



# Clearwater

Dhahran Dive Association Newsletter

December 2007  
"Safety Edition"

## A WORD FROM YOUR PRESIDENT

*Radi Adzemovic, President 2007*

2007 was a busy diving year for me and my family. Five of the six of us went on several trips and the Adzemovics probably did around 100 dives during the year. My highlight was hovering at 30 feet late one afternoon in June as several mantas swam leisurely and acrobatically around us for a long time. I was thrilled to get some good footage of them. We also saw hammerheads several times on that Rabigh trip. Filming translucent shrimp as they cleaned a moray was another highlight for me. We did not swim with grampus whales, as the shore-based divers did, during our Farasan Banks trip in September, but we saw them from our boat as we motored to another dive site.

Of course, there is more to dive trips than seeing beautiful corals and schools of beautiful fish. We had a great time with the divers who joined us on these three trips. That is it for my family's 2007 underwater experiences but I am already looking forward to 2008. Although, when I think about 2008, I am jealous of my friends who are planning a trip to the Galapagos next fall.

I have enjoyed serving the club as President for the past three years and will shift to another slot in 2008. The Board has worked hard upgrading the membership process, organizing monthly dinner presentations, updating our great website, designing shirts and log books, publishing the Clearwater, and maintaining the air station. I have enjoyed working with these hard-working volunteers. It is not easy. This Board has sacrificed many hours to make 2007 an excellent year. Two highlights for the club this year were placing (again) as one of the best represented self-directed groups of the 2007 Funfest and,

Have a great 2008 dive season with lots of safe underwater hours and enjoy this edition of Clearwater. Please look through past editions (on line at [dhahrandiving.com](http://dhahrandiving.com)) as there are lots of articles about marine life and dive safety that you will enjoy reading.

*Radi Adzemovic  
December 2007*



## DDA MONTHLY MEETINGS

DDA monthly meetings are held on the last Monday of the month at Ad-Diwan, Room 1, doors open at 6:00pm with a catered buffet dinner and door prizes.

**DDA Members: SR 40**  
**Non-members: SR 50**  
**Children: SR 25**

***There will be no meeting in December or January.***

***Our first Monthly Meeting of 2008 will be:***

- ***Monday, 25<sup>th</sup> February 2008***



# EQUALIZE EVERY TIME

*There's more than one way to clear stubborn ears. Find the one that works for you.*

Ear problems are the No. 1 reason why divers pull the plug on a dive, if not, in extreme cases, the sport itself. If you're one of those divers who consistently finds yourself hanging on the line, swivelling your skull from side to side and inflating your cheeks like a Dizzy Gillespie bobblehead, take heart: It's not just you. Mother Nature didn't imagine airplanes and tanks of compressed air, so active equalizing under extreme pressure is a little unnatural. But with a few tricks and advanced techniques, almost anyone can make equalizing easier.

"We can usually get 96 to 97 percent of people equalizing without any extraordinary means, like surgery," says Frans Cronje, M.D., executive and medical director of DAN Southern Africa. "It's a matter of finding the right technique as well as addressing underlying factors that may be making equalizing more difficult than it should be."

First, check your technique. Very simply, the "goal" of equalizing is to create pressure inside the ear canal that matches that of increasing pressure from the outside. The only way to do that is through the eustachian tube – a tunnel that runs from the back of your nose to the middle-ear space. The eustachian tube is mostly collapsed; but it opens up when your ear space needs to equalize pressure. When you feel that familiar "pop," your eustachian tube has opened to let air in. When you dive, the outside pressure is more extraordinary, so opening the tube takes more work.

As with any big job (and you know if you're reading this, clearing can feel like a big job), it's important to get an early start. That means **you shouldn't even wait until you hit the water**. Test your ears while putting together your gear and suiting up. You should be able to clear with ease. Once you're in the water and on your way down, clear **before you feel discomfort**, rather than waiting until you feel pressure. And don't limit yourself to "just pinching and blowing."

"There are many techniques for equalizing," says Cronje. "We all know Valsalva [pinch and blow], because it's the easiest to teach and to try, but you may find you respond better to another

method," he says. The following are techniques experts find work best.

## VALSALVA

**How to do it:** Everyone knows it, but many people still don't do it quite right. Pinch your nose and gently blow air up through your throat and into the eustachian tubes. The trick is to blow with the right amount of pressure – but not too much – because you can damage the inner ear. You want to blow as hard as you would if you were inflating a large balloon. Blow no longer than two seconds at a stretch.

**What it does:** Actively opens the eustachian tubes with an increase in air pressure.

## VOLUNTARY TUBAL OPENING

**How to do it:** Contract the muscles in your soft palate (the back of the roof of your mouth) and throat while pushing your jaw forward and down. It should feel like yawning with your mouth closed, like you might do when trying to be polite during a boring conversation (we've all been there, so we'll have no trouble with this one).

**What it does:** Tensing and stretching the muscles pulls the eustachian tubes open. Some divers get good enough at this technique to hold their tubes open for continuous equalization.

## TONYBEE

**How to do it:** Pinch your nose and swallow at the same time.

**What it does:** Swallowing tenses the muscles in the throat and soft palate to pull the tubes open, while your tongue compresses air against them. This is considered one of the most natural ways to equalize.

## FRENZEL

**How to do it:** Hold your nose and forcefully press your tongue against the back of your throat while making a "k" or "ng" sound.

**What it does:** Contracts the throat muscles to open the tubes while compressing air against them with the tongue.

## LOWRY

**How to do it:** Combine Valsalva and Toynbee: Pinch your nose and then blow against your closed nose while swallowing at the same time. It's tricky to do with a regulator in your mouth (Ya

*think?*). But it can help you feel how the muscles you use to clear actually work.

**What it does:** Pulls open the tubes while forcing air into them to ensure they get open and stay open.

### **EDMONDS**

**How to do it:** Contract the muscles in your throat and soft palate while jutting your lower jaw forward. For a stronger effect, combine Edmonds with Valsalva.

**What it does:** Stretches the muscles surrounding the eustachian tubes to help pull the tubes open.

### **HEAD TILTING**

**How to do it:** While using other equalizing techniques, tilt your head from side to side (the side being stretched should be easier to clear). Some divers also find it easier to clear their ears if they look up.

**What it does:** Tilting the head stretches the folds surrounding the eustachian tubes so it's easier to open them.

### **TROUBLE BELOW THE SURFACE**

So you've tried jutting, tilting, pinching and blowing and still can't get your ears open. Chances are you have an underlying problem literally blocking the way, says Melissa Pynnonen, M.D. "Like your nose, your eustachian tubes are lined with mucosa, which produces the thick fluid we know as mucus. And, like the lining of your nose, the tubes can be swollen and blocked when they're irritated by allergies or infections," she says.

Here's a look at the most common roadblocks to clear ears and how to work around them.

**Congestion:** Stuffiness is by far the biggest barrier to ear clearing. Inflamed mucosa in the tubes shrinks the opening, making it harder to force air in and equalize the pressure, and too much sticky mucus can clog the openings, making it nearly impossible to open the tubes, no matter what you do. A clear head is the ticket to clear ears. Here's what to do:

**Flush 'em out.** Nasal irrigation systems like NeilMed's Sinus Rinse ([www.unimedprod.com](http://www.unimedprod.com)) or Ayr Sinus Rinse ([www.bfascher.com](http://www.bfascher.com)) flush out sticky mucus, wash away irritants that inflame

your mucosa, and stimulate the cilia (little broom-like hairs) in your nose to help them work better at keeping the passages clean and clear. In a study of 100 divers with ear-clearing troubles, 69 percent of them reported improvement after performing nasal irrigation. "Sixty percent of those who routinely used oral decongestants during diving were able to use less or stop taking the pills altogether," says study investigator David F. Colvard, M.D., of Raleigh, N.C.

It sounds gross. And maybe it is a little. But it doesn't sting, and you feel remarkably better afterward. "Irrigation also works dramatically better than saline sprays because it mechanically rinses out thick or crusted mucus in hard to reach places and reduces swelling in the mucosa, so you have more space for air to move in and out," says Pynnonen, a practicing sinus surgeon.

**Drink up.** Dehydration contributes to thick, clumpy mucus. "Drinking enough water so your urine is clear will help thin your mucus so it's less sticky and the eustachian tubes will function better," says Cronje.

**Snuff the smokes.** Anyone who's ever experienced a mucosy smoker's cough knows that tobacco smoke irritates the mucosa and promotes more mucus production. Quitting helps clear your lungs – and your ears.

**Bypass the dairy.** Milk and other dairy products increase mucus production. "Avoid eating dairy for two days before you dive if you have trouble equalizing," says Cronje.

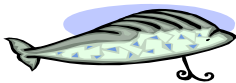
**Avoid additives.** The same foods that can trigger migraine headaches can also contribute to congestion and ear clearing woes. Steer clear of red wine, chocolate, aged cheeses and foods containing additives like MSG (monosodium glutamate) and nitrites.

**Pop a pill.** Although recommended with caution and for no more than three to five days, when all else fails, 60 mg of pseudoephedrine (Sudafed) may do the trick. Be cautious, however; Sudafed can cause side effects like racing heartbeat that don't mix well with diving and can even cause an obstruction of urine in men. Be sure you tolerate it well before diving on it, and don't overdose. Also, because it stimulates your central nervous system, it may interact with nitrogen narcosis and increase your risk of oxygen toxicity. "I would be careful

taking it if you are planning dives deeper than 80 feet or using enriched air nitrox," says Cronje.

**Dysfunction:** A lot of people are susceptible to eustachian tube dysfunction, where the tubes are swollen (often after a cold) for weeks or even months. Others just can't get the hang of clearing. In either case, consider trying the Otovent ([www.invotec.net](http://www.invotec.net)), an auto-inflation kit that helps treat eustachian tube dysfunction. "It's a nozzle with a balloon that you inflate with your nose. Using it teaches you how hard you need to blow to open your tubes and, over time, it 'trains' your ears to open more easily," says Cronje. The downside is it's only available online.

**Obstruction:** If you suffered myriad ear infections as a kid, your eustachian tubes may be scarred. Or you may have a physical obstruction, like a deviated septum making it more difficult to move air through your sinus passages. If your ears are stubbornly shut, see an ear, nose and throat specialist who can help clear the way to easier ear clearing.



## Multiple Flights after Diving

from the March, 2007 issue of *Undercurrent*

You've just finished a great dive trip in the Solomon Islands and now you're preparing for the four back-to-back flights needed to reach home. Think twice before you get on board – the recommended 24-hour waiting period after your last dive may not be enough.

"The problem of flying after diving goes way back, but the issue of repetitive flying has not been talked about much at all," says Frederick S. Cramer, M.D., director of the San Francisco Institute for Hyperbaric Medicine. He presented a study about the effects of repetitive post-dive flights at the Undersea Hyperbaric Medical Society conference last summer.

Ascending to altitude means a decrease in pressure, causing the nitrogen that built up in a diver's blood and plasma underwater to come out of those solutions and start bubbling. After touching down at sea level, the bubbles will get

smaller but they won't go down to pre-dive levels right away because there is still surface tension between the bubbles' exterior and the surrounding liquid. Multiple flights in one day after no-decompression dives means the bubbles will keep growing, Cramer says. "Say a bubble measures one-eighth of an inch before you fly. You go up to 10,000 feet and it grows to one-half inch. You come back down to the surface, but it only goes back down to one-quarter inch, so it's not back to normal for a while. If you're flying repetitively in a short timespan, and you keep going to higher altitudes, those bubbles will keep getting bigger."

At the conference, Cramer presented a case study of a 37-year-old female diver from Couer d'Alene, Idaho. After 10 dives in the Caymans over six days with a 30-hour delay before flying, she began a four-leg trip back home. She flew in an unpressurized inter-island plane that rose to 5,000 feet and landed in Grand Cayman, situated at sea level. The second plane rose to 35,000 feet, maintaining cabin pressure at 8,000 feet, and landed at Miami, again at sea level. The third plane also flew to the same levels as the second but landed at Minneapolis, 1,000 feet above sea level.

That's when she noticed "skin bends," or nitrogen bubbles crawling like worms under the skin of her abdominal area. "That's an early warning sign that the nitrogen bubbles are starting to come out of solution," says Cramer. But the woman, herself a physician, chose to ignore the signs and boarded her fourth flight to Spokane, at an elevation of 2,400 feet above sea level. She arrived with a dull pain in her right shoulder, another major warning sign she again chose to ignore, so she could drive home to sleep.

Four hours later, at 2 a.m., she woke up with stronger shoulder pain, shortness of breath, chest pain and acute anxiety. She went to her local ER, and the attending physician, also a scuba diver, realized she was suffering from serious decompression sickness and got her into an hyperbaric chamber. After 285 minutes of treatment, the woman exited with all DCI symptoms gone. "But if she had canceled her flight to Spokane, stayed overnight at a hotel and had some aspirin and rest, this wouldn't have happened," says Cramer. "Early diagnosis is treatable but, if ignored, **it can be fatal.**"

Even though you may have waited 24 hours after your last dive, frequently going up and down in airplanes is dangerous because of the continuous bubble growth in your bloodstream. Going to a progressively higher altitude is worse. If you experience skin bends or headaches, stay off the plane. Consider breaking up your trips by staying overnight halfway through, and keep a constant watch for symptoms.



### Scuba Diving and Pregnancy

Hyperbaric researchers from UK and US published results of their study in a recent issue of *The Journal of Obstetrics & Gynecology*. They say that overall, studies fail to show how diving can affect the unborn child. The recommendation by diving organizations is still, "do not dive while pregnant".

### Jellyfish Stings

Australian researchers have found that the most effective first aid for jellyfish stings is hot water at 115°F/46°C which gave significant pain relief in 4-10 minutes, and also appeared to stop inflammation. A new, effective medical treatment has been to give magnesium sulphate which helps to shut off the body's automatic response to the venom. This was very effective in treating a patient stung by an Irukandji jellyfish, which is often fatal.



## ONLY IN THE MOVIES?

### Apparently not .....

***"Sandals" dive boat leaves behind two scuba divers in Antigua***

ANTIGUA (August 2007) -- Two British divers were abandoned for five hours in shark-infested waters after instructors failed to notice they were missing.

The terrified pair, holidaying in Antigua, drifted for miles in the Caribbean after the party left the site

for lunch without them. The group even continued to scuba dive elsewhere in the afternoon — not realising the men were missing until their wives searched for them when the boat arrived back at the dock.

One diver became panic-stricken when he suddenly realised the incident mirrored the 2003 horror movie *Open Water*. In that film, a dive couple were eaten by sharks after being left stranded in the water. The men were bleeding from being swept into razor-sharp coral reefs in waters that are home to great white, tiger and bull sharks. One was saved by helicopter and the other by a rescue boat from the choppy waters whipped up by Hurricane Dean.

They were miles from their original dive spot on Cades Reef, having been in the water for up to five hours — and they were on the verge of drowning.

Chopper pilot Gregory Scott, 47, said he was "amazed" the two survived, adding: "Nothing excuses a qualified diving team returning to dock without realising they are missing two people." The Brits — known to dive pals only as Ian and Colin — were rushed to hospital. Rescuers described student diver Ian as "badly burnt and passing in and out of consciousness" when he was found.

Bosses of the dive crew, operated by the Sandals Grande Antigua Resort, immediately fired four staff but have reportedly reinstated two. Furious rescuers yesterday slammed the dive team as "breathtakingly irresponsible" after its dive boat crew returned to port without realizing they had left behind two of 13 scuba diving customers.

Pilot Gregory added: "Ian was a mess when he was pulled to safety. He was crying like a baby and covered in stings and cuts. He thought he was going to die. He remembered the film *Open Water* and thought he would be eaten." Gregory claimed he was told the Sandals dive team had not carried out the proper head-count procedures. He said: "Lax isn't the word — these men are lucky to survive."

The tour party was made up of 13 guests, one Dive Instructor and two Dive Masters. A fellow diver said: "The 30-minute dive was cut short and the boat moved to calmer water for lunch. No one noticed anyone was missing but that's the

instructor's job. There was no head-count. "When we docked, two women asked where their husbands were. The colour drained from the faces of the instructors."

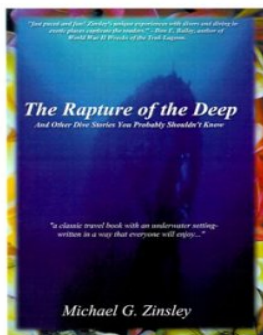
Sandals, which operates resorts throughout the Caribbean, refused to comment.

SOURCE - Day Tipper, The Sun



## Book Review — by Colin Knight

*The Rapture of the Deep (and other stories you probably shouldn't know)* by Michael G. Zinsley.



Journey with this scuba instructor as he dives through 16 countries, footloose and fancy free. He lives and works as a Dive Master and Instructor in remote areas. An easy read, it has humour, close calls, interesting dive descriptions and insights and after-hours stories covering Australia, Bermuda, Bonaire, California, U.S. Virgin Islands, Fiji, Guam, Indonesia, Malaysia, New Zealand, Thailand, Tonga, Truk, Vanuatu, Western Samoa & Yap.

I enjoyed this book, which consists of many short stories covering all aspects of Michael Zinsley's travels. You are welcome to borrow my copy.



## MEMBERS' REPORTS

### Koh Phi Phi – Thailand

*Mihir Sapru*



After two hours cruising the south Andaman Sea, our ferry settled to a stop alongside a small wooden pier in a quiet bay. In a matter of minutes, the ferry was unloaded, bags were carted away and the hordes of tourists disappeared into the jungle of palm trees beyond, leaving us standing in silence on the quiet little pier under an azure sky. There were no automobiles or trucks in sight and, for that matter, no roads at all. The sun was shining, a cool breeze caressed our faces and looking over the pier's edge, the water was a crystal clear turquoise, with schools of tiny fish waltzing at 30 feet below. A few moments later, a small long tail boat appeared from around a rocky cape and pattered up to the wooden pier. This was our conveyance to the resort awaiting us on the other side of the island. *This is going to be a great vacation!*



**Koh Phi Phi** (yes, it's pronounced *pee – pee*, like what little Belgian boys do), is a small group of islands in the Andaman Sea, located south-east of Phuket. The islands have become a diver's paradise and, although many say that Koh Phi Phi is becoming less attractive because of the rising numbers of tourists (especially after the Di'Caprio movie *The Beach* was filmed there), it is still a beautiful place to visit. If you plan well and stay away from the main area called Tongsai Bay, Koh Phi Phi is a wonderful getaway from the world and offers some terrific diving.

This was my first trip to Koh Phi Phi, in what has become an ongoing quest for the perfect dive vacation in Thailand. I chose to go in the summer which is considered *off-season*, especially for diving. Apparently, the best time for diving in the Andaman side of Thailand is between December and May. Nevertheless, *off-season* means less people and cheaper rates at the swank resorts!

What seemed to set the diving in Koh Phi Phi apart from my other experiences in Thailand was the fascinating variety of dive sites that were all concentrated in a small area and easily accessible from the island. From vertical walls covered in a plethora of soft coral and sea fans, to beds of anemone amid gardens of pink and white Christmas trees, and an abundance of sea life from sea turtles to leopard sharks, Koh Phi Phi seemed to have everything a diver could possibly wish for. The only negative point worth mentioning was the unpredictable visibility during the summer months, which ranged from being as good as 40 feet, to as bad as *Tom Yum Soup*.

But despite the temperamental viz, each day of diving in Koh Phi Phi was a wondrous adventure. And then there were the lazy afternoons on the beach sipping tall drinks served in coconuts (with the little umbrella) and the relaxing Thai massages, before the cool evenings of sumptuous Asian meals over more drinks... with more little umbrellas.



So after seven days and seven nights in paradise on land and under sea, the bags were packed, the credit card swiped, and we found ourselves walking forlornly back along the white sand beach to a long tail boat sitting in the sand, which would then putter us back out to sea, to a lone wooden platform...where our seaplane stood waiting to fly us back to civilization.

*Mihir Sapru*

## DIVE COURSES

See page 10 for a list of course instructors.



# SHARK DIVING IN SOUTH AFRICA

## Gansbai, near Hermanus

*Vera O'Hagan*

In September 2007, a girlfriend and I went to South Africa on the “trip of a lifetime”. It certainly lived up to expectations. From jogging along the prom beside the ocean off Durban; to swinging from trees by a harness (doing my Tarzan impression) in Tzitzikamma; to stroking a cheetah at close quarters; to spending the night at an ostrich farm and eating the strange animal for dinner (a bit like beef fillet but with much less fat content!); to seeing the world from atop an elephant in Zambia; to being 10 feet from a pride of lions, and nuzzled by an elephant’s inquisitive trunk in Bongani Mountain Lodge near Kruger Park ..... I asked myself, what could possibly top all that? The answer – of course – was to go cage diving with sharks.



It had been on my Wish List from the start of our planning, way back in January. Fran wasn’t sure if she’d join me in the water, but was happy to support me from the sidelines. The planning for our 3-week trip took up many hours of surfing and searching – mainly by her, I have to admit, from her luxurious position of retirement back in the UK. Part of the trip involved hiring a car and travelling along the Garden Route – east to west – over 5 days, stopping at a different venue each night. One of those venues was Gansbai.

Gansbai (the venue for shark diving trips) is close to Hermanus, just outside Capetown, which was to be our final destination on the Garden Route. I’d heard stories about shark diving and thought, that’s something I just HAVE to try. However, despite the fact it was on my Wish List, I hadn’t actually booked anything ahead of time – mainly because we were being pretty flexible with our itinerary, and didn’t know when we would actually arrive there. I felt that luck was continuing to be on our side when, arriving at 11.30 in the evening and asking the hotel owner about possible shark diving trips the next day – (*I know, on reflection – it’s a miracle she didn’t die laughing*) – she was able to “squeeze us in” on a trip that she recommended. So, next morning, bright eyed and bushy tailed, we set off for our next adventure.



Now – the experienced divers amongst you are probably shaking your head and tutting at the naivety of leaving such an important part of the trip until the last minute. And I’d like to be able to say, well, actually, it all worked out fine, thanks very much; we knew it would. And it DID work out, to some extent. We **did** join a trip that was already full (of about twenty young lads and girls who were nearing the end of a 6-month round-the-world camping trip – there were lots of hormones flying around); I **did** go inside a shark-viewing cage (Fran decided against it, as it was pretty cold); I **did** find the whole thing exciting and not too scary. But what we **didn’t** experience was the deluxe deal that I learned about later. In comparison, ours was the Bargain Basement of shark dive trips ... although it cost the same as much better deals.

But – hey – we live and learn! And I have definitely learned my lesson on that one. If it's an important part of your trip – **do your research and book ahead!**

How could it have been so bad, I hear you ask? Well, for a start, we didn't use regulators – despite the fact that I had specifically asked about that beforehand, and had been assured by the lady in the hotel that they did. When I think about some of the things they told me now – e.g. “the bubbles scare the sharks” !! - I just cringe. I think I was so determined to have the experience, and aware that it was “now or never”, I just decided to ignore the downsides and go with the flow.

Holding our breath was the only technique used. No regs. No air. *(Pause here while you pick yourself up off the floor and stop laughing).* Someone threw out bait and, when a shark showed up, he'd shout “Down Down”. So we held our breath and bobbed down into the freezing water. It was as basic as that. BUT – it was still an amazing experience. Sharks came right up to the cage. (We had been warned to keep our hands inside – or we'd be sent straight back to dry land – at our expense!) Actually, it was pretty near impossible to keep our fingers out of danger, as we did have to hold onto the bars of the cage. But the sharks only stayed beside the boat for the shortest time – trying to catch the bait and moving on – so the technique wasn't actually as bad as it sounds.

One of the sharks rammed into the cage in his excitement to eat his lunch (see picture below). Thankfully, I was on the boat at that point, but a girl in the cage turned white and climbed out immediately. Who could blame her?

Less important things to mention included: there was no certificate at the end of the dive to commemorate the event; no T-shirts saying “*I shark-dived and survived*”; no opportunity to buy a souvenir of any kind to remember the experience. So what, if anything, made it all worthwhile?



That's simple, really. I have the most clear and incredible memories of being inches away from that bottomless pit that is a shark's eye – *knowing that, if he could, it would be one of us he'd be having for dinner, not the dead tuna on a hook that had tempted him in the first place* – and feeling relatively safe.

**But only relatively .... ☺**

*Vera O'Hagan*



**...Just DDA It !!**  




## **DIVE COURSES ON OFFER:**

➤ **Adel Al-Bassam:** 875-6761/Cell: 0505861940/email: [adel.bassam@aramco.com](mailto:adel.bassam@aramco.com)

**PADI** Open Water, Advanced, Rescue, Emergency First Response/CPR/First Aid, DAN Oxygen Provider; Dive Master Courses ongoing. Can be tailored to meet your specific needs, Refresher classes anytime. Specialty courses please enquire. Please call for details.

➤ **Lope J. Caacbay:** 861-1573 (home) / 0508108699 / email: [lope.caacbay@aramco.com](mailto:lope.caacbay@aramco.com)

**PADI** Master Instructor/ IDC Staff, EFR, DSAT Tech Rec/Trimix Instructor No. 600175. **IANTD** Advanced Nitrox Instructor No. 2796. **IDEA** Course Director No. K00182. Provides year-round and wide range of training on recreational to extended range diving and SCUBA Instructor courses. Flexible class schedule to accommodate participants' needs. Upcoming courses are: Rescue Diver, Dive Master, IDEA Instructor and TecRec Diver. Call for more details.

➤ **Randy Demaree:** 878-8521 or 873-9089

**PADI** Open Water and Advanced Open Water, Rescue and Dive Master, Emergency First Aid/CPR, DAN Oxygen Provider. Other courses: PADI Deep Diver, Boat Diver, Underwater Naturalist, Wreck Diver. Courses can be tailored to meet your specific needs -- please call for details. Refresher classes anytime.

➤ **Ibrahim K. Al-Haidan** (874-1257) Mobile: 050 581 9642 /email: [ibrahim.haidan@aramco.com](mailto:ibrahim.haidan@aramco.com)

- Basic Open Water Diver/Open Water Diver
- Advanced Open Water Diver
- Master Diver
- Assistant Instructor
- Nitrox Diver, Scuba Master Diver and Medical First Aid 1 and 2.



Courses can be conducted in both Arabic and English and can be tailored to meet your specific needs. Refresher courses available anytime and for Specialty Courses, please call for details.

➤ **Colin Knight** (874-0726/878-1022/Cell: 050 101 4874 /email: [colin.knight@aramco.com](mailto:colin.knight@aramco.com)

**PADI and DAN course dates will be set up to suit you.**

- Open Water courses – schedules set up to suit the student's needs.
- Advanced Diver courses conducted during Red Sea trips
- Rescue Diver / Emergency First Response Course / DAN Oxygen Administration
- DAN Hazardous Marine Animal Course (new)
- Specialty courses in the Red Sea & Half Moon Bay (*U/W Navigation, Search & Recovery, U/W Photography, Boat/Wreck Diver, U/W Naturalist, Multilevel Diver, Deep Diver, Night Diver, Peak Performance Buoyancy*)
- Nitrox courses run anytime.
- Dive Master Course- academics & water skills can be started immediately.

➤ **John Nilsen:** 878-3839/email: [john.nilsen@aramco.com](mailto:john.nilsen@aramco.com) **NAUI** Scuba Diver (entry-level) through AI/DM.

➤ **Rene Seco:** 873-0547 or 878-1296/email: [reynaldo.seco@aramco.com](mailto:reynaldo.seco@aramco.com)

**PADI Courses can be tailored to suit specific students' needs.**

- Open Water course

- Advanced Diver course conducted in Half Moon Bay and during Red Sea trips
  - Rescue Diver/Emergency First Response Course/DAN Oxygen Administration
  - Specialty courses in the Red Sea and Half Moon Bay (U/W Navigation, Search & Recovery, U/W Photography, Boat/Wreck Diver, U/W Naturalist, Multi-level Diver, Deep Diver, Night Diver, Peak Performance Buoyancy).
  - Nitrox Courses – run anytime
  - Dive Master Course – academics and water skills can be started immediately.
- Please enquire.

➡ **Sheryl Wright:** 878-2796/email: [sheryl.wright@aramco.com](mailto:sheryl.wright@aramco.com) PADI Open Water, Advanced, Rescue, Dive Master, Emergency First Response and Refresher courses. Female only classes are also available on request.

➡ **Farid Zoldjalali:** Home 875-1845 or Mobile 0504984166, email: [Farid.Zoldjalali.1@aramco.com](mailto:Farid.Zoldjalali.1@aramco.com) PADI Open Water, Advanced, Rescue, Emergency First Response/CPR/First Aid, Dive Master courses are ongoing. Courses can be conducted in both Arabic and English and can be tailored to meet your specific needs. Refresher courses can be arranged anytime. For Specialty Courses, please call for details.

## DDA 2008 DIVE SCHEDULE

**Please see the following dive trips, to help you plan early. For further information, and to sign up for any of these trips, contact the relevant trip leader.**

### ScubaClubOnline Trips:

All dates are confirmed with the operator and will only be cancelled if they cannot fill the boats. Additional 'hotel-based' trips may be added, depending on interest, probably during October and November.

Destination	Type	Avail.Slots	Status	Depart	Return	Cost
Farasan (2007 Exploration Trip)	Liveaboard	18	Closed	12/18/2007 16:00	12/23/2007 23:00	4000
Farasan	Liveaboard	16	Waitlisted	2/6/2008 16:00	2/9/2008 23:00	3600
Farasan	Liveaboard	16	Open	3/12/2008 16:00	3/15/2008 23:00	3600
Durrah	Hotel	16	Open	4/30/2008 16:00	5/2/2008 23:30	2150
Farasan	Liveaboard	18	Open	5/21/2008 16:00	5/24/2008 23:30	3600
Rabigh	Liveaboard	18	Open	6/25/2008 16:00	6/28/2008 23:00	3000
Yanbu	Liveaboard	18	Not Yet Open	7/16/2008 16:00	7/19/2008 23:00	3250
Rabigh	Liveaboard	18	Not Yet Open	8/27/2008 16:00	8/30/2008 23:00	3000
Yanbu	Liveaboard	18	Not Yet Open	9/22/2008 16:00	9/26/2008 18:00	3250
Farasan	Liveaboard	18	Not Yet Open	12/6/2008 16:00	12/12/2008 23:00	4400

To sign up for a trip you need to register on the ScubaClubOnline.com website, then complete a diver profile, then create a reservation for a trip. Reservations are not confirmed until payment has been received, which will be requested 2 months prior to departure. Money is non-refundable (unless there are extenuating circumstances or you can find someone to take your place).

**Rene Seco's trips:** 873-0547 or 878-1296/email: [reynaldo.seco@aramco.com](mailto:reynaldo.seco@aramco.com)

The following trips are planned for 2008:

- April 3-5 - Yanbu (Hotel-based diving)
- June 12-14 - Rabigh with 1 L day required
- July 24-26 - Yanbu with 1 L day required
- Sept. 23-Oct. 4 - Philippines with 3 L days required – (land-based)
- November 27-28 - Rabigh no L day required.

Further information on the Philippines trip will follow in due course – check out the website – [www.dhahrandiving.com](http://www.dhahrandiving.com) The plan is to dive the areas around Bohol.

**Dhahran Divers Group** has been created on Yahoo Groups to enable DDA retirees, members and friends to keep in touch and arrange to dive together again on the great dive sites of the world. To join, use the link on [www.seapic.com](http://www.seapic.com)

**Galapagos 2008** Join us for the dream dive vacation of a lifetime. October 23 – Nov 5, one week live-aboard, approx \$7000. Full details via [www.seapic.com](http://www.seapic.com) or contact [colin.knight@aramco.com](mailto:colin.knight@aramco.com)



## **2008 DDA BOARD MEMBERS**

We are proud to present to you the 2008 elected board members. These board members are a dedicated volunteer team who are there to ensure that all the DDA members' needs are met.

Board Positions	Contact Person	Contact Number
President	<a href="#">Sean Rahati</a>	<b>873-4672</b>
Vice-President	<a href="#">Sheryl Wright</a>	<b>874-6107</b>
Treasurer	<a href="#">Farid Zoldjalali</a>	<b>873-6707</b>
Secretary	<a href="#">Radi Adzemovic</a>	<b>874-6022</b>
Membership Director	<a href="#">Anthony Murdoch</a>	<b>876-7237</b>
Membership Director	<a href="#">Vera O'Hagan</a>	
Air Station Director	<a href="#">Waleed Naghi</a>	<b>873-0021</b>
Air Station Director	<a href="#">David Gruno</a>	<b>874-5696</b>
Equipment Director		
Equipment Director		
Training Director	<a href="#">Adel Bassam</a>	<b>875-6761</b>
Dive Activities Director		
Social Activities Director	<a href="#">Raood Jouhargy</a>	<b>873-2300</b>
Clearwater Editor	<a href="#">James van der Vyver</a>	<b>874-6671</b>
Member at Large	<a href="#">Cheryl Mitchinson</a>	<b>877-6108</b>
Website Coordinator	<a href="#">Fred Vouk</a>	<b>874-7956</b>
Marine Life Awareness Co-ordinator		



## **2008 DDA MEETING/SOCIAL SCHEDULE**

Details of speakers for 2008 will be finalized soon. Please check the website

<i>Meeting Date</i>	<i>Venue</i>	<i>Guest Speaker</i>	<i>Topic</i>
Monday, February 25th	Ad-Diwan, Room 1		Welcome Dinner
Monday, March 31 <sup>st</sup>	Ad-Diwan, Room 1		
Monday, April 28 <sup>th</sup>	Ad-Diwan, Room 1		
Monday, May 26 <sup>th</sup>	Ad-Diwan, Room 1		
Monday, June 30 <sup>th</sup>	Ad-Diwan, Room 1		
Monday, July 28 <sup>th</sup>	Ad-Diwan, Room 1		

Monday, August 25 <sup>th</sup>	Ad-Diwan, Room 1		
Monday, September 29 <sup>th</sup>	Ad-Diwan, Room 1		
Monday, October 27 <sup>th</sup>	Ad-Diwan, Room 1		
Monday, November 24 <sup>th</sup>	Ad-Diwan, Room 1		<b>ANNUAL GENERAL MEETING</b>



**GET YOUR NAME IN PRINT!  
 SEND IN YOUR DIVE ARTICLES  
 TELL US YOUR STORY!!**  
*Email to james.vandervyver@aramco.com*

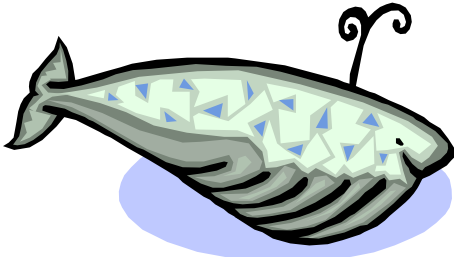


### TANK FILL SCHEDULE



TANK-FILL TIMES!

opening April - October  
 From 4:45 - 5:30 pm  
 Mondays at the Air Station



The DDA Air Station is located in Building 210 behind the Third Street Pool - entry off Walnut Street (see location map on website).

The Air Station will be open every Monday from 4:45pm – 5.30 p.m.

If you urgently require an air fill you can also contact one of the Air Station Directors above, or one of the members on the **2007 Air Station Duty Roster** and make some private arrangements.

## Membership Reminder

Anyone who submitted their membership 2007 forms with all the required information will be able to pick up their cards at the monthly meeting. We will be there from 5:30 p.m. if you wish to come early.

If you wish to join the club for 2008, please bring the following to the meeting :

1. Membership fee (**100 SAR for single, 300 SAR for family**)

2. A photocopy of your current certification cards (front and back)
3. your current membership card (if you have one)
4. a passport-sized colour photo (if you are a new member or you want to change your photo)

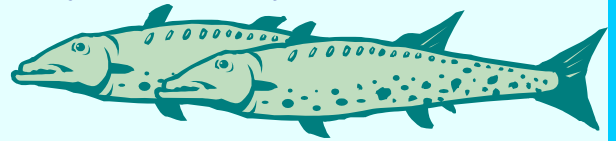
Photos can also be scanned and emailed to us. Details on a planned on-line membership form will be sent out in early 2008.

Remember to visit our new DDA website:  
[www.dhahrandiving.com](http://www.dhahrandiving.com)



**Clearwater Editor, James Vandervyver**

**Tel: James Vandervyver, Box 5049 Dhahran,  
Email: [james.vandervyver@aramco.com](mailto:james.vandervyver@aramco.com)**



*That's All, Folks...*

