

Sea Braggin'



MONTHLY NEWSLETTER

- JULY 2010 - Edited by Ray Moulang -

*INCLUDED IN THIS ISSUE ARE DIVE REPORTS FROM :..
JASON COOMBS AND IAN ROFFEY.*

**PICTURE PRESENTATIONS FROM BRIAN BYRNES
AND NANCY AND GARY.**

A BIG THANK YOU GOES TO THEM.



Mourning Cuttlefish, asleep BY Brian Byrnes

WHATS HAPPENING IN YOUR CLUB?

- JULY 2010 -

WHEN	WHAT AND WHERE	CONTACT	WHEN	WHAT AND WHERE	CONTACT
Saturday 3rd	Deep Dive SS Tuggerah/ SS Undola	Michael McFadyen 95455596	Saturday 17th	Boat Dive Marley Point	Dave Casburn 0405186184
Sat 3rd to Sat 10th	Away trip North Haven	Gary Perkins 95336869	Sunday 18th	Deep Dive Rose Bay	Gary Perkins 95336869
Saturday 4th	Boat Dive The Colours / Rose Bay	Kelly McFadyen 95455596	Saturday 24th	Christmas in July	Peter Flockart 93710265
Wednesday 16th	Club Meeting @ Rowers Club	Jason Coombs President	Sat 31st to Sat 28th Aug	Birdsville, Alice and Uluru Camping Trip 2wd ok.	Michael McFadyen 95455596

- AUGUST 2010 -

WHEN	WHAT AND WHERE	CONTACT	WHEN	WHAT AND WHERE	CONTACT
Saturday 7 th	Boat Dive Marley Point	Dave Casburn 0405 186 184	Friday 20 th to Sunday 22 nd	Weekend Trip Jervis Bay	Natasha Naude 9799 9785
Sunday 15 th	Deep Dive SS Tuggerah/ SS Undola	Gary Perkins 95336869	Friday 27 th	Ski Weekend Cancelled Accommodation Problems	
Wednesday 18 th	Club Meeting @ Rowers Club	Jason Coombs President	Saturday 28 th	Shore Dive Bare Island	Paul Pacey 9527 2501

See what else is on this Year.

The 2010 Club Scuba Calendar is on the web site.

St. George Scuba Club Annual General Meeting

The Annual General Meeting will be held on the 18th August directly after the Club Meeting at the St.George Rowers Club. Elections will be held for:

President

Vice-President

Treasurer

Secretary

Assistant Secretary/Treasurer

Newsletter Editor

The club is only as successful and enjoyable as it is due to the voluntary contributions of members.

Any special resolutions need to be submitted to the Secretary Eddie Ivers 21 days prior to the AGM. Nibbles will be served at the meeting.

Palau Trip Organised by Dave Casburn.

15 Days /14 Nights Ex. Cairns \$2765 Ultimate Wreck & Reef

Diving Expedition 15 Days /14 Nights Ex. Cairns \$2765 Ultimate Wreck & Reef - Diving Expedition

- 21 October - 05 November 2010 –

TOUR COST INCLUDES: .

Return flights Cairns to Palau - (flying with Continental Airlines) - Day Use of room at Ohana Bay View in Guam

. Return airport transfers in Guam

. 13 Nights Twin Share Acc. West Plaza Hotel - Palau

. 12 boat dives (6 days of 2 dives/ day) incl. tanks, weights, belts, dive guide services, lunch and refreshments on diving days - Nitrox for nitrox certified divers

. Snorkel Jellyfish Lake during diving surface interval

. Return Airport Transfers in Palau

. Day Use of room at Ohana Bay View in Guam

. Australian departure and applicable airline taxes (\$240.00 and subject to change)

Optional Upgrade - Extra 10 boat dives - \$685

See Dave for more info and to book.

A weekend in Jervis Bay in August!

Friday 20 – Sunday 22 August.

Double boat dives Saturday and Sunday (including one dive with the seals)

Note this is not *just* a seal diving trip – only one dive will be with the seals, conditions permitting! The remainder will be boat dives to local dive sites.

Diving:

Ulladulla Dive Centre can cater for 12 divers <http://www.ulladulladive.com.au/crew/duckunder.html>

- ✂ Retail rates for double dives is \$100 (\$85 for 10 divers or more, plus one free of charge)
- ✂ Airfills for \$7
- ✂ No tanks provided – if you take one tank and they provide one it will be an added charge of \$10.00, or you can hire both tanks (or take 2 of your own!)

Accommodation:

I have booked the house, “**Seahaven**” (<http://www.stayz.com.au/11509>) House comfortably sleeps 15 people, with 3 bathrooms and 3 toilets (main bathroom with large spa bath). There is a LUG for dive gear and a BBQ we can make use of. BYO linen! Total cost for 12 people for 2 nights is \$580 (plus \$250 refundable deposit).

Who's coming? 9 confirmed so far: Natasha, Digby, Paul P, Mark R, Tricia, Debbie, Sarah, Carol and a non-diving friend. Please ensure your deposits are paid to secure your place! Room for 4 more divers plus 2 more non-divers.

Contact Natasha if you want to come along, and please remember to send Mark your deposit of \$50.

Email: natasha@bluecucumber.com **Phone:** 0410 074 677

SYDNEY MARINE PARK

THROUGHOUT SYDNEY'S MARINE ZONE, FROM INTERTIDAL SEASHORES AND ESTUARIES TO OPEN OCEAN, OUR TURTLES, SEAHORSES, OVER 580 SPECIES OF FISH AND MORE THAN 70 SPECIES OF SEABIRDS FACE AN EVERYDAY BATTLE TO COPE WITH THE IMPACTS OF POLLUTION, HABITAT DEGRADATION, INVASIVE SPECIES AND OVERFISHING. IN THE FACE OF CLIMATE CHANGE THEIR BATTLE WILL ONLY GET MORE CHALLENGING. IN FACT MANY SPECIES FOUND IN THIS MARINE ZONE ARE IN DECLINE AND 41 SPECIES ARE NOW LISTED ON THE NSW DECCW THREATENED SPECIES LIST.

A Sydney Marine Park will afford greater protection to the marine environment while still allowing Sydneysiders continued enjoyment of all activities. As a Marine Park there would be better management, research and resources to help minimise pressures to its turtles, dolphins and other creatures. Recreational fishing in the majority of the park would be balanced by small pockets of sanctuaries where marine life can surge back to life, and seabirds and turtles can find safe hesting sites and sustainable food supply. Meanwhile a team of staff would be on hand to monitor the park's waters, keep check of invasive species and address pollution and other threats.

Our Sydney Marine Park would be a world first as the only marine park based around a major city! This park is not only essential to protect the region's marine wildlife for future generations but for Sydney to achieve its other long-term sustainability goals.

PLEASE TAKE IMMEDIATE ACTION TO HELP SAVE OUR MARINE LIFE

Take five minutes to help save our turtles, dolphins and seahorses.

Our politicians need to hear from you. Your personalised letter could make all the difference!

www.marine.org.au/marinesubmission.htm

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX

A reminder that membership of St George Scuba Club expires on 30 June.

Attached is the renewal form.

[membershiprenewalform.pdf](#)

To renew, you will need to do one of the following:

Print out the form, complete and bring to next meeting and pay \$25 to Treasurer

- Print out the form, complete and mail to the Club at PO Box South Hurstville, 2221 and include a cheque for \$25
- Print out the form, complete and email to the Treasurer and transfer \$25 to the Club's account,
- BSB 062 028 A/c No. 0080 0455, mentioning your name in the transfer

Under the Club's constitution,

Membership must be renewed by 31 July to retain membership of the Club.

Michael McFadyen

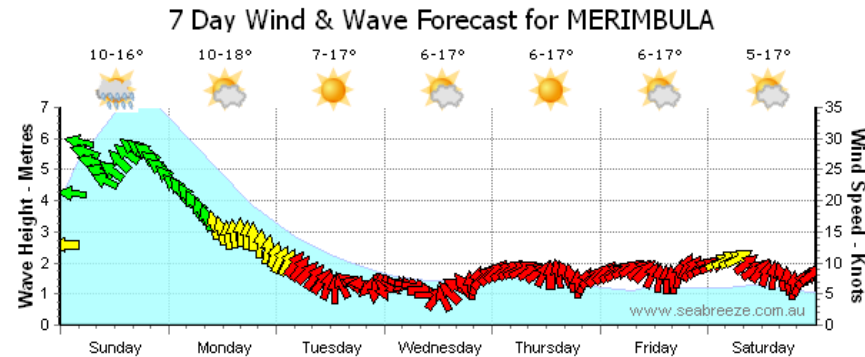
Webmaster St George Scuba Club

[www.stgeorgescubaclub.org.au](#)

Part of the reason again for lack of boat dives and cancelled dives around recently.

Off The Chart. Over 7 mt waves.

From Seabreeze.com.au



Thought for the week:

"Anyone who has never made a mistake has never tried anything new."
(Albert Einstein).

Regards Bram.

This is my birthday invite - should be a good night as there will be a few thirsty people from work there (ED). Jess



[Need an excuse to Party1.pdf](#)



Phil Rose and Family

Go to www.everydayhero.com.au/the_rose_family

City to Surf Event

The Cure Our Kids City2Surf Team 2010 have raised \$44,706.00 AUD

-Recent Club Happenings-

North Head 27 June 2010 by Jason Coombs

It had been a while since I had dived off LeScat and it's amazing how standards slip when you aren't watching.

I was gob smacked to find Michael was wearing a dry suit, that's right he's deserted the wet club after all this time. He reliably informed me that it was cheap off the internet.

Two boats headed out of Rose Bay – with divers Michael, Kelly, Peter Flockart, Carol, Eda with me on LeScat and Ray, Andrew, Gary, Nancy and Martin Mueller on SCRAM 2.

While it was a nice sunny day we had a cold breeze blowing and small swell.

We settled on Old Man's Hat inside North Head, in fact you can jump in right along the cliffs here it is very reliable and I always enjoy diving here.



My second surprise for the day was that I got to complete my Dive Jedi training – I dived with Darth Diver.



Actually it was my buddy Peter Flockart in his full face mask – he's quite a sight and along with Michael setting new standards for gear.

We headed along the reef and saw a wobbie and pj hiding in a hole.

There were lots of nudibranchs and excellent fixed life on the reef – sponges, ascidians etc.

We met Michael coming back the other way and he steered us in the direction of a juvenile weedy sea dragon.

There was a lot of fish life about as well including yellow tail pike under the overhangs and lots of leather jackets along the reef.

The temperature was a comfortable 18c (too warm for a dry suit!) viz was good at 10-15metres as we were diving right on high tide.

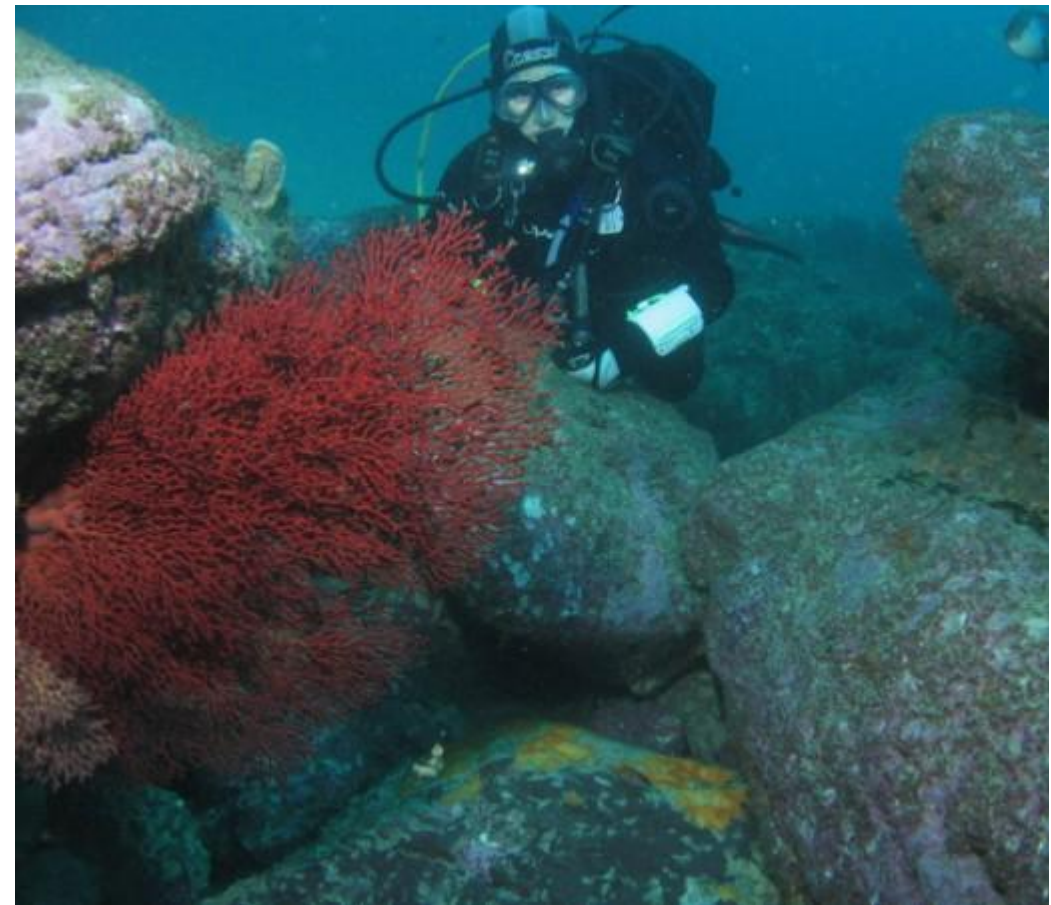
After the dive we headed to Clifton Gardens for morning tea for apple pie and some warm drinks to warm us up after the cool wind.

And a big thank you to Eda for organising the dive and Michael and Ray for making their boats available.



[Three Pages from Gary and Nancy.](#)





Trip Report from Ian Roffey.

A winter dive trip was organised by some members and others from the diving community at large to Jervis Bay over the w/e July 19 & 20th. Stayed at a nice house on Hyamms Beach and booked out the dive Boat Genesis from the local dive shop. There were 10 divers in all, eight in dry suits so we all got to try out our winter wear and get used to it. Over the w/e we did five dives, including Cross Roads and Cockatiel Head down to 40m.

Cathedral cave twice, just to make sure we all found it, which was spectacular and the Firefly pane wreck in about 12 M on the way back in on the first day. Weather was excellent if a bit cold. Morning temp was about 8 degrees but it was 16 in the water, vis about 25 - 30 M and the whales were out in numbers on the second day. A great w/e was had by all and we were lucky and picked a good weather window.

One of our group was a Serb so contributed an extra case of beer after they beat Germany on Friday night.







Pictures from JB Trip by Ian Roffey.



Three pages from Brian Byrnes
from recent Shiprock dives.





The lengths some of us divers will go to for a dive. Recent email to night dives. Waxed Lyrical.

Hello Night diving fans

Conditions this week are once again unfavourable for a night dive.

However,

If you are desperate, Shiprock at low tide may be a chance? 7:25 p.m.

Give me a ring after 3:00 p.m. because Eddie and Paul are diving on the high tide around 1 and if the report is reasonable, we will give the night dive a go.

So if you wish to descend into the stygian depths and search for deep sea treasures, the number is 0415 158 168

Mike S.

WET SUITS VS. DRY

BY BILL BARADA

WE all know that the great majority of the waters of the world have temperatures well below seventy-five degrees during most of the year. We also know that water which is as warm as seventy degrees on the surface is much colder at any depth. This has hampered and interfered with water sports activities such as swimming, diving and surfing throughout man's history and the result has been to confine general participation in water sports to countries with warm water. Now, due to the enthusiasm of skin divers and their need for protection in cold water, rubber cold water suits are meeting general ac-

ceptance and all types of water sports are increasing in popularity.

By use of frogman type suits, people in Alaska, Canada, Australia, England and even in the Aleutian Islands can enjoy water sports. In America it is becoming a common sight to see a group of skin divers chop a hole in the ice of a frozen lake in order to go for an underwater swim. Water skiing, normally popular only where the water is warm, is now spreading to Canadian lakes and is extremely popular in Seattle, Washington. Thanks to rubber cold water suits, water skiing is now practiced as an all year sport and can be enjoyed even while snow is on the ground.

As an active diver since 1935, I saw the

skin diver's need for protection from cold water early in the sport. As long ago as 1935, my buddies and I went through the process of spending three or four hours shivering and shaking on the beach for each single hour spent in the water. For an enthusiastic underwaterman, this was simply not enough time to satisfy our desire to explore below.

In those early days we tried almost every conceivable method in our futile attempts to keep warm and stay in the water longer. We wore long woolen underwear which attracted a lot of attention and some caustic comments, but which did little to extend our underwater time. We tried coating these long johns with vaseline and hard oil. This created quite a mess, mixed with sand and sea weed, but had little effect on the cold. We still spent most of our time shivering and shaking around a fire and our fondest wish was for a visit to warm water climates. It wasn't until the war introduced exposure suits used by Navy Frogmen that we were started on the right track.

An enthusiasm for skin diving coupled with my occupation of fabricating rubber products made it only natural for me to experiment continually with rubber cold water suits in an attempt to perfect one which would give skin divers the protection they needed. As a result the Bel Aqua Company was formed, and we are proud of our contributions to cold water protection. As a result of our tests, research and experiments, we were first with a commercial sport diving suit manufactured and marketed in America. We were first with the now popular front entry and we introduced treated rubber and laminated rubber sheeting to dry type rubber suits. Our latest introduction is Ply-A-Bel, an outside lamination which is not rubber at all but a chemical composition impervious to sunshine and salt water which acts as an outer skin to protect the gum rubber.

In recent years a new type of material and a new theory for cold water protection has come into use, in the form of wet type suits. Naturally, since cold water suits are our business, we have conducted the same extensive experiments and tests with this new material as we did with dry suits and, if field tests prove as satisfactory as our present laboratory tests indicate, we expect to have our foam suits on the market.

Selecting the cold water suit best suited for his particular purpose is a major problem to most skin divers. It is an expensive item and is intended to last for a long time. There is a place and a use for both wet and dry type suits but selection of the one best suited to any particular diver or con-

This was supplied by Les from one of his old magazines
via Michael. [Drysuits_new.pdf](#)



It was nine above zero at Memphis, Tenn., when Mrs. Jane Coll decided to test warmth of suit on frozen lawn. Mrs. Anita Reed shows she's a cool cookie too by doing same with considerably less attire. Photo courtesy Memphis Ski Club.

ditions depends upon a lot of variable factors. We believe the experience and tests made by our staff will be of considerable help to readers of this magazine.

First, we learned that it was a mistake to believe that either dry suits or wet suits are "the best." Both have their advantages and disadvantages, depending upon the use for which they are intended. To appreciate this, the theory behind each type suit must be understood.

Dry type suits operate upon the principle that a layer of dry air acts as insulation between your body and the water. The rubber suits serve only as a watertight shield to trap this air inside the suits. Protection is obtained from the clothing worn under the rubber which, when dry, is permeated with dry air. The more clothing you wear, the warmer you will be in the water. The whole theory of dry suits is dependent upon keeping water out of the suit and preventing any circulation next to the diver's body. If a dry suit develops a leak of sufficient size to soak the underclothing, much of the protection is lost. The wet underclothing will transmit body heat out to the water and reduce body temperature to the point where the skin diver can suffer from the cold. A dry suit when it is wet inside will still give some protection but, for full value, it should stay dry. In extremely cold water, below 45 degrees, even a small leak will cause discomfort, and a large leak is intolerable.

Some of the difficulties with dry suits stem from trouble with leaks. It is extremely difficult to encase the entire body in a sheet of rubber without allowing even a pinhole leak. To accomplish this requires very careful workmanship and the finest of material. Tiny flaws in sheet rubber or any foreign particles rolled into the sheeting during manufacture will show up as pin hole leaks in the water. To correct this, Bel-Aqua engineers originated two-ply rubber, so an imperfection in one sheet is covered by the second sheet, which is laminated over it. The suit must seal at your face or neck and wrists to prevent water from entering but not stop circulation. When this is accomplished, you can enter ice water in a dry suit and not feel it against your body.

Wet suits operate upon the principle of air insulation also. The material is cell-tight foam neoprene, in which millions of tiny individual air cells are encased by the material. The material does not absorb water to the extent of ordinary sponge, as water never enters the individual cells. Air trapped in these cells furnishes the necessary insulation.

In these suits leaks are less important than in dry suits, as the air trapped in tiny air cells in the foam rubber itself remains undisturbed. The theory is that the layer or rubber between your body and the water acts as an insulation blanket. The air cells in the rubber protect your

body against excessive loss of heat. A thin film of water is trapped inside the suit next to your body which is so small that body heat warms it. Loss of body heat is reduced by the insulation and longer periods of immersion can be enjoyed. Difficulty with wet suits as with dry suits comes with the manner of employing the theory. For maximum protection, a wet suit must fit snugly against all parts of the body. If the material sags any appreciable distance away from the body at any point, that space is filled with cold water which must be warmed by the body. If a wet suit fits poorly, most of the protection is lost.

Wet suit material should have elasticity and tensile strength in order to give lasting protection. Otherwise, the material will stretch with a resulting sloppy fit. A weak material will fail under pressure when compressed by water. At a depth of 100 feet, the air cells must contract to approximately one-quarter normal size without rupturing. One-eighth inch foam will compress to one-sixteenth at 33 feet.

The material used in both wet and dry suits is of major importance to the skin diver because it will determine how long his suit will continue to give satisfactory service. In dry suits, pure gum rubber is extremely sensitive to sunshine and salt water, and a gum rubber suit, repeatedly exposed to these elements, will soon go to pieces. Also, poor quality rubber is much

more easily snagged or torn than a tougher material. This problem has been largely solved by our new coating process which gives a tougher and harder surface than gum rubber.

In wet suits, the material is pressed in thick layers, usually $\frac{1}{8}$ inch. Because the foam rubber is neoprene, it is not affected by sunshine or salt water but it has no tensile strength and is easily torn. The design of a wet suit must take into account the snug fit plus the fact that the material tears easily so putting it on and taking it off does not put too much stress on the material. Neoprene is very difficult to cement so it will hold, so again workmanship is important.

When choosing between a wet suit and a dry suit (assuming both to be well made and of the best material) several things must be considered. How much protection do you need? Some men are affected by cold water much more than others, and need much greater protection. If you are a walrus and can swim in sixty degree water for hours without a suit, you need little protection to allow you all the time you need in cold water.

How cold is the water you dive in? A dry suit which keeps you dry will be much warmer over a long period in really cold water than wet suits. In mild water, wet suits give ample protection.

For pure convenience, wet suits have

(Continued on page 66)

WET SUITS VS. DRY

(Continued from page 39)

an advantage over dry suits as they require no heavy underclothing, and need not be sealed water tight. You can sun bathe in a bathing suit on the beach and simply slip on the suit and enter the water. If you like to stay in the water for long periods once you are in, a dry suit will usually permit longer stays in comfort.

Both suits must be cared for after a dive. Dry suits must be washed, dried and powdered and wet suits must be dried carefully on both sides. Allowing wet suits to stay damp invites infection as the warm, damp rubber forms a breeding ground for germs which are always present on your skin.

A wet suit gives a greater sense of freedom in the water as there is less constriction from the rubber but a dry suit allows no water against your body, so it eliminates any initial shock.

When using SCUBA, a dry suit with a hood requires a longer time to equalize ear pressures as air must be allowed to

enter the hood as you descend. This is accomplished simply by placing yourself feet downward so air in the suit will rise into the hood. This is no problem while ascending, as your head is already higher than the rest of your body and air will be in the hood. A wet suit allows ear equalization the same as while wearing a bathing suit. The squeeze is no problem with a wet suit when at great depths, but with a dry suit discomfort is felt at depths over 100 ft. unless air is forced into the suit. This is accomplished by blowing into your mask, with the face of the hood over the edge of your mask.

All in all, the choice between a wet suit and a dry suit is mostly a matter of water temperature and personal preference. If cold water does not affect you much, you prefer short runs to a long stay in the water, or the water you dive in is not extremely cold, you probably would prefer a wet suit. If you are greatly affected by cold water, and "freeze out" quickly, or if you like to stay out a long time when you do go to the beach, or if your water is below 50 degrees most of the time, you probably would be happier with a dry suit. Whichever you decide, I hope this analysis is of some service to you in making the right choice for your own use. •

WATER WORLD



These fellows are such hot enthusiasts nothing can cool them off, not even ice in a Minnesota lake. Suits help, of course. Photo courtesy Travis Studio, Hopkins, Minn.

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