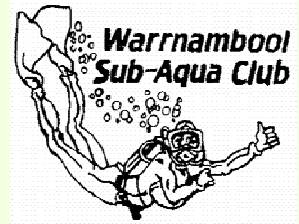




Newsletter



WARRNAMBOOL SUBAQUA CLUB

SPECIAL POINTS OF INTEREST:

- Recent happenings.
- Trailer talk.
- Club dives
- Members go diving.
- Tassie talk
- Club compressor
- Member achievements
- Web site?

WHAT'S BEEN HAPPENING?

Things have been pretty quiet on the diving front of late – especially in the ocean. Members have not been resting on their fins though! Many have been trekking across to Mount Gambier for some fresh water diving to keep their skills up. Kilsbys has been dived by most in the last couple of months with Doug viewing the site from both the normal trim and even from the extreme head down, feet up position... which reminds me - perhaps I might do an article on correct weighting/trim for comfortable diving.

Paul Harris is off to Fiji for a well earned break and we look forward to his return and perhaps a story for the newsletter.

The club trailer has had a bit of a face lift with a fresh coat of paint and an overhaul. The door

props are still to be put on. The club is also looking at buying a compressor to make getting divers air easier, to take away on trips and as a



way of returning some funds back to the club. This will most likely be housed in the trailer making it easier for interested members to utilize it on trips away and to share the load of tank filling amongst the club members.

More about that as we finalize details.

We have been able to source a grant from Volunteer Small Equipment Grants 2007 which is to be used to renew our safety equipment and to promote diving within the community. 6 new life jackets, flares for the boat and lights for the trailer have been purchased initially. Letters have been sent to a few dive equipment suppliers in a bid to get some new BCD's and Regs in order to be able to conduct a few 'try scuba's. We will let you know how we get on with this as it happens.

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WSAC WEB SITE?

We have received advise that the club may be eligible for funding that could be used for implementing a club based web site. This idea was discussed at a recent committee meeting and whilst the finer details have still not been sorted out ...such as would it simply

be to advertise our existence, could it be interactive, e.g.: booking onto or expressing interest in club dives, looking for dive buddies... it was agreed that we would talk to someone who knew a little about these things and see if he can advise us on prospec-

tive use and most importantly—cost of setting up and maintaining. If any members have any ideas on this at all please feel free to contact a committee member to give us some hints.

BICHENO TALK

On Friday October 26 Mick, Michelle, Linda, Jeff and Doug traveled to Hamilton to hear Bruce and Phil from Bicheno give a very informative talk on diving in his area. The night was hosted by the Hamilton Dive Club and they and Bruce put on an excellent night.

Bicheno is found on the east coast of Tasmania about 2hrs south of Launceston. The cool temperate diving offers great diving straight off the shore or if you prefer something a little deeper then it is only a couple

of minutes boat trip from the boat ramp. The area is surrounded by a marine reserve which is home to some of the largest crayfish that many divers have ever seen. Because of this, these crays have no fear of divers and will actually advance towards the divers -something that many divers have never seen happen before. But don't stress if crayfishing is your thing as within about 5 minutes boat ride you can be outside the no take zone—but the crays wont come out to see you in

this area!

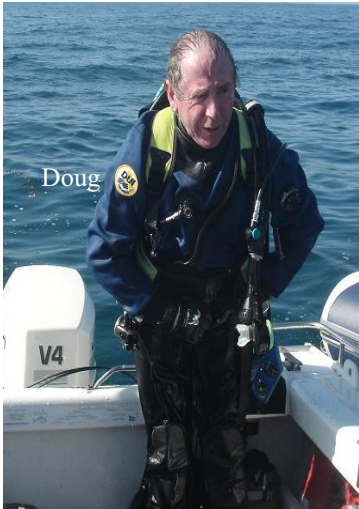
A weekend of diving and accommodation was given away to a fortunate attendee of the night. Lucky guy.



BEAN COUNTER INFO....

Doug, our trusty treasurer tells us that the coffers are looking pretty healthy with a balance of \$6800 in the account. We will be making the pur-

chase of some dive equipment shortly to help us promote diving within the community. About \$2500 has been allocated to this. We are also looking at the purchase of a dive compressor in late November. The cost of the compressor will slowly be recouped with the sale of air to the



Guess where this photo Was Taken ?



CONGRATULATIONS...



Congratulations to Adam Hair a club member from Horsham who recently undertook his Cave level training with Gary Barclay. This 3 day stay in Mount Gambier added to Adams already present Cavern/Sinkhole (soon to become known as the Deep Cavern program) skills and now opens another level of dive sites to him.

Congratulations also to Kelly and Steve who have set the date for their upcoming wedding to be held later next year. (All we need to do now is to get Kelly into the water, and I mean under it not surfing on top!). All the very best to both of you for your future together from all of the club members.

Adam Hair



Parko



BUOYANCY.

Buoyancy is crucial to diving, positive, neutral or negative, they are all states that we aim to achieve at various times on any dive. Unfortunately some divers figure if they can leave the boat, find the bottom and then get back to the surface at the end of the dive then they have buoyancy control!

In this article I would like to revise the basics of *good* buoyancy control. Every diver should have an awareness of good buoyancy control and practice it on every dive but many never think of it until they have trashed an area or do a dive that highlights the need for it.

Before you can work on your buoyancy you need to be correctly weighted. How long has it been since you checked your weighting system? Have you changed any gear — tanks, exposure suit, configuration — since setting up your weights. It may be time to revisit the basic weight check again.

With all of your equipment in place, hang vertical in the water, deflate your BC, breath normally and you should float at or about eye level. You will need to then add a bit of weight (2kg -5 lb) to compensate for the increased buoyancy when your cylinder contains less air at the end of the dive.

Now you know that you are wearing the correct amount of weight we need to look at your trim.

Wearing your correct weight descend a couple of meters (this can be done in fresh or salt water and you will only need a couple of meters depth) and put yourself in a horizontal position. A buddy can be useful at this time to ensure that you are as horizontal as you think you are.

Breathing normally try and maintain

this position without any arm or leg movements. THINK about whether your legs are sinking or your head is sinking. This will give you any idea of what your trim is like.

If your legs slowly sink down you have too much weight on the lower half of yourself, if your legs float up then you have too much weight on the upper half.

Now is the time to start moving some of this weight we carry with us around to perfect your trim.

Bum heavy.

This can be relieved by moving a couple of pound/kgs. up towards the shoulder area or by lifting the cylinder up a little. Check also that you can still lift your head up—if not then you will have to leave the cylinder and move some weights up a little.

These weights could be attached to your BC or to the sides of the tank. Move only a small amount of weight at a time and recheck your trim each time. Are you wearing a primary torch around your waist or slung from your tank? These are all things that you may need to look at as they will also affect your trim.

Top Heavy

If every time you pause in the water

you find that your feet lift up you may have too much weight around the upper part of your body. The easiest thing to check first, is if your tank is too high. Lower the cylinder down a couple of cms and recheck your trim. If this doesn't help enough then utilizing ankle weights may help to spread the weight lower, or attaching weights low on the cylinder may be an option. If using ankle weights make sure that you can still keep you feet up in the appropriate position though and fin comfortably.

Once again, check things like torches that could perhaps be placed a little lower.

Good Buoyancy is not just a skill to be sorted out once and then forgotten about. It is something that is thought about and 'tweaked' on every dive. The diver should be aiming at achieving neutral buoyancy at all times on every dive. Constant small alterations to your dry suit/BC are much better and safer than getting to your destination and adding/subtracting many litres of air. It is also much better for your equipment and for the environment that you are in also.

Think it, work it, critique it, perfect it and then enjoy it.



Two divers show good trim and buoyancy control in a low silty tunnel in Weebubbie Cave, Nullarbor.
Photo by Gary Barclay