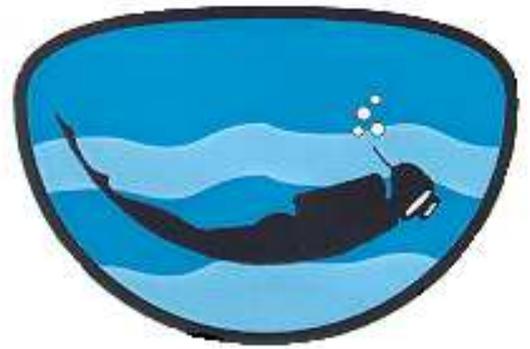


May 2013

Canterbury Underwater Club Inc. Newsletter



Canterbury Underwater Club

PO Box 2287

Christchurch 8140

www.canterburyunderwater.org.nz



Committee Members 2012 - 2013

Committee members are here to help if you have a question about the club or any of our facilities.

Position	Name	Contact Details
President and Lodge Custodian	Grant Prebble (Aranui)	p: 03 388 8690 m: 027 683 8824 e: grantprebble@canterburyunderwater.org.nz
Co-Vice President	Mike Bennett	p: 03 962 1000 (w) 03 338 9706 (h) m: 027 438 1742 e: mike.bennett@xtra.co.nz
Co-Vice President and Trips Co-ordinator	Warren Kelly	p: 03 359 9207 e: warrenkelly@canterburyunderwater.org.nz
Secretary	Noelene Page (Huntsbury)	p: 03 331 6131 m: 027 572 2657 e: secretary@canterburyunderwater.org.nz
Treasurer	Mark Buckland (Halswell)	p: 03 322 9335 m: 027 422 7753 e: treasurer@canterburyunderwater.org.nz
Editor	Jo Mckay (Westmorland)	p: 03 338 8654 m: 027 296 1985 e: editor@canterburyunderwater.org.nz
Assistant Lodge Custodian	Ian Waite (Ashburton)	p: 03 308 8866 m: 021 355 379 e: ianwaite@canterburyunderwater.org.nz
Committee	Russell Byfield (Huntsbury)	p: 03 331 6131 m: 027 436 1604
Committee	Brian McCallum (Kaiapoi)	m: 027 329 7024 e: brianmccallum@canterburyunderwater.org.nz
Committee	John Schurink (Riccarton)	m: 021 531 993 e: j.schurink@xtra.co.nz
Committee	Gary Vallance	p: 03 383 4406 m: 021 501 482 e: gary@libertyengineering.co.nz
Trips Co-ordinator (non-Committee)	Terry Reilly	p: 03 337 3312 m: 027 391 7801 e: terry.reilly@xtra.co.nz

Club Meeting Information

April Meeting Summary

The minutes of the April meeting can be found at the end of this newsletter.

Raffle

The winners of the raffle prizes were Phil who took away the \$50 Deep Blue Diving voucher, Eddie, Jun and Geoff who nabbed the great looking meat packs from Fresh Meats Barrington, and Dan who took away some cackle-berries.

Speaker

April's speaker was Dr Graham McGeoch - a 'dive doctor' who also works at the Hyperbaric Medicine Unit at Christchurch Hospital. The unit sees 6 to 8 people (non-dive related) go through the chamber a day, although generally they only see about eight divers a year for decompression sickness (DCS). The diving cases can all be traced back to the same list of causes - a risky dive profile, multi-dive days, a rapid ascent and cray/scallop fever where divers run out of air grabbing just one more scallop, or trying for that big cray.



Dr Graham McGeoch and a photo from 2000 showing the old Hyperbaric Chamber

The late 1990's saw a large spike in the number of diver DCS incidents and this has been attributed to the huge number of new divers taking up a WINZ offer of training to become a Dive Master. Dr McGeoch took us through the tragic diving accident at French Pass in March 2000 that was being done under one of these courses, and event in which three died and four were injured. It was one of the busiest weekends ever for the Hyperbaric Unit, and Dr McGeoch who is a long time diver himself has taken a particular interest in this event as a result.

All the divers were holding a rope attached to a surface float, when a strong vertical current caused the float to fail, and dragged them down to nearly 90 meters within the space of about 1 minute according to one of the dive computers used, they then ascended within the same time span - the resulting massive air embolism and therefor drowning being recorded by the coroner as cause of death of the three that died. The other four survivors were taken to Nelson hospital where the emergency dept contacted the Hyperbaric Unit in CHCH however the severity of the incident was not effectively communicated at that time so all four were sent home that same night. The next morning two divers presented back at Nelson hospital with DCS, and by this time the complete story of the tragedy was unfolding so all four survivors were rushed to the Hyperbaric Unit for decompression treatment.



French Pass – a tidal range of up to 2m on the Cook Strait side and up to 4m on the Tasman Bay side creates a substantial pressure gradient across the pass. Peak flow is around 4m per second.

Some survivors still have a degree of physiological damage and problems with balance as a result of the accident.

Dr McGeoch warned that older experienced divers start to have the same risk of sudden death as younger inexperienced divers. Typically they are males over 50 years of age, so this group should make sure they maintain a good level of aerobic fitness (see the new Gym offer on page 9) , and consider some less strenuous options like changing from a wetsuit to a drysuit, and selecting 'fair weather' dive trips rather than cold, long dives in rough conditions.

He also mentioned that if you develop a rash after a dive that has no other reasonable explanation and that doesn't clear within an hour that this could be a sign of DCS so no diving for 24 hours would be a good precaution to take.

A club member asked about the effect of seasickness medication and the risks of diving having taken this, Dr McGeoch explained some tests had been done on 'Sealegs' and a performance drop was noticed at 30metres, so he suggests that if you take these medications then only take one, limit alcohol, and consider other risk factors such as cold, rough conditions and keep the dive depth a little more shallow.

Next Meeting

Tuesday the 14th of May, cash bar opens from 7:30pm.

Location – Christchurch Airport

As you drive to the airport, the first roundabout is the one where Memorial Ave and Russley Rd meet. The second roundabout inside the airport boundary is Orchard Rd, turn left there. The 'Hangar' is the building on the right about 200m along. Parking is usually on the verges on both sides of the road. Please park neatly and with consideration for others.

May Speaker



This month we have Steve Terry from Fish and Game along to talk generally about what Fish and Game does – this covers activities such as drift diving rivers to count trout and other topics that members are bound to find interesting.

Donation of Raffle Prizes – thanks Deep Blue Diving!!

May is your last chance to win a \$50 voucher generously donated by Jun Liu of Deep Blue Diving (see details in the Members Corner on page 9)

New Member Applications

No new membership applications this month.

Fundraising – Entertainment Books

Very soon we will have the new edition of the Entertainment Books available to sell - they are \$65 which is the same price as last year.

So how do you get one (and some for your family and friends)?

You can go to <https://www.entertainmentbook.co.nz/orderbooks/1343k43> and buy however many copies you would like with your credit card AND have them delivered to you directly once they come out. (And receive over \$210 in additional offers if ordered this way)

OR

Contact Wayne on wjlester@xtra.co.nz or 021-436-913 and let him know how many copies you will be needing THEN make sure you make payment for the total number of books ordered by either:

1) Paying Mark Buckland (treasurer) directly at a club meeting (cash or cheque only)

2) Posting a cheque into:

Canterbury Underwater Club

PO Box 2287

Christchurch 8140

3) Paying by bank transfer into

Bank – BNZ Sydenham

Account: Canterbury Underwater Club Inc.

Account No: 020828 0162966 00

Members Out and About



Yessica is a German Shepherd owned by Phil and Lynette Baker who loves boating and is an extra pair of eyes looking for divers to resurface.

Upcoming Trips and Events

French Pass/Okiwi Bay - November

Grant Prebble is again organising a trip to French Pass for Canterbury Anniversary weekend.

The trip is now full but let Grant know if you are interested as the places are not confirmed until everyone has paid! Please get your deposit to Grant ASAP to secure your place.

It is possible to join the trip if you take your own boat and arrange your own accommodation.

Photo Competition 2013

Rules

1. All photos to be taken between 1st July 2010 and 30th June 2013
2. A member may submit no more than a total of 5 entries.
3. All entries will be available for use by Canterbury Underwater Club in promoting the Club or this competition. Ownership of the original image will reside with the contestant.
4. Results of the public vote will be final and no correspondence will be entered into.
5. Some image processing is allowable (cropping, colour and exposure correction) but there must be no modification to the content.
6. Entries are open to members of the Canterbury Underwater Club only.
7. Entries must be the work of the member submitting it.

Categories

Underwater – underwater images only.

Above Water – must be related to the sea/freshwater bodies in some manner.

How to Enter

1. The competition is open to digital files only.
2. Photos must be in JPG format with a max file size of 1MB. Each photo must be submitted on an individual email. Please include your name, and details of where and when the photo was taken with your entries. You may also include the details of the type of camera etc.
3. Email your entry to Gary Vallance at gary@libertyengineering.co.nz
4. Entries must be received no later than Monday the 1st of July at 5pm

Voting for the Winner

Photos will be open to a public vote – members who attend the July club meeting will have the opportunity to vote for their favourite photo in each category.

Winners announced and trophies and prizes will be awarded at the Annual General Meeting on August 13th.

Events Calendar - Updated 22nd March 2013

<i>Date</i>	<i>Event</i>	<i>Contact / Guest</i>	<i>Venue / Deadline for Booking</i>
Sun 19 th May	Motunau Dive Trip	Brian McCallum p: 03 327 8722 m: 027 329 7024	15 th May
Tues 11 th June	<u>Monthly Club Meeting</u>	TBA	Afterhours Hangar 3 Orchard Road, Airport
Sun 16 th June	Motunau Dive Trip	Michael Bennett p: 03 338 9706 m: 027 438 1742	12 th June
Tues 9 th July	<u>Monthly Club Meeting</u>	TBA	Afterhours Hangar 3 Orchard Road, Airport
Sat 27 th July	Club Annual Dinner	TBA	16 July
Tues 13 th Aug	<u>Monthly Club Meeting</u> and Annual General Meeting	ANNUAL GENERAL MEETING	Afterhours Hangar 3 Orchard Road, Airport
Sat / Sun 17 th – 18 th Aug	Kaikoura lodge weekend Pot luck dinner	John Schurink p: 03 343 0809 m: 021 531 993	12 th August Ring John for bookings
September	Lake Alta Ice Dive Queenstown	TBA	Date to be confirmed
Tues 10 th Sept	<u>Monthly Club Meeting</u>	Program to be confirmed	Afterhours Hangar 3 Orchard Road, Airport
Sun 15 th Sept	Motunau Dive Trip	Gary Vallance p: 03 383 4406 m: 021 501 482	11 th September
Sat 5 th Oct	Kaikoura Seafest	http://www.seafest.co.nz Tickets on sale April 2013	Make your own lodge bookings
Tues 8 th Oct	<u>Monthly Club Meeting</u>	TBA	Afterhours Hangar 3 Orchard Road, Airport
Sun 13 th Oct	Akaroa or Lyttelton trip	Ian Waite p: 03 308 8866 m: 021 355 379	9 th October
Sun 10 th Nov	Motunau Dive Trip	Warren Kelly p: 359 9207 m: 021 066 1635	6 th November
Tues 12 th Nov	<u>Monthly Club Meeting</u>	TBA	Afterhours Hangar 3 Orchard Road, Airport
Canterbury Show Weekend 14 - 18 th Nov	French Pass Dive Trip	Grant Prebble p: 388 8690 m: 027 683 8824	Fully booked Waiting list created
Sat 30 th Nov to 1 st Dec	Kaikoura lodge working bee	Grant Prebble p: 388 8690 m: 027 683 8824	20 th November Ring Grant for bookings
Sun 8 th Dec	Motunau Dive Trip	Warren Kelly p: 359 9207 m: 021 066 1635	4 th December
Tues 10 th Dec	<u>Monthly Club Meeting</u>	Xmas social evening	Afterhours Hangar 3 Orchard Road, Airport
Sun 22 nd Dec	Akaroa Dive Trip	Dominic Manera p: 03 375 5000 m: 029 375 5000	18 th December

Canterbury Underwater Club Inc- Lodge Information

The Canterbury Underwater Club Lodge offers a fantastic facility to both members and non-members with dedicated boat parking, gear washing facilities, fish filleting stations, crayfish cooker and a communal cooking and living area.

The lodge can sleep a maximum of 20 people in its' five rooms, specific rooms can be requested when booking but may change to accommodate the numbers of person in a party.

The Annex rooms (11 to 16) can sleep up to 16 people and will be reserved for members only unless the entire Lodge has been pre-booked for a Group.

Please *remember* that you need to bring your own linen and bedding.

This will not apply to holiday weekends and may be varied for either of the above if the lodge is only or likely to be partially occupied during your stay.

Member Rates

Members and Partners \$10.00 per person per night

Child 5-17 years \$5.00 per child per night

Child Under 5 Free

Vouchers: 2 x vouchers per adult per night required if used.

Member Cancellation Policy:

Prior to mid-day on the day of arrival No Charge

Later than mid-day on the planned day of arrival 1 night charged

Cancellation of a Booking for a holiday weekend must be done 3 days prior to the planned day of arrival or a two night penalty charge will apply if the beds booked cannot be re-let. The booking agent will advise the Treasurer and Secretary in these events.

Non-Member Rates

Adult \$26.00 per person per night

Child 5-17 years \$10.00 per child per night

Child Under 5 Free

Vouchers can be used for non-members (for a stay when accompanied by a member) but will redeemed at the non-member price.

Non-Member Cancellation Policy:

Cancellation of bookings and refund of deposits will be as per standard motel practice for Groups or Individuals.

Lodge Booking Information

Bookings are handled by the Norfolk Pine Motel. To lessen the impact on them in the running of their own business, we kindly ask that you respect the following instructions:

1. E-mail is the preferred booking method.
2. Phone bookings should be made no later than 7pm.
3. Please do NOT use the motel's 0800 number; doing so will incur a \$4 charge.
4. Please let Ian or Sue know how many people in your group so they can allocate beds and also the member/non-member make up of your party.
5. Payment must be made upon collection of keys – Vouchers, Cash or Cheque only please, NO EFTPOS.
6. Uplift keys before 8pm; please phone them if you are running late.



Norfolk Pine Motel - Ian and Sue Plummer

124 The Esplanade

Kaikoura

p: 03 319 5120

f: 03 319 6405

e: norfolkpine@clear.net.nz

General Lodge Rules and Obligations for ALL Users

- **No Pets** of any description to be taken onto or into any part of Club Lodge facilities.
- Any visiting guests may not over-night at the lodge unless booking and registration is completed at Norfolk Pine Motel prior to 8.00 pm and it does not interfere with any other persons booking.
- No smoking is permitted at the Club Lodge.
- Alcohol consumption is permitted in moderation.
- General noise to be kept to a minimum late in the evening to be respectful to others staying at the lodge.
- No undersize Fish/Crayfish/Shellfish or excess quota of any species to be kept at the club lodge.
- BBQ and Crayfish Cooker are only to be used outside.
- Clean up when you leave. There are no cleaners. We are totally reliant on club users.
- Keys must be returned to Norfolk Pine on the day of departure, lost keys will incur a \$25.00 fee.
- Please direct any complaints (other than minor booking issues), suggestions or issues with the lodge facilities to a committee member.

These conditions of use of the Lodge are authorized by the President, Treasurer, and Secretary of the Canterbury Underwater Club Inc. and take effect from 20-04-2010.

Signed on behalf of the executive of the committee:

Mark Buckland - Treasurer

Dated: 16-04-2010

Updated 20-05-2011

Member's Corner

Advertise your business here in exchange for a small donation to the club in the event of business generated from this newsletter.

Diving Needs – Deep Blue Diving

Deep Blue Diving's philosophy is to make diving affordable to all divers! Starting as an importer and wholesaler of diving equipment in New Zealand, but quickly growing to making and selling their own range of diving equipment and wetsuits. The Deep Blue brand is now well known for its value for money. Mention this ad each time and get 5% discount for you and another 5% goes to the club.

Deep Blue Diving

3/251 Blenheim Road
p: 03 332 0898 or 03 348 0666
www.deepbluediving.co.nz

Diving Needs – Dive Werks

Contact Russell for special prices on servicing and equipment which include:

- Hydro Tank Test (inc fill)..... \$39
- Visual Tank Test (inc fill) \$29
- 10 tank fill concession..... \$70
- Individual tank fill..... \$8
- Massive in-house specials on all equipment

Call Russell on 332 7445 or 0274 361 604

Dive Werks – 351 Port Hills Road

Diving Needs – Underwater Sports

For all your diving requirements, we sell you stuff, train you, service your tanks and gear (Most brands). We can take you diving or help you with advice on diving. Mention this ad each time and get 5% discount for you and another 5% goes to the club.

(Offer does not apply to already discounted items or concession tank fill cards)

Underwater Sports

25 Coleridge St
p: 03 964 4444 (Paul)

Gym Membership – NEW OFFER!!

Increase your fitness.

Physical Sense Gym and Physio (300 Colombo Street next to Ascot TV) offers **stay fit for diving** packages. Mention the CUC and we will give you a free personal training session (worth \$90)

p: 332 2625

Continued next page...

Insurance

KIWISAVER, Life, Health and Mortgage Protection Insurance - You probably already have one of these products but you should ring Mike Bennett at **ACORN INSURANCE & INVESTMENT** for a better price. Not only will you get access to the best priced and best value for money insurances, you will receive a BIG discount on your current premium AND the club will benefit too!

Mike Bennett

p: 962 1000 (b) or 03 338 9706 (hm)

m: 027 438 1742

www.acorninsurance.co.nz

Laundry and Cleaning Products

As divers we appreciate the clear blue waters we all have access to but our waterways are being destroyed by everything we flush down our drains.

Did you know that for the same price as regular laundry products you can replace them with completely natural products that work better than chemical brands, and they don't harm the environment?

Do you suffer from allergies? Eczema or flaky skin? This could be caused by the chemicals in your cleaners and laundry powders.

I now work to remove TOXINS from everyday life and promote wellness and health.

For every new customer CUC will receive \$25.

Contact Tony G

p: 03 942 5991

Synthetic Oils

Richard Lowen is providing synthetic oils – very environmentally friendly – at substantially reduced prices to members.

p: 03 980 7695

m: 021 1064 319

Used Cars

Let us explain why you should buy a used vehicle from us. Reliable, AA tested, 1 hour finance, just \$1 deposit, no repayments for 6 months for approved buyers. It's very easy to own a reliable new car, wagon or 4WD. Special personal orders obtained.

For each vehicle purchased through this advert, \$50 will be donated to CUC.

Alexander's Cars Direct

p: 03 379 5729

CANTERBURY UNDERWATER CLUB

Minutes of General Meeting : 9 April 2013

8.07 pm : Grant opened the meeting and thanked everyone for coming and welcomed new members : Daniel Wyatt and Katherine Shaw and tonight's guest speaker: Dr Graham McGeoch.

Members Apologies :

Tony Glentworth, Gary Valance, Darren Mora, Ian Waite, Brian McCallum, Dave Alexander, Glenn Whyte, Don Smith, Joan Werner, Larry Thomas, Russell Byfield

Reading and Approval of minutes from 19 March 2013 General Meeting

The minutes were read. Jens Christensen moved to accept and John Schurink seconded.

Matter Arising

There were no matters arising.

General Business :

Dominic Manera asked that the committee relook at the request for boat subsidies for the December 2012 Akaroa Dive and the November 2012 Okiwi Bay Weekend Dive.

Grant Prebble advised Dominic that it is on his agenda for the next Committee Meeting (16 April 2013)

Richard Lowen complimented the committee on the new format newsletter. Grant advised that this compliment is solely for Jo McKay our editor – Well Done Jo!

Grant Prebble thanked Jo McKay for the new name badges - which look great.

Malcolm Howell had 4 dive watches for sale only available at the meeting. Malcolm gave a brief explanation on the 2 types of watches. Malcolm also commented on the great new Newsletter format. Dominic Manera asked why recently there has been nothing in the newsletter to say what the committee has been up too. He asked if there was a reason this had been dropped. Jo McKay said that she was unaware that this had been in the newsletter when she had taken over.

Entertainment Books are once again to be sold with money going to the club from each sales – please see Grant Prebble or Wayne Lester

Past Club Dive Trips

Motunau: 16th March 2013

This trip was well attended by the club, with 5 boats going out and around 17 members diving. 87 boats were counted at the boat ramp that day. After the days dive all members stopped at the Greta Valley Pub for a beer. Thanks for organising a great trip - Terry Reilly.

Upcoming Club Dive Trips/Weekends scheduled:

Motunau: 21st April 2013 – High Tide is 1pm. Depart Christchurch 9.30pm. If interested contact Warren Kelly .

Motunau: 19th May 2013

Okiwi Bay : 15th to 17th November (Show Weekend) – Trip full, now a waiting list. To secure your spot a \$40 deposit is required. Please contact Grant Prebble to arrange payment of the deposit or to put your name on the waiting list

8.25pm : Grant called the official part of the meeting closed.