

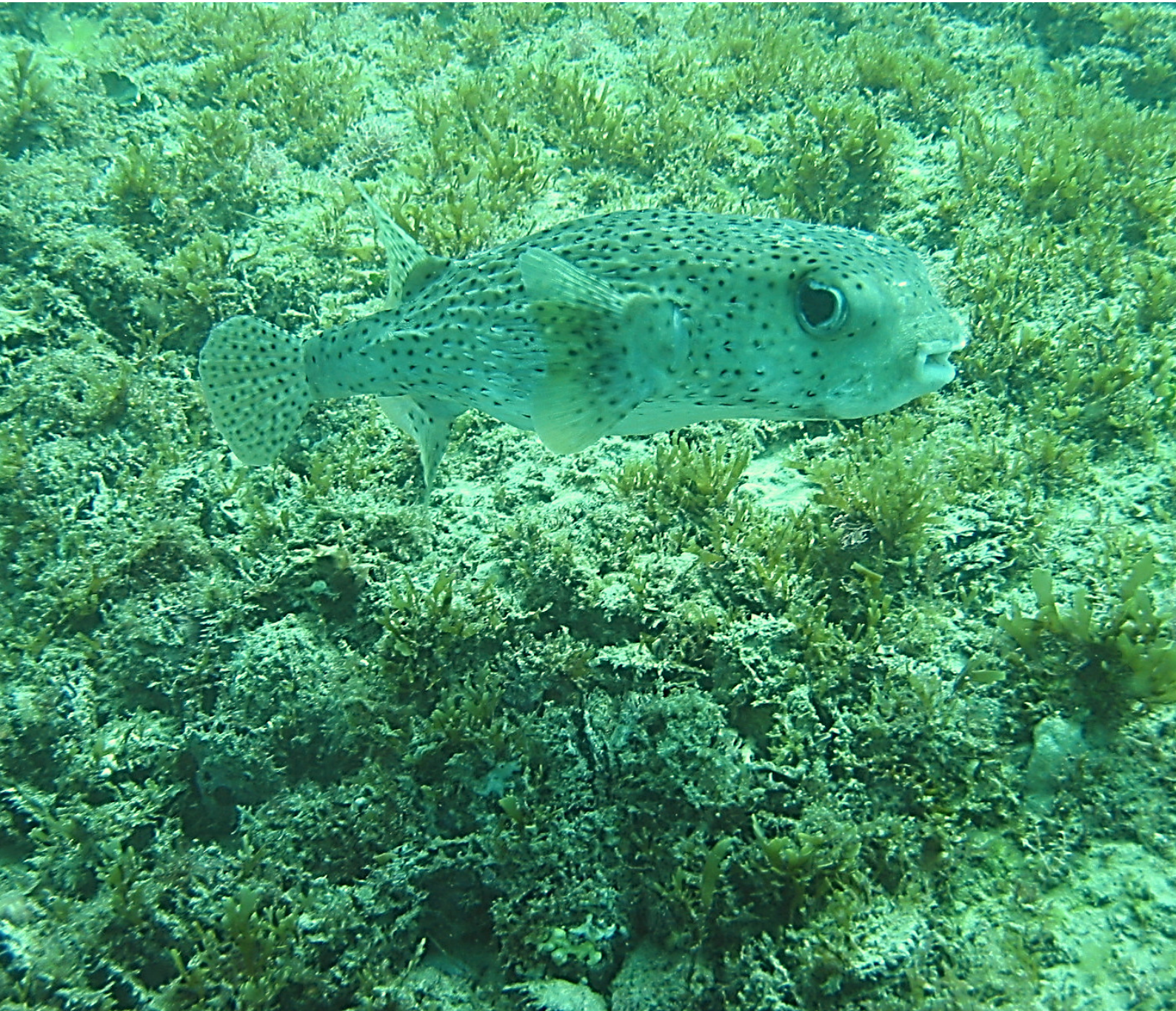
NZ Dolphin Underwater & Adventure Club

Newsletter September 2022

Club Meeting 7:00pm Wednesday 14th September 2022

Speakers - DVD – 100 Years under the Sea

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:– Puffer fish, camouflaged? – Manta Bommie - Brisbane 2002 by Denis

14th September – Wednesday- 7.00pm Normal Club Meeting, DVD – 100 Years under the Sea

Dive trips, NZ & Overseas – Check out the dive shop's web sites, there is plenty available, but you do need to contact the shops in person to confirm costs & booking availabilities.

Performance Dive NZ - Ph. 489 7782. or

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

Global Dive - Ph. 920 5200. or <https://www.globaldive.net/page/trips>

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

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

[Stpneorsodl7if24h16i0fa8tig5au3gghtt6mmi9item039tg32lc2fh03a](https://bit.ly/37FZ3Hn) .

Reminder to all fishers that the taking of scallops from most of the Northland area is prohibited until further notice, see the maps  below.

This prohibition for recreational and commercial fishing overrides the normal scallop season which traditionally starts on 1 September.

By respecting this closure, you'll be doing your part in helping the fishery rebuild to ensure a sustainable future.

We encourage all recreational fishers to know the fishing rules for your area by downloading the NZ Fishing Rules app, which even works when you're outside phone coverage. Click here to download:

<https://bit.ly/37FZ3Hn>

If you become aware of any suspicious fishing activity, you can contact us on:

☎ 0800 4 POACHER (0800 47 62 24)

email ncc@mpi.govt.nz

How to take stunning underwater photos using an iPhone

Tips and tricks to get the best underwater shots you can from your iPhone



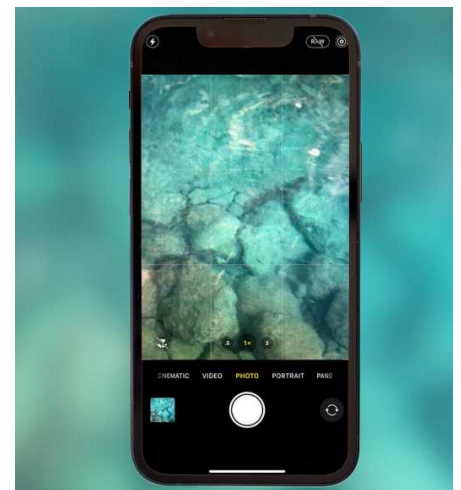
By [Lewis Painter](#) Senior Staff Writer, Tech Advisor Aug 25, 2022 12:36 pm BST
Lewis Painter / Foundry

iPhones have been pretty water resistant for some time – the iPhone 7 was the first to introduce IP67 water resistance, and that jumped to IP68 with the iPhone 11 and later. However, there's a common misunderstanding between water resistance and waterproofing, especially when it comes to smartphones.

While recent iPhones can technically be submerged for up to 30 minutes, it's only resistant up to a few meters and it's certainly not recommended by Apple. As such, water damage can still void your warranty, leaving you with an expensive soggy brick.

That's usually down to elements like water pressure, chemicals in the water reacting with your phone, the breakdown of the waterproof seal over time and much more. That means that the iPhone isn't really designed to be taken into a swimming pool or down to the seabed – at least not in its 'naked' form.

The question is, if the iPhone isn't really designed to go underwater, how do you take cool underwater photos on your iPhone? Here are a few tips and tricks if you want to take top-quality shots underwater and avoid waterlogging your iPhone.



Invest in a waterproof case

With the above in mind, it should come as no surprise that the biggest piece of advice we can give on taking underwater photos with your iPhone is to invest in a waterproof case.



A Shellbox

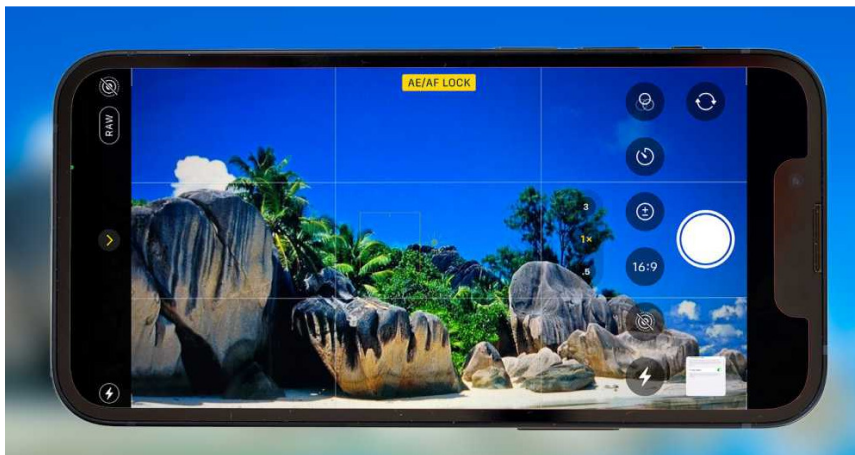
These come in all shapes and sizes depending on what you need, ranging from cheap watertight bags like the [Unbreakable waterproof case](#) that'll keep your iPhone dry to more specialised cases like the [Shellbox waterproof case](#) dedicated to underwater photography, providing access to physical buttons to activate the camera shutter and a high-quality lens cover.

Some even allow you to interact with your touchscreen underwater – something particularly handy for underwater photography.

Prepare your shooting settings

Before you get in the water, be sure to set your iPhone's camera settings. Why? Simply put, you're unable to interact with your iPhone's touchscreen when it's submerged – in fact, without a case, it'll register the water touching the screen as a tap input. That could be chaotic underwater.

There are some cases that negate the input issue, as highlighted above, but they're still difficult to use underwater.



Lewis Painter / Foundry

With that in mind, select the resolution of images or videos, select any filters you might want to apply and any other tweaks you want to make before you submerge yourself and your iPhone.

This also goes for exposure and focus, as you won't be able to adjust these underwater. For the best results, apply a focus lock to the farthest thing in the distance you can see before getting into the water.

Think about lighting

As with taking photos on land, lighting is extremely important when it comes to underwater photography. In fact, with the refraction of light and other underwater properties, it can be much more difficult to get a well-lit shot.

The best advice is to take photos on bright sunny days where underwater environments will be well-lit, and you can also try shooting upwards towards the surface for extra background light.

If that's not possible, **do not** use your iPhone's built-in flash to illuminate the scene. Most cases cover the camera housing, so the light from your flash will reflect off the exterior cover and render images useless.



Instead, consider investing in a dive torch like the to provide better lighting underwater.

Keep steady

The best photos are taken with a steady hand, and this also applies to underwater photography.

It can be a little harder depending on currents, so we'd recommend [picking up a cheap monopod](#) that'll hold your phone securely in place as you take your stunning underwater imagery.

Using a three-second timer to take photos on your iPhone is another option, as using the physical volume buttons to capture images can create a slight wobble.

Dress appropriately

Though not directly related to taking photos underwater, it's also worth pointing out that clothing can make a big difference to the underwater shooting experience.

Aside from feeling more comfortable underwater, it's useful to have pockets to store your iPhone or any other accessories you might need.

Dry your iPhone completely

Once you're back on dry land, it's worth completely drying your iPhone to remove any residue from the water.



Dominik Tomaszewski / Foundry

It's also recommended you don't charge your iPhone for a couple of hours as water might've gotten into the charging port, and as we all know, water and electronics do not mix.

I'm a diving expert – these are things you shouldn't do underwater

[Heather Lowrie](#) 18:09, 13 May 2022 Updated: 8:57, 15 May 2022

FANCY bit of diving on your next trip? It seems more of us are taking the plunge as holidays to destinations renowned for their marine life are soaring - including the Indian Ocean favourite of the Maldives.

But you can't just dive right in when you arrive -whether you are a beginner or fully PADI qualified.



Scuba divers explore the coral reef
Credit: Getty - Contributor

Resident Marine Biologist at [Ozen Life Maadhoo](#), Oshin Joanna Christopher, has advice for everyone looking to enjoy themselves in the deep blue.

She said: "Knowledge of local habitats and wildlife, diver safety, and environmental responsibility are key.

"So if heading on a dive centric holiday, make sure you locate an accredited centre that will look out for both your welfare and that of the marine environment you'll be exploring."

Whether a beginner, wanting to introduce your children to the marine environment, or looking for some pointers after a Covid enforced diving hiatus, Oshin has tips and insights for you to get the most from your diving holiday.

Read more in travel

1 Pre-dive holiday preparation: Whether you're headed to the Indian Ocean, Pacific, Caribbean, or the Red sea, It's important to understand the marine environment that you are going to be immersed in.

Do your research. There are several different types of underwater environments; seagrass meadows, coral reefs, wrecks, protected areas and more.

Understand where you'll be diving or snorkelling and the species you might encounter.

2 Know the wildlife: Knowledge of a species' behaviour and characteristics can protect you from harm: Triggerfish, for example, protect their eggs and can become aggressive if you get too close to their nests, whilst a fire coral can sting. Make sure you know when to keep a safe distance from particular species.

Read up on different marine habitats to know what to look out for. If there are lots of crevices where you are headed, you can try to spot lobsters, octopus, or giant moray eels.

3 Packing: Reef-friendly sunscreen, hats or caps, sunglasses, insect repellent, rash guards, sea sickness treatments are a must. Reduce single use plastics by taking a reusable water bottle.

A user-friendly underwater camera or Go Pro is advisable to document your diving/snorkelling experience.

You'll be more comfortable using your own mask and fins, so it's worth making space for these in your luggage.

4 Protect the coral: Coral reefs make up a fragile ecosystem. They are the biodiversity hotspots and building blocks of the marine environment, so it's important to prevent damage to reefs from pollutants and man-made stressors.

With over 200 million people living along coastlines globally, corals also provide a critical source of livelihood and food and generate billions in revenue to support local communities thanks to the tourism industry.



A school of red-tooth triggerfish Credit: David Doubilet/2019 Wildlife Photographer of the Year

5 How to behave in the water: Never touch or chase marine wildlife. Stay off the sea/ocean bed. A number of marine creatures, such as eels or stingrays, dwell in the sand to camouflage themselves, so avoid disturbing it.

Do not feed fish and marine mammals. Human food, which can be harmful to their organisms and to their environment.

Do not litter. Plastic and all other non-biodegradable material can linger in the ocean for years and can entangle or choke marine animals.



Keep your distance from all marine wildlife, including the giant whale sharks. Credit: Getty - Contributor

6 Experiences with ocean giants: When looking for or getting up close to any bigger sea life – Rays, whales, sharks or dolphins – do your homework.

Read up on the animal's behaviour and blind spots. For example, if diving with manta rays, you should know to never block their paths. Only approach from the side.

Aim to maintain a three-metre distance from the animal to minimise any stress.

7 Introducing children to diving or snorkelling: Education is key. Help to raise children's awareness and the experience of snorkelling or diving ahead of time, using videos, movies and kid-friendly documentaries such as Blue Planet, Puff: Wonders of the reef, or My Octopus teacher.

Fish ID books and charts are also helpful to identify sea life and create anticipation.

Teaching children how to swim and feel confident and comfortable in the water is imperative ahead of any beach holiday, but especially in preparation for a dive or snorkelling trip.

The recommended minimum age for diving is 10, and some children are introduced to snorkelling as young as two years old, each child is different.



Take the kids snorkelling to introduce them to life underwater. Credit: Getty

8 Food and drink: Scuba diving burns a lot of calories, so a good balanced but light meal, without heavy fats and oils is recommended and should be eaten at least an hour before your dive.

Opt for slow-release energy foods such as eggs, cereal, fruits, bagels, yogurt or toast to maximise body temperature and stamina throughout the dive.

Make sure you drink plenty of fresh juices, water, or even energy drinks to avoid dehydration but avoid citric fruits can cause acid reflux.

9 Sun protection: It's very easy to get sunburnt on a boat and whilst on the surface of the water. Use umbrellas, sunglasses and hats; especially if on a boat.

Wait at least 15 to 20 minutes after applying sunscreen to let the sunscreen absorb sufficiently and apply everywhere, including lips, neck, feet, and the back of your hands to reduce risk of sunburn.

And use an SPF of at least 30 and make sure it is Reef Safe. Studies show that chemicals such as oxybenzone can damage coral health and be toxic to fish so use reef safe, mineral based sunscreen.

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

North Shore Scuba Centre



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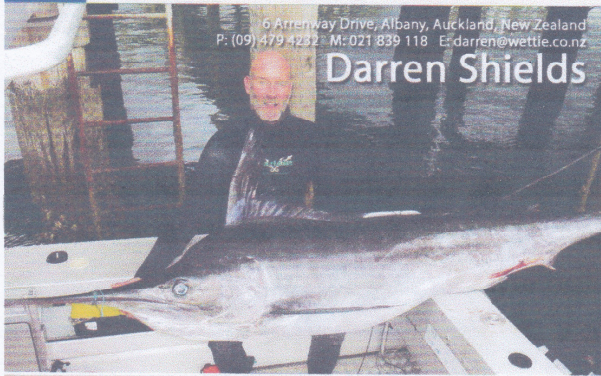
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