islands, the **HMNZS Tui** and **HMNZS Waikato** wrecks from **Tutukaka** for four days. Water temperature expected to be 19-22° in March.

Stay at either the Tutukaka Holiday Park in self-contained cabins or at the Oceans Resort, both a short walk from the Dive Shop, Marina and Restaurants.



The ex-HMNZS Tui and ex-HMNZS Waikato were sunk in 1999 and 2000 respectively.



23 kilometres off the north east coast of New Zealand, the Poor Knights Islands are washed by a warm current that sweeps down from the Coral Sea.

Because of its location, it was ranked the Poor Knights as one of the

Maximum 12 divers

\$200 deposit to club to secure your place

Contact Shelley Breuseker for more details

shellsb@bigpond.net.au

Then travel north to dive the **HMNZS Canterbury** and the **Rainbow Warrior** in the Bay of Islands for three days.

Stay on a farm in a converted Cowshed with all meals included.



The HMNZS Canterbury, a 113 metre Leander Class frigate. was scuttled in 38m of water and is sitting



Since the Rainbow Warrior was sunk in 1987, she has become a living reef, covered in Jewel Anemones. She's 42 metres long and sits on a white sandy bottom at 26

All diving, accommodation and some meals	\$AUD	1276
Car Hire	\$AUD	167
All Fare - purchase your own	\$AUD	431
Optional -1 night Airport hotel	\$AUD	150
Total	\$AUD	2024

All prices approx depending on exchange rate & numbers

Club Notices

Newsletter - With the rise of the digital age to manage the workload of our newsletter editor and reduce the clubs carbon foot print it was agreed at the August Club Meeting the newsletter will only be available electronically. It will no longer be sent out by post.

Calendar Setting Evening – The 2011 calendar setting evening has been set for 7:30pm Tuesday 16th November at the St George Rowing Club. The club will provide nibblies.

This is your opportunity to organise that one trip or dive you've always wanted to do.

The club only exists because of the contribution of its members. I urge you to get involved and organise an activity. Often it's as easy as a few e-mails and phone calls.

If you can't attend on the night then drop me or one of the committee an e-mail letting us know what and when you would like to organise an event.

Jason Coombs
President

-Recent Club Happenings-

Bare Island Shore Dive La Perouse

28th August 2010, Dive Organiser:- Paul Pacey, Divers :.. 9.

Maximum Depth 17 metres, Dive time 61 minutes.

The original dive plan was to enter from the SE corner of Bare Island and drift along the deep wall with the incoming tide.

However, when we arrived a big southerly swell was pounding the southern side of Bare Island, entry there was too dangerous.

A safer plan was to enter and exit from the more protected western side and dive the isolated reefs.

Surprisingly for a Sunday there only a few other dive groups.

After gearing up we had an easy entry.

Viz was about 10m but due to the big swell there was a some surge in the shallows which got less deeper. Water temperature was a cool 15 degrees.

Sighted a few PJ Sharks, a small Ray, a few Mosaic Sea Stars, some Sweet Ceratosomas and Black Margined Glossodoris.

I also found a nice Dog Whelk Shell to add to my collection.

Steve sighted a Cushion Star that isn't common.

After taking a few pictures of this critter I noticed that I was diving solo, anyhow it was time to head back as I was getting a bit cool.



Dog Whelk Shells

Soon I encountered the other 8 divers & we exited together, the last to exit, a dry suit diver (yes, we saw you John) was safely doing a leisurely surface swim back to the exit.

An easy high tide exit at the ramp.

After the dive we sheltered from the wind and enjoyed some refreshments, plus Geoffrey's delicious cafe, plus scones and biscuits to finish a very pleasant morning dive.

Thanks Paul for organising this dive.

Eddie

Deep Diving “Incident”

This article is different than the common dive reports that you usually read in the newsletter.

I want to describe here a deep diving “incident” that happened to me. This is not intended to criticise the persons involved but rather as an example that things can go wrong under water.

First I will start with what I considered a “Deep Dive”. A deep dive is a dive that is usually deeper than 30 meters and involves decompression stops, that is mandatory stops at particular depth and of particular time. These stops are needed to alleviate the nitrogen gas built-up in the body and eliminate the risk of decompression sickness or the bends. Therefore, the amount of breathing gas required for deep diving is much greater than for a shallow open water dive. There are other dangers associated with deep dives (nitrogen narcosis, hypercarnia, gas embolism...), which makes deep dives more risky and requires more planning before the dive than a simple recreational dive. Furthermore, deep diving requires a different equipment set-up than simple recreational dive. I will not discuss here the different set-ups as this will be too long but simplistically the two most common are either doubles (two tanks) or large volume singles with a pony bottle. A “deco bottle” containing a nitrox gas mix can also be added.

Now, back to the “incident”. The dive was a deep dive to the wreck of the SS Myola which lies in just above 50 meters of water. Gary (my dive buddy) and I had planned a dive with a maximum depth of 48 meters and with a bottom time of 18 minutes. According to the decompression tables we followed, this will have given us our first stop at 9 meters for 3 mins, a second stop at 6 meters for 4 mins and the last stop at 3 meters for 10 mins, therefore a total decompression time of 17 minutes and a total dive time of around 40 mins.

Gary and I jumped in the water and followed the anchor line down to find at the bottom terrible visibility of 1 to 2 meters. We swam along the bow of the wreck for few minutes and then turned back towards the anchor. Once we reached the anchor, we found that someone had nicely set-up a reel on the anchor line and we decided to follow the line, which brought us to one of the wreck's boiler. We then went back to the anchor and started ascending with a bottom time of 17 minutes. We both did our first stop at 9 meters and I gave the go up signal to Gary to tell him it was time to go to the 6 meters stop. But before I could follow Gary up, I saw a diver coming from below me on the anchor line. Nothing-unusual there, until he reached me and gave me the "out-of-air" signal!! My equipment set-up is designed that my spare regulator is within centimetres to my mouth, so I grabbed my spare regulator and put it in my mouth while giving my primary regulator to the out of air diver. My computer then started beeping at me and I had not realised but we had gone up pass 6 meters and I was violating one of my decompression stop! I signalled the diver that we needed to go down. Down we went and so fast that my ears started hurting and my dry suit was squizzing me! I looked at my computer and it said we were pass 12 metres. I thought we had to stop that crazy descent and I started by clearing my ears, putting air in my dry suit and air in my BCD. We finally came to a halt and I signalled the diver that we needed to maintain this depth and not going deeper. Then, I looked at my computer and realised we were at 14 metres. My first thought was that I was too deep, I was meant to be at 6 metres doing a decompression stop, not being deeper probably on-gasing even more nitrogen. My next thoughts were who is this person? Why is he out of air? How long did he spent at the bottom? How much decompression does he have to do? And, DO I HAVE ENOUGH GAS FOR BOTH OF US TO COMPLETE THE DIVE? I thought at this depth, no way!! We have to go up. I signalled the diver to go up which we did but only a couple of metres so I thought that the diver probably needed to stay at this depth to do a decompression stop. I then saw Gary coming towards me and asking if I wanted him to take the diver. I had not even thought about where my buddy was until that point! My thoughts then were Gary is a more experience diver, he has bigger tanks and he breathes less air than I do, so my decision was easily made!! We signalled the diver and he took Gary's regulator.

I put my primary regulator back in my mouth and then tried to calm myself down. At this point, my heart was beating so hard in my chest that it felt like someone was pulling it out of my body and then slamming it back in. My breathing was out of control so I told myself that I had to calm down and I started taking slower breath and exhaling slower.

Once my breathing was under control, I decided to check that Gary was Ok and to make my way back up to finish my decompression stops. I was wondering how much more decompression time I had accumulated because of that sudden jump up and down. Tables do not tell you what to do in that case so I decided to follow what my computer was displaying. I had to go to 6 metres and stay there for 5 minutes before going up to 3 metres to do 14 minutes of decompression. This was only few minutes extra than planned, probably as a penalty for going deeper again. According to the data on my computer, from the moment I took the diver on and the moment I went back up on my own, only 5 minutes had passed. To me, it felt much longer! Once I had finished my entire decompression, I stayed in the water an extra 15 minutes just to make sure that both Gary and the diver were fine. I stayed a total of one hour in the water and then went up because I was very cold, leaving them to finish their decompression stop.

They both came back up safely on the boat.

Before this incident, I had never had to help anyone under water for an out-of-air emergency.

Like anyone who learns to scuba dive, I had only done the emergency buddy breathing exercises that come with the training but this was it. I find that in the diving community, we do not often hear about dive accident unless it is a fatal one. So I hope this little account of how I felt during that emergency situation will remind people that water is not our element and we should be careful when diving and not become to complacent with it. Nancy.



© Ron Walsh





A pic from Gary from a recent dive.

Part 1

Mike and Katie's 2010 Fiji expeditions:

27 days in Fiji

We decided on Matamanoa Island just a few klms west of Mana Island. It is an idyllic volcanic tropical island of a few hectares specialising in honeymooners and people celebrating 31 years of marriage like us. In a word it was magic.

Fiji is still the same old paradise on the outer islands as it has always been. The people are wonderful as always.

Try not to read too many newspapers about Fiji. Matamanoa is a perfect place for newly weds who are divers.

The diving was good to very good but not world class. However, the small fish life is heaven to us macro photographers. The night dives were outstanding.

I managed to organise an unlimited dive package and did 15 dives there during our week's stay. The highlights included stunning aquarium dives chasing fire tail gobies, Parrotfish, Chaetodonts and Angelfish.

A few photos are attached.

One other destination was the Island of Ovalau over on the East side of Suva. It has the attraction of Wakaya passage, which is said to be one of the ten best dives in the world on its day. However, we dived there on 2 days and saw one lone Hammerhead shark and one ten-minute encounter with 4 Manta rays. The big wall diving there was enticing but not much came out of the big blue to hold out interest. I guess that someone who wrote about Wakaya must have struck it on a particularly good day when lots of Hammerheads and Manta rays were about. The reef dives there were nice enough. The highlights of the diving were plenty of small macro life to photograph. It was pleasant enough but I won't be going back.









Part 2 Beqa Lagoon



We stayed 8 nights at the Pacific Pearl hotel and I dived on 8 days with Aqua Trek. I did ten shark feed dives and six reef dives. As they said, the colourful reef dives in Beqa Lagoon made it world famous. The explosion of colour and marine life is amazing and every underwater photographers dream is get a bikini clad model into one of those caves and go to town. (photographing, that is.) There are caves full of a profusion of red and gold soft corals in such quantities to dazzle your senses.

However, the big attraction was the shark diving.

It is touted as the world's best shark dives. It might be matched or even just beaten by Tiger beach in the Caribbean and the Great White dives in S Africa, but it is still right up there.

We dived with up to 12 to 15 big Bull Whalers well over three metres long. Many of the big ones had huge barrel



chests and their familiar enormous mouths. The dive guides typically take down 300 kg of Tuna heads and bones. They do a dawn trip and chum up the sharks. The actual dive trip leaves around 8:30. The theory being that the sharks will be still hanging around for us and won't be too hungry.

I saw a few Grey Nurse sharks and lots of Tawny Nurse sharks, usually at the very beginning of the dives.



Next the Bull sharks turn up. There are often big Queensland Groper there around 2 metres long and millions of reef fish.

On several dives, the Bull sharks began to swim very close to the bottom at first and then completely disappear.

Very soon after, a Tiger shark would appear, swimming very slowly and surely.

It is the best example of a pecking order you will ever see!

On our second day, Joyce, the four metre Tiger shark appeared.

She has a girth the size of a horse. Joyce gulped down two Tuna heads in each gulp with ease.



We saw 4 different Tiger sharks in all. We did not see Scar face, the 5 metre giant that they feed. Tukai, our Fijian shark feeder had this great trick. He grabbed armfuls of fish, swam ten to twelve metres up into the water column and fed the Bulls in mid water.

There were up to six big sharks standing on their tails above our heads gulping down the Tuna chunks.

After twenty minutes at 25 m, we went up to 15m for the next phase. Silver Tip Whalers joined the Bull sharks.

There is a two metre Silver Tip that swam right up to me and actually brushed my shoulder with its fin to try to start the feeding.

The lesson here is not to get too high up in the water and to stick to the bottom.

And to hurry up and feed the sharks faster.

On the deco stop, white tip reef sharks and Grey Reef whalers feed. There are loads of Remora waiting for a host. They live on a shipwreck there.

My guess is that there are over 200 of them, all homeless.

The Fijian dive guides, especially Joe, Sam and Jonah, are extremely helpful and professional.

I asked for some help getting closer to the sharks and they were so obliging, actually positioning the bait to attract the sharks toward my camera. I asked if they had any stonefish. The next day, they found one for me.



The hotel was very comfortable. They have an Aussie chef Ben and the food was consistently excellent. Happy hour goes from 5 to 7 and drinks were half price. The only drawback is the lack of a snorkelling beach in front of the hotel.



Next June, I am going to organise a trip to dive the sharks.

The costing is approximately as follows: (based on roughly what it cost us)

Airfare and transfers	\$ 550 (incl a 3 hour road trip to Pacific Harbour)
Hotel	\$ ~55 to 60 per head per night with breakfast (\$750)
Diving	\$ ~110 per 2 dive day (\$1100)
Total	\$ 550 + \$750 + \$1100 = \$2400
Meals	\$ ~ 30 to 50 per day
Drinks	buy up (byo) before you get to the resorts to save heaps.

I am planning 5 –6 days at the Pacific Pearl and a week at Beqa Lagoon resort.

Allowing for 10 days of diving, the trip will be roughly \$ 2400 for 20 to 22 dives from Sydney.

I know for a fact that we should have no trouble getting at least a 10% discount on diving with Aqua trek. If you are interested give me a call. If I get enough interest, I will put together a detailed itinery. Otherwise, I am going anyway.

I have not been to Beqa Lagoon resort but you can Google it. It looks great! I book through “Beautiful Pacific”, (a Fijian based tour organiser) for 3 share bures. Be warned, there are much more expensive US rates which we can avoid by using Beautiful Pacific”. Beqa Lagoon resort has a resort reef off the beach, which I have not dived but it is supposed to be good for scuba and snorkelling. So, if you do a few shore dives at Beqa resort, you might end up with 25-26 dives.

My contact details: ph 9521 7720 Mob 0415 158 168

mikescotland@optusnet.com.au scubamagic@hotmail.com

Proposed Great Barrier Reef trip over New Year 2011

Preliminary expression of interest

I am planning a trip to dive on the Big Cat Reality out of Bundaberg for 5 days of diving. At this stage, I have not decided on the exact dates. It will either be the trip on departing mon Dec 27 around 6 p.m. or the mon 3 Jan for 5 days of diving. I did this trip last January. It does a circuit of the Capricorn Bunker reefs from Lady Musgrave island, to Lady Fairfax, Llewellyn island and finally Lady Elliot island. Last year we did 21 dives including 4 night dives.

We saw plenty of Manta rays at Lady Elliot island.

The diving is excellent and totally changed my view of the GBRMPA. The fish life is wonderful especially the numerous coral trout and coral cod. The protection of the area by the reef authority has really made these reefs come alive and has been a great success.

We did have perfect weather and I decided that the trip earned a 9/10 for quality.

There are a couple of reality checks with the dive operation.

Diving is strictly controlled.

However, as long as we fit in with the system, they go out of their way to give you maximum dives, up to 5 a day.

The food is good basic wholesome food. It is not gourmet but there is always lots of fresh fruit, salads and is plentiful.

You sleep in 2 x 12 bed bunk rooms with very little privacy.

NO sleeping in your birthday suit! However, after 5 dives each day all you want is somewhere to crash.

It is a little tough on couples as there is no privacy.

Next problem is that it costs \$100 to hire tanks and weights for the trip.

The last challenge to overcome is transport. I drove to Bundaberg. It is 17 ~ 18 hours. You can fly. There are still cheap airfares about. You could fly to Brisbane and hire a car and drive the 5 ~ 6 hours to Bundaberg. The wharf is 20 + klms out of Bundaberg town and from the airport. I am going to drive again, probably stopping at Wooli on the way back for a few days. Having said all of that, it is a great trip with excellent diving and I thoroughly recommend it. That is why I am going back.

The cost is \$1500 plus reef tax of ~\$20. [www.bigcat](http://www.bigcatreality.com) reality.com

If you are interested, we need to move soon to secure the booking.

My contact details: ph 9521 7720

Mob 0415 158 168

Email mikescotland@optusnet.com.au scubamagic@hotmail.com

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Pressure on, but worth all the hype

By BARCLAY CRAWFORD

SLOTTING the world's biggest hyperbaric chamber into its new home at the Prince of Wales Hospital was always going to be a tight squeeze.

After all, the steel box is more than 17m long and weighs a hefty 80 tonnes.

Even after almost a year's planning, the chamber passed just centimetres from the wall of its new home in Randwick, expertly guided inside by a calm-handed crane driver

and ISIS Group project manager Cameron Aitken, and his team. The chamber was built by Australian manufacturer Fink Engineering in Queensland and transported to Sydney on a 32m-long trailer, pulled by a truck suitably called "Bandit 2".

The truck and trailer took out 1½ lanes of the Pacific Highway on the way down the coast and could only travel through city streets between 1am and 4am.

Hyperbaric chambers use pressure to boost oxygen to

tissues in the body. They were first used to treat divers suffering from decompression sickness, but are now used to treat many conditions, including diabetic ulcers, gangrene and carbon monoxide poisoning.

The chamber will allow the hospital to treat 28 patients, while the existing 40-year-old one can only treat eight. The new chamber is completely electronic and closely resembles a modern hospital ward.



Breath in: The largest hyperbaric chamber, above, being installed

From a recent newspaper

Some shot from Peter Flockart from the recent Central Australia Trip.

The Shoe Tree



Innaminka Egrets







Bertoota Sunset



Sunset at Dig Tree

The Committee is:

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Please send items for the Newsletter to me *as you do them during the month.*