

NZ Dolphin Underwater & Adventure Club

Newsletter July 2022

Club Meeting 6:30pm Wednesday 13th July 2022

Dinner at the Bays Club book with Margaret 0274 839 839

www.dolphinunderwater.co.nz



**Club's Mail Address
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**Club Contacts Inside
Website As Above**

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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:– Poor Knights Porae by Matt Gouge

13th July – Wednesday – 6.30pm – Mid-winter meal at Brown’s Bay Club instead of club meeting let Margaret know please

10th August - Wednesday - 7.00pm Normal Club Meeting, DVD – 100 Years Under The Sea

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

[Performance Dive NZ - Ph. 489 7782](#), or

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

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

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

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

[9th-16th July – Fiji Trip with Tauranga Dive](#) – <https://www.divezonetauranga.co.nz/page/dive-fiji/> for details.

[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, etc.

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.

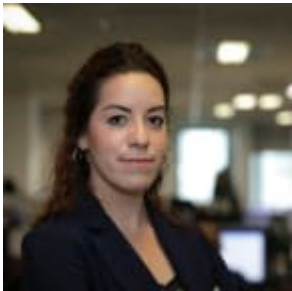
- D. Trip Organiser to handle trip & bookings, & Treasurer to handle finances. Cancellations due to weather will be refunded in full, or transferred to another trip.
- E. Members cancelling for any reason will lose full monies unless they find a replacement for their position on the trip.
- F. The trips Organiser will determine if there are enough people to run a trip & if not will notify cancellation two weeks prior to departure. **Non - financial members will be charged an extra \$10 on trips.**

NB: All Memberships Now Due: Single – \$40 Family - \$50.00

For the club to continue 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**

Hundreds of dead penguins wash up on Far North beaches



From [Morning Report](#), 7:43 am on 13 June 2022

[Charlotte Cook](#), Journalist
[@charlottcooknz](#) charlotte.cook@rnz.co.nz

Hundreds of dead little blue penguins, also known as kororā, are washing up on beaches around the Far North as the numbers of the cold-water birds plummet.

RNZ has previously reported [more than 40 had been found dead in Tokerau Beach](#) over the space of two weeks, but that is only the beginning.

The Department of Conservation is now warning the kororā aren't the only birds feeling the impacts of climate change in the Far North.

Vaughn Turner created a checklist of birds he spotted while walking the Te Araroa Trail at the end of May, but his documenting of the wildlife soon took a depressing turn.

Turner started noticing dead kororā as he walked from the south end of 90 Mile Beach.

"There were quite a few which seemed odd, so I thought I'd start counting them to see how many there were."

For three days he counted penguins.

"On the first day 75 dead penguins over a distance of 10 kilometres and then day two, walking north, counted them again, that morning I counted 71.

"The third day, I counted about 59 dead birds."

Turner estimated there would have been more than 200 each day over the 30-kilometre walk.

"Some of them are up in the dune toe, or up in the dunes. It was well above the high tide marks, they've probably been there a while.



"A few looked like they've been predated on but many of the birds I found were at or below high tide, so they, I assume were fairly fresh." Justin Penney also walked parts of 90 Mile Beach at the end of May and collected 109 dead penguins, an albatross, and a few dotterels.

Just last week he found 183 kororā, among other birds like the fluttering shearwater and diving petrels.

Kevin Mathews from Birds New Zealand lives just north of Kaitaia.

He said groups had been doing monthly checks around the area, and they'd also been finding birds washed up in huge numbers.

They throw the birds up towards the dune to prevent them from being re-counted.

"One of the first things I do is look at the condition of the bird, see whether they've died at sea or have struggled to shore and died on the dune line.

"The birds that I found that were freshly washed ashore [so it] certainly appeared that they'd died at sea.

"You can do a little simple test by checking the sharpness of the keel bone on the breastbone, and they were in very poor condition."

Department of Conservation's Graeme Taylor said this huge number of deaths is caused by rising sea temperatures.

During La Niña years, the penguins struggle to find food and end up starving and becoming hypothermic.

Now the warmer years are increasing.

"In the past, you might have had a lot of good years followed by one bad year where a lot of birds die, but then they rebound in those good years.

"But if we start to see the balance tipping towards more bad years versus good years, then they're just not going to be able to recover."

Taylor said it was not just kororā that were facing extinction in the Far North.

"We've lost whole colonies of the tītī or muttonbird or sooty shearwater.

"In the Far North, there used to be quite reasonable colonies up there, but most of those colonies have now gone, and we've only got a tiny handful of them still breeding in the north.

"They were going down a little bit, but then they really plunged from about 2010 downwards.

"Since then, we've been starting to see the entire colonies disappearing."

The kororā have the same problem, and it was getting worse, he said.

"I've just had reports sent to me that this isn't just actually involving chicks, there are now adults dying as well, which is even worse because if adults die, you know then they're not back to breed the following season to replenish the population.

"So those are sort of quite alarming things to find."

Taylor expected the area would lose cold water birds but gain others from the tropics.

"We're already starting to see some evidence of species that breed up around the Kermadec Islands, for example, coming down to the Hauraki Gulf and around the Three Kings.

"Tropical boobies species turning up, roosting at Muriwai and noddies and other species that just didn't used to come down the far south."

While that's not necessarily a good thing, it's proof of the drastic way the climate is changing the world and its wildlife.

A Hole in My Heart

April 11, 2022 By Keith C. Flood

Divers Jim Eckhoff and Keith Flood exit the water after diving the Norman in Lake Huron, Michigan. Photo by Jitka Hanakova

I HAVE BEEN A CERTIFIED DIVER since 1986 and have logged hundreds of recreational and technical dives. Since 2014 I have primarily been doing technical rebreather diving with a close group of experienced rebreather divers from Northern California.

During the summer of 2019, our group visited Lake Huron's Thunder Bay National Marine Sanctuary in Michigan to dive the historic shipwrecks from the late 1800s that rest nearly intact in 160 to 200 feet of icy cold and clear fresh water. Emmy-Award-winning underwater cinematographer and technical diving instructor Becky Kagan Schott and her husband, David Schott, who is also an accomplished cameraman and technical diver, organized our trip. We spent the months before the trip doing workup dives in Lake Tahoe, where water conditions are similar to Lake Huron's.

Our Lake Huron dive plans included two dives per day, all of which entailed mandatory decompression stops because of the depth and time we spent exploring each shipwreck. As I descended the mooring line, my eyes strained for the first glimpse of what was on the bottom. I passed through the thermocline and into the clear 39°F water until I saw a narrow, dark object slowly come into view at 80 feet. It was the top of a still-upright mast. Goosebumps rose on my skin as the entirety of the wooden schooner revealed itself in nearly 100 feet of visibility. With such intact ships and artifacts, these wrecks were as close as I could get to a trip through time.



Divers explore the bow of the Florida in Lake Huron, Michigan. Photo by Keith C. Flood

Halfway through the trip, I began to feel itchy around my chest under my drysuit during a surface interval. I instantly had a bad feeling, as this was the third time I had felt this sensation in five years. I removed my suit and saw the telltale signs of skin bends: Red, blotchy, raised bumps indicating cutaneous decompression sickness (DCS) covered part of

my upper left chest. I immediately told Becky about it and started breathing 100 percent oxygen via my rebreather while lying still and resting on the boat. The itchiness and rash subsided within 30 minutes.

While talking to Becky and Dave about my situation that evening, Dave asked if I had been tested for a patent foramen ovale (PFO). His father, a cardiologist, had mentioned to Dave that repeated undeserved DCS is an indication to check for a PFO. A small hole between the two upper chambers of the heart lets blood pass from the right to the left atrium when you are in the womb, but after you are born and breathing on your own, the hole naturally fuses for most people. In about 25 percent of the population, however, the hole remains at least partially open but usually causes no ill effects. While the overall risk of DCS is low, it is higher in divers with a PFO.

I contacted DAN and sent them my computer logs, but there was nothing remarkable about my dive profiles. I have always been diligent about my hydration, and on this dive I had extended my final decompression stop beyond my already conservative decompression schedule. Thanks to DAN, I started to educate myself about PFOs, and my circumstances aligned with having one. DAN's medical staff recommended that I have a bubble contrast test.

My primary care physician, who did not have experience with PFOs and diving, referred me to a cardiologist. Within a few weeks I had my bubble contrast study, which involved injecting a syringe of saline solution and air bubbles into an arm vein to pass through my circulation system while performing an ultrasound of my heart. I did not need to wait for my results, as I could clearly see when the bubbles passed between my atria through the PFO. I was relieved to have a potential answer to the mystery surrounding my bouts with skin bends while my fellow divers doing the same dive profiles had no such ill effects.



The author shows the itchy, blotchy rash that indicates skin bends.

Photo by Keith C. Flood

After the test I was referred to an experienced cardiac surgeon specializing in PFO closures. DAN was with me each step of the way to confirm I was on the right track to make an informed decision on whether to close my PFO. I was concerned about possibly giving up diving, diving only recreationally in shallow depths, or having the elective medical procedure to close the hole in my heart.

After talking to several other divers who returned to diving after having PFO closure procedures, consulting with DAN, and weighing the pros and cons with my medical team, I opted to have my PFO closed.

The procedure is done using local anesthesia while your heart is still keeping you alive. The surgeon inserts a nickel and titanium umbrella like closure device through a catheter from a large vein in the leg up into the heart. It can sometimes be an outpatient procedure, but mine included an overnight stay in the hospital. Six months after the closure, a follow-up bubble contrast test ensured the PFO was permanently shut, and I was cleared to return to diving.

I worked back up to how I was diving before my PFO closure, but I still pay close attention to all the best practices for technical diving. I always stay hydrated, dive conservative profiles, add some time to my final decompression stop, and never hesitate to pass on a dive if things just don't feel right.

Some Good Advice from PADI - 9 Things That Can Destroy Your Dive Gear

[Danielle Schofield](#)

Updated by [Alina Myers](#) on June 17, 2022



Scuba divers rely heavily on the gear they use to keep them safe. Your dive gear is the reason you are able to breathe underwater, move efficiently underwater, and see clearly underwater. As a diver, it is very important to take proper care of your diving equipment to avoid any malfunctions or complications.

Before you decide to buy new equipment, read about the 9 things that could possibly be destroying your dive gear without you even knowing it and what you can do to avoid these damages from occurring.

1. The Sun



An example of dive gear left in direct sunlight.

Even though you might need to dry your dive gear fast, never leave any of your equipment in direct sunlight. The UV rays from the sun will break down rubbers and fabrics. It can cause materials to fade, become brittle, and even crack completely. You should always dry your dive gear in the shade or indoors where it is ventilated. This will extend the life of your gear and will prevent you from having to purchase new dive gear.

2. The Sand



An example of dive gear in the sand rather than being secured appropriately.

Sand is great until it gets on, or even in, your dive gear. Tiny sand particles can easily get lodged in tank valves, regulators, and in the LP inflator or dumps on your BCD. If it's possible, avoid placing your dive gear on sandy surfaces and always rinse gear with fresh water after every dive.

Try using a soft bristle toothbrush to remove sand from hard-to-reach crevices. These tiny sand particles aren't the only thing that can damage your dive gear. Even though the sand might be soft, you should always avoid throwing a cylinder into the sand. It is important to always protect your cylinder from rolling around or falling over. Doing this will minimize equipment damage, both internally and externally.

3. Saltwater



An example of dive gear that needs to be rinsed off with fresh water.

Even though divers spend much of their time in saltwater, it is important to consider the damage it can do to your dive gear. All metals and alloys have the potential for corrosion, especially if you spend a lot of time diving in the ocean. Make sure after each dive, you rinse all of your equipment thoroughly with fresh water. Preventing corrosion will extend the life of your gear and is much cheaper than repairing or replacing it.

4. Chemicals



An example of divers wearing their gear in a pool setting.

There are many chemical-based products that can permanently damage your dive gear. For example, chlorine from swimming pools accelerates the breakdown of materials and can fade the color of your scuba equipment. Limiting your time in the pool, and making sure to rinse thoroughly with fresh water after each pool dive will help ensure the longevity of your dive gear.

Petroleum jelly might seem harmless, but it can break down and destroy silicone and the rubber on O-rings. It is also important to keep your diving equipment away from alcohol-based products, gasoline, oil, and even some cleansers that you might wash your gear in. Be sure to check all of the labels and ingredients used before washing or soaking your dive gear in it. We recommend that divers should seek advice from an expert when it comes to exposing your equipment to chemical-based products. If you're not careful, these products may shorten the life of, or even completely destroy, your diving equipment.

5. Poor Storage



An example of dive gear that is neatly organized and stored.

Scuba equipment has special storage requirements. For example, never pack away your gear until it is thoroughly dry. Otherwise there is a high chance that mildew and bacteria will grow, which will destroy your dive gear. It is also important to coil your regulator hoses so they don't kink. You should avoid storing your fins against the wall or in areas that will cause them to bend. Over time, your fins will deform and the shape of them will become useless in the water. Instead, hang your fins up or lie them down evenly. If you take the time to store your gear properly, it will last longer.

6. Being Unaware



An example of dive gear that is stored and secured on a boat appropriately.

Diving involves a lot of energy and excitement. You do not want to become too distracted to the point where your equipment is at risk. Always pay attention to your dive gear and where it is located. As a diver, you should not leave your equipment unattended. Busy roads or the middle of the parking lot is no place for dive gear to be lying around. Keep it close to you and out of the way to avoid any damage.

If you are diving from a boat, you should always find ways to safely store and secure your gear appropriately. This is important because diving equipment can shift and move around during travel. It will also prevent other divers from accidentally stepping on your gear.

7. Poor Buoyancy

An example of a diver with secured dive gear and good buoyancy.

A diver with poor buoyancy and bad 'trim' is at risk of dragging their dive gear over rocks, coral reefs, and sand which leads to physical damage of equipment as well as the environment. Keep your gauges, octopus, and accessories secure and close to your body when you're diving. If you are having a hard time with your buoyancy and would like to learn how to master this skill, take the [PADI Peak Performance Buoyancy Specialty](#) course.

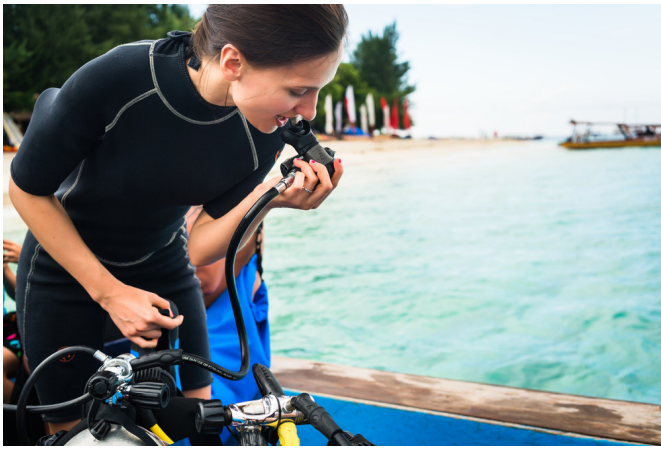


8. Wetsuits In The Washing Machine



An example of wetsuits hanging up to air dry after rinsing them with fresh water. This one might sound like common sense, but you should NEVER wash a wetsuit in the washing machine. It is also important to never put a wetsuit in the dryer. Both of these can completely damage your wetsuit. Instead, always rinse your wetsuit with warm fresh water. If you need to really clean it, do so by hand with a gentle shampoo that is safe and free of harsh chemicals. Once you are done washing your wetsuit, hang it up outside in the shade or inside where it is ventilated. Occasionally you'll want to go check on your wetsuit to see if it is drying properly. If one side is dry, be sure to turn it inside out to allow the other side to dry completely.

9. Disassembling Gear Without Proper Training



An example of a diver checking equipment to see if everything is working properly.

As a diver, your regulator is a *very* important piece of equipment that you want to make sure you take proper care of. If you notice that there is something internally wrong with your regulator, be sure to take it to a certified technician for proper maintenance. Do not attempt to take your regulator apart without proper training. This can cause damage to the regulator and potentially put you at risk.

A Few Rules & Facts from the MAF web site

Can you fillet at sea?

MAF says :- Yes you can fillet at sea, but you must be able to prove it was a legal size. So only fillet say 30cm snaps nothing near the minimum size. If you are over nighting clearly date the bags! You must prove to the fishery officer that the fish you have filleted is of a legal size. 28/01/2012

Is it legal to catch sharks in NZ?

Since 2014, **it's been illegal in New Zealand for fishers to remove fins from sharks and then discard the bodies into the sea.** The sharks cannot be thrown into the sea even if they're dead. Before the ban, it was already illegal to remove the fins from a live shark and then return the body to the sea. 16/11/2020

Can you eat pig fish NZ?

Some people put the Pigfish in their Top 5 all-time fish to eat. This table fish has white flesh, mild to sweet flavour and texture and is good for sashimi.

What is the Tastiest Fish to Eat? Cod, Sea Bass, Halibut, Red Snapper, Salmon, Catfish. Swordfish.

The MAF regulations vary in particular when it comes to your catch size/limits & locations.

Practice being safe & staying safe for you & your buddies

& we will see you all at the club meeting

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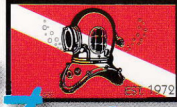
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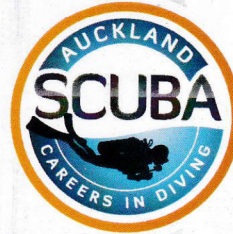
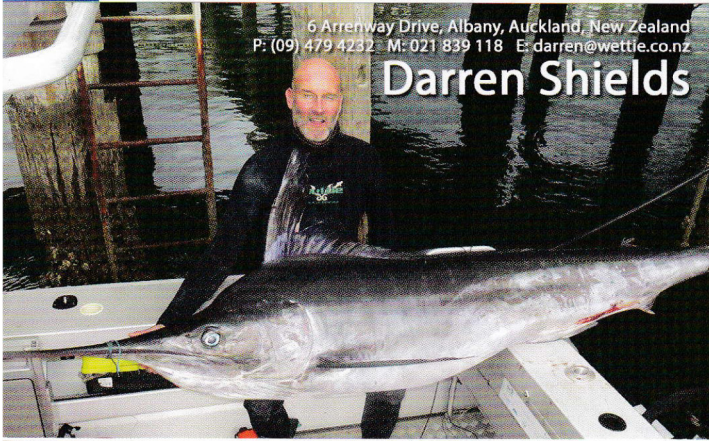
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