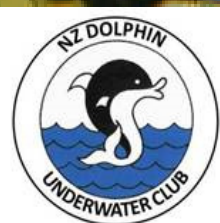
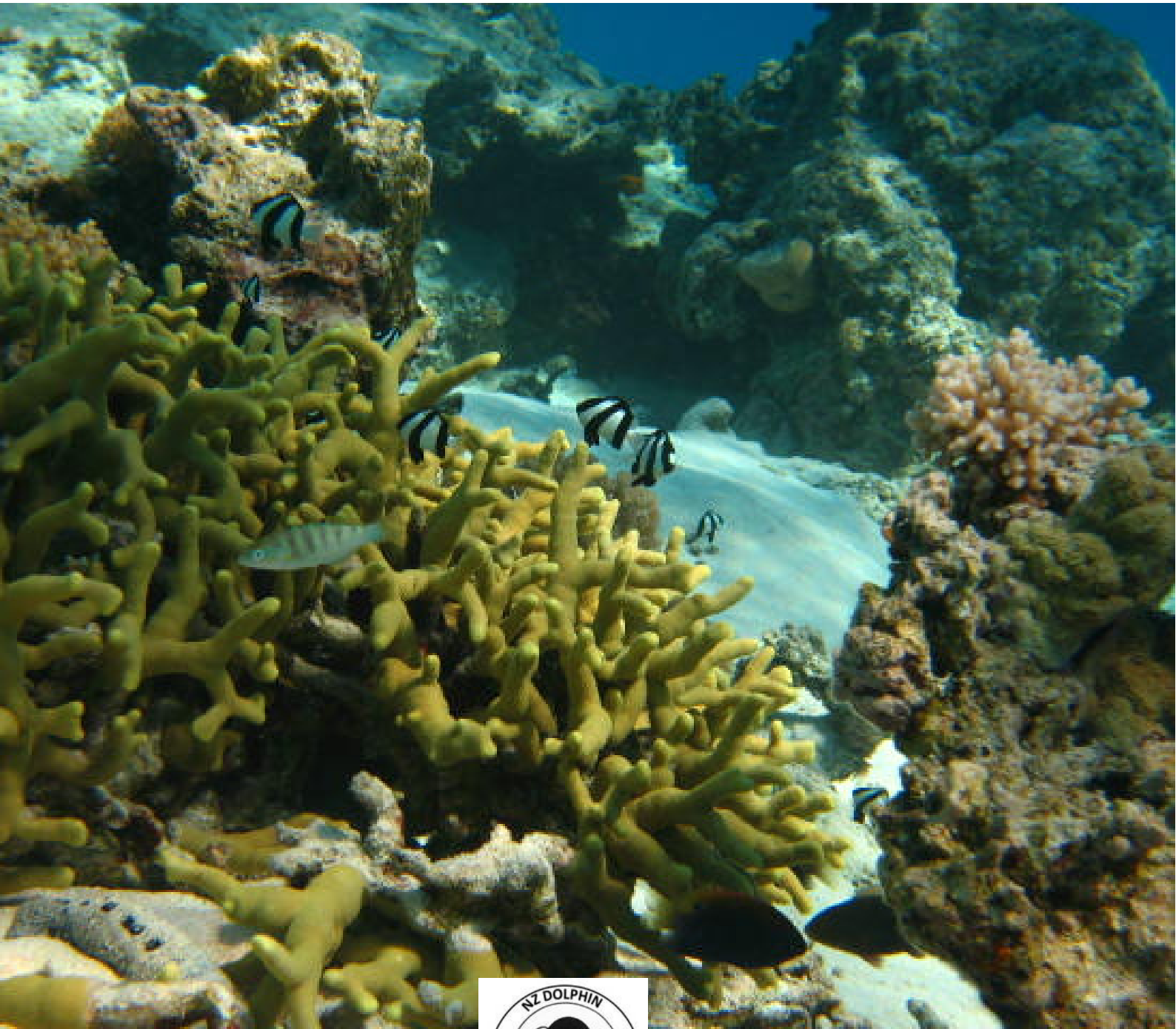


NZ Dolphin Underwater & Adventure Club Newsletter January 2022

Club Meeting 7:00pm Wednesday 9th February 2022

Guest speaker: DVD Fraser Is. QLD

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: 2021/2022

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| Entertainment | Allan Dixon | 021 994 593 | allanandjilldixon@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:- Bullseyes in Tonga by Denis

NB: All attendees must be Double Vaxxed & show their Passes

They will also be scanned by Trish - North Shore Canoe Club ruling

9th February – Wednesday – 7:00pm Club Rooms – DVD – Fraser Island QLD. Northcote Road Extension

Dive trips available you will need to contact the shops in person to confirm

[Performance Dive NZ - Ph. 489 7782](https://www.performancediver.co.nz/Dive+Trips++Events/All+Upcoming+Dive+Trips.html), or

<https://www.performancediver.co.nz/Dive+Trips++Events/All+Upcoming+Dive+Trips.html>

Sat 19th Feb – Hen & Chickens Is, with Yukon Dive, \$200. Leave from Marsden cove. Contact shop.

[Global Dive - Ph. 920 5200](https://www.globaldive.net/page/trips), or <https://www.globaldive.net/page/trips>

[Aucklandscubadive – Ph. 478 2814](https://www.aucklandscubadive.co.nz/dive-trips) or <https://www.aucklandscubadive.co.nz/dive-trips>

Cairns Live-a-board 22nd Sept 2022 from \$4849pp .

Twin share Ex Auckland – 6 nights Coral Sea & Ribbon Reefs with Mike Ball Adventures 4 days diving with up to 18 dives. 1 night in Cairns, Air fares included ex Ak – with Kiwi Divers – 09 426 9834 or 021 1507 9547 or call **Margaret for more details 0274 839 839**.

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.

- 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 - financial members will be charged an extra \$10 on trips.**

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

For the club to servive we need paid up 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**

**Tēnā koutou katoa – have we got news for you,
about all the good work happening on and around The Noises!**

Some time has passed since we last wrote. Spring sprung and we're now hurtling into summer under the new traffic light system.

Here's a thing that really lifted our spirits - a poll conducted by the Hauraki Gulf Forum which **demonstrated huge public support for measures to protect and restore the Hauraki Gulf, Tīkapa Moana, Te Moananui-ā-Toi**. Some of the highlights included 84% support planting waterways leading into the Gulf. 84% support re-establishment of lost shellfish beds and reefs. 84% support banning fishing methods that impact the seafloor. 77% support putting 30% of the Gulf into marine protected areas. To read the full report click [here](#).

Also, in actual tangible change at the highest level, The Hon. David Parker, Minister of Oceans and Fisheries **has approved** Ngāti Pāoa's request for a temporary closure or rāhui around Waiheke which means people can't take scallops/tīpa, mussels/kūtai, crayfish/koura, or pāua from the closure area. This came into force on December 1 and will be in place for two years.

More good news - to ensure those vulnerable kūtai beds have company, Revive Our Gulf, along with Ngāti Whātua Ōrākei and with assistance various sponsors **deposited 60 tonnes of mussels into Ōkahu Bay in the last week of November**. This bold experiment is all about restoring mauri to Ngāti Whātua Ōrākei's ancestral waters with the kūtai beds to become a 'living laboratory' and prove what vital ecosystem engineers these creatures are. See beautiful photos of this wonderful effort [here](#).



Back to The Noises

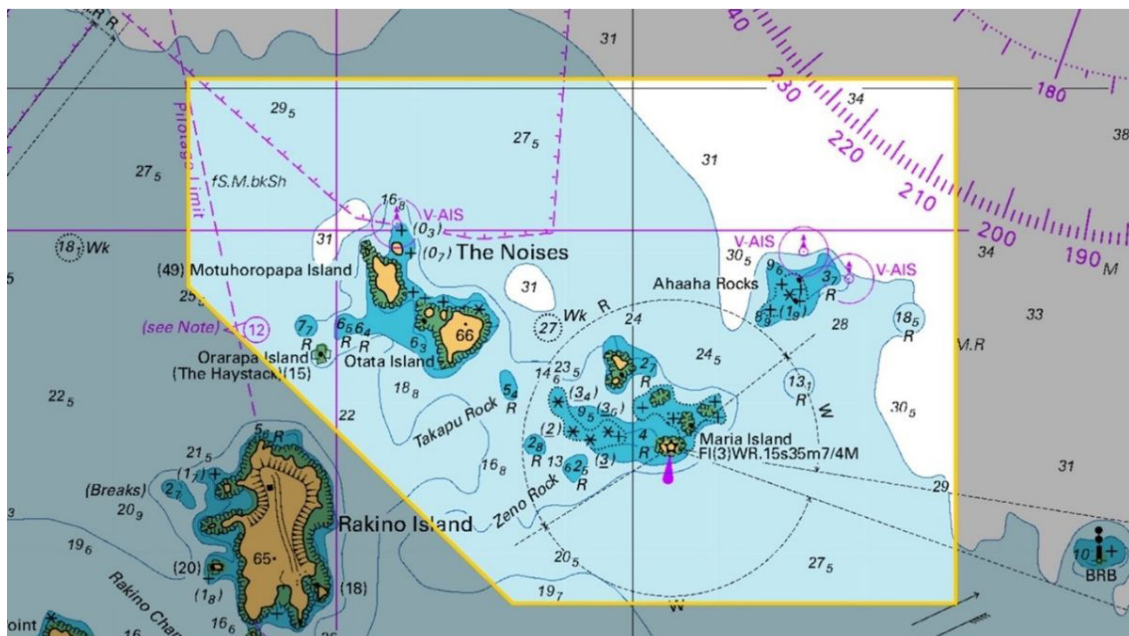
After an extended period of restrictions around the country, with the wider Auckland region being more tightly sanctioned than most, you might imagine that expeditions to The Noises have been hampered, but there's actually a decent amount of news to impart.

Steps towards holistic protection

In our last newsletter we promised to provide more information about the proposal The Noises Marine Restoration Project team made to Government. We've now put a summary of the proposal on [The Noises website](#).

In a nutshell, The Noises Marine Restoration Team was invited to submit a proposal to the Government, so that The Noises could be included in the Government's plans to create new marine protected areas in the Hauraki Gulf. The Noises proposal is now being assessed by the Department of Conservation and Fisheries NZ. We acknowledge that the proposal for a protection area at The Noises needs further kōrero with various iwi and stakeholders who have an interest in The Noises, but we are confident there is deep support within the community to revitalise the mauri of The Noises for future generations.

We'll keep you informed as progress is made and let you know when it's time to make submissions to the Government, which is likely to happen around the middle of next year.



Spring = seabirds

Another thing to crow about, Auckland Council conducted an oi/grey faced petrel and kororā/penguin survey in mid-August. While the subsequent survey in mid-September had to be postponed, Dr Gaia Dell' Ariccia and

Dr Matt Rayner were able to go out in October under Level 3 to study white-faced storm petrels. Their two night trip to Maria Island/Ruapuke was very successful, despite being a smaller team than originally planned due to Covid restrictions.

The two scientists banded 365 birds. Early estimates indicate the presence of several thousand pairs on the island,

and in a month or so we'll have an idea of breeding dynamics. Although that sounds like a healthy population,

it'll be a few years of continuous study before population dynamics – whether numbers are increasing, remaining

stable or decreasing – can be determined. Click [here](#) to read more about their visit.



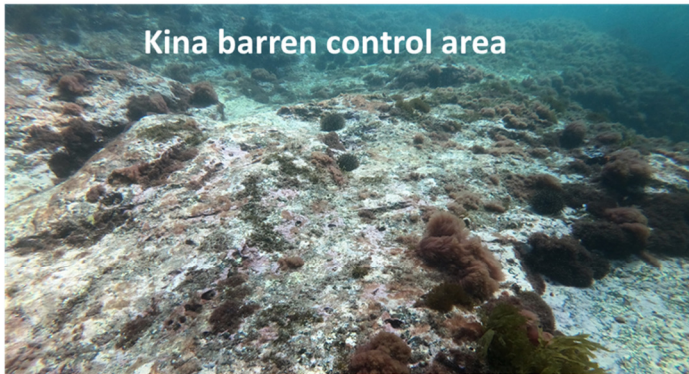
Spring = weeds

For many of us, spring is a time of weeds which means more weeding is required in our gardens. It's the same at The Noises, just on a larger scale.

We were delighted that Kyle Darwin and Richard Margesson from Free The Tree on Waiheke were able to visit Ōtata Island to do some rhamnus and box thorn control. By abseiling down some pretty inhospitable parts of Ōtata, they made a serious assault on these unwelcome plants. You can read Kyle's lively account of that trip [here](#).

Spring also = seaweed growth

In August, we presented information about the [kina management study](#). Dr Nick Shears and Kelsey Miller went snorkelling at another of the study's sites near Leigh, in Nordic Bay, to look at the removal areas and control sites where they'd removed kina a year ago. To their delight they found healthy spring growth of seasonal seaweeds (reds and browns) and lots of young *Ecklonia* kelp and *Sargassum* popping up amongst it. It's only early days, but this work demonstrates the resilience of the marine environment and how, if given the chance, it can recover. Check out these pictures. It's like visiting an aquatic florist shop!



*Kina barrens with typical spring growth of red turfing algae and small brown algae (*Dictyota* sp.)*



*Kina removal area with prolific spring growth of red and brown seaweeds as well as young kelp (*Ecklonia radiata*) and fucoids*

Long term monitoring gets underway

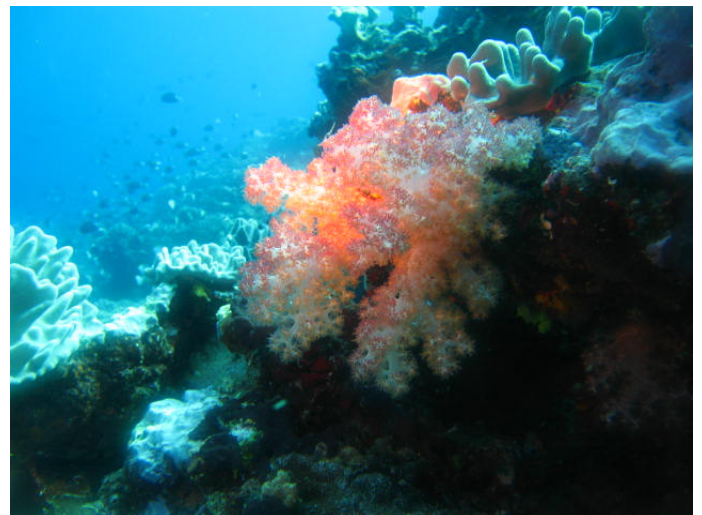
Next week, a team from Tāmaki Paenga Hira, Auckland Museum are setting sail for The Noises to kick off their comprehensive 50-year ecological monitoring plan. We feel fortunate to be ending the year with another spurt of activity. This work will document current ecosystem knowledge and provide future researchers and guardians with a baseline to quantify change. **It's remarkable to think that there's a commitment to study The Noises through until 2071!** You can read more about this bold work [here](#).



That's it from us for the year, and we'll be back early next year with reports of the summer work. We'll keep in touch via the socials, on [Instagram](#) and [Facebook](#). Thank you for your support over the last year, your emails, suggestions and enthusiasm.

Ngā mihi o te Kirihimete me te Tau Hou - Seasons greetings for Christmas and the New Year.

Mā te wā, The Noises Trust



Where was the club on this trip? See page 14

Liveboard FAQs: All Your Questions About Liveboard Diving Answered



[Sarah Morlock](#)

9 November, 2021

For a first-timer, [liveboard diving](#) can be intimidating. And, that's true whether you're a beginner diver or you have hundreds of dives under your weight belt. To help make the process of finding, booking and actually going on a liveboard dive trip easier, we've put together this list of frequently asked questions about liveboard diving and all the answers you need. Keep reading for our Liveboard FAQs.



What is a Liveboard for Scuba Diving?

It can be called a [liveboard](#), dive safari or dive charter, but what is it exactly? A liveboard is a purposely-built boat for scuba diving or an adapted existing vessel that offers diving trips. These trips usually last longer than one night. Dive boats can host between 12 and 30 divers, but you can find both smaller and larger vessels. In most cases, the diving, as well as the food and drinks, is included in the price of the trip, and most of the liveboards cost between USD \$1,000 and \$3,000 per trip. These types of boats offer a comfortable diving deck where you can prepare your equipment, and usually they have one,

two or more tenders to take divers to and from the dive sites.

How Long is the Average Liveboard Trip?

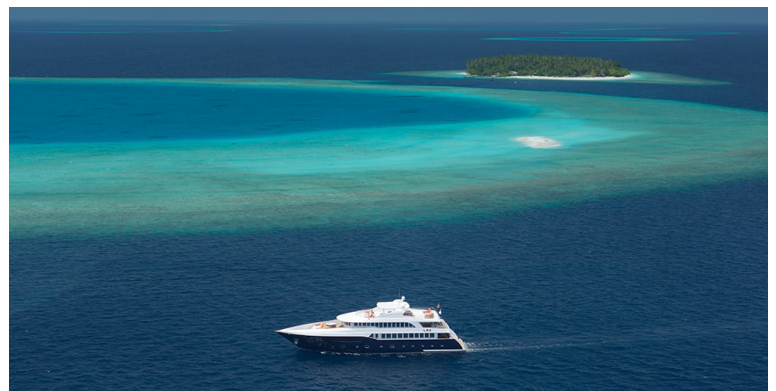
The average duration is 7 nights, but you can find both shorter and longer trips.

How Much Do Liveboards Cost?

There are a wide variety of liveboards available around the world. Some cost only [a few hundred dollars](#), while others cost [USD \\$5,000 or more](#).

What Dive Certification Level is Required for a Liveboard?

This is an excellent question, but the answer varies depending on your chosen destination and itinerary. There are liveboards that are [ideal for beginners](#), and you can even take the [PADI Open Water Diver](#) course on many such boats. However, [other destinations](#) may require an [PADI Advanced Open Water Diver](#) certification or a certain number of logged dives.



How Many Dives a Day Can You Do on a Liveboard?

This depends on you, the destination and the length and depth of the dives. On average, most boats offer three to four dives a day. Some boats may have an option to do five dives a day, while other boats, which combine diving with other activities, may only provide divers with one or two dives per day. In order to make sure you can take full advantage of all the dives offered on your liveboard of choice, we recommend taking the [Enriched Air Diver](#) specialty course before your trip. Breathing enriched air means you can enjoy longer dives and shorter surface intervals.

What Do I Need to Bring on a Liveboard Trip?

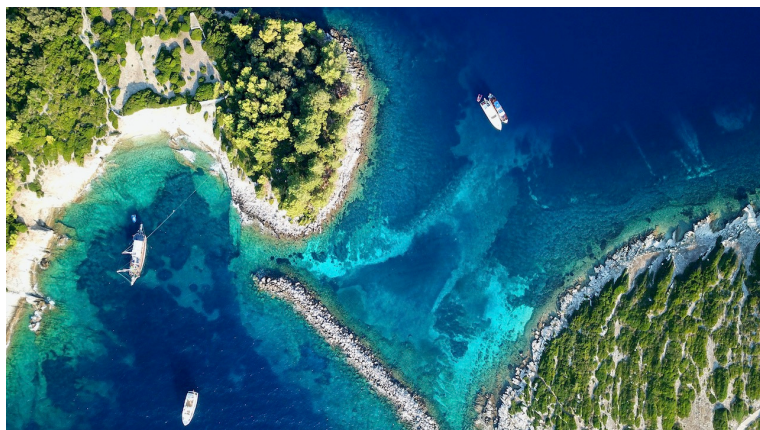
While many liveboard operators will provide a packing list upon confirmation, there are a few must-pack items. Here are our suggestions:

1. **Two wetsuits and two or three swimsuits** – You’ll be diving so frequently that one won’t dry out in time for the next dive.
2. **A [jacket](#)** – Even in the tropics, the night air and air conditioning can get chilly.
3. **Chargers and extra batteries for camera equipment** – If all the plugs are taken, you want to make sure you have a backup battery.
4. **A small extension cord** – Plugs on liveboards are often inconveniently placed for sitting with your laptop.
5. **An external hard drive** – You’ll definitely want to backup your photos and share them with the other guests, too.
6. **Seasickness medicine** – If you’re prone to [seasickness](#), packing some preventative medicine is a must.
7. **[Sun protection](#)** – A hat and [reef-safe sunscreen](#) are necessities.
8. **Collapsible luggage** – Space in liveboard cabins can be tight. Having collapsible or soft-sided luggage is best for small quarters.
9. **[Save-a-dive kit](#) and spares for everything** – There’s no dive shop in the middle of the ocean, and you can’t pop back to land if you lose or break something.

What Should I Not Bring on a Liveboard Trip?

Don’t overpack! Space can be at a premium on liveboards and airlines are charging more baggage fees than ever. Here is what you shouldn’t bring:

1. **Too many clothes** – You’ll be diving most of the time.
2. **Too many shoes** – Most boats have a “no shoes” policy.
3. **Too many electronics** – Liveboards tend to have enough entertainment options of their own.



What are the Best Liveboard Diving Destinations?

Below we’ve compiled a list of destinations for the [best liveboard dive trips around the world](#). If one sparks your interest, be sure to click through the attached link to browse the available liveboards in the area.

Where Can I Find the Best Deals on Liveboards?

Just because you want to go on a liveboard holiday, doesn’t mean you need to pay an arm and a leg for it. Boats regularly go on special. You can find last-minute deals, early-bird deals and everything in between on [PADI Travel’s special deals page](#).

How Many Divers Do I Need in My Group to Book a Liveboard?

Most customers book liveboard diving holidays in groups of two. However, it’s becoming more and more popular to go on a dive safari with [a larger group](#) or as a solo



traveller.



I am Travelling Alone – Will I Have to Share a Cabin?

[Many liveaboards](#) have two options. You can pay the single supplement and have a private cabin. Or you can ask the liveaboard operator to pair you with another single diver so that you don't have to pay the additional fee.

Will the Cabins Have En-Suite Bathrooms?

It depends on the boat. Many liveaboards now feature en-suite bathrooms, but some of the more budget options have communal bathrooms.

Can I Put My Valuables in a Safety Deposit Box?

Most liveaboard boats have a small safety deposit box that guests can use. However, don't expect to store larger items.

On a Liveaboard, Do You Dive From the Boat's Platform or From Tenders?

Again, this depends on the boats. Most liveaboards utilize small dive tenders to make diving easier and to protect vulnerable marine environments. However, some liveaboards are small enough that it's easy to just jump right in without worrying about boarding a second boat.

How Much Should You Tip on Dive Liveaboard?

Tipping is never required, but most liveaboards encourage the practice. It's common to give a tip of 5 to 10% of the liveaboard price at the end of the trip.



Should I Be Prepared for Seasickness?

In short, yes. If you know you are prone to seasickness, it's a good idea to carry medicine for any boat journey.

Can I Complete a PADI Dive Course Onboard a Liveaboard?

Yes, many liveaboards offer [a range of courses](#). Just be sure to book this ahead of departure and bring along proof of your previous certifications.

How's the Food on Diving Liveaboards?

Most liveaboards serve a variety of freshly prepared meals to reflect both Western and local cuisines. You can expect buffets, table service and snacks between dives.

I Have Special Dietary Requirements –



What Should I Do?

Let your liveboard operator know in advance, so that they can prepare for your needs.

Is Alcohol Included in the Price on a Liveboard?

This depends on the liveboard. Some include a full range of alcohol while others only offer a limited selection of beer and wine. Other boats don't include any alcohol in the price.

What If the Boat Sinks or I Have an Accident?

While highly unlikely, it is possible for your liveboard to sink, just as it is possible for your house to burn down. Weather forecasts are studied diligently before your boat leaves and the captain will monitor weather continuously while at sea. If the forecast gives anything other than close to perfect conditions, then the captain will change your route to avoid it and use one of their alternate sites for the day. Don't worry!

Accidents do happen. Be prepared. As for having a dive accident while on a liveboard, it is essential to carry the appropriate divers insurance. The [Divers Alert Network \(DAN\)](#) is a great go-to option as it covers medical extraction from even remote sites as well as costly decompression treatments. This risk is the same wherever you go diving, however, liveboard accident protocols may be a little more extensive than those on land.

7 Things You Should Never Do Immediately After Diving



[Megan Denny](#) Updated by [Caitlin McCall](#) on December 30, 2021

As certified scuba divers, we've been taught what we should be doing before and after scuba diving, but it's just as important to remember what we *shouldn't* be doing after diving. In fact, this is not just for new divers, as many seasoned divers don't know or remember these facts.

Planning a dive requires a great deal of preparation combined with numerous safety checks that must be completed beforehand. This process is explained and practiced many times during the open water certification. However, the safety considerations *after* your dive is over are not as thorough and new divers may not know what should *not* be done after a dive.

Here are 7 things you should never do immediately after diving:

1. Flying After Diving

Flying after scuba diving is one of the more widely known risks to divers. This issue comes up frequently in the diving world because divers want to take full advantage of their vacations and also get the most diving time in while they can.



The main reason for this is the pressure inside the airplane's cabin. The air pressure inside of the cabin lessens as you reach altitude. When you're flying in a plane right after diving, the increase in altitude would result in a drop in pressure which is similar to a fast ascension while diving.

The longer and deeper you dive, the more nitrogen is absorbed into your blood. Upon returning to the surface the pressure reduces and the nitrogen reverts to gas bubbles, which can be very dangerous when inside the body.

Decompression needs to be done slowly so the nitrogen can pass back out through your lungs. If you ascend too quickly, the nitrogen can form bubbles in your blood which can be painful and possibly fatal. This can be easily compared to opening a bottle of soda after it's been shaken.

Waiting the correct amount of time before flying will reduce the nitrogen in your blood. **As a general rule it is recommended to wait 24 hours before flying** after doing any type of diving. This rule covers all types of dives and adds extra time as a safeguard for peace of mind.

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 preflight surface interval of 12 hours is suggested.
- For multiple dives per day or multiple days of diving, a minimum preflight surface interval of 18 hours is suggested.
- For dives requiring decompression stops, there is little evidence on which to base a recommendation and a preflight 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.

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.

2. Mountain Climbing

You may be surprised to discover that driving or hiking to the top of a 3,048 meter (10,000 foot) mountain puts you at the same risk for Decompression Sickness (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, being at altitude is also high risk. That said, people do dive at altitude and there are special dive tables to follow. This type of diving is called [altitude diving](#).

Mountain climbing should be avoided in the first 24 hours after a dive. If you are planning to also go mountain climbing and scuba diving, go mountain climbing first to avoid any potential DCS risk. It is perfectly safe to go climbing before a dive and this is an easy solution to stay safe.

3. Ziplining After Diving

Ziplining as an activity is fine. Again, the concern is altitude. It is recommended to confirm the altitude of your ziplining destination before you book.

Ziplining usually occurs on a mountain or elevated area and should be avoided for 24 hours after a dive due to the altitude. This helps you steer clear of Decompression Sickness (DCS) and enjoy your ziplining worry-free.

4. 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.

It is recommended to stay away from deep tissue massages for at least 12 hours after scuba diving.



5. 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".

It is recommended to stay away from hot tubbing for at least 12 hours after scuba diving.

6. Excessive Drinking

As you are well aware by now, your body requires some time to revert the nitrogen that was absorbed into the blood. Anything that interferes with the process of elimination of nitrogen from the body should be avoided. If you indulge in drinking, your body will begin to dehydrate faster – and you'll suffer from decompression sickness. Additionally, it becomes difficult to diagnose the symptoms of decompression sickness if you've had many drinks and are impaired. If the symptoms are not identified quickly, DCS can be fatal.

If you want to drink after diving, wait a few hours and hydrate prior.

7. Freediving after Scuba Diving

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.



As a general rule it is recommended to wait 24 hours before freediving after doing any type of diving. This rule covers all types of dives and adds extra time as a safeguard for peace of mind.

While this might seem like a long list of things you *can't* do, there are a whole heap of things that you *can* do! Explore the (low altitude) region, meet the people, immerse yourself in the culture or simply hang out with friends, kick back and relax!

[A blast from the past – Tonga – August 2006](#)



Remember all the rules for diving & fishing.
The MAF regulations vary in particular
when it comes to your catch size/limits & locations.
Stay safe

PERFORMANCE NZ Ltd *Diver*

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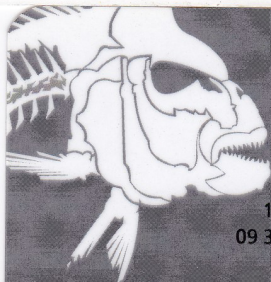
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PS: Anyone got a recent dive report/story to tell? Please forward to me. Denis