

NZ Dolphin Underwater & Adventure Club Newsletter May 2021

Club Meeting: Wed 12th 2021 - Club Rooms : 7:00pm
Guest speaker: Eli & Belinda from Aotearoa Lakes



www.dolphinunderwater.co.nz

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Committee listing inside

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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:– Tropical cave diving in Samoa by Denis

What's on our coming agenda?

12th May– Wednesday – 7.00pm – Dive Club Meeting – Northcote Road Extension – Aotearoa Lakes

15th May – Saturday – 10am – 4pm - Adventure Family Snorkel Poor Knight Islands with EMR

16th May – Sunday – Dive Poor Knights Is .Book direct – Jo on 021 1261 1779

You will need to contact the shops

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

Sun 16th May - 9:00am – Local boat dive departing Takapuna or Omaha

Sun 23rd May– 8:00am – Poor Knights Is, Tutukaka 2 Dives

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

Sat 19th- Sun 20th Jun – Bay of Islands 2 day trip w/Northland Dive

Sun 27th Jun – Anemone Spawning Bay of Islands

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)

- Bookings allowed on all trips. *Two trips & club membership is a must.*
- A deposit or full payment to be made at time of booking.**
- Full payment MUST be paid at least two weeks before departure date.
- 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 - financial members will be charged an extra \$10 on trips.**

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

Now due for all members

see Margaret or Trish next meeting or do it online.

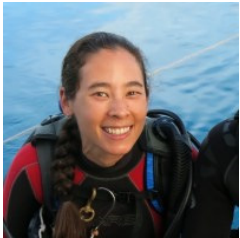
Club's Internet bank account is 06 0122 0074227 00 & don't forget to put in your name

Club Membership also includes Affiliation to the New Zealand Underwater Association

Attorney: Doctor, how many of your autopsies have you performed on dead people?

Witness: All of them. The live ones put up too much of a fight.

7 Things You Should Never Do Immediately After Diving



[Megan Denny](#) Updated by [Sarah Wormald](#) on April 12, 2021

Most divers know air travel immediately following a scuba dive can lead to decompression sickness. But did you know there are other après-diving rules?

First, let's review those rules about flying after diving. As you learned in your PADI® [Open Water Diver course](#), it's important to wait 12-18 hours after diving before traveling on an airplane. The preflight interval varies depending on how many dives you made.



Flying After Diving Guidelines from Divers Alert Network (DAN):

The following guidelines apply to air dives followed by flights at cabin altitudes of 2,000 to 8,000 feet (610 to 2,438 meters) for divers who do not have symptoms of decompression sickness (DCS).

- For a single no-decompression dive, a minimum pre-flight surface interval of 12 hours is suggested.
- For multiple dives per day or multiple days of diving, a minimum pre-flight surface interval of 18 hours is suggested.
- For dives requiring decompression stops, there is little evidence on which to base a recommendation and a pre-flight surface interval substantially longer than 18 hours appears prudent.

To err on the side of safety, many divers plan a 24-hour surface interval and spend their time exploring topside attractions. Here are a few other activities divers should avoid at the end of their diving holiday.

Activities to Avoid After Diving

Enjoying the view from a mountain top

Driving to the top of a 3,048 metre/10,000 foot mountain to snap some pics puts you at the same risk for DCS as flying in an airplane. Cabin pressure in an average commercial jet is equivalent to being at [1800–2400 metres/6000–8000 feet above sea level](#). If simulated altitude puts you at risk for DCS, it follows that actually being at altitude is also risky. That said, people do dive at altitude and there are special dive tables to follow. Learn more about [altitude diving](#). (Ed’s warning, this could include diving in Lake Taupo & travelling).



Ziplining

Ziplining as an activity is fine, the concern (again) is altitude. Many ziplining activities occur in the mountains. Confirm the altitude of your ziplining destination before you book, and zip with caution.



Deep Tissue Massage

What? No massage? Relax and breathe. Here’s the good news, according to DAN, “massage has not been confidently associated with...cases of DCS...” Experts caution against deep tissue massage, but a gentle relaxation massage is probably fine. The two main concerns with deep tissue massage are:

- Increased blood flow might lead to bubble formation
- Muscle soreness which can lead to misdiagnosis (or delayed diagnosis) of DCS.

Relaxing in a Hot Tub

As the body warms up and circulation improves, there is an increased chance of bubble formation. According to DAN:

“Since the solubility of gas is inversely related to temperature, tissues will hold less in solution as they warm. Warming tissue with significant loads can promote bubble formation. Since the warming of the superficial tissues precedes the increase in blood flow, such bubbles can become problematic before the circulation can remove them harmlessly”.

Intense Partying

Drinking a lot of alcohol can cause dehydration and delayed diagnosis of DCS. If you want to unwind with a few adult beverages, first drink lots of water, then enjoy in moderation.

Freediving

If you're a scuba diver and a freediver, many in the freediving community recommend applying the flying after scuba diving guidelines:

- After a single no-stop dive, wait 12 hours before freediving.
- After multiple no-stop dives, or dives over several days, wait 18 hours.
- After a dive requiring a decompression stop, wait 24 hours.
- Wait longer if directed by the manufacturer of your dive computer.



Flying After Freediving

The (US) [National Institute of Health](#) (NIH) reports at least 90 recorded cases of DCS following repetitive breath-hold dives. The “deepest man on earth,” [freediving world record holder Herbert Nitsch](#), suffered DCS and was nearly paralyzed for life. The relationship between DCS and freediving is not widely accepted or understood; however, both DAN and the NIH recommend freedivers consider the risk of DCS following multiple deep dives and take precautions including:

- Long surface recoveries (3-4x the length of your dive)
- Don't dive more than a combined depth of 120 metres (393 total feet) in one day

Because there is (essentially) no data for flying after deep freediving, wait 18 to 24 hours after making deep freedives before getting on a plane. Many in the freediving community use a four to six-hour pre-fly interval because freedivers remain at depth only briefly and the 18-24 hour recommendation is based on research with scuba divers.

Dissolved nitrogen isn't a major concern for casual snorkeling to shallow depths. But, it is potentially a concern for constant weight freedivers who are also scuba divers. Don't participate in recreational open water or constant weight freediving after scuba diving on the same day.

Regardless, the longer the interval between diving and flying, the lower the DCS risk. Many of the [world's best freediving destinations](#) have a lot to explore topside!



So while this might seem like a long list of things you can't do, there's a whole heap of things that you CAN do! Explore the region, meet the people, immerse yourself in the culture or simply hang out with friends, kick back and relax!

Kaitiakitanga/Goat Island



TONY AND JENNY ENDERBY

Legends of Leigh

THE SEA, LAND AND PEOPLE REWARD THIS COUPLE — IN MORE WAYS THAN ONE — FOR THEIR YEARS OF DEDICATION TO THE MATAKANA COAST

WORDS CARI JOHNSON

AS A TEENAGER, Tony Enderby occasionally ate red moki for breakfast. In the 1960s, after failing to spear a snapper or kingfish around Goat Island — the *crème de la crème* for a young spearfisher — red moki was a tasty enough consolation.

These days, Tony continues to patrol the same waters but not exactly for breakfast. It's Monday morning when he and wife Jenny catch a group of anglers illegally casting off the beach at Cape Rodney-Okakari Point Marine Reserve, otherwise known as Goat Island. As honorary marine reserve rangers, it's their job to teach visitors the rules and, in rare instances, call on the police for backup. These Leigh residents have been helping the Department of Conservation for more than 20 years.

For Tony, the tides have certainly changed since the no-take rules were established in 1975. "It's ironic because the dive club I belonged to actually opposed the marine reserve," says Tony. "It wasn't until years later that we realized the decline in larger red moki came from fishermen such as us."

The Enderbys are used to going to great lengths and, quite literally, depths. The couple, who moved from Auckland to Leigh for the marine reserve, has been scuba diving and snorkeling for decades. Thousands of hours (and photos) in the deep blue inspired them to protect the delicate ecosystem for

future generations. "When you learn more about marine life, you want to protect it," says Jenny.

Says Tony: "You'd like to think your grandchildren's grandchildren will be able to enjoy it down the track. A lot has gone downhill since I was a kid. We're starting to see a little reversal, but unless that continues, we could lose a lot of species."

In the 1990s, the couple's underwater photography (initially with a shared 35mm camera) led to writing and photography commissions for magazines, newspapers and books. Diving trips around the country eventually gave them the material (and clout) to co-author several books, including *Lonely Planet's Guide to Diving* and *Snorkelling New Zealand*.

Are they retired? "Sort of," says Tony. It took them a good decade to wrap up their various contracts and obligations, ranging from writing and guiding gigs to their snorkeling business, Discover Goat Island.

That's not to say the Enderbys are lounging about in their golden years. Tony, who's also a volunteer firefighter, was snapped up for a leadership role at the Tāwharanui Open Sanctuary (where they've volunteered since its inception). And when Jenny isn't patrolling the marine reserve, she runs the Leigh Penguin Project, an initiative from the Warkworth branch of Forest & Bird. "I'm not sure how these things happen," says Jenny. "They just do."

Snorkeling around Goat Island continues to remind them of how far the ecosystem has come. Tony points to the giant boarfish, a dappled species that used to lurk at least 25 metres deep. "We're now seeing them in the shallows, where they must've once been before people were spearing and catching them. We can only assume changes like that mean we've had an impact."

MARINE RESERVES 101
New Zealand's oldest marine reserve, Goat Island, was one of the first in the world to receive such a high level of protection. Since the Marine Reserves Act was passed in 1971, this no-take model has been applied to 44 areas throughout the country, most established since 2000. Recreational activities (such as swimming) are permitted as long as marine life is not disturbed or taken. "Some think shells can be taken from the beach at a marine reserve, but it's not only the fish that are protected. No-take means you can't take anything," says Jenny. Tony, who spearfished around Goat Island before its protected status, has seen a positive impact on the ecosystem. "When snapper and crayfish return, they eat the sea urchins, which have been eating all the kelp. When the kelp grows back, the fish species that eat and live in the kelp return."

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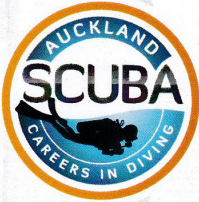
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Stay Safe All - remember the rules & where you are in NZ, they vary.

PS: Anyone got a recent dive report/story to tell? Please forward to me. Denis