

# **NZ Dolphin Underwater & Adventure Club Newsletter August 2023**

Club Meeting 7:00pm Wednesday 9<sup>th</sup> August 2023

**What's on : Pizza Night**

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



**Club's Mail Address  
14 Gails Drive  
Okura  
RD3 Albany**



**Club Contacts Inside  
Website As Above**

## COMMITTEE MEMBERS: 2023/2024

<b>President/Entertainment</b>	Allan Dixon	021 994 593	allanandjilldixon@xtra.co.nz
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<b>Secretary/Treasurer</b>	Margaret Howard	<b>0274 839 839</b>	marg.howard@xtra.co.nz
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<b>All Trips Organiser</b>	Margaret Howard	0274 839 839	marg.howard@xtra.co.nz
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	Peter Howard	0225 194 046	pete.howard@xtra.co.nz
<b>Web Site</b>	Matt Gouge	0210 777 282	mattgouge@gmail.com

**Life Members** Barry Barnes, Margaret Howard, Peter Howard, Brian Horton, Reg Lawson, Roberto Tonei, Denis Adams, Trish Mahon-Adams, Dave Quinlan

**Honorary Members** Graham Thumah, Tony Enderby, Jenny Enderby, Eileen Slark.

**Cover Page Photo:– A hidden jewel in Fiji by Denis**

**9<sup>th</sup> August – Wed.- 7:00pm Club meeting – Pizza Night**

**12<sup>th</sup> Aug – 19<sup>th</sup> Aug 2023 – Diving Fiji - Volivoli Beach Resort | Dive into the heart of Fiji - Jeni and Brent Hassell are hosting this trip. please contact Margaret, 0274 839839**

**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>

**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**



**9<sup>th</sup> August – Wednesday – 7.00pm - Dive Club Meeting – Club Rooms – Northcote Road Extension – Pizza Night**

**9<sup>th</sup> – 29<sup>th</sup> November – 10 days – P&O Cruise around NZ – Auckland and back to Auckland – Several Club Members are on this cruise if anyone else would like to join the trip please contact Margaret**

**Firstly we have the sad news that club member Brian Stafford –Bush had passed away & the club's condolences go out to Paddy & family.  
Many of our club members were in support and attended his funeral.**

**USF professor set to re-emerge after living 100 days underwater conducting record-breaking research** By [Mark Wilson](#)

**Local professor set to return after record-breaking research mission**

**KEY LARGO, Fla.** - Near the tip of the Florida Keys, a short swim from the dock at the Jules Undersea Lodge in Key Largo, sits a submerged habitat: An undersea classroom, bubbling with promise.

It's where retired Navy commander and [University of South Florida](#) Professor Dr. Joe Dituri spends his days and nights [monitoring his body changes under sustained pressure](#) close to 30 feet below the surface.



Dr. Joe Dituri, is a retired Navy Commander and a USF professor.

"I've already shrunk at least a half an inch [due to the pressure]," Dituri told FOX 13.

Dr. Dituri has hosted guest scientists and STEM students in the habitat, but FOX 13's Mark Wilson was the only reporter to dive down to interview him inside.

**FOX 13's Mark Wilson's extended interview with Dr. Deep Sea**

Near the tip of the Florida Keys, a short swim from the dock at the Jules Undersea Lodge in Key Largo, sits a submerged habitat: An undersea classroom, bubbling with promise. FOX 13's Mark Wilson talks with retired Navy commander and USF professor, Dr. Joe Dituri, who spends his days and nights monitoring his body changes under sustained pressure close to 30 feet below the surface.

"I got certified as quickly as possible once you agreed to have me join you, so thanks for the invite. It's definitely the most unique interview I've done," Wilson told Dituri, who also goes by the nickname "Dr. Deep Sea."

He didn't have to measure himself, because the habitat is so small. When Dituri moved in on March 1 with his 6'1" frame, he often banged his head on an iron handle on the ceiling.

**Previous: Here's the underwater Florida hotel where a USF professor will spend 100 days** A University of South Florida researcher is going away for 100 days to study how his body is impacted by "extreme pressure." In this video, Joseph Dituri gives a tour of his living space -- which is an underwater hotel in the Florida Keys.

He's a half inch beneath it now just a week before he emerges. So does he expect to regain that lost height?

"I don't know. No idea. That's why we're doing this," he said with a smile.



Dr. Joe Dituri, a USF professor and retired Navy commander, has been below the surface monitoring how his body changes under sustained pressure.

He does have a tiny bathroom like you'd see in a boat or an RV, a shower, and a fold-down bed. His main living area is about 20' long and about 5' wide, just enough to turn around in, totalling about 100 square feet.

### [USF professor breaks record for living underwater for 75 days straight — but is aiming for 100 total](#)

Built 50 years ago in Puerto Rico, it was brought to South Florida in the early 80s then set up in Key Largo for tourists to spend a night underwater. Once he's done with the study, it will re-open to divers who want the experience of spending a night underwater.

### **USF professor breaks world record for living underwater**

A USF professor studying the body's response to long-term pressure is spending 100 days at an underwater lodge in Key Largo while teaching online.

Dr. Dituri saw it as the perfect petri dish for him to monitor his body changes under pressure. [He broke the world record](#) for spending 73 days underwater on May 14, but wanted to stay an even 100 days through June 9.

He wears a portable EKG monitoring his heart and is already seeing benefits of the pressure on his body. His cholesterol is down, and he's noticed decreases in every inflammatory marker in his body by at least a half.



Dr. Joe Dituri has been just below the surface off of Key Largo, and is set to re-emerge on June 9.

His body is also producing stem cells. His telomeres, which are the distinctive structures at the end of our chromosomes that should be shortening at this stage in his life, are growing. It may not be a fountain of youth, but could very well extend one's life span.

"I suspect, and I'll find out exactly how many, but I suspect

it will add that many more to my life," Dituri said.

"And that means longevity to your life," FOX 13's Mark Wilson asked.

"Yes, that's exactly what it is, you're adding length, longevity," Dituri said. "Now, it doesn't mean it will extend everyone's life. You've still got to eat well, exercise regularly, and drink lots of water – at least a gallon a day."

Much of it already validating what Dituri expected.

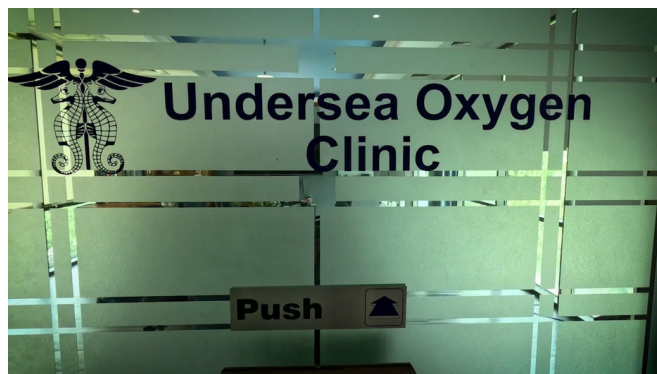




After a 28-year career in the Navy, diving and designing submersibles, he retired as a commander and Special Operations diver specializing in hyperbaric research and application.

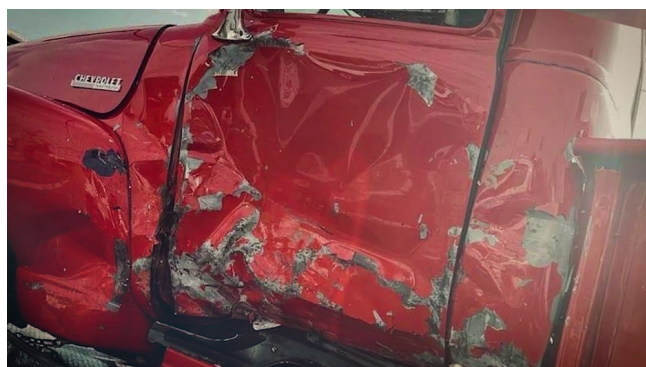
## [USF researcher plans to live underwater for 100 days to study body's response to extreme pressure](#)

He earned a Ph. D. in biomedical engineering at USF and opened the [Undersea Oxygen Clinic](#) in South Tampa - a [hyperbaric pressure therapy](#) center to heal concussions and traumatic brain injuries.



But things changed both personally and professionally for him in the fall when he was broad sided at an intersection. A car crash destroyed his classic truck but left him with a traumatic brain injury, turning him from doctor to patient. He gets emotional recalling how all of a sudden, the suicidal thoughts he'd treated in veterans now filled his head.

Dituri's classic truck after a crash. The crash left him with a traumatic brain injury.



"I said to myself, 'I'm gonna kill myself if this keeps going,' but I have to be a good Navy guy and do everything that I possibly can," Dituri said.

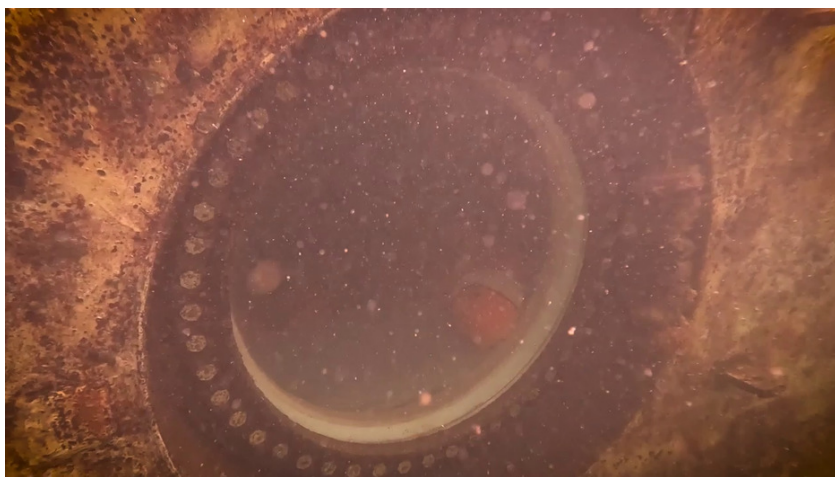
And the breakthrough came when he surrounded himself with his friends and co-workers offering every resource and option available. They devised a 28-day plan of treatment, and, in about a month, he was a new man.

"It all came out of the international bank of Joe and everybody else who decided to help," he said. "Andre Kerwin, Travis Jennings and Dr. Michael Cross from USF. They all just circled the wagons with me and what we found is if we treat the person with physical, physiological and a psychological perspective simultaneously, you can cure it [traumatic brain injury]," Dituri said passionately.

And that's exactly what he's most excited to return to once he emerges June 9. He'll resume work at his Undersea Oxygen Clinic on Westshore Boulevard then his findings this Fall at the "World Extreme Medicine Conference" in Scotland.

But that means giving up his beloved bench seat by the four-inch thick window that's given him a front row seat to the cycle of life for three months.

"It's amazing," Dituri said of being able to see marine life so closely, admitting he'll miss it. His trade-off will be knowing his research is saving lives. "We're fixing people. We're **FIXING** people," he said with two clenched fists.



To learn more about Dr. Deep Sea's Undersea Oxygen Clinic in Tampa [click here](#) To get more facts about Hyperbaric Pressure Therapy from the FDA and list of approved treatments, [click here](#).

[ABC Wimmera](#)/ By [Alexander Darling](#)



WorkSafe says diving is a risky profession. Supplied: <https://www.shutterstock.com/g/Kirk+Wester>([Shutterstock](#): Kirk Wester, file photo)

### **Help keep family & friends informed by sharing this article**

A Victorian diving company that conducts water tank and irrigation inspections and repairs has been fined \$730,000 for repeatedly putting workers' lives in danger.

### **Key points:**

- One female divers for Underwater Inspection Services got stuck in a narrow culvert and couldn't move
- WorkSafe's investigation found a backup diver was not adequately trained to rescue
- The company pleaded guilty to seven charges relating to five incidents in 2018

Underwater Inspection Services (UIS) last week pleaded guilty in the Melbourne County Court to seven charges in relation to five incidents in 2018.

In one of the cases, a female diver got stuck after crawling into a narrow, 3.5-metre-long irrigation culvert at Kerang in north-west Victoria in July 2018.

The umbilical cord attached to her diving gear became stuck on the outside of the culvert, and she could not move.

The court was told rats were swimming around her as she lay in murky water.

She started to panic and called for help by activating a communication system, but no one responded.

After 15 minutes, she had to shimmy backwards to escape on her own.

WorkSafe's investigation found a backup diver on the same job was not adequately trained to rescue and was unfamiliar with their ill-fitting dry suit, mask breathing apparatus.

"Workers told their director that they were uncomfortable with certain tasks," WorkSafe said in a statement.

"And in August 2018, the combined concerns of two workers prompted a call to WorkSafe."

### **No working from heights training**

UIS's sole owner, Kent Bedford, also pleaded personally guilty to one separate charge of failing to provide and maintain a safe working environment in relation to an incident in Brooklyn in February 2018.

Judge Michael O'Connell said in sentencing that in this incident, an employee Bedford found on Facebook was made to stand on a ladder and lean into a manhole while inspecting a tank in Melbourne, having not undertaken working from heights training beforehand.

For this, Bedford, 53, was sentenced without conviction to undertake a good behaviour bond for 12 months.

### **Sentencing to draw attention to OHS issues**

Judge O'Connell also said another employee "regularly saw problems with diving equipment", such as ill-fitting suits, gloves and face masks, during the time he worked at UIS.

"On one occasion, [this employee] queried why you used unqualified divers," the judge said.

"You told them that the laws in Victoria are grey and do not stipulate that divers must be commercial divers."

He also said that Bedford's conduct during other jobs provided evidence that he — and by extension UIS — knew "the risks and dangers associated with commercial diving and the need for appropriate control measures".

Judge O'Connell said the sentence imposed aimed to draw attention to occupational health and safety issues so that people were not exposed to risks in their workplace.

### **Blatant disregard for safety**

Underwater Inspection Services was charged with placing workers in danger and failing to provide necessary training, among other offences.

It pleaded guilty to failing to ensure workers were qualified to work in confined spaces and failing to ensure employees understood rescue procedures and emergency plans.

Some workers were kitted out in helmets, gloves and dry suits that did not fit.

The ABC understands the other four incidents took place in Melbourne and Phillip Island.

In a statement, WorkSafe executive director of health and safety Narelle Beer said she was astounded by the scope of the offending, given how naturally risky professional diving was as a job.

"WorkSafe won't hesitate to prosecute any duty holder who displays such blatant disregard for their workers' safety," Dr Beer said.

The regulator said diving businesses should create manuals that documented safe procedures, adequate training, and ensure adequate personnel were used in each operation, among other measures to keep workers safe.

**This maybe a warning for Kiwi's to take notice. Ed.**

**Diver spots sad detail in 'favourite' shark photo: 'Was clear when I zoomed in'**

**The freediver only noticed what she'd captured in the photo of the hammerhead sharks when she was taking a closer look at the images.** [Michael Dahlstrom](#) · Environment Editor



A woman's dive with [sharks](#) off the Gold Coast took a dark turn after she returned home and zoomed in on one of her underwater photographs.

The image shows three [rare scalloped hammerhead sharks](#) swimming in the shallows at Burleigh Heads. It was taken by 14-time Australian freediving record-holder Amber Bourke who until Saturday had never seen them in the wild before.

"I'd taken quite a few photos and came back and edited them that day," she told Yahoo News Australia. "That one was probably my favourite photo of the day, I managed to get three of the sharks in one photo which I was really happy with."

Amber Bourke was excited to capture three hammerhead sharks in her frame. Source: @amberofthesea/Instagram

### Photographer notices alarming detail in photo



It was when Ms Bourke looked closely at her image before posting it to Instagram that she spotted a tiny detail that left her feeling "sad".

"I noticed it had something hanging off the front of it," she said. "It was taken on a decent camera, so when I zoomed in it was pretty clear it had a hook just hanging off his mouth."

The discovery put a dampener on what had been a great day. "There was a really good vibe down there, everyone just appreciating [seeing these sharks in their natural habitat](#)," she said.



After zooming in on her image, Amber Bourke noticed the shark had been ensnared by a large hook. Source: @amberofthesea/Instagram

### Why are endangered sharks continuing to be killed in Australia?

According to [members of the diving community who swam with the sharks](#), there were likely multiple shark pups snagged by hooks, and this will likely lead to their deaths or eating difficulty.

While scalloped hammerheads are categorised as endangered under Australia's Environment Protection and Biodiversity Conservation (EPBC) Act, the listing doesn't prevent [commercial fishing vessels](#) from targeting them.



**Hammerhead facts:** Mother hammerheads swim into shallow waters to give birth to their pups. Scalloped hammerhead populations have declined around 80 per cent in Australia. At least 3000 hammerhead pups were caught in nets between 1962-2000.

### Snorkellers' 'disheartening' behaviour

Although commercial fishing is the biggest threat to the species, other divers who ventured over to Burleigh Heads on the weekend raised other concerns.

While most of the divers were respectful of the sharks swimming in their natural environment, a number of conservationists including environmental scientist Paula Muscat expressed "frustration" about the behaviour of some.

After witnessing snorkellers aggressively pursuing the sharks, she felt some had little regard for animal welfare. "You had all of these snorkellers chasing them around with their cameras for their Instagram and it was so disheartening," she told Yahoo.

### Hammerhead pups face death from Queensland shark nets

While the inundation of shark pups was great for tourism, Ms Muscat notes that many of them will likely be killed by Queensland government's shark nets that float further out to shore.

An image from 2009 shows nine dead hammerhead sharks. Source: DAF via Envoy Foundation



The impact of the nets, which also routinely catch migrating whales and their calves, was raised by [Andre Borell from ocean conservation group Envoy Foundation](#).

He called on Fisheries Minister Mark Furner to remove the devices until it could be established whether the beach was a nursery ground for the species. Images released by Envoy Foundation from 2009 show multiple dead hammerhead pups and adults lying dead after being killed by shark mitigation devices.

"The amount of interest in these beautiful baby sharks shows how off the mark the Queensland government's approach to sharks is," Mr Borell said. "The shark control program is about killing as many sharks as possible, no matter the species or size. That is clearly not aligned with how the community feels." Mark Furner's office was contacted for comment, but his office directed Yahoo to the Department of Fisheries. Following publication of this article it issued a statement. "The Queensland Government always puts the safety of people first and will not make changes to the Shark Control Program (SCP) until effective alternatives, suitable for Queensland conditions, are identified and proven," a spokesperson said. "Hammerhead sharks are not a target species for the SCP. Hammerhead sharks caught in the program are released alive if possible. No hammerhead sharks have been caught in the Burleigh shark net in 2023.

"Although scalloped hammerhead sharks are not considered dangerous, they are feeding on bait balls in the area and water users are urged to be SharkSmart every time they are on or in the water."

**Practice being safe & staying safe for you & your buddies & we will see you all at the club meeting**

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

**Especially in the Hauraki Gulf area, things have changed. Please familiarise yourself with them.**

