

NZ Dolphin Underwater & Adventure Club Newsletter May 2020

No Club Meeting: Wed 13th May 2020 – Cancelled due to Covid-19 Level 3/2

Club Rooms : Closed – Stay Home, Stay Safe

Guest speaker: None. Instead try National Geographic Channel TV at your place

www.dolphinunderwater.co.nz



**Club's Mail Address:
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**Club Contacts
Phone numbers & emails
Committee listing inside**

COMMITTEE MEMBERS: 2020/2021

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Committee	John Freeman	021 983 610	john@witblitz.net
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Dive Trips Organiser	Any Club member is welcome to arrange one		
Adventure Trips	Martin Sagers	410 2363	sagersmar1@orcon.net.nz
	Kate Ellis	410 2363	kate65nz@orcon.net.nz
Entertainment	Tom Butler	624 3505	trbutler@xtra.co.nz

Life & Honorary Members

Barry Barnes – Life	Peter & Margaret Howard – Life	Brian Horton – Life
Reg Lawson - Life	Roberto Tonei – Life	Dave Quinlan – Life
Graham Thumah – Honorary	Tony & Jenny Enderby - Honorary	Eileen Slark – Honorary

Cover Page Photo:– Manta Ray feeding with plastic bits & pieces as well by Denis from TV screen.

What's on our coming agenda?

Note you will need to check if these are still on yourself

22nd May – 1st June 2020 – Kermadec Islands Trip – 11 days – 2.5 days sailing each way – leaving 5 days pristine diving Raol Island - \$5750pp - accommodates 14 divers – in conjunction with Mt Maunganui Club, leaving Tauranga on 'MV Braveheart'. Five Dolphin Members have their name down so far. Contact **Steven 13th Grant 0276 583 599** for further details. Some info on the ship - <https://braveheartexpeditions.com/>

10th June – Wed – 7:30pm – Hopefully Dive club meeting - Pizza Night & AGM

10th – 18th June 2020 – group going to Rarotonga – Diving, snorkelling trip - (My 0274 839 839 number will be on hold from the 28th Jan until 21st March) contact Margaret if keen to join in..

21st – 30th August 2020 – Club Trip to Fiji — For divers and non-divers. We had such a wonderful trip to Tonga – we want to do the same in Fiji. We have had a number of Club trips to Fiji in the past, we will be diving and visiting different areas this time, Margaret.

You will need to contact the shops to see what's still on or off!

Upcoming Trips with Performance Dive NZ you may be interested in 2020 - Ph. 489 7782

Sat– 8:30am – Local boat dive departing Takapuna or Omaha

Sun– 9:00am Shore Dive – Local Coastline (Ring shop).

Sun– 8:00am @ Tutukaka - Poor Knights Islands Day Trip – 2 dives

Upcoming Trips with Global Dive you may be interested in 2020 - Ph. 920 5200.

Sat – Sun – Bay of Islands Weekend

Sat – Sun – Poor Knights Is 2 Day Trip Live a Board

Other events & suggestions please contact a committee member or organise it yourself & get the club to make up your numbers. i.e. – Dives, trips NZ & O'Seas, Events, Outings, Tramps, Dinners, Movies, whatever social event tickles your fancy.

Our Club's Trip Rules (Organiser's rules apply for overseas trips)

- A. Bookings allowed on all trips.
- B. **A deposit or full payment to be made at time of booking.**
- C. Full payment MUST be paid at least two weeks before departure date.
- D. Trip Organiser to handle trip & bookings, & Treasurer to handle finances. Cancellations due to weather will be refunded in full, or transferred to another trip.
- E. Members cancelling for any reason will lose full monies unless they find a replacement for their position on the trip.
- F. The trips Organiser will determine if there are enough people to run a trip & if not will notify cancellation two weeks prior to departure.

Non-Members & non-financial members will be charged an extra \$10 on trips.

Two trips & club membership is a must.

Membership: Single – \$40 Family - \$50.00

**When financial you will then receive one of the new CLUB membership cards.
Have you paid your subs yet – see Margaret or Trish next meeting or do it online.**

**Club's Internet bank account is 06 0122 0074227 00 & don't forget to put in your name
or cheques posted to Club's mailing address, (front page).**

Club Membership also includes **Affiliation to the New Zealand Underwater Association**

Dive trips & U/Water photos



[Sarah Wormald](#)

22 April, 2020

If you can't dive on lockdown, you can put the time to good use and relive your last dive trip by finally sorting through your images and doing some editing!



Although you might love that image of a blurry blob of a frogfish, it might not generate the same level of excitement with your family and friends. If you want to dazzle the land-lovers in your life and make sure that your images reflect the real deal, here's how to do it...

Delete, Delete, Delete

Okay, this might sound harsh but blurry sand, fish butts and shots that require squinting and imagination are not going to work. You're not likely to look at these shots again and they won't excite anyone. Delete them now and you'll save storage space and have less to edit later.

Do this in stages. Your first round will be easy, then go through what you've kept and be more judgmental. Think about focus and exposure, you can't fix an out of focus image, and although you can work with an underexposed

image, anything that is over exposed is hard to tone down. Once you've done that, look at where you have multiple images of the same thing. Scrutinize them and keep the best one (maximum two), you don't need more than that.

Okay, now you've narrowed down what you have to work with, we can look at the editing options available and apply them to each of your images. Remember that the idea of editing is not to change the image but to enhance what you have.

Remove Backscatter

Backscatter is small particles in the water, in between your camera lens and the subject you are photographing. In your images, backscatter appears as white speckles and dots. Backscatter is almost impossible to avoid but it can be removed with the help of a spot correction tool.

Aim to remove the most obvious speckles but be careful when trying to remove any backscatter which is on top of your subject. Spot correction tools will replace the blemished area with a duplicate of another area in the photo of the same colour. This can work well on blue areas but not so well on parts of a critter.

When dealing with a lot of backscatter, ask yourself if it is worth while trying to remove it all, or just a little, or if it's better to move onto another image. Removing backscatter can be extremely time consuming!

Colour

Adding Colour to a Blue Image

This is one of the easiest things to change and it is often what makes the biggest difference. Images that appear "blued out" can often be saved assuming there is some element of red still in the image. Images appear blue because there was not enough light and the first colour that is lost with light loss is red. Find the temperature control and try increasing the temperature – this brings up the level of red already captured in the image.

If the image is totally blue with no red tones, this will not work, and the image is going to be hard to save.

If, however, turning up the temperature makes the corals return to their normal colour – or close to it, you'll see a huge improvement immediately.

You can also try adjusting the 'tint'. Tint runs from green to red and needs to be adjusted very carefully. Unlike temperature which enhances existing red, tint adds in extra red which can quickly turn your blue background purple.

Saturation

Once you have corrected the colours in your image you may want to tone them up or down (make them stronger or dull them down). Saturation controls colour strength but make minor adjustments only to prevent the image from becoming so saturated it appears 'fake'.



If all else fails, there's black and white

If you can't save the colours in an image, turn the saturation down to zero and remove all colour. This will result in a black and white image which can be equally attractive. Black and white images often benefit from some added 'contrast too'. See below.

Exposure, Shadows and Contrast

Contrast

If your image is lacking definition, try increasing the contrast – this makes the difference between light and dark areas in the image more profound.

Shadows & Exposure

For images that appear dark, use the shadow tool to lighten the shadows. This will lift the image without white-washing the entire image in the way that exposure does. The shadow setting lightens the dark patches, whereas the exposure setting will lighten the entire image universally. Try both until you achieve the desired effect.

Highlights

The highlight setting is the reverse of the shadow setting and will only affect the lightest and brightest patches in the image.

Clarity and Sharpness

It's not possible to make an out-of-focus image suddenly become in-focus but by using a combination of the clarity and sharpness tools you can improve the appearance a little. For in-focus images you can also enhance the 'crispness'. Adjustments need to be extremely minor as you will also increase the clarity and sharpness of any imperfections, most notably, backscatter. If your image begins to take on a grainy appearance you have gone too far.



Blurry Backgrounds

Blurry backgrounds can disguise a multitude of sins, make the subject matter 'pop', and add a more professional feel to your images. Most editing software will have a blurring tool but they can take a little practice to get used to. Start gradually, go slowly and take your time!

Once you've finalized your favorite images save them and back them up on a hard drive and or to cloud storage – after all of your hard work you don't want to lose them!



Are you feeling inspired to get underwater again and take more photos? Prepare for your next dive by taking the [PADI Digital Underwater Photography Speciality course](#) online, right from the comfort of your own home.

Message from PADI 's President



[Drew Richardson](#)

28 April, 2020

The 50th Earth Day just passed, and for many distracted by the pandemic, it went by (understandably) almost unnoticed. But, as the world begins to transition from sheltering in place and distant socializing online to something closer to normal, it's worth noting that COVID-19 is teaching us – perhaps surprisingly – some important Earth Day lessons about restoring the balance between humanity and the environment.

Lesson 1: Things can start to get better *fast*.

Starting with China's lockdown, almost immediately [scientists noticed major air pollution falloff](#) as industry, traffic and other fossil-fuel uses came to a standstill. As COVID-19 migrated west and east, they saw the declines mirrored around the world in the US northeast, [India](#) and other areas. It took *well under a month* for air quality to dramatically improve in these urban centers.

Though air quality will revert as the pandemic recedes and people restart more normal life, this shows that when we drastically reduce pollution, the environment *quickly* improves. [Sea turtle populations are already flourishing in Thailand and Florida, USA as human stressors are reduced. Studies show](#) similarly that fish and organism populations rebound within MPAs (marine protected areas). This isn't to say that all's well and there's nothing more to be done, but it tells us that the Earth starts healing as fast and as much as we stop hurting it.

Lesson 2: Fear can make us slide backwards.

Despite progress against plastics pollution in the last couple of years, the pandemic has added to the problem. Fearing surface-based virus transmission, areas that had banned single use plastic grocery bags [have brought them back](#), instead banning buyers from bringing their own bags. And, a new form of plastic litter is already washing ashore — [medical masks](#). Hopefully this is a short-term problem, but it reminds us that facing an urgent crisis, it's easy to lose sight of the long-term big picture. Rebalancing the environment will be a big issue long after this pandemic, so we need solutions that remain solid in emergencies. And in the meantime, please recycle/properly dispose of those plastic bags and masks we need for the moment.

Lesson 3: Even socially distanced, we can use distant socializing and learning to be saving the ocean.

In the online age, there's a lot we can do to stay connected to the seas and take steps to restoring the humanity-ocean balance. Just four I've heard and seen to get your thoughts flowing:

- People protect what they know and love, help nondivers know and love the underwater world by sharing your photos and videos on social media. Send your [dive center's PADI eLearning link](#) to them so they can get started learning to dive. BTW, [check this out and share it, too](#).
- Many of our favorite dive sites have not had visitors for a while, so a Project AWARE [Dive Against Debris](#)[®] may be needed. In addition to getting out the garbage, the new presence of medical masks and a comparative lack of people may be a data opportunity for scientists who study debris origination and movement. Many PADI Dive Centers and Resorts are offering the knowledge development section of the Dive Against Debris Specialty course digitally during these times. Check with your local dive shop to see what they have planned so you'll be ready to dive in and make a difference as soon as it's safe to do so.
- With the pandemic costing jobs temporarily and permanently, many environmental organizations are losing funding. If you're *not* affected financially, your support can help them keep their work going. Besides [Project AWARE](#), [these organizations](#), among others, need our help, too, if we're in a position to do so.
- The PADI organization and Project AWARE support the World Oceans Day 30X30 campaign to have 30% of the ocean protected by 2030. [World Oceans Day](#) is 8 June this year, so plan to participate – either

in person or online depending upon your situation. It's an opportunity for PADI Torchbearers like you and me to connect with others fighting to save the world by saving the ocean.

The most important lesson: We *can* do this.

I've said before that even though saving the seas and global environment may seem overwhelming, it is not too late and we can restore the balance, *and the COVID-19 pandemic proves it*. This pandemic is unprecedented because it is the first time that *the entire world* has faced a single common threat. It's also the first time that, practically speaking, the entire world has stood together as a united front on this scale. Although our global response has had flaws like delays, lack of preparedness and competing priorities, never before has there been so much information sharing, cooperation and innovation between peoples – even opposing nations. As damaging, painful and awful as the pandemic is, COVID-19 is being surmounted by humanity standing as one against it – and that part is *wonderful*. COVID-19 shows that when the world recognizes a mutual threat, we *can* set aside national and cultural differences and work together. And that's why we need a billion+ Torchbearers like you and me to alert *the world* that we face a *bigger* mutual threat and to get moving against that threat as one.

Seek Adventure. Save the Ocean,

Drew Richardson
President & CEO PADI Worldwide

And from Margaret.

A couple of things to **take note** of. We now have a **new website** www.dolphinunderwater.co.nz Newsletters and coming events, meetings, dive trips etc will now be on this site. Matt Gouge is our new **web administrator** if you would like anything added to the site, trips, photos etc. please contact Matt on 021 0777282 or mattgouge@gmail.com Help Matt out with your ideas and input, he would love to hear from you.

As you know we have been unable to hold a meeting or our own AGM. We renew our **yearly Membership** at our AGM, usually held in April. I have attached an invoice with bank account details for you to pay your Membership into. Same as last year, no changes, don't forget to identify your payment.

Those that have paid their deposit for the **proposed Fiji trip in August**, your deposit is safe. Just waiting to see how this all pans out and as soon as we know, another date will be booked and confirmed.

The **Kermadec Islands Trip** on the Braveheart that was due to leave the end of this month is still going ahead. The new confirmed dates for this trip are now 5th Sept. to 15th Sept. This is a far better time as we will see the **humpback whale** migration at that time of year. There are still two places available on this trip if you are keen on the new dates contact Steve Grant 0276583599 or steven@holmesbearings.co.nz

And from NZUA - Andrea

NZUA are holding a virtual AGM this year on 25th July because of the COVID virus and its implications. If you want to be a part of this with a link up contact Andrea at NZ Underwater phone 09 6233252 or andrea@nzua.org.nz

From the WWW.

Something I came across on the web from DAN which is worthwhile looking at for the older divers amongst us. It's better to know than not, check it out peoples.

Health Concerns for Divers Over 50

Getting older doesn't have to mean give up on diving, but divers over 50 should be aware of common medical issues that may interfere with safe diving. Heart disease, respiratory disease and musculoskeletal disorders can increase the odds for a serious diving injury. Learn more about the three main health concerns that come with aging.

HEART DISEASE

Heart disease is a leading cause of death worldwide, and a common factor in diving fatalities. While the overall fatality rate in scuba diving is relatively low, Divers Alert Network® (DAN®) researchers have found the risk of death while diving increases with age, mostly due to cardiac health related issues. Specifically: [the risk of cardiac-related death while diving is 10 times higher in divers over age 50 than in those younger than 50](#).

With aging, arteries, and especially coronary arteries that supply blood to heart, are increasingly affected by atherosclerosis (hardening of the arteries). This increases the diver's risk of sudden cardiac death due to acute blockage of circulation to heart muscles (myocardial infarction) or failure of heart electric system (arrhythmia). Both conditions are commonly known as "heart attacks" and can be fatal if they occur while diving. Learn more about [The Effects of Aging on Your Cardiovascular System](#)

For divers with pre-existing coronary heart disease, exertion such as swimming against a current, in heavy waves, or wearing too much weight may produce circumstances that can provoke heart attack. Immersion alone may provoke acute arrhythmias (disturbances of the heart's rhythm) in divers with heart conditions, that can likewise result in sudden death.

Heart disease can progress silently, and many divers may not be aware they have an issue. That said, the probability of heart disease increases for divers who smoke, are obese, do not participate in regular physical activity. Other risk factors, like hypertension, diabetes, and high cholesterol can be detected by medical examination and testing.

The good news is: proper control mitigates risk and slows down the progression of atherosclerosis. A diver at risk should quit smoking, manage their weight, eat healthy and make other lifestyle adjustments. Those diagnosed with hypertension, diabetes, and high cholesterol should seek proper treatment and adhere to their physician's recommendations.

CARDIOVASCULAR DRUGS



Divers should be familiar with the side effects of any drugs they take and be sure their physician knows about their diving activities. Read more about diving and cardiovascular drugs:

- [Antiplatelets and Anticoagulants](#)
- [Statins](#)
- [Antihypertensives](#)
- [Antiarrhythmics](#)

The bad news: the diver must be pro-active and seek regular medical evaluations. Divers over 45 years of age should get a medical examination once a year - at a minimum. Those with a family history of heart disease or premature death should start annual examinations at earlier age.

Read more about [Cardiovascular Medications and Scuba Diving](#) and talk to your doctor.

MUSCULOSKELETAL DISORDERS

As a divers age, they may experience some form of arthritis, or undergo a joint replacement. Generally speaking, neither of these issues will prevent someone from diving provided they follow their physician's recommendations and keep in mind the following:

- Diving with symptoms or old injuries may result in a more severe injury.
- Decreased activity and immobilization increases the likelihood musculoskeletal problems will heal.
- Diving is not recommended during a prescribed period of decreased activity or immobilization.
- Injuries that impair blood flow pose a theoretical risk of causing decompression sickness (DCS).

Rheumatoid Arthritis (RA)

Divers with rheumatoid arthritis should avoid diving during periods of inflammation, especially those with pulmonary complications due to an increased risk for arterial gas embolism. The altered blood flow caused by RA can affect normal inert gas exchange, and potentially make the diver more susceptible to decompression illness (DCI). Additionally, joint pain due to lifting and carrying of dive equipment (for example), can be difficult to differentiate from DCI.

Divers who experience "flare-ups" should wait until their symptoms have resolved before scuba diving. But an active, healthy person with RA can scuba dive - if cleared by a physician. Read more about [diving with rheumatoid arthritis](#).

Osteoarthritis (OA)

Osteoarthritis is a disease of the bone and cartilage. It often manifests as joint pain, and can result in a significant decrease in the range of motion. By age 60-70, many individuals have symptoms of osteoarthritis.

Divers with OA may find opening or closing their tank valve difficult, or they may struggle to grip a zipper. If cleared by a physician for diving, the diver might consider gear modifications such as bigger knobs or zipper tabs to overcome these difficulties. The diver should also ensure their buddy is aware of their condition and prepared to assist.

Scuba diving can be beneficial for persons with OA. Neutral buoyancy underwater reduces the weight on affected joints and can provide relief from pain. Swimming can strengthen the diver's muscles and supporting structures for joints and the spine while simultaneously releasing endogenous painkillers (endorphins) which provide pain relief.

That said, OA can cause a diagnostic dilemma. It may be difficult for a doctor to discern the difference between arthritis pain and joint pain caused by decompression sickness. Divers should take care to dive conservatively.

Joint Replacement

After a hip or knee replacement, it's critical for the body to completely heal before returning to physical activity. If a doctor has given their approval to resume exercise and weight-bearing activities, an individual may resume diving. If there is pain, swelling or stiffness, diving is not advised. Additionally, divers should no longer be reliant on medication for pain relief. Read more about [diving with musculoskeletal problems](#).

Scuba is a low-impact activity that offers many health benefits for individuals who want to stay active. Studies suggest diving improves circulation and reduces blood pressure, and there are social benefits as well. By maintaining a healthy lifestyle and communicating with your doctor and dive shop, divers can enjoy scuba diving for decades.



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Stay Safe All - remember the rules

Anyone got any trip reports/photos of interest?