

NAUI SOURCES

Dive Safety Through Education

December 9th, 2021 Edition

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Cover Photo By: Eric Alo



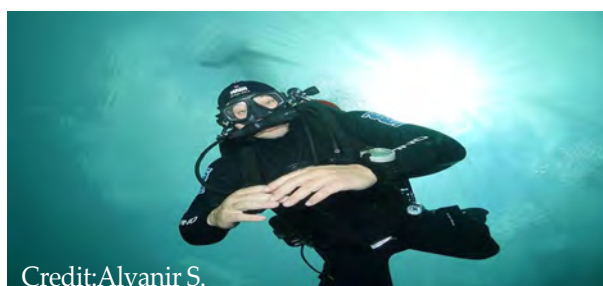
Please Note:

All Photos Used in this Newsletter are From NAUI Members!

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Credit:Alvanir S.

Join the NAUI Video Contest!

Would you like to be part of our next marketing campaign?

Make a video that is approximately 3 minutes (under 5 minutes) in length to fit the title of: Why Dive? Why NAUI?

The winning video will be part of our 2022 recruitment campaign and will be part of our Members' Resource Folder. Please upload your video by December 15th. We will be selecting and announcing the winner in the December 23rd edition of NAUI Sources and featuring the video.

If you have a video to send, please We Transfer it to marketing@nau.org. Be sure to give us a brief description of the video, what is happening, and the names of those in the video. Thank you.

If you have any questions, please contact Bill Doran at bdoran@nau.org.

Photo of the Month!



Photo Taken By: Bryan Backland

Diver: Chris Berni; Playing Underwater Basketball

#TEAMSEAS



Without the world's bodies of water, there would be no scuba diving at all, or if there was it'd only be within local pools. Although the world's oceans, lakes, and other bodies of water aren't drying up anytime soon, there is a problem. The problem of the amount of trash that is in these bodies of water.

It may seem like an impossible task, to clean up all the trash from the world's waterways, but a team of people are working on a project that will help make a dent in the amount of trash there is. Helping to prevent further pollution and killing of marine life.

The same people who ran the #TeamTrees initiative in 2019 (they raised enough money in 3 months to plant over 20 million trees to help rebuild forests), which include Mark Rober (a former NASA employee), Jimmy (also known as MrBeast on social media), as well as Matt Fitzgerald (who co-founded the initiative and is the campaign director). Instead of 20 million trees though, #TeamSeas' goal is to remove 30 million pounds of trash from bodies of water before 2022.

Depending on the type of trash, it will be disposed of differently. The idea is that items such as cans, glass, or plastic bottles can be divided and recycled. And the items that are contaminated, or if there is an inability to reprocess the trash, will then go to a proper disposal site.

The donations from #TeamSeas will be going to two organizations, The Ocean Cleanup and Ocean Conservancy, and the donations will be split 50/50 between the organizations. And the best part is, you don't have to donate a lot. It can be as much as one dollar if that's all you can spare, and you'll have helped to make the world a better and healthier place. Or, if you are unable to donate yourself, volunteering your time or increasing awareness about this initiative is also a way to help.

At the bottom of this article is a link to #TeamSeas, where you can donate or learn more about the initiative. The diving community has many wonderful and passionate people within it, and it will be wonderful to see what YOU can do to make a difference.

<https://teamseas.org/>



The Adventure of the SY Blowing Bubbles : Takes the Time

Captain's log: 27th November 2021

Location: Atlantic Ocean, Canary Islands, multiple dive sites

As we arrived in the Canary Islands, we encountered SY Ornella, French Flag again. Onboard, Cpt Thierry and skipper Nathalie are on their way around the world.

Both of them were very interested in learning more about scuba diving as Cpt Thierry already did some diving during two Try Dive sessions over the past years (with one good and one lesser experience somewhere in the world). Skipper Nathalie had a traumatic water experience at a younger age and wanted 'to beat' her anxiety for water as she realized that they would be spending the next many years living on/near the water surface. She showed a keen interest in the underwater world, and scuba diving was her ultimate dream, despite the fear of water and what happened during her youth. "The will & desire to do so"... do you remember that phrase from the NAUI S&P?

It only takes a patient instructor to teach the Open Water Scuba Diver course and onboard SY Blowing Bubbles. We are always up for a challenge, and believe me, we are patient!!

We took the time to go through the NAUI Open Water Scuba Diver course, clearly explaining all parts and steps involved. We then reviewed that certification was only reached upon successfully reaching all standards inside the course. Next, we had another difficult task to set: how to calculate the costs for this course?

As Thierry & Nathalie are not guests onboard SY Blowing Bubbles but have their catamaran SY Ornella moored next to SY Blowing Bubbles, their course can not be given for free as we have a job to do, bills to pay, and need food to eat! (All guests onboard NAUI Flagship SY Blowing Bubbles can choose any NAUI recreational scuba course for free during their charter.)

The fact that Nathalie had serious water issues pointed towards the fact that a lot of explaining and in-water-time was going to need to be invested. We would need to get her mind free again to trust the aquatic environment and to be able to master all necessary skills to get certified!

As a NAUI professional, how would you set the course, and what package costs would you propose? Good guidelines make good friends, and nothing is more important than making clearcut agreements before starting a course and establishing commitment.

These are the challenges in your professional career that you will either like or step away from!

We, Karen and Jean-Marc, dive instructors onboard the NAUI Flagship, can, of course, NOT step away from these challenges. So we planned and started the Open Water Scuba Diver course with Thierry and Nathalie. Below are the steps that we worked together to put in place.



The Adventure of the SY Blowing Bubbles: Takes the Time

Step 1: The online course combined with private teaching in the french language as both Thierry and Nathalie are french.

Going through the online theory and helping them understand all parts involved does help people with 'fears' open up their minds and understand better what diving is all about. It is just NOT correct to send them the email with the online course link and just sit and wait for them to struggle through those parts and hope for the best...NO WAY!

Going through the theory with them gives you, as an NAUI instructor, the chance to explain in depth what it is all about, to recognize the parts where your students have a 'click' or where they struggle to understand what it is all about!

It gives you the possibility to gain their confidence, even before touching the water, which in our case was clearly needed! Using the online course allows you to combine self-study with personal instructor guidance and set your position as an instructor, tutor, mentor, and person of trust.

Step 2: Equipment Preparation.

Most dive centers will prepare the equipment for the first water session themselves (and not involve the students) to save time and energy and have the student focus on the water part coming up.

In our case, we decided to have multiple equipment sessions done, even before going to the water. In addition, as scuba diving is an equipment-dependent sport (for example, freediving is less equipment-dependent), we decided to build a confident-based relationship between our students and the dive equipment to be used during the course. This approach would give our students more awareness and structural knowledge before entering the water.

Do you, as a professional, still remember that scuba dive equipment is something "outside the box"? The scuba equipment is something out of the ordinary; equipment has to give comfort as well as keep you alive. Equipment needs to provide enjoyment while using it? Does the regulator break or malfunction? Do you realize that once you put the regulator in your mouth, you can't see it yourself anymore? Talking about some "blind" trust your students need to have in their regulator!

These equipment sessions can take up hours as a complete scuba set has many parts to be explained and attached, their functions to be shown and a lot of touching & feeling to be done by the students. But the results of these sessions are needed to establish the 'click' some students need to start trusting their equipment to take the next step: going in the water!



The Adventure of the SY Blowing Bubbles: Takes the Time

Step 3: Going IN the water (and not UNDER water).

After taking the time to set up the equipment, putting the scuba set on your back, and by this, changing the way you feel, move and walk on land (merely by the sheer weight of the scuba set). Just imagine how your student will feel once entering the water and feeling the weight of the scuba set disappearing but instead feeling the water movement taking over and all of a sudden the need to move in a different way to regain control of body position in the water?

Our approach is a slow and controlled entry in the water to help again keep the faith, find balance, and make the student understand that they have control over the equipment. (Doing a giant stride entry or backward boat roll is not what we are talking about). It is all about gaining inch by inch water depth while at the same time building confidence.

How would you feel getting a parachute strung to your back and being pushed out of an airplane for the first time with a skydiving instructor by your side telling you not to worry as he will pull the cord to release the parachute at the right time?? Well, that is exactly how most students will feel on their first dive / Try Dive sessions! As an NAUI Professional, if you have forgotten about that feeling due to your extended dive experience, just sign up for a Try Skydive session and focus on the feelings you will experience. I will promise you; you will even become a better scuba instructor!

Our in-water sessions were both handling shore-based and boat-based entries. Thierry & Nathalie were living on a boat and so would be faced a lot with diving of their boat. We even extended the boat-based parts by using both their catamaran and their dinghy to enter the water as entering the water from a dinghy is completely different compared to a commercial dive-vessel. It is not only about entering the water; there is also the part of exiting! Most sailboats and dinghies have no dive ladders that you can use to exit the water!

So, exiting the water means taking the weights off, taking the BCD/tank off in the water, just floating on the surface and getting at least one person at first in the dinghy to start bringing in the floating BCD/tank and helping the other diver(s) to get into the dinghy or onto the boat. Most sailboats will have a swim ladder to get in/out of the water, but these ladders can not support a scuba diver loaded with a full scuba set on its back, so the same procedure needs to be used!

Now, are you still 'calculating' the time and energy spent on this NAUI Open Water course?

We still haven't entered the underwater world. We are still on the surface, building trust and confidence! We are still taking our time to connect the student to the water!



The Adventure of the SY Blowing Bubbles: Takes the Time

Step 4: Guess what, time to blow some bubbles...yeah, what's in a name?

After steps one, two and three were done, and we had taken the time to build trust and confidence, we are now getting to the first breathing in-water experience.

There goes the regulator in the mouth and thus disappearing from the student's view. Then, standing on the ocean floor, the first breaths are taken and water depth reaching up to the student's waist. Never forget, if you are 1m85 tall (6ft something) and your student is not, make sure that you have the waterline to the waist of your student and not yours!! This is because they could be neck-deep in the water at that moment, and believe me, that will not give them the same feeling to start with!

When you are breathing through a mouthpiece for the first time it might feel like it is stuck between your teeth! Do you remember your first time? Of course not, as you have done it about 1000 times.

Take the time to have our students connect to it. Like breathing, in general, is the most important thing they (and you) will do for the rest of your life, warranting a long life if you succeed in keeping up with it! However, breathing through a scuba regulator is completely different, and many people need extended time to get used to it. Immediately setting off into the underwater world will not help these people control their breathing pattern. With disturbed breathing, well, this first underwater session was already doomed before it even started.

Breathing, controlling inhaling, and even as important exhaling (through the mouth and not the nose), just takes time. And believe me, doing this while standing in waist-deep water is a different experience compared to doing this on land, standing dry in your shoes.

Step 5: Going to have a look beneath the surface?

Are you always aware of the field of vision that your student has?

When bending forward to take the first breaths underwater, your student's field of view changes completely and so often, may lose the connection with the instructor? On top of that, their body balance will change as well! So, as the instructor sits down on your knees in front of the student, they can see you, see your breathing pattern, and the exhaled bubbles' formation. You will become a point of support as well if they lose balance due to the new position they are getting into.

The next part is to breathe and communicate! Did you explain the signs needed to make your students aware that they can communicate underwater without being able to speak??

Seeing deaf people use sign language is quite the thing, and even to me (speaking and being able to teach scuba courses in eight languages), sign language is spectacular! Scuba divers use sign language, and your students need time to adapt to this practice. Have fun using the hand signals, and yes, many divers will keep using some scuba hand signals in daily life! My scuba "Ok-signal" has already been replacing the 'thumbs up' signal for many years, actually most of the time. I just forget that not all people are scuba divers (why not?) and so do not understand me when I am showing them two fingers making a little circle between them...

The Adventure of the SY Blowing Bubbles: Takes the Time

Step 6-7-8-9-10-11-12-13-14-15-16-17-18-19-20...

As a well-trained NAUI Scuba Instructor, by now, you should have realized that in the above-explained steps, I am just writing in detail, combined with some feeling, how to perform a Try Dive!

And continuing this way, I could probably write a complete book on how to complete a full NAUI Open Water Scuba Diver course in detail by combining them/ pointing out the baby steps to be taken with students who are not Superman before entering the water. Well, our NAUI dive magazine Sources is not the place to publish a complete book, and so we return to Thierry & Nathalie and their scuba course onboard SY Blowing Bubbles

The last step?

After 20 scuba dives and taking up to +250 hours of teaching, in-water, in-depth, and on land, both Nathalie and Thierry finished their NAUI Open Water Scuba Diver course!

Even going a step further! Thierry also finished his NAUI Advanced Scuba Diver course, and Nathalie will soon do as well.

Two complete dive kits are now put onboard their catamaran, the SY Ornella. Even a compressor was installed onboard to fill their dive tanks to be independent wherever they decide to travel and dive. They will be able to jump in the ocean to discover the underwater world during their next years of travel to come!

Will there ever be the last step in this story?

Below you will find the comments about the dive course we asked to Thierry and Nathalie to write:



The Adventure of the SY Blowing Bubbles: Takes the Time

As a child, I have survived a traumatic near-drowning experience that has created lifelong water anxiety.

At the age of 30, I wanted to break this anxiety down and took several classes of fighting against water phobia, resulting in little progress as I was convinced my body would always sink down and be submerged once entering the water. This resulted in me never going into water surfaces anymore where I couldn't see my feet touch the bottom.

At this moment, we are living on our sailboat for two years, and I came to terms that I really had to fight and gain victory over my fear of water. What a shame it would be to be on anchor in beautiful clear blue water and NOT being able to enter the water?

In 2020, when preparing our boat in France, Port Leucate, we met SY Blowing Bubbles and owners Karen & Jean-Marc. They had spoken several times about scuba diving and the possibilities it could give me in beating my fear of water. They understood my 'problems' and were ready to create a path and guide me throughout my journey to beat my fear, using scuba diving.

Imagine me, afraid of being submerged and signing up for a scuba diving course?? So dates were defined, the location was set, and the Canary Islands were the place to meet again to start the practical part of scuba diving, so I could do the NAUI online course before arriving there.

With a great deal of super confidence in my Instructors, Karen and Jean-Marc, I am sitting on the side of the RHIB, ready to enter the water with my scuba gear. Putting the fins on my feet, putting my feet in the water alongside the RHIB, believe me, it sounds easier. During the complete course, the psychological approach and time taken have given me the time needed—step by step, each time discovering a new part of possibilities within scuba diving.

My fears were starting to be cut in pieces, each piece dissolving in new emotions discovered by each diving session. The first dive was a real revelation to me due to the attitude of Jean-Marc, explaining every step, every movement and considering every 'psychological block' towards each next step. The road was going to be long, and both I and Jean-Marc were having the energy to get to the end of it.

This was going to be the beginning of a great adventure, and I was ready for it!

Step by step, I progressed, thanks to the patience of my instructors and the skills in teaching they possess. Every step I took was a step with less anxiety, less fear and more sense of possibilities, freedom and confidence in my possibilities.

Different dive sites were chosen by Jean-Marc, in order to progress my skills in being underwater, to become more proficient, day by day.

Twenty days of continuous diving, twenty days of working towards one goal, becoming autonomous, becoming a self-confident skilled scuba diver with a serious backbone to counter any problems on my way in the underwater world.

The Adventure of the SY Blowing Bubbles: Takes the Time

The last step, the last dive, number 21, day 21. The last skill to perform underwater with confidence: taking my mask off and breathing without a mask, having water up my nose, being fully submerged in the ocean, alone! The dive site would be the first dive site where it all started 21 days ago. What a difference, what a day! Next to me was Thierry, who joined me in all these dives to get trained and finish his advanced Scuba Diver course.

Strongly filled with emotions and feeling 200% secure, I performed the last skills, again and again, feeling I could do it with Thierry next to me, watching me with tears in his eyes!

What a feeling of total happiness, 21 dives of progress, and now being able to proudly say: I am a skilled Naui Open Water Scuba Diver.

If I have to summarize this success for me, it would be analyse, trust, understanding, listening, psychology and teaching talent, taking time and, of course, the experience from Jean-Marc and Karen.

So I wish to thank these two instructors for their time, warmth, involvement, energy, and 'joie de vivre' and for making sure they were always 'there' when I needed them.

Thank you for being who you are!

Nathalie

SY Ornella



Guidelines for Writing an Article

Do you want to write an article or some news for the Sources Magazine or the Sources Blog?

Below is an outline that can help you get your item in the Sources Magazine or on the Sources Blog. Please Note: These are guidelines; you are more than welcome to add more to your article.

Article Lengths and Requirements:

Feature Article: If you wish to have your article be a feature article, please keep your article to a maximum of 5 PDF pages. Pictures are strongly encouraged to go along with a feature article as they help bring a story to life. In feature articles, we generally use three to six photos. However, feel free to send as many as ten so that we can choose photos that best fit the space or idea? If specific photos need to be in particular places, please let us know.

Typical Article: If you want to have your article be a regular article, please keep your article to a maximum of 3 pages. Pictures are encouraged to go along with articles as they help bring a story to life. The minimum number of photos requested is one. However, feel free to send more, up to a maximum of four.

Please note that sometimes the editing staff may need to make changes to fit within the available space in the magazine.

Announcements: You can also make announcements on news, courses or events. Try to create your announcement to fit about a quarter to half a page. This way, there will be space for other people's announcements without creating extra blank space in the newsletter as it's no fun to stare at white.

What all items need:

- Title
- Author Name
- For photos, who provided/took the picture to give appropriate credits.
- Also, if possible, who is in the photos.
- Dates (if necessary, i.e., Halloween themed article/Captain's Log)
- 12 Type Font, Times New Roman



For more assistance and information, check out NAUI TV NAUI

Talk How to Write an Article - YouTube. Still, need help?

Contact the Marketing Department.

bdoran@nauui.org.

Your invitation to join a NAUI Committee!

As we approach the new year, it is once again time to look into the great work of NAUI. Every year we reach out to NAUI Members to invite them to join a committee. Joining a committee is a great way to give and receive ideas that will shape NAUI for all members, including yourself.

This tradition of member service and involvement is critical of how NAUI succeeds in business. Members are what separates us from all other training agencies. In addition, we have direct member involvement in the creation and modification of our standards, initiatives, and technology.

Each year members are selected to serve on our various committees and subcommittees. Is this the year for you? To encourage participation, we are adding new positions and are looking to add more members. We look forward to some new faces to continue to make NAUI as diverse and well-rounded as possible.

There are several committees and subcommittees. Some of these are Planning, Bylaws & Board Procedures, Training, Diversity, Youth, Elections, Technology, Finance, Membership, Awards.

If you would like to participate on a committee or subcommittee, please take a few minutes to complete the Committee Application form <https://core.naui.org/account/committee-application>.

All members who apply will receive an acknowledgment of us receiving their email. Setting up committees and subcommittees does take some time, and once we have everything set up, we will let everyone know the results.

We greatly appreciate any member's desire to serve in any case and look forward to finding ways to channel member talents in the ways that will most benefit the association.

Thank you,
Danny Grizzard
Chairman, NAUI Board of Directors

2022 Member and Affiliate Renewal time is Now Open!

This past year worldwide, we have seen some great works in providing new and improved services to our members and their students, and there is so much more to come in the next year.

If you have not already done so, please take the time to renew your membership for the coming year and continue enjoying the benefits of your NAUI membership today!

The process is simple. One method is to log into the NAUI website at naui.org. After you log in, you will see the renew button near the top right of the screen.

For other options or assistance, please contact your Service Center or Member Services.



Join Us for the Next NAUI Talk

Join our next NAUI Talk on Tuesday, December 14th at 2 pm Eastern time, where we will have a presentation and discussion on Outside The Box.

NAUI Talk sessions are run by our host Bill Doran, NAUI Worldwide Marketing Director, and guest speakers. These are thirty minutes to one-hour fact-filled themes that assist, support and build our NAUI members and the businesses. So, invest a few minutes and gain valuable information.

During this session, you will gain from topics such as:

- How to think outside the box to create unique ideas.
- See some real-life ideas that you can use or adapt to use.
- Make your plan to think outside the box.
Also, the time is in the Eastern time zone; don't forget to click and change the time zone (in blue) to match your local time zone when registering.

We can't wait to have you join this event!

The invitations will go out, but why wait? Use the link and sign up now! Feel free to pass this link to your fellow divers!

Please Click Here to Sign Up:

https://us02web.zoom.us/webinar/register/WN_xfJnOT11Q7ev54cdoXsZXA



Upcoming NAUI Talks:

Websites, how can you do this better!

Product Placement in your business!

Check out Previous sessions of NAUI Talk by going to NAUI TV :

<https://www.youtube.com/c/NAUITV/videos>



Annual General Meeting 2021 Date Set

We are pleased to announce that we will again be offering members the Annual General Meeting and Awards Ceremony on-line this year.

This format gives members worldwide the opportunity to join one of the different sessions and stay tuned with the great work of NAUI Worldwide.

Be sure to join us in December at one of the presentations held on the second week of December.

December 11th at 8 am Eastern Time:

Register Here

December 11th at 8 pm Eastern Time:

Register Here

Be sure to RSVP your spot when the invites go out!



Announcements / News

Check out what NAUI Members are doing and let us list your events on the NAUI Sources Site. These can be courses, Environmental Clean Ups, or more. Simply email your event information to marketing@naui.org and help us keep NAUI divers informed.

<https://sources.naui.org/category/news/>



Credit: wahyumul

Promote your events!

Take a look at upcoming courses, environmental cleanups, special events and more.

Don't forget to tell us about your events so that we can list them too. Simply email your event information to marketing@naui.org and help us keep NAUI divers informed.

<https://www.naui.org/events/>



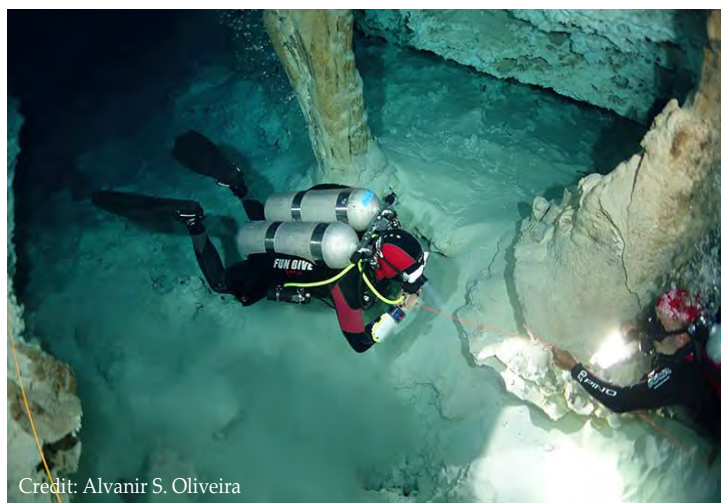
Credit: Carolyn Wagner

SCUBA Industry Careers – Check the NAUI jobs!

Looking for a career change? Are you looking for a NAUI Dive Professional? This is the place to go.

Posting career opportunities is simple. All you need to do is to email the job title, description, location and who interested members should contact to marketing@naui.org and we will get the message out to NAUI members.

<https://www.naui.org/careers/>



Credit: Alvanir S. Oliveira

That's All for this
Week, But... For NAUI Sources to
Continue to Provide an Amazing
Newsletter, We Need Help from You!



Send in your Articles, Photos, Events, and
Anything Else that you want to share with the
rest of the NAUI Community, we look forward to
receiving your content, which you can send to
marketing@nauui.org.