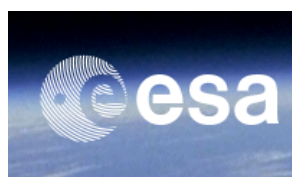


By Michael Hall and Tiree Macleod-Nolan

ESSAC NewsLetter

2008



Mike's Editorial

This issue of the Newsletter is the first created by the new editorial staff. We have tried to retain the previous format whilst adding what we hope to be seen as a more modern appearance.

In this issue we have included an article that was also published in a recent issue of the BSAC Dive magazine; this is not plagiarism, for it was the intention to include this article anyway. The article in question is related to the new diver location device, an initiative to honour Penny Glover, Penny, as I am sure most of

you realise, was not just a diver, she was also "one of ours" a member of OUR club and friend to many of our members.

Also included are some rather splendid and colourful accounts of the trips our members have made recently - varying from some alcoholic footwork in the hills to fish watching in the Red sea.

On the social side, we have been quite lucky to have had our fairly recent BBQ, where our chairman demonstrated that age isn't a barrier for "DJ'ing" - even if

he rapidly



handed over this task to the younger generation! However, on top of the BBQ we have just enjoyed the club dinner/dance and a short article is included - excluding, of course, the more embarrassing pictures and references!

Inside this issue:

- 1. Editorials 1
- 1. Your Committee 2
- 1. Penny Glover Memorial 4
- 2. Swimmers are Sinking 4
- 1. Christmas Social 5
- 2. Club Hut 5
- 1. A dive trip to Marsa Alam 6
- 1. Competition!!!! 8
- 2. Note from the Swimming/ Pool Officer 8
- 3. Congratulations to Wim and Willy 8
- 1. Joke of the Month 9
- 2. A wine tasting and Walking experience 9
- 1. Refreshers session 10
- 2. Items for Sale 10

Tiree's Editorial

In this first edition of the club's newsletter with the new editorial team our goal was to keep you up to date with what is happening at the moment. Including the all the different topics discussed during committee meetings and the wide range of activities during the year which our club offers. We have included several interesting reports of trips and social activities which are organized.



These various events are thoroughly enjoyed by all participants.

We look forward to receiving many more reports for our coming editions about your swimming, snorkeling, diving experiences and the club's social activities. We also expect EVERYONE to participate in our picture competition! Good Luck.

As this is our first edition and also my first co-editorial I would like to take this opportunity to thank

Mike and wish all our mem-



bers a very healthy and sporty 2008. I hope you all enjoy the benefits our club has to offer and be kind enough to share with the rest of us!

Your Committee!

Some of you were present for the Annual General Meeting (AGM) during which the new committee was elected. However, many of our members were unable to attend, so it has been suggested that we present a "rogues gallery" to show you who the committee members are and what they do.

JOHN NOLAN - Chairman

WIM VAN LEEUWEN - Treasurer, club secretary, snorkelling officer

MYRA MACLEOD-NOLAN – Swimming/Pool officer

MARIO MONALDI - Diving officer

NICOLAS LE GALLOU - Training officer

MIKE HALL - Equipment officer

TIRRE MACLEOD-NOLAN – BSAC secretary

VALERIE LE GALLOU - Expeditions officer

RITA AND WIL HEDLEY – social secretaries

John Nolan

I have now worked on ESA projects for 23 years and joined the ESSAC in 1994, as an experienced diver, having trained with the ESOC club. I was also their treasurer. I am now qualified as an advanced (nitrox and normal) diver and BSAC open water instructor. I also thoroughly enjoy the snorkeling classes which I would recommend to any member, swimmer or diver as a fun way to keep fit and confident in the water.

My wife, Myra, also joined the club, as a swimming member and has also completed the dive training course.

After the Wassenaar swimming pool instructors had taught both my daughters to swim, they were able to participate in ESSAC swimming activities. When old enough (14 years) they both expressed an interest in diving and therefore enrolled in our club's diver training course. They are now both qualified divers and actively training to become instructors. To this day however one of their most favourite club events is the annual swimming & snorkeling gala and BBQ in the evening.

As you can see my family have, over the past 13 years, been active members of every part of our club. Hence I, and they, have a strong interest in supporting all sections, swimming, diving & snorkelling in our club. We do not see ourselves as belonging to any specific fraction.



Wim van Leeuwen

Member of the ESSAC from 1993 as active diver and snorkeller.

I am a member of the committee in the position of Treasurer and Secretary, in addition I represent the Snorkel group as "Snorkel Officer" on the committee.

After 35 years services at ESTEC as ESA staff member, I work now, after the start of my pension, only time par time for ESA. This has given me some more time for the ESSAC. As such I managed last year to get my "Vaarbewijs" I & II, with the intention to get the Club boot more frequently into the water. From experience I know that diving from the boot really contributes to the pleasure of diving in the Netherlands. In addition I like to mention that also non divers are welcome on the boot. The club has life-vests for the non divers.

Myra MacLeod-Nolan

I am Scottish lady who has lived in a total of 6 different countries outside of Scotland over the last 24 years. I joined the club 13 years ago and joined the committee while Jeff was Chairman, staying on to work with Con and Gören and now John as Chairman respectively.

I am married with two beautiful daughters, one studying a science degree in Scotland and the other studying for her IB here at the International school of The Hague.

As swimming/pool officer I represent the swimmers at every committee meeting, though I see the committee more as a group of people who care enough about the club to try and give something back and most importantly we work as a team to solve any problems and to improve things.

I do my best to attend every committee meeting and answer every e-mail I receive concerning the club. But as a working Mum time is short, hence why some e-mail replies have been sent @ I am in the morning! In saying that, if you have any questions, suggestions or even complaints please let me know and I will do my best to deal with them or pass them onto the committee if required.

Kind regards to all. Myra



Mario Monaldi

Coming soon!



Nicolas Le Gallou.

I am 34 years old and French, born in the region of Paris and I have studied Electronics Engineering in Limoges. After spending a few years in Toulouse (Thales Alenia), I joined ESTEC in 2003.

Since then I managed to cope with the Dutch weather and joined the Diving Club in 2004. In 2006-2007 I was equipment officer and in 2007-2008 training officer having almost completed the Dive leader program and participated to the Instructor Foundation Course (2007).

In 2007 I had the pleasure with my wife to get a daughter named Amandine.

I hope you enjoy the club and share my interest to be able to balance between snorkelling, swimming and diving in the same club.

Mike Hall

Having lived in The Netherlands for 25 years and been with ESTEC for the last 11 years, I start to feel that I might belong here! It was during a holiday in Cuba, where I enjoyed the snorkeling, that I realized I wanted to go further, so I joined the ESSAC. Although a relative newbie to the club I "volunteered" to become the equipment officer at the last AGM, later becoming the new editor along with Tiree for the club newssheet.



Tiree Jade Macleod-Nolan

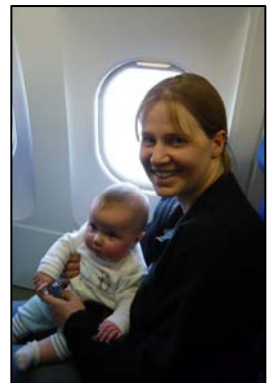
Born in Germany and having lived in Italy and Spain, and also because I attend an International school I would say that I am a very international person. I have been in the ESTEC swimming, snorkeling and diving club for quite some time and I decided it was my turn to give something back to the club that had given me so much! So I took up the BSAC secretary post on the committee as my sister left to study Zoology in Scotland. With my IT classes in school and general enthusiasm to use a computer I thought it would be great to become the co-editor (and of course dragging Mike into it!!) of our newsletter. I believe that I am the youngest qualified diver in the club and hopefully soon to be the youngest assistant instructor, this reflects my love of water, and swimming and diving.

Valerie Le Gallou

I am 33 years old and French, born in the region of Limoges (Tulle) and I have been studying engineering for waste water treatment in Limoges. In 2004, despite a joyful life in Toulouse where we had our house and in Bordeaux, where I was working, I decided to join Nicolas in the Netherlands.

I started my Dutch lessons and to look for Job. In 2005, I joined the Hoogheemraadschap van Rijnland, (where you pay your taxes for water management) and I would dare to say that I am quite integrated in this Dutch environment now.

In the club I am for 2 years now the expedition officer and I will progress this year towards dive leader if my daughter Amandine born in July leaves me some time. I hope you will be all super enthusiastic to join the expedition/social events that I am preparing for you.



Rita Kremer

I have been member of the club for 7 years. Most of the time I have been attending the snorkelling group which is great fun, but I do like swimming as well.

Our club has a sporty and a social side, which is what I like.

Together with Wil I am social secretary in the 2nd year now. This job kept us very busy organizing events.

Wil Hedley

My name is Wil Hedley and together with Rita Kremer we are the ESSAC Social Secretaries.

I don't work at ESTEC but my husband does (or so he tells me) and we have been members of the club for 3 years. Rita and I have organized such things as Bar-B-Qs, the annual Christmas Dinner-Dance's, Italian cooking evenings and wine tasting trips to the Mosel. We look forward to organizing further adventures, not necessarily connected with swimming or diving, in the near future. If you have any suggestions for us then please drop us a line.



Penny Glover Memorial

The design of a device to track divers who get into difficulties has won a contest established in the memory of a diver who died in an underwater accident.

The Dive Track competition, supported by BSAC, was set up by Fiona Denny in memory of her sister Penny Glover, whom many of you knew as a fellow ESTEC club member. Penny, and her dive "buddy" Jacques Filippi died in a diving accident in 2005 and their bodies were only discovered after 7 weeks.

The aim of the competition was to encourage teams to come up with a simple and inexpensive device that would ensure divers could be easily located. Designs had to be able to be worn by a diver and capable of communications from depths of up to 200 metres, with a range of 400 metres. The product also had to cost less than 300 euros to manufacture.

The winning unit is shaped like a small torch and incorporates a small transmitter. By communicating with a surface unit via a submersible cable-mounted transducer, it enables the diver to be located



at all times and can also send an emergency signal to the surface to alert a boat crew of underwater problems.

The design is the work of

Team NU-Tritech, collaboration between engineers from Newcastle University and Triton International, a Cumbria based company specialising in underwater technology. A prototype unit was put through its paces by BSAC members during a test weekend in real diving conditions at Loch Ard-mucknish bay and Loch Etive near Oban in Scotland.

Team NT-Tritech member Jeff Neasham, a senior research associate at Newcastle University said he is confident that the team will be able to bring an easily affordable product onto the market in the near future that will significantly improve diver safety worldwide.

"We also hope to continue collaboration with BSAC divers in the design and testing of such products" he added "The fundamental technology would support future developments such as simple text messaging and telemetry of diver health or gas data – so this may just be the beginning".

"Penny and her

buddy Jacques

Filippi died in a

diving accident in

2005"

Swimmers are sinking!

Now I have your attention I want to draw your attention to the matter of the sinking number of swimmers in our club. This isn't a matter that your committee can easily address - we cannot just wave a magic wand and find new members. But all is not doom and despondency for we do have some assistance! I refer, of course to your good selves! Who better to spread the word about our club to prospective new members? You are the perfect ambassadors for the club - you KNOW what the

benefits are - you enjoy them on a weekly basis and of course we must not forget to mention



the sterling work of our social committee who arrange the

varied social events we all enjoy.

So fellow members, get out there and spread the word! The exclusive use of the two pools is a luxury we need to share with new members - the costs for them are spiraling ever upwards and fresh blood in the club is always welcome.

This is your challenge - talk to your colleagues and friends, show **your** enthusiasm and let them know the myriad of benefits that membership to the ESTEC swimming club brings

Christmas social

The club Christmas social event was held on Saturday 8th December in restaurant de Sniek in Zoetermeer. In attendance were a total of 37 club members who will all agree that if you were not there you missed a terrific evening!



During the evening our social organizers (Wil & Rita) arranged a raffle of prizes generously provided club members. Our chairman provided a very decent bottle of single malt whisky, only to be highly embarrassed to have one of his tickets pulled out first! However, he did refrain from choosing the whisky!! Even yours truly was shocked and equally embarrassed by breaking a long standing tradition of never winning raffle prizes!

The meal was a triumph -

many of us had attempted to confuse the issue by selecting a mix from the vegetarian starters and the meat main course - but all credit to the organizers; this was accomplished without any problems. Indeed, all agreed that the food was excellent - in fact our special vegetarian was heard to remark that this was one of the best vegetarian meals she had not prepared herself!

Even before the meal was cleared away couples were venturing onto the dance floor to trip the light fantastic to the music provided with Vlady's usual magic touch, this time ably assisted by Brian as the sorcerer's apprentice. The dance styles demonstrated by some of our members were certainly proof, if proof were needed, that our core

business certainly is not on planet earth! - or perhaps this could be attributed to the free flow of some really decent wine?

I am certain that all those who



shared this evening will want to give a big thank you and congratulations to Wil and Rita for a job VERY well done! They truly earned the floral tributes presented to them.

Club Hut

Access to the club hut behind Escape has been slightly modified. The situation whereby the bar staff in ESCAPE gave the keys to anyone asking for them is still, at this moment, in force. However, the "easy open" padlock on the inner door has been changed to a more secure one. This is NOT a reflection upon our membership but a measure to secure

OUR equipment from others. There are TWO keys to this "inner sanctum" and they are held by John Nolan (chairman) and Mike Hall (equipment officer). Any request to have or return equipment to the hut should be directed at one of these guys, but PLEASE make the request in plenty of time! There have been bids for equipment late on a Friday evening - OBVIOUSLY

doomed to failure. Remember the motto: *plan the dive, and then dive the plan*. This is also fairly relevant to access to other equipment stored in the hut - imagine losing the disco equipment (some of which is on loan to the club from members).

Thank you for your understanding and co-operation in this matter.

"This is NOT a reflection upon our membership but a measure to secure our equipment from others."

Dive Trip to Marsa Alam

On 27th of September Audrey, Consuelo, Luis, Sally, Nat, Goran, Wim, Peter and myself went on a week's diving trip to the South of the Red Sea to check out which wonders of the Sea we would be able to discover.

The people of Transavia were so kind to book us on a gentlemen's flight at 13:25 and without any delay we arrived in Marsa Alam (for some of us it was a new experience to arrive at the airport at the same time as the luggage). For Goran this was too little adventure and he decided to fly to Hurghada and add a long nightly drive to arrive only at midnight. He was even prepared to pay considerably extra for the added excitement. It is still unclear why he didn't join us because our flight was only 10% full...

The rest of us arrived at the Coral Beach hotel when the stars had just started shining brightly. The décor of the Coral Beach Diving Hotel, immediately gives you the feeling that you have arrived



in Egypt; terracotta tiles and mosaics, warm fabrics and Berber carpets.

Marsa Alam cannot be compared to Hurghada or Sharm, there is no 'strip' with KFC, McD, and Hard Rock Cafe.....yet. Just an area for a relaxing most enjoyable holiday with enough varied diving to keep anyone happy.

After waking up the next day most of us found out that they do have daylight-saving in Egypt and that the dates that they shift from summer to wintertime are not the same as in the Netherlands....well at least we didn't arrive late for our first days diving!!

We had booked with Emperor's diving and the location of the dive-school just couldn't be better. Based inside the Coral Beach Diving Hotel, you are literally just a few metres away from the boats moored on the hotel jetty.

We were rather lucky and went diving on a rather spacious boat called "PEGASUS"



divers.

When we registered we had to fill in that we were 8 divers and 1 person simply going for ONE single refresher dive and for the rest "she would enjoy the sunshine"...honestly....just one...maybe two dives, but no more.....yeah right!!!

Glancing back at the pictures, I realised that "that person" was the first in the water!!

There are plenty of dive-sites within half an hour to an hour sailing and the ones that some of us were particularly interested in were Elphinstone and Shaab Samadai. And so the new weekly routine began, up at dawn followed by breakfast at 07:00 sharp and catching the dive boat at 08:00. The positive influence of Consuelo surprised most of us; she managed to get Luis to arrive on time for breakfast.

The first day's diving (more a relaxed try-out dive) was in Marsa Mubarak where we did two dives. Marsa Mubarak is not named after the president but after some Bedouin fishermen...at least this we were led to believe.

Marsa Mubarak is only 15 minutes away from the dive centre and has depths ranging from 5 to 20 metres. As well as the reef wall, there is also a beautiful coral garden, winding through several large pinnacles. Here you can find a variety of groupers, butterfly fish and turtles. They were a couple of very nice relaxing dives. This was also the day that Wim found out that it seemed



that he had more hair under water than above...

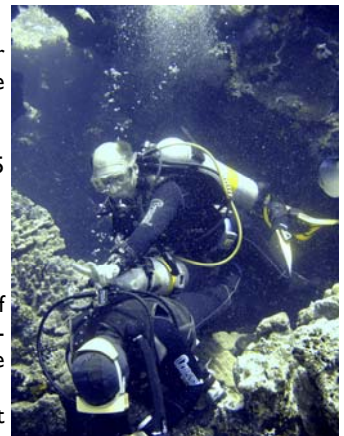
After returning back to shore, most of us just simply wanted to take a shower, have a beer, go for dinner and doze off.

Audrey clearly showed to be the most disciplined of the group, as she added one hour of swimming to her daily routine.

The second day we did another two dive on Ras el Torfa which is a slightly deeper site with a maximum of about 30 metres. Plenty of Moorish Idols that were willing to show their best side for the ones that were keen of taking piccies.

The end of the second day we were offered the possibility to do a night dive which turned out to be more of a nightmare dive. Enormous swell and divers left, right, below and on-top of me...

The shortest dive ever for me which ended after 5 minutes. When we walked out of the water, we discovered that nearly



half of the group was already dekitting. Even for most of the remaining brave souls who attempted to stay in the water a bit longer this was not a particularly enjoyable dive. Interestingly enough one of the less experienced divers who had never done a night dive before seemed to be extremely happy about the entire experience. At least we didn't lose our sense of humour and we took the opportunity to have a glorious time star-gazing in the desert and trying to figure out why the sky inspired Egyptians in science, art, and architecture J.

The third day we went for three dives, two of which were at Big Shouni. This is a site that we dived on both the North and South side. In between you have an "enormous carpet of sea-grass" which we had passed without really realising. Plenty of Parrotfish, Angelfish, Butterflyfish, Clownfish, Emperorfish, etc. We also saw a very nice Hawksbill turtle and I lost count of the number of Lionfish (we even say its cousin the Stone fish).

The third dive of the day was again on Marsa Mubarak where our dive guide was

so-called “sea-moth” which made this site apparently very attractive for the photographers amongst us.

A small glitch on the last dive was the fact that Peter managed to flood his camera.

The fourth day was very nice and brought us to the world famous Shab Samadai - Dolphin House.

Actually on the way over to the reef we got the opportunity to discover some of the Dolphins intimate encounters. Never knew they placed their fins around each other!

Dolphin House itself is a horseshoe shaped reef creating a shallow turquoise water lagoon where a large school of spinner dol-



phileon Wrasse.

The last day the group split and half of us went to Elphinstone reef and the others enjoyed Marsa Shouni Soraya. This is a site named after the old Bedouin markets which used to be based in this area with depths starting from around 8 metres and reaching down to well over 40. On the northern side of the bay there are stunning corals which are densely populated with fish such as anthias, lion fish and groupers. The place must be some sort of a resting place for stingrays as at certain spots we could see 5 of them in an area of a few square metres. And then there were the myriad shoals of Snapper, Fusilier, Butterfly, Angel, Bat, Damsel and Sergeant fish. And several forms of Parrot, Unicorn and Trigger fish.

Just as we were about the finish our last dive, we spotted a free swimming moray eel which gave rise to some excitement. The moray seemed to be choking and one of us was momentarily tempted to investigate the choking moray eel a bit closer but then on account of his previous experience with similar creatures he



phins can often be seen. We were allowed to snorkel with them and a large group of about 15 to 20 dolphins just went straight underneath me.

Several dives can also be made on its outer walls. The western tip provides a large group of pinnacles rising to the surface, where you can even practise your “cave diving skills”

The “Cave” which was rather spectacular, and just outside the cave we were greeted by a very nice octopus and a

big Na-



ber most...or should I say will try to forget most...was the drive towards it. The two drivers seemed to enjoy driving at very high speeds on the wrong side of the road. Driving with no lights and overtaking on blind bends is commonplace. It appears most drivers there are either completely ignorant or suicidal.

In five truly wonderful days, most of us clocked 12 dives and over 10 hours bottom time. Needless to say that “the-person-that-was-only-going-to-do-I-dive”, surpassed her own objective by several hundreds of percent.

The end of the week came and we were all feeling a bit sad that we had to fly back to the Netherlands. But the feeling of a very nice holiday will remain!

Corien



decided to leave the moray to choke on its own...

The last day we decided to go to Luxor and see some of the temples. After an extraordinarily early start around 4 am for no other purpose than to wait for more than one hour for our transport, we were rewarded by a truly spectacular site, but what I will remem-



“We want YOU to
decide what
makes the best
water picture”

COMPETITION!!!! Water picture (above or below)

This is a competition for EVERYONE! Don't be shy! The editors have decided to hold a competition for the whole club. We are looking for the BEST picture with the theme water. Yes we know this is a very wide category but we want you to decide what makes the best water picture

(ABOVE OR BELOW). It could be funny, serious, unusual, old, new, or even fishy. It just has to be related to water! Mike and I will then choose the winning picture and it will be on the cover of our next edition. The lucky winner will also receive a prize. We will send out re-

minder emails but until then keep your camera at the ready and start going through the pictures you already have. Keep your eyes open, camera close and you could be the lucky winner!

Please send to us by e-mail attachment as soon as possible.

Note from the Swimming/pool Officer

I would like to take this opportunity to wish Mike & Tiriee all the best in their co-editorship of the newsletter. I think that with Mike's technical writing skills & Tiriee's IT skills their partnership will be a winning combination. As they are both already on the committee, this is an added bonus towards providing the members with up to date information of what is actually happening inside our club.

As most of you know I have supported the newsletter over the years with many articles as I feel that it is an important method of communication inside any club. So

don't be shy drop our new editors a note...

What is a serious concern at the moment for our club is the lack of swimming members. We are fortunate that the diving side is so strong and has a regular intake every year. These new members, who are staying as members of the club once they are qualified divers, do help to offset the lack of new swimming members but we cannot afford to let the swimming numbers drop any lower.

So, I would like to request that if everyone could talk to their ESA friends, ESA

colleagues and tell them how great the swimming club actually is. Drag them along to the Sunday & Saturday pools for a swim. Remember the first time is free so they can always check us out first before they commit!

The lack of new members was raised at the AGM and a small group of us, consisting of Wim, Mike, Tiriee & I, volunteered to try and promote the club inside ESTEC. We have started with a very bright A3 size poster which depicts all the different facets of the club. These have been put up around ESTEC.

Could you point these out to your colleagues please? We also have some other ideas in the pipe line for the future.

If you have any queries, comments or even complaints you can always reach me on myra@albaspace.nl

Wishing everyone only the good things in life for 2008 and I hope that it goes swimmingly well for you all!!

Myra

Swimming/Pool Officer

Congratulations to Wim and Willy!

Congratulations to Wim and Willy for celebrating their 40th wedding anniversary in style. On behalf of the ESTEC swimming, snorkeling and diving club may we express our best wishes to you both on this happy occasion.

Wim has been our Snorkeling Officer for quite a number of years and repeatedly gives fun interactive snorkeling sessions, which to be honest are not easy! A couple years ago Wim also volun-

teered to give up his spare time to become the Club Treasurer which is an extremely demanding task on the club's committee.

They celebrated the joint occasion with a gathering of close friends and relatives in the unique surroundings of the

Coach House of the Landgoed Keukenhof, Lisse. Following a welcome glass of champagne and an intriguing tour of Kasteel Keukenhof, a sumptuous buffet was served to the musical strains of a suitably attired, wandering, guitar playing minstrel.



Joke Of The Month

There is a dangerous virus being passed around electronically, orally, and by hand.

This virus is called Weary-Overload-Recreational-Killer (WORK). If you receive WORK from any of your colleagues, your boss, or anyone else via any means DO NOT TOUCH IT. This virus will wipe out your private life completely.

If you should come

into contact with WORK, put your jacket on and take two good friends to the nearest grocery store.

Purchase the antidote known as Work-Isolating-Neutralizer-Extract (WINE) or Bothersome-Employer-Elimination-Rebooter (BEER). Take the antidote repeatedly until WORK has been completely eliminated from your system.

You should forward this warning to 5 friends. If you do not have 5 friends, you have already been infected and WORK is controlling your life.

Know any good jokes? Please email them to one of the editors. We are happy to hear them.

A wine tasting and walking Weekend

Once again some hardy folk from ESSAC undertook the wine tasting and walking weekend in the Moselle val-

ley with a boat trip down and back on the Moselle, the weather being a little on the nippy side but promising better to come.



After collecting our packed lunch we commenced our walk along the river and up on to the upper parts of the valley for fantastic views all round. We arrived back at the hotel after a not too exhausting day ready for wine tasting which we must

indulgent Swedes who entertained us royally. And the meal was excellent again.

The following day we were driven in a carriage pulled by a tractor and given a first class guide tour of the wine fields and their history. This was followed by a short walk and our departure from the hotel back to The Netherlands.

Overall a fascinating insight into the history and current dilemma of the wine industry in this part of the world.

Big Thanks once again to Rita and Wil for organising it.

Brian Hedley

ley. We set off on Friday with the intention of all arriving at a predetermined restaurant in Zell-am-Mosel about 8:00pm. But the traffic in The Netherlands was atrocious so in fact we arrived at various times much to the disdain of the head waiter. This was soon forgotten and the camaraderie and eating/drinking commenced. We later checked in at our hotel, Ruth and Zoran being the first to arrive, were the lucky residents of the "mushroom" room.

Our walking day commenced

say was an improvement on last year.

Our host was informative and entertaining and appreciated by all. After this we travelled by minibus down in to Zell for thoroughly enjoyable evening livened by the presence of a group of over



Pag

Divers refreshment session in the Pool on 8 March

Before the diving season starts again, we plan to have also this year a diver's pool session for experienced divers. with full equipment.

This diver's familiarization and refreshment session is planned in the Sterrenbad pool on Saturday 8 March - 11am during the snorkeling time slot.

We organized that pool session to give ESSAC members the opportunity to checkout their equipment and to refresh their underwater confidence and skills. In addition it is also fun.

The session will be on the day the diving training side of the pool is free, because during that day the dive instructors and trainees are in the NEMO pool in Brussels. Thereby the complete pool is available. The snorkelers on one side and the divers refreshment session on the other side. The refresh session is organized by the snorkel team, but all other ESSAC diving members are invited and welcome to participate.

The idea is to have a relaxed session in which we perform together some exercises. We have some fun and also useful things in mind.

For any questions please contact Wim van Leeuwen [wim.van.leeuwen@esa.int].



Items For Sale

In every edition we will have an 'Items For Sale' page where EVERYONE can sell their treasures. It is a great opportunity to get rid of anything that you think is too good to throw away and that someone else can use.

If you would like to sell anything Please Contact one of the editors and we will Happily sell your junk!

Semi-dry wetsuit

Female, Mares size 36

2 piece with hood, Lovely bright colours. Excellent condition

2 Techno Pro Tennis rackets

Children/ teenagers Cases included. Very good condition.

Please Contact:

Myra Macleod-Nolan (Swimming/ Pool Officer) 070 5178756



Lady's Shorty

Cressi-sub size 36

Great for pool/dive training or for tropical water. Excellent condition

Please contact

Myra Macleod-Nolan

070 5178756

2m by 80cm inflatable Dingy

'Resine Sintetiche Adamoli' dingy

2 adults + 2 kids

Modello Adria Star 280

Trade ADAM mark.

Only used 2 times, its like new

If interested please contact:

John Nolan (Chairman)

070 5178756