

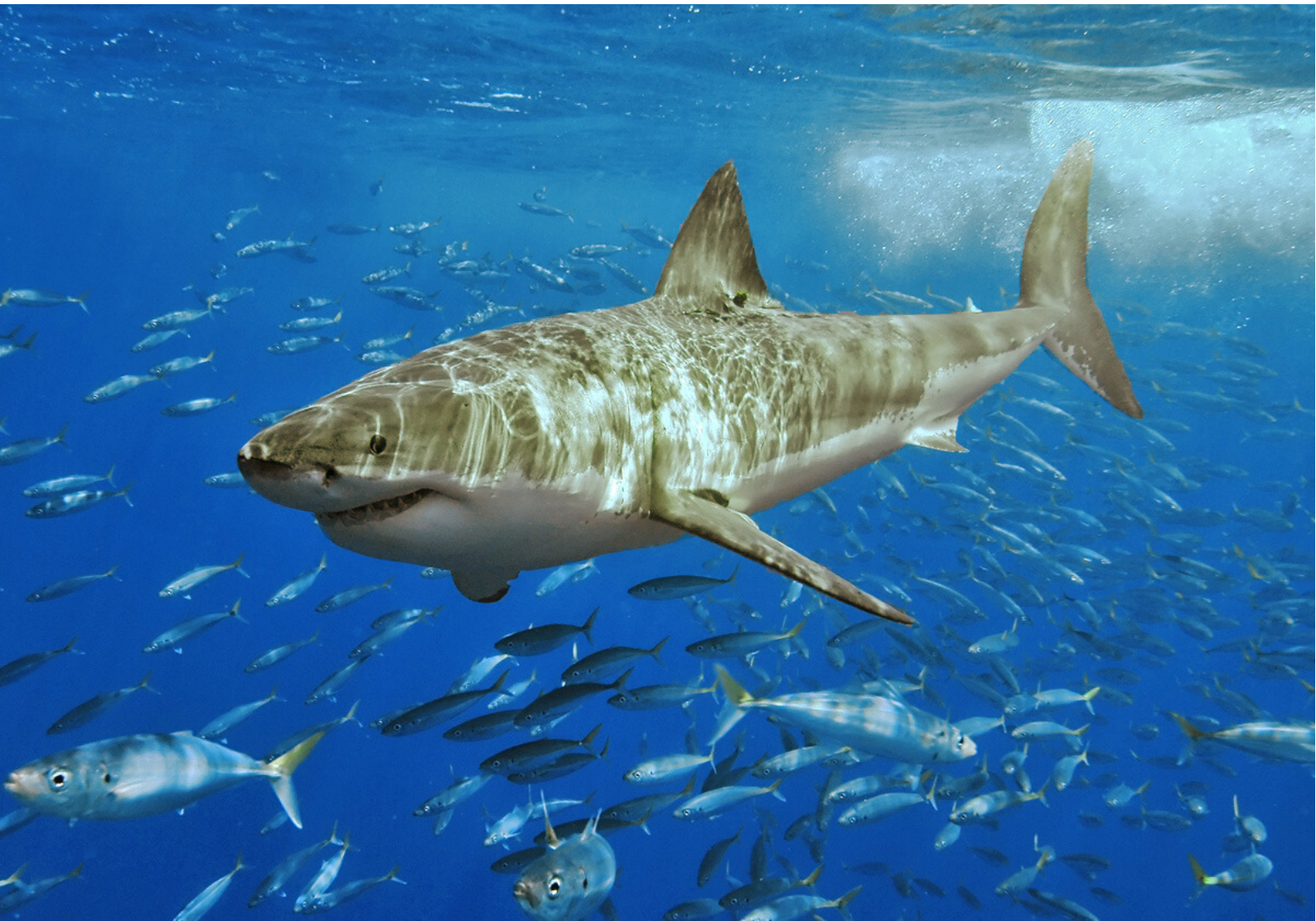
# **NZ Dolphin Underwater & Adventure Club Newsletter December 2020**

**Club Meeting: Wed 9<sup>th</sup> December 2020**

**Club Rooms : 7:00pm**

**Guest speaker: Pot Luck Xmas dinner**

**[www.dolphinunderwater.co.nz](http://www.dolphinunderwater.co.nz)**



**Club's Mail Address:  
14 Gails Drive  
Okura  
RD 2 Albany**



**Club Contacts  
Phone numbers & emails  
Committee listing inside**

## COMMITTEE MEMBERS: 2020/2021

<b>President/Editor</b>	Denis Adams	<b>0278 970 922</b>	da.triden@gmail.com
<b>Secretary/Treasurer</b>	Margaret Howard	<b>0274 839 839</b>	marg.howard@xtra.co.nz
<b>Sec/Treasurer backup</b>	Trish Mahon-Adams	0272 715 410	t.triden@gmail.com
<b>Committee</b>	John Freeman	021 983 610	john@witblitz.net
<b>Web Site</b>	Matt Gouge	021 0777 282	mattgouge@gmail.com
<b>Dive Trips Organiser</b>	<b>Vacant – Note any Club member is welcome to arrange one</b>		
<b>Adventure Trips</b>	Martin Saggars	410 2363	saggersmar1@orcon.net.nz
	Kate Ellis	410 2363	kate65nz@orcon.net.nz
<b>Entertainment</b>	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:- Great White – Cool photo by Unknown**

### What's on our coming agenda?

**6<sup>th</sup> Dec- Sunday – 10am-3pm – Snorkel day at Torbay with EMR – [To register www.emr.org.nz](http://www.emr.org.nz)**

**9<sup>th</sup> Dec. – Wednesday – 7:00pm – Pot Luck Xmas dinner\_ - Dive Club meeting - NSCC - Northcote Rd Ext.n**

### *You will need to contact the shops*

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

Sun – 9:00am 13<sup>th</sup> Dec – Local boat dive departing Takapuna or Omaha

Sun – 9:00am 20<sup>th</sup> Dec – Local boat dive departing Takapuna or Omaha

Sat - 9:00am 13<sup>th</sup> Jan – Local boat dive departing Takapuna or Omaha

Sun – 9:00am 17<sup>th</sup> Jan – Local boat dive departing Takapuna or Omaha

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

Wed 9<sup>th</sup> Dec – Poor knights Is day trip w/Yukon Dive

Sat 12<sup>th</sup> Dec – Mokohinaus Islands

Sat 12<sup>th</sup>- Sun 13<sup>th</sup> Dec – Bay of Islands Weekend

Sat 19<sup>th</sup> Dec – Scuba Saturday Leigh Coast

Mon 4<sup>th</sup> Jan – Poor knights Is day trip w/Yukon Dive

Sat 9<sup>th</sup> Jan – Poor knights Is day trip w/Yukon Dive

Sat 9<sup>th</sup> – 10<sup>th</sup> Jan – Poor knights Is 2 day Liveaboard trip w/ND

Sun 10<sup>th</sup> Jan – Poor knights Is day trip w/Yukon Dive Sun

Mon 11<sup>th</sup> Jan – Poor knights Is day trip w/Yukon Dive

Sat 5<sup>th</sup> Dec – Scuba Saturday Leigh Coast

Sat 12<sup>th</sup>- Sun 23<sup>rd</sup> Jan – Bay of Islands Weekend

**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. *Two trips & club membership is a must.*
- 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.**

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

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**

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

**Incident Insights from DAN for us to be aware of!**

**Diagnosing Decompression Illness** By Camilo Saraiva, M.D., M.B.A

#### **The Incident**

A 49-year-old female certified recreational scuba diver called the DAN Emergency Hotline from George Town, Grand Cayman, around noon on a February day. She was experiencing a sudden, intense and sharp abdominal and back pain that had started 12 hours after her last dive, which had been on the previous day. That dive had been the third of a single-day series of mild, recreational repetitive scuba dives on air with no mandatory decompression stops. She had proper safety stops with the first two dives and maintained adequate surface intervals between all three dives.

Her dives had been uneventful until the last one, when she ran out of air after being at 10 metres (32 feet) for approximately 30 minutes. She had not been paying close attention to her air gauge and had to perform an emergency controlled ascent to the surface. Her buddy was too far away, so she ascended without any assistance. The diver likely started the dive with a half-empty cylinder by mistake.

She denied having any other symptoms, including skin discolouration, limb or joint pain, or any perceivable neurological deficit. She had no relevant past medical history, hypertension or other cardiological or vascular diseases.

#### **Symptoms Discussion**

Regarding the sudden onset of a severe pain 12 hours postdive and a relatively long stay at a shallow depth before the last ascent, the diagnosis of decompression illness (DCI) was not the first choice, although it couldn’t be excluded. With limited information available, the acute abdomen and possible acute cardiac condition (heart attack) had to be excluded. The acute pain in the abdomen could be caused by the following:



- An abdominal aortic aneurysm, which is an abnormal and dangerous dilatation of the main artery that takes blood to the entire lower half of the body and puts the person at risk of fatal internal bleeding if this artery ruptures
- A gynaecological or urinary event.

The DAN medic who took the call explained the possibility of DCI as well as the other conditions.

## Testing and Diagnosis

The general recommendations for this diver were to seek further care at the closest hospital emergency room (ER) and to hydrate and get oxygen in the meantime. At the local ER she received an initial assessment, laboratory tests and a physical examination, with particular attention to neurological function. We do not know the extent of her abdominal examination. She had no positive findings except for the nonspecific abdominal pain. While not producing any new conclusive information, the examination and test results led the medical team to a clinical diagnosis of possible DCI. The hospital staff quickly moved her to the hospital's hyperbaric chamber to start immediate treatment with a U.S. Navy Treatment Table 6 recompression protocol.



## Treatment

Her pain lessened during the chamber treatment but worsened immediately afterward. The hospital team reassessed the diver and found an abdominal rigidity upon palpation; imaging showed an intestinal obstruction. The diver had surgery to remove the small damaged part of her intestine. She recovered well and returned home to the U.S. a few days later. She had no significant repercussions that interfered with her general health or her return to scuba diving after an extended recovery period.

## Diagnosis Challenges

In most cases, DCI has no specific and exclusive symptom and can be a diagnosis of exclusion. We first have to rule out all other possible causes, especially serious conditions that need other immediate intervention, before deciding to treat the diver with recompression in a hyperbaric chamber. The findings of a serious medical condition will change from its initial presentation, and symptoms and clinical conditions can change in a matter of hours, demanding a reassessment of the possible diagnoses and recommended treatments.

That's why in the event of a suspected dive accident divers should always go to the nearest medical facility and not directly to a hyperbaric chamber. Divers and ER staff should keep in mind that divers can have other health problems not directly related to diving, as this case illustrates. The examination should be directed with usual clinical leads like symptoms, signs and previous medical history. In the case of abdominal pain, an acute abdomen should always be excluded. This diver could have experienced this same obstruction and pain while hiking in the woods or working in an office. Fixating only on a dive-related diagnosis has resulted in delays in obtaining a correct diagnosis and proper treatment.

It is difficult to diagnose a patient over the phone, especially in cases of something that requires an evaluation to exclude a life-threatening possibility. If you call the DAN Emergency Hotline (1800 088 200 Within Australia or +1 919 684-9111 Outside Australia), our medics can help you understand what is happening and assist you in getting the help that you need, wherever you are.



### Stay Safe on Board

When preparing for a dive, safety is at the top of the list — checking gear, learning potential site hazards and discussing procedures with your divemaster or buddy.

Practicing safety on board the boat is also important — nobody wants to miss out on a dive due to a mishap on the boat before the dive even starts. Watch for these common causes of injuries, and take steps to avoid them.

### Trips, Slips and Falls

Trips and falls are a common hazard, but you can easily avoid them by following these few simple tips.

- Keep your gear stowed and appropriately secured.
- Always watch for possible trip or slip hazards (especially in wet storage areas).
- Hold on to something solid when moving about the boat, particularly while under way, remembering the “three-points-of-contact” rule.
- Heed the crew’s instructions and safety warnings about the boat, and don’t be afraid to ask questions. A good boat crew should be happy to answer safety concerns and help you have a comfortable experience.



### Sun Exposure

For liveaboard experiences or long day trips, you might be out in the sun for several hours before or after your dive, so it is important to consider adequate sun protection. Wearing hats and ultraviolet-rated clothing and properly applying reef-safe sunscreen will help you avoid painful or dangerous sunburns.

### Transom Hazards

When you are ready to get in the water, your mental checklist should include reminders about possible dangers near the transom.

- Try to minimise the time spent near the transom before entering the water as exhaust fumes can make you feel lethargic or nauseated.
- Hinges on ladders can cause severe pinches or even the loss of a fingertip when raising or lowering a ladder.
- Outboard propellers can inflict potentially serious injuries.

### Proactive Approach

If something looks or feels unsafe, stop what you are doing and inform your fellow divers or the boat crew. Never feel bad about stopping or delaying a dive — you might be saving yourself or someone else on board from a serious injury.

### Plus an Additional one from the Editor

If someone hands you your gear while you’re doing something else at the time, recheck that it’s ready for submersion. In Samoa on a dive trip I had a camera get flooded because the back of the housing was not clipped home properly when it was handed to me - an expensive oversight.

## [An interesting web site for those divers that do a bit of gardening as well](#)

<https://thisnzlife.co.nz/6-ways-to-use-seaweed-on-your-garden-plus-why-new-zealand-seaweed-is-special/>

<https://thisnzlife.co.nz/seaweed-101-how-to-forage-harvest-and-use-seaweed/>

And the stuff is generally free, **BUT No take in Marine, Mataitai, taiapuna Reserves & Kaikoura coastline.**

## **I THINK THIS IS A DIVE GADGET WE'LL ALL WANT FOR XMAS!**

**Introducing Diveroid – Turn Your Smartphone Into Your Dive Computer, Logbook and Camera** By [Kathy Dowsett](#) November 24, 2020

It can be expensive over time to purchase a diving computer, compass, and camera separately for your diving and not to mention, they are very heavy and can weigh you down when underwater. At *DIVEROID*, we thought of adding the comfort of always getting a smartphone on hand with the dive tracking technology. All in the palm of your hand, our product includes a dive computer, compass, and logbook.

To ensure that the highest efficiency and resistance are met, *DIVEROID* goes through a strict water pressure chamber, a closed water test and an open water test protocol. *DIVEROID* devices are manufactured for strength and scratch resistance using only top-tier products such as Gorilla Glass (TM) and Polycarbonate with Glass Fiber for high strength and longevity.



Do you need to call a boat to pick you up? With *DIVEROID*, boat calling feature, you can now call a boat all through the app. A text message will be sent via URL with your exact location in google maps and will make the boat call.

Functions for both tank divers and freedivers.

Learn more at: <https://www.indiegogo.com/projects/diveroid-turn-your-smartphone-into-a-dive-gear#/>



A few happy 'Dolphin's celebrating Xmas early at the Bay's Club & Kingfisher watching from outside.



## WORDSEARCH

## GONE FISHING

Can you find all the words hidden in the grid? Read backwards or forwards, up or down, or diagonally. The words will always be in a straight line. Cross them off the list as you find them.

B I T E L B T S W E I G H T G H T  
 T R D V F S R A L U S L L H A B N  
 U W E T L A K E O N M F T T S A C  
 Z A K V R L B P A B R R L T L Y C  
 H D I P I A E K G M O X E Y F A J  
 H E P N I R W Q R U W W C T U N A  
 S R E T C O F L T A I O N N E G C  
 I S O H N D F Z A X H X E J U L K  
 F D N N D O C K C W Q S C T O E K  
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 W S P I N N E R B L A A Y K E F B  
 S F G E C U O T O Q I L E R X K B  
 C T B N Q H G I X B G M M R F Q L  
 D D O C S B U N S D D I I O T I E  
 R D E E P S E A K M T F I T N S N

ANGLER

BAIT

BAY

BITE

BOAT

BREAM

CAST

CATCH

COD

CORK

CREEK

DEEP SEA

DOCK

FIN

FLY

GUT

HAT

HOOK

LAKE

LICENCE

LIMIT

LINE

LURE

MINNOW

NET

NIBBLE

PATIENCE

PERCH

PERMIT

PIKE

REEL

RIVER

ROD

SALMON

SHARK

SHORE

SINKER

SPINNER

STREAM

SWORDFISH

TACKLE BOX

TRAWL

TROUT

TUNA

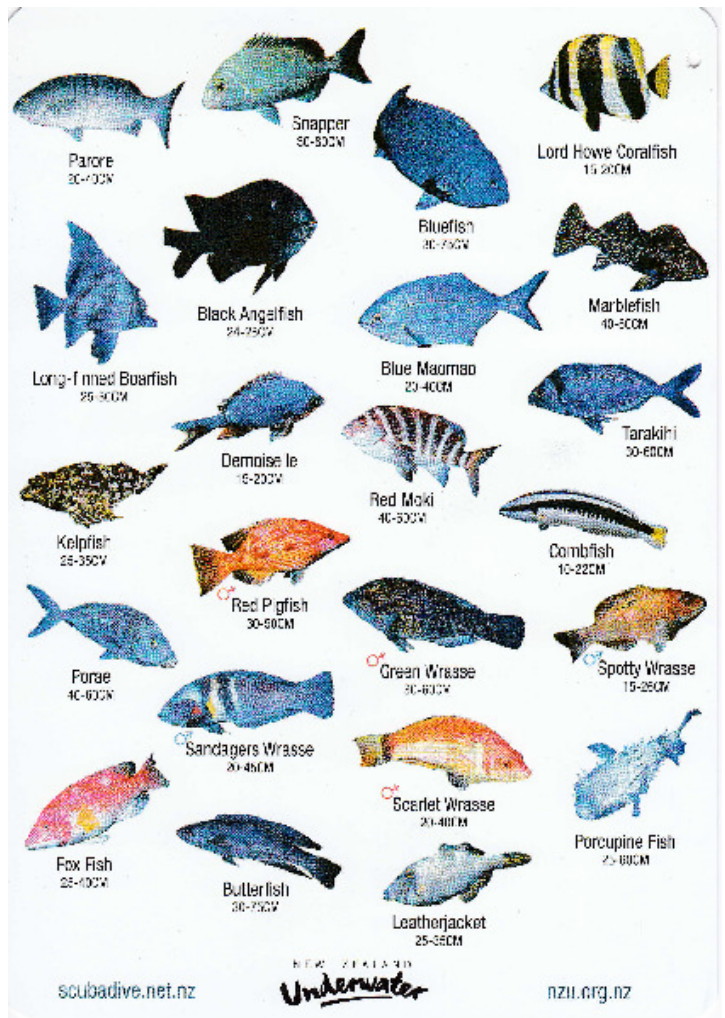
WADERS

WEIGHT

WET

WORMS





For those that may see something new over this coming summer.

**REMEMBER**

- Buy the right beacon for your purpose.
- Register your beacon with RCCNZ, at no cost.
- Keep your registration details up to date.
- Know how to use your beacon before you go out.
- Stow or carry the beacon correctly.
- Be prepared to wait until help can reach you.
- Do not turn your beacon off until rescuers tell you to.
- Phone RCCNZ immediately on 0508 472 269 if your beacon is activated accidentally.

**CONTACTS AND FURTHER INFORMATION**

Free 406MHz distress beacon registration  
 Freephone: 0800 406 111 or 0508 406 111  
 Web: [www.beacons.org.nz](http://www.beacons.org.nz) Fax: 04 577 8041  
 Email: [406registry@maritimenz.govt.nz](mailto:406registry@maritimenz.govt.nz)

RCCNZ 24/7 freephone  
 New Zealand: 0508 472 269 (0508 4 RCCNZ)  
 International: +64 4 577 8030

Management and administration – normal office hours weekdays  
 Phone: 04 577 8034 Fax: 04 577 8041

Useful websites

<a href="http://www.beacons.org.nz">www.beacons.org.nz</a>	<a href="http://www.nzsar.org.nz">www.nzsar.org.nz</a>
<a href="http://www.cospas-sarsat.org">www.cospas-sarsat.org</a>	<a href="http://www.caa.govt.nz">www.caa.govt.nz</a>
<a href="http://www.maritimenz.govt.nz">www.maritimenz.govt.nz</a>	<a href="http://www.nzcoastguard.org.nz">www.nzcoastguard.org.nz</a>
<a href="http://www.nzlsar.org.nz">www.nzlsar.org.nz</a>	<a href="http://www.nzdf.mil.nz">www.nzdf.mil.nz</a>
<a href="http://www.police.govt.nz">www.police.govt.nz</a>	<a href="http://www.mountainsafety.org.nz">www.mountainsafety.org.nz</a>

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 Register your beacon at [beacons.org.nz](http://beacons.org.nz)

**Distress beacons save lives**

Photo: Life Flight Trust



New Zealand Government





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## North Shore Scuba Centre

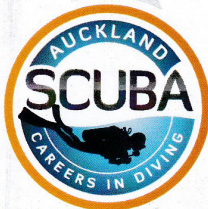


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P  
E

Stay Safe All - remember the rules & where you are in NZ, they vary.

PS: How about some dive stories from your Xmas/New year's holidays!