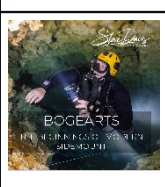

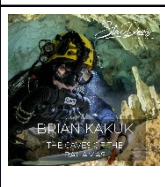


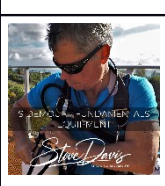

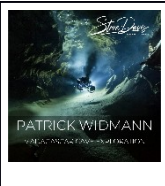


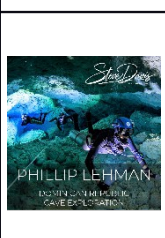
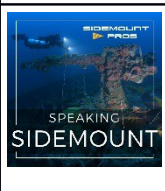

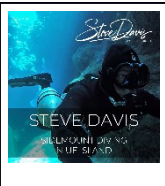
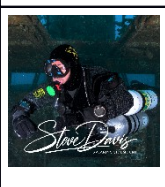

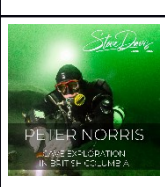
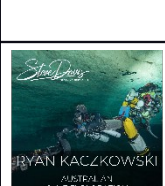

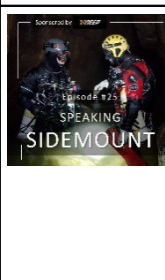

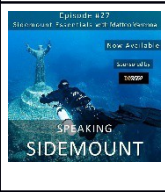
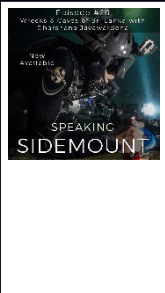



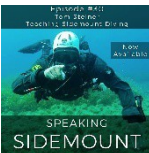

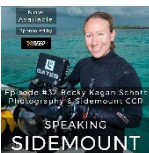
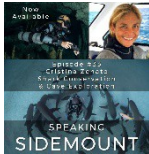
	<p>E001 - 7 Reasons Why You Should Dive Sidemount</p>	<p>Steve Davis sets the scene and talks about his vision for the "Speaking Sidemount" Podcast. He then covers the benefits of sidemount diving by sharing the "7 Reasons Why You Should Dive Sidemount".</p>
	<p>E002 - 4 Foundations of Sidemount Diving - Michur Interview Part 1</p>	<p>Steve covers the foundations of a good sidemount diver and then interviews one of the world's great sidemount "skills technicians"... Tomasz (Michur) Michura of Sidemount Silesia in Poland. In part 1 of the interview, Michur and Steve discuss his background, sidemount diving, and the skills practice he does.</p>
	<p>E003 - Michur Interview Part 2</p>	<p>Part 2 of our interview with Tomasz (Michur) Michura. We discuss steel vs. aluminium cylinders, his dual bladder configuration, boat diving and our wishes for the sidemount community.</p>
	<p>E004 - The Beginnings of Modern Day Sidemount - Steve Bogaerts Interview Part 1</p>	<p>Steve Bogaerts is without doubt one of the most knowledgeable and experienced sidemount divers on the planet but, as we'll learn in this episode, sidemount is just his preferred tool to support his cave exploration efforts. In this interview, Steve shares on the beginnings of modern day sidemount, its applicability to different environments, the development of the Razor system, just what is "Bogaerthian" sidemount, configuring your sidemount system for different environments, and how he sees sidemount training.</p>
	<p>E005 - Developing Comfort in Sidemount - Steve Bogaerts Interview Part 2</p>	<p>In part 2 of our interview with Steve Bogaerts, we discuss cave exploration, the importance of building comfort levels and experience, and the Divesoft Liberty Sidemount Rebreather.</p>
	<p>E006 - The Importance of the "Hover" - Garry Dallas Interview Part 1</p>	<p>Part 1 of our interview with Garry Dallas. Garry's a great guy and a phenomenal sidemount diver and instructor. In this episode Garry and Steve discuss: the benefits of sidemount, what it takes to be a great sidemount diver, sidemount boat diving, building awareness, and the importance of developing the "hover".</p>





	<p>E007 - Garry Dallas Part 2: Bell Island & SF2 Sidemount Rebreather</p>	<p>Part 2 of our interview with Garry Dallas of Simply Sidemount. In this episode Garry and Steve discuss: Cave exploration, Bell Island, Newfoundland, Canada, the Scuba Force SF2 Sidemount eCCR, the importance of good training.</p>
	<p>E008 - Brian Kakuk Interview: The Caves of the Bahamas</p>	<p>Excellent interview with Brian Kakuk; cave explorer, cave/sidemount instructor and conservationist. Brian is a sidemount diving pioneer and the principal of Bahamas Underground. In this episode Steve and Brian talk about the early days of sidemount diving, how to choose a sidemount harness, cave diving and exploration in Abaco</p>
	<p>E009 - Jill Heinerth Interview: Sidemount and Exploration</p>	<p>Interview with one of the world's great divers and foremost explorers, Jill Heinerth. Jill and Steve talk about her beginnings in sidemount and exploration, considerations in fitting a sidemount harness for women, Sidemount Rebreathers, Bell Island, Newfoundland, Canada, Jill's advice for aspiring explorers.</p>
	<p>E010 - Audrey Cudel Interview</p>	<p>Steve interviews his good friend Audrey Cudel. Splitting her time between her base in Gozo and Yucatan Mexico, Audrey is an amazing Sidemount and Cave Instructor and an absolute "ninja" in the water. In this episode they discuss Audrey's beginnings in sidemount, her experiences with a variety of sidemount harnesses, adapting sidemount to different environments, Audrey's approach to sidemount and cave training, choosing a sidemount instructor, the limitations of sidemount, using dry gloves with sidemount, and Audrey's underwater photography.</p>
	<p>E011 - Sidemount Fundamentals - Equipment</p>	<p>In this episode on: Sidemount Fundamentals - Equipment, Steve covers, considerations in selecting a sidemount harness, setting up and fitting your harness, considerations using steel or aluminium cylinders, Selecting cylinders and valves, cylinder hardware, and sidemount regulators and hose routing.</p>
	<p>E012 - XDEEP Stealth 2.0 Deep Dive with Patrick Widmann</p>	<p>In this episode Steve is joined by cave explorer and designer of the XDEEP Stealth 2.0, Patrick Widmann. Together they discuss sidemount diving and do a deep dive into this immensely popular sidemount system. They cover: Patrick's background, his beginnings in sidemount and cave exploration, the explosion in sidemount diving, how his relationship with XDEEP began, the thinking behind the Stealth 2.0 design, key features of the Stealth 2.0 and why they are important, how customer feedback has contributed to continued innovation in the Stealth 2.0 system, and diving the Stealth 2.0 with different cylinder types and sizes.</p>

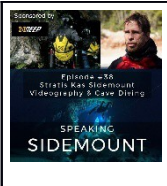
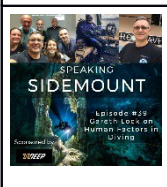
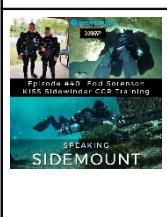
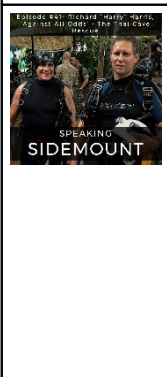
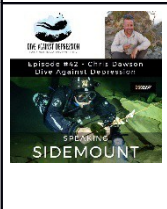
	<p>E013 - Madagascar Cave Exploration with Patrick Widmann</p>	<p>In this episode Steve continues his discussion with Patrick Widmann on the DRSS Madagascar Cave Exploration project. They cover how Patrick joined the DRSS, his cave exploration partnership with Phillip Lehman, how the Madagascar project came about, the logistics of exploring in remote locations, the hard work that goes unseen, finding a body in the cave, interesting uses for the XDEEP Stealth 2.0 Classic BCD, and Sidemount CCR.</p>
	<p>E014 - The Thai Cave Rescue with Erik Brown</p>	<p>Less than four months ago the world held its collective breath as a team of amazing divers from around the world supported by thousands accomplished the impossible and rescued twelve boys and their coach from a flooded cave in northern Thailand.</p> <p>In this episode, Erik Brown shares his experiences of his involvement in the rescue, the scene that greeted them, the organisation, long days, how the rescue plans were developed, and meeting other members of the rescue team...</p>
	<p>E015 - New Zealand Cave Exploration with Tom Crisp</p>	<p>In this episode, Steve speaks with good friend and Kiwi cave explorer Tom Crisp. Tom has built a brilliant resume based on him just getting out there and finding projects that excite him and this has led to the discovery of new caves in New Zealand as well as collaborations with the Wet Mules cave diving team.</p>
	<p>E016 - Dominican Republic Cave Exploration with Phillip Lehman</p>	<p>In this episode Steve speaks with Phillip Lehman, acclaimed graffiti artist, musician, and music producer... but more to the point... amazing cave explorer and sidemount diver :)!</p> <p>They cover how Phillip got into sidemount and cave diving, his cave exploration partnership with Patrick Widmann, the DRSS and safety issues re untrained divers being guided in the cave zone, DRSS exploration projects, the importance of practice in building sidemount skills, Phillip's equipment including XDEEP Stealth 2.0, video cameras, housings, lights and editing software, and his advice for aspiring underwater videographers.</p>
	<p>E017 - Sidemount Diving Truk Lagoon</p>	<p>In this episode Steve shares his experiences sidemount diving at Truk Lagoon with Pete Mesley's Lust4Rust. He covers the history of Truk Lagoon and Operation Hailstone, his planning to complete sidemount trimix dives in tropical conditions, using Michur's XDEEP Stealth 2.0 Dual Bladder configuration for managing trim, travelling to Chuuk, Federated States of Micronesia, their base and the dive facilities at Blue Lagoon Resort, the wrecks, dive planning, decompression planning and executing their dives, and Steve's personal favorite wrecks in Truk.</p>
	<p>E018- Sidemount & Cave Exploration with Natalie Gibb</p>	<p>In this episode Steve speaks with Natalie Gibb, consummate sidemount diver, cave instructor, explorer, and co-owner of dive shop "Under the Jungle", Mexico. They cover how Nat got into sidemount, cave diving, and cave instructing, her cave exploration projects in Mexico, building diving skills as you conduct exploration projects, Nat's philosophy re sidemount and cave diving training, the importance of natural navigation in cave diving, why cave divers should try dry caving, and the use of AI transmitters for sidemount and technical diving.</p>




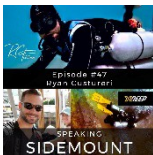
	E019 - Sidemount Diving Niue Island	<p>In this episode Steve shares his experiences sidemount diving at Niue Island in the South Pacific including a really cool interview with Shannon Hunter, owner of Buccaneer Adventures Niue Dive. He covers background on Niue Island and what makes it so special, considerations traveling as a sidemount diver, questions to ask dive operators in remote locations, how get the operator "onside" and actually enjoy having you dive sidemount, and the skills you need to have to ensure a smooth sidemount diving experience.</p>
	E020 - Multi-cylinder Sidemount	<p>In this our 20th episode, Steve discusses what it takes to complete decompression courses and dives in sidemount. He covers why additional training is necessary for multi-cylinder sidemount, choosing your cylinders, why traditional stage rigging is not recommended, how to rig and don sidemount deco or stage cylinder, Deco/stage regulator set up and stowing, weighting, trim and stability with 3+ cylinders, how to complete a deco ascent "in the blue", and how to complete a NOTOX gas switch.</p>
	E021 - Sidemount Customisation with Andy Goring SUMP UK	<p>Let's face it, we all love to tinker with our sidemount equipment so in this episode, Andy Goring of SUMP UK and Steve discuss modifying your sidemount equipment. They cover Andy's background in diving, how he conceives, develops, and produces his custom parts, and how small customisations can make a big difference in your comfort.</p>
	E022 - Cave Exploration in British Columbia with Peter Norris	<p>Peter Norris is a caver who became a sump and cave diver to extend his capabilities in exploring cave systems. Sidemount was an absolute necessity in this, not only to enable him to pass restrictions but also to allow him to carry dive equipment through dry cave passages to reach the next sump.</p> <p>In this episode, Peter covers his background in caving, his progression to cave diving and sidemount diving and delves into his exploration projects. Steve and Peter each recount stories of getting trapped and how they dealt with that, they talk decompression, and share their thoughts on AI for technical and sidemount diving.</p>
	E023 - Australian Cave Exploration with Ryan Kaczowski	<p>Every now and again a dive image captures your attention, and you say "WTF"!!</p> <p>One from a few months back was the expedition into Cocklebidy Cave, Western Australia by a team of three divers, Stephen Fordyce, Liz Rogers, and Ryan Kaczowski.</p> <p>The pic was taken by Liz, and features Ryan and Stephen towing a literal mountain of equipment into Cocklebidy. Steve thought, "that is seriously badass!" So when Brendan Moore suggested that he reach out to Ryan he was straight on it.</p> <p>Ryan lives in Mt Gambier, South Australia, cave country for that part of the world and cave exploration is his passion. Ryan is a super cool person and has brilliant insights to share on sidemount diving, his cave exploration projects and what it takes to dive in these amazing places.</p>


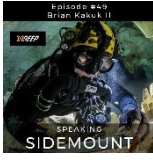
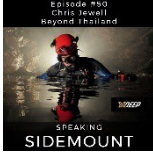

	<p>E024 - Toddy Style Sidemount with Thorsten Waelde</p>	<p>In this episode, Steve interviews one of the world's top divers and explorers Thorsten Waelde or "Toddy". Toddy is the owner of Protec Sardinia and the inventor of the "Toddy Style" sidemount systems and a great guy as well.</p> <p>Toddy and Steve go deep into his background in diving, Toddy Style sidemount, diving in beautiful Sardinia, Italy, and the exciting T-Reb sidemount rebreather.</p>
	<p>E025 - British Cave Diving & the CDG with Michael Thomas</p>	<p>When it comes to the history of sidemount diving, all roads lead back to the UK and the sump divers of the Cave Diving Group or CDG. The CDG gained world-wide attention and recognition following their stellar contribution to the Thai Cave rescue.</p> <p>In this episode Steve interviews Michael Thomas. Mike is the Training Officer for the Somerset Section of the Cave Diving Group (CDG) and a TDI Sidemount and Cave Instructor.</p> <p>Mike and Steve cover Mike's background in diving, the CDG, their approach to cave diving, training and equipment, the differences between cave, mine, and wreck diving, the KISS Sidewinder rebreather, and Mike's recent discovery of Roman artifacts in Wookey Hole.</p>
	<p>E026 - Expedition Bjurälven with Micke Tilja</p>	<p>In this episode Steve interviews Micke Tilja of Expedition Bjurälven, a project now in its 12th year undertaken by a team of impressive divers and support crew who brave the height of the Swedish winter exploring the Bjurälven cave system in the Swedish mountains.</p> <p>Micke and Steve go deep into Micke's background in diving and sidemount, how Expedition Bjurälven came about, the equipment they use, the skill-sets required to dive in these conditions, what they have discovered so far and what they hope to achieve this year and beyond, plus Micke talks Baltic wreck diving and about his Podcast.</p>
	<p>E027 - Sidemount Essentials with Matteo Varenna</p>	<p>In this episode, Steve catches up with Matteo Varenna. Matteo is a terrific sidemount diver and instructor and a great guy as well. They go deep into Matteo's his background in diving and sidemount, what is wrong with Sidemount Specialty Instructor training and how this can be fixed, why he decided to become a Sidemount Essentials instructor, the importance of video feedback in dive courses, the problems with social media and forums, and his XDEEP presentations on set up and fixing issues.</p>
	<p>E028 - Wrecks & Caves of Sri Lanka with Dharshana Jayawardena</p>	<p>In this episode Steve catches up with Dharshana Jayawardena or DJ. DJ is a pioneering underwater explorer in Sri Lanka. In addition to being an author, he is the founder of DiveSriLanka.com and is also a field editor for <i>Asian Diver</i> magazine. DJ has identified the origins of several mystery wrecks: among them the World War I <i>SS Worcestershire</i> and a World War II <i>Catalina</i> patrol bomber. Recently he has ventured into cave diving and discovered Sri Lanka's first major underwater cave system among its scenic mountains.</p> <p>DJ and Steve talk about his background in diving and sidemount, his exploration of Sri Lanka's many shipwrecks, his recent cave exploration project in the Sri Lankan mountains and his upcoming presentation on shipwreck exploration at ADEX Singapore.</p>


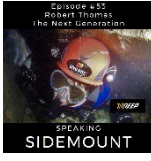

	<p>E029 - Cave Rescues & Recoveries with Edd Sorenson</p>	<p>In this episode Steve speaks with cave diving legend, Edd Sorenson. In addition, to his exploration of the caves of the Florida Panhandle, Edd was one of the original members of the International Underwater Cave Rescue and Recovery team. He has been involved in several successful cave rescues and sadly a number of cave recoveries. In particular Edd is renown as having the temperament and skill set to be able to undertake cave recoveries that are at the very limits of what is possible.</p> <p>In this episode we'll learn more about Edd's background in diving, what it takes to make a successful cave rescue, the skill sets that he employs to undertake recoveries that are beyond the scope or ability of other cave rescue teams and then go into some detail regarding the recent recovery of the two divers who perished in the caves of the Dominican Republic. Edd talks about the KISS Sidewinder Rebreather, about his approach to CCR, cave and DPV training and lastly, Steve and Edd discuss the importance of fitness for divers.</p>
	<p>E030 - Tom Steiner on Teaching Sidemount Diving</p>	<p>In this episode, Steve speaks with Tom Steiner of Gozo Technical Diving. Steve was fortunate to get to know Tom very well during his two seasons training and working at Gozo Technical. Tom is an instructor trainer for a number of agencies and a consummate instructor and diver both in sidemount and backmount.</p> <p>In this episode, Tom and Steve discuss Tom's background in diving, how he got into sidemount diving, his work supporting deep diving world record attempts, he is an absolute decompression diving expert... so I get his thoughts on decompression diving, I asked him how to establish a world class destination tech diving centre and his approach to training divers.</p>
	<p>E031 - Yvonne Press on Open Water Sidemount Diving</p>	<p>Steve had the great pleasure to catch up with Yvonne Press an awesome sidemount and tech diving instructor based in Bali, Indonesia. They had a great time discussing; sidemount for open water dives, what it takes to be a good sidemount diver, how she teaches sidemount, CCR and sidemount CCR.</p>
	<p>E032 - Becky Kagan Schott on Photography & Sidemount CCR</p>	<p>Steve got the chance to meet one of the world's great photographers... Becky Kagan Schott.</p> <p>They had a great time discussing; how Becky got into diving and photography, about Liquid Productions and their award winning features. They discuss diving the wrecks of the Great Lakes in North America, what it takes to be a great photographer or videographer, some tips from Becky on how to improve your images and then we learn of Becky's use of OC sidemount and her recent transition to sidemount CCR.</p>
	<p>E033 Cristina Zenato - Shark Conservation & Cave Exploration</p>	<p>Cristina Zenato has dedicated her life to the protection and conservation of Caribbean Reef Sharks. From her home in the Bahamas, she has spent over 25 years interacting and learning about these amazing animals, to the point where she has real relationships with individual sharks demonstrated by their interactions with her in the water. Cristina is also a Sidemount and Cave Instructor and a dedicated explorer of the caves of the Bahamas.</p> <p>In this episode Steve and Cristina talk about Cristina's work with sharks, they share our perspectives on why sharks</p>




		<p>are so misunderstood, about what we can do to educate others on sharks, about the issues with and value of shark feeding and shark tourism, and then they talk cave exploration on Grand Bahama Island, about Cristina's use of the KISS Sidewinder CCR, and what Steve can expect, when he heads to Florida to train with Edd Sorenson later this year.</p>
 <p>Episode #34: Marisa Eckert & James Draker on Sidemount Cave Diving</p> <p>SPEAKING SIDEMOUNT</p>	<p>E034 - Marissa Eckert & James Draker on Sidemount Cave Diving</p>	<p>Marissa Eckert and James Draker are the owners of Hidden Worlds, Fort White Florida and extraordinary sidemount/cave divers and instructors. In this episode, they share their passion for cave diving and instructing and their love of dive travel.</p> <p>Marissa and James talk about their backgrounds, philosophies around teaching sidemount and cave diving, why it is important to streamline stages, deco cylinders, and bailout, and about their recent dive travel to Abaco in the Bahamas, Mexico, Little Cayman and Orda Cave in Russia... plus they talk sidemount rebreathers.</p>
 <p>Episode #33: Steve Lewis on Improving Sidemount Diving & Instruction</p> <p>SPEAKING SIDEMOUNT</p>	<p>E035 - Steve Lewis on Improving Sidemount Diving & Instruction</p>	<p>Steve Lewis is an absolute industry veteran and a passionate sidemount, CCR and cave diver. He has been at the forefront of instructor training since the early 90s working with TDI right from its formation and more recently becoming the Director Diver Training for RAID. Steve is an author, a member of the explorer's club and as we'll learn, he led the early exploration of the Bell Island Mine in Newfoundland on the east coast of Canada.</p> <p>In this episode Steve discusses his background, his experiences as an instructor trainer, he talks about diving the mine and shipwrecks at Bell Island. They discuss why they love sidemount diving and then the issues they see with sidemount diving and instruction and how these issues might be solved.</p>
 <p>Episode #16: Somos Los Cenotes featuring Phillip Lehman, Natalie Gibb & Vincent Rouquet-caltha</p> <p>SPEAKING SIDEMOUNT</p>	<p>E036 - Somos Los Cenotes featuring Phillip Lehman, Natalie Gibb & Vincent Rouquet-caltha</p>	<p>Recently a group of dedicated cave explorers and instructors from the Yucatan created an awareness campaign to highlight uncontrolled development of the Muyil region, south of Tulum, Mexico.</p> <p>Somos Los Cenotes... "We are the Cenotes" is the campaign and they invite your support by sharing as much of our and your own content as you can with the hashtag #somosloscenotes.</p> <p>In this episode Steve interviews Phillip Lehman, Natalie Gibb, and Vincent Rouquet-caltha and they discuss the caves of the Muyil region, the issues with development, why the caves are worth supporting, why you should dive them, and what you can do to support. In addition, Phillip shares more on the KISS Sidewinder sidemount CCR, and Vince and I discuss his background and work in Yucatan, Mexico.</p>
 <p>Episode #37: Richard 'Harry' Harris - Being an Explorer</p> <p>SPEAKING SIDEMOUNT</p>	<p>E037 - Richard "Harry" Harris - Being an Explorer</p>	<p>In this episode Steve catches up with Richard "Harry" Harris. A key member of the Thai Cave Rescue, Australian of the Year and cave explorer, Harry is one of the nicest guys you will ever meet.</p> <p>Harry and Steve discuss, how Harry got into diving, cave diving and exploration, the connection between anaesthesiology and diving, how the cave exploration group, the "Wet Mules" was formed. Harry shares on his experiences diving to over 220m in Pearse Resurgence, his partnership with Craig Challen, how being named joint Australian of the Year has affected his life, and how he is using this platform to promote outdoor and adventure pursuits to our kids.</p>


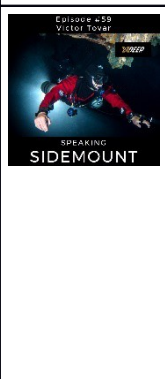
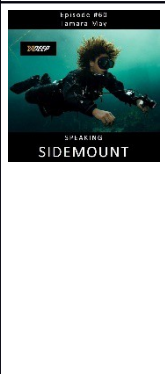
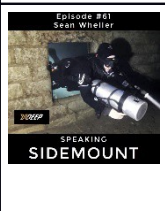
	<p>E038 - Stratis Kas on Sidemount Videography & Cave Diving</p>	<p>In this episode Steve interviews Greek cave diver and instructor, Stratis Kas. Stratis is a professional fashion photographer and videographer who successfully combines his profession with his passion for sidemount and cave diving.</p> <p>He is a super cool guy with interesting perspectives on sidemount, cave diving, videography, and we learned heaps about the caves of Greece.</p>
	<p>E039 - Gareth Lock on Human Factors in Diving</p>	<p>In this episode Steve catches up with Gareth Lock of "The Human Diver" and author of the book "Under Pressure". They discuss Gareth's application of human factors principles taken from the aviation industry in diving and their subsequent benefit in supporting dive safety. While not a specific sidemount episode, this is important for all divers and particularly those involved in technical diving.</p>
	<p>E040 - Edd Sorenson on KISS Sidewinder CCR Training</p>	<p>In this episode Steve sits down with Edd Sorenson to discuss his experiences training and diving with Edd on the KISS Sidewinder mCCR.</p> <p>They cover Sidemount vs. Backmount CCR, why a sidemount CCR can be your first choice, myths and reality re the KISS Sidewinder, Steve's experiences with the KISS Sidewinder and how they aligned with his expectations, how Steve and Edd progressively planned and built their dives post-course, and combining the Shearwater NERD 2 with the KISS Sidewinder.</p>
	<p>E041- Richard Harris - Against All Odds: The Thai Cave Rescue</p>	<p>What you are about to hear is the first-hand account of the experiences of Richard "Harry" Harris during the Thai cave rescue. His excitement at the opportunity to participate was quickly replaced by the trepidation of what the rescue team faced. They almost certainly would witness the deaths of the twelve boys and their coach and there was little hope that they would be successful. But they had to try.</p> <p>Harry had to deal with ethical dilemmas as he agreed to anaesthetise the kids and then submerge them underwater for up to three hours to transport them out of the cave.</p> <p>This account focuses on the events and also on the diving aspects of the rescue. How they actually accomplished the dives, the equipment they used the conditions they faced the skills sets, what went well and the near misses that occurred.</p>
	<p>E042 - Chris Dawson on Dive Against Depression</p>	<p>In this episode Steve meets Chris Dawson to discuss his experiences dealing with PTSD and depression following two operational tours in Iraq with the British Army.</p> <p>In this inspiring story, Chris shares his journey from rock-bottom to recovery through diving and how he has become involved with the organisation, 'Dive Against Depression' where he is working to help others affected by mental health issues.</p> <p>Chris and Steve also discuss sidemount diving, cave diving, and their recent transition to diving sidemount CCR.</p>


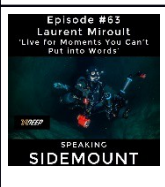
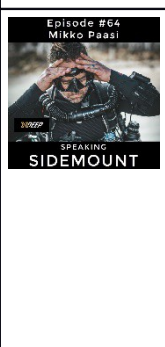
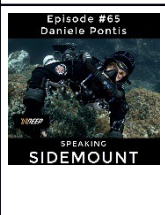
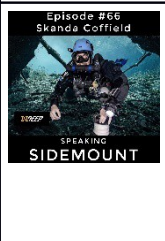
	<p>E043 - Turning the Tables - Steve Davis with Audrey Cudel</p>	<p>In this episode we "turn the tables" and Audrey Cudel interviews Steve! They talk about, Steve's vision when he started Speaking Sidemount, how he develops episodes and finds interview guests, and how his own knowledge has grown through the interviews. They discuss the diving in New Zealand and the sidemount training courses that Steve runs. They cover Steve's experience training on the KISS Sidewinder with Edd Sorenson, and his plans for future CCR diving, diving the XDEEP Stealth 2.0 Tec with the Sidewinder, and they finish with Steve's thoughts on the current state of sidemount diving.</p>
	<p>E044 - Thorsten-Toddy-Waelde - Project Utopia & The Caves of Sardinia</p>	<p>In this episode Steve catches up again with Toddy and they talk all things caves in Sardinia. They go deep into his staggering cave exploration Project Utopia where Toddy is set to break cave exploration distance records while employing cutting edge decompression strategies to accomplish these amazing dives. Listen in to hear how Toddy is doing this and also how he is helping to develop the next generation of Cave Explorers at Protec Sardinia.</p>
	<p>E045 - Roger Williams Interview</p>	<p>In this episode Steve meets Mexico based cave diver, explorer, and instructor, Roger Williams of Xoc-Ha. They talk about how Roger got into diving, cave diving and instructing. They contrast the paths that you can take in diving - becoming an instructor or, focusing on developing as a diver through tech training. Steve gets Roger's perspectives on sidemount and how he dives sidemount in the caves of the Yucatan Peninsula. They discuss the importance of using local guides to build knowledge of a new area and then cover the local line committee who make collective decisions on permanent lines and markers for the region. They finish by getting Roger's perspective on the "Somos Los Cenotes" initiative and the importance of conservation with respect to real estate development.</p>
	<p>E046 - Sandra Clopp Interview</p>	<p>In this episode Steve meets Sandra Clopp. Sandra is an exceptional diver, instructor, adventurer, and role model for aspiring divers. Sandra "walks the talk", she hones her skills through regular practice, seeks out and forms relationships with mentors from whom she can learn and follow. And then ultimately, she travels the world enjoying adventures that enrich her own diving. They discuss, how Sandra got into diving and sidemount diving. How seeking out cave diving instruction benefits your diving at all levels, they talk sidemount boat diving and introduce how they are diving the KISS Sidewinder from boats. They discuss sidemount setup, contrast Florida and Mexico style sidemount diving, and talk at length about Sandra's upcoming training and her work as a KISS ambassador.</p>
	<p>E047 - Ryan Custureri Interview</p>	<p>Steve has mentioned a few times, how he is often frustrated with the level of criticism and lack of respect shown on some of the sidemount Facebook groups. There's an element of human nature in there and also comments can be taken out of context or misunderstood due to language barriers or the limitations of the written word. You do see genuinely helpful comments, but these are also sometimes shouted down or lost in the dross of the string. So Steve took note when Florida based Dive Instructor Ryan Custureri offered to do a live session free of charge for a new sidemount diver looking for some help. Steve thought that was very cool and has seen Ryan</p>


		<p>referenced positively many times by his students and his videos are top-notch. So, Steve sought out Ryan to ask his thoughts on sidemount diving, equipment set up, how he boat-dives in Florida, how to choose your instructor, and his advice for instructors looking to set up on their own.</p>
 <p>Episode #48 David Debruyne</p> <p>SPEAKING SIDEMOUNT</p>	<p>E048 - David Debruyne Interview</p>	<p>In this episode Steve interviews David Debruyne of Outcast Explorers in Belgium. David teaches sidemount and cave diving in Belgium and other parts of Europe. They discuss David's experiences training with Garry Dallas, how Outcast Explorers was formed, how he configures his sidemount gear, how he teaches sidemount, sidemount boat diving in the North Sea, his exploration of the mines of Belgium, and then they talk sidemount rebreathers and the KISS Sidewinder.</p>
 <p>Episode #49 Brian Kakuk II</p> <p>SPEAKING SIDEMOUNT</p>	<p>E049 - Brian Kakuk Interview II</p>	<p>In this episode, Steve catches up again with Brian Kakuk of Bahamas Underground and Brian shares the emotional story of his recovery following Hurricane Dorian and how he is dealing with the current COVID lockdown. They also get into his exploration of the Crystal Caves of Abaco, Sidemount CCR, using the Shearwater NERD 2, and Brian's involvement in Jonathan Bird's brilliant IMAX feature, "Amazing Caves".</p>
 <p>Episode #50 Chris Jewell Beyond Thailand</p> <p>SPEAKING SIDEMOUNT</p>	<p>Special Release - E050 Chris Jewell: Beyond Thailand</p>	<p>Chris is a member of the British Cave Diving Group and was part of the team involved in the acclaimed Thai Cave rescue. Chris took part in the actual extraction dives of the rescue and in doing so became part of history as a key part of one of the greatest rescues of modern times.</p> <p>Awards, accolades, and numerous TV and speaking appearances followed and so it was awesome nearly 2 years later to catch up with Chris and ask him about how he got into cave diving, his experience in training and becoming part of the CDG, the importance of mentoring to the CDG training process. Chris reflects on his experience in Thailand some two years after the rescue, and he shares more on his terrifying lost line episode while extracting one of the boys from the cave.</p> <p>Chris and Steve discuss the distinctions between sump diving and traditional cave diving, how this then drives decisions about your equipment configuration. They dive into detail on Chris' UK sump diving sidemount set up, talk conceptually about carrying a long hose, gas sharing scenarios, and some of Chris' favourite cave exploration projects.</p>
 <p>Episode #51 Brendon Allen Fixing Sidemount</p> <p>SPEAKING SIDEMOUNT</p>	<p>E051 - Brendon Allen - Fixing Sidemount</p>	<p>Brendon Allen is based and works as a commercial pilot in the UAE. But he also is a passionate diver and instructor and through his business Desert Reef Dive Systems, he is bringing top shelf, sidemount, recreational, and technical dive training to the region. He's a RAID Instructor Trainer and is passionate about the future of sidemount diving. Steve and Brendon had been discussing how can we improve the standard of both instruction and diving in sidemount. In this episode, Brendon and Steve freewheel a bunch of ideas and share their thoughts, looking not only to address the issues but to come up with some solutions that might help to fix sidemount.</p>




	<p>Special Release - E052 PJ Prinsloo</p>	<p>Steve catches up with PJ Prinsloo. PJ is a technical diving instructor trainer and the Director, Technical Diving for RAID South Africa. As you'll hear, he is passionate about the benefits of sidemount and has a wealth of knowledge from the perspective of a sidemount diver, instructor, instructor trainer, and in his role at RAID.</p> <p>Last year PJ was inducted into the prestigious Explorers Club and in this episode, they go deep into his involvement in the stunning exploration of the Phoenician Wreck in Xlendi Bay off the island of Gozo, Malta. The exploration dives were at depths over 110m with 3-4 hour dive runtimes which took an immense amount of planning and attention to detail to execute safely.</p> <p>They also discuss sidemount diving and continue our voyage into the state of sidemount diving and instruction. They talk about what it takes to be a great sidemount instructor, the economic argument for focussing on smaller class sizes and more attention to course quality, PJ's thoughts on optimising your sidemount setup, sliding d-rings. Steve and PJ continue discussing sidemount CCR and how he sees this through the students that come on his courses. They finish reminiscing about our trips to Chuuk and the wrecks of Truk Lagoon.</p>
	<p>E053 - Robert Thomas - The Next Generation</p>	<p>In this episode, Steve meets British cave diver and instructor Robert Thomas. Robert has had an extraordinary beginning to his dive career, first diving at the age of 6... Joining the ranks of certified divers at the tender age of 10 before starting to cave dive in his teens. At 18 as soon as he was old enough, he joined the ranks of the famed British Cave Diving Group and a year later he qualified as a full member. He's now the secretary for the Somerset Section of the CDG and when he not diving or teaching diving, he's dry caving in the caves of the UK.</p> <p>Robert has progressed under the expert tutelage of his dad, Michael Thomas and in Robert's words... has also been passed around to learn and develop with many other great divers and instructors including my guest in Ep# 33, cave explorer and shark conservationist... Cristina Zenato.</p> <p>As you'll hear in this episode, there's an old head on those young shoulders and you can feel and hear the depth of thought and also training that has gone into his diving to date. It was interesting to get Robert's perspective as a young diver and instructor on the state of diving and training and where he sees things going in the future. Steve asks Robert about some of his recent videos on British Cave diving techniques, how these differ from what you'll see in other parts of the world, how dry caving helps cave diving, and they discuss his sidemount set up.</p>
	<p>Special Release - E054 Matt Jevon - Diving after COVID-19</p>	<p>In this episode, Steve catches up with his old friend Matt Jevon, just a few months into the COVID-19 pandemic. Steve first met Matt in late 2015 when he was being taught and mentored by Tom Steiner at Gozo Technical Diving. Matt and Steve teamed up on a bunch of awesome dives and also did their fair share of après-diving at a few of the great restaurants on Gozo.</p> <p>Matt is the founder/instructor at Southwest Technical Diving in Kinsale Ireland where teaches the full gambit of tech courses including sidemount, cave, and rebreather courses. He is also a sports psychologist, rugby and conditioning coach and consults to businesses on strategy at senior management and board levels.</p> <p>As you'll soon hear, Matt was seriously infected with COVID-19 a few months back which included a period of</p>

		<p>hospitalisation. Matt shares his first-hand knowledge of the virus and also what he has learned during his recovery and his research into the longer-term impacts for divers.</p> <p>They also discuss their time at Gozo Technical and what they learned being part of and observing dive training there. Matt tells us about the diving in Ireland including the Lusitania and the wrecks of Malin head. They get into Matt's thoughts on sidemount in a variety of environments, sidemount CCR and his work with the Divesoft Liberty. They close with a discussion using Matt's knowledge and experience as a psychologist on how to best deal with the current pandemic and its effect on our lives.</p>
	<p>E055 - Mathieu Burdon - Surviving COVID-19</p>	<p>Matt is a Public Safety Diving Team Leader, Tech Dive Instructor, VIP Patron of Speaking Sidemount, and survivor of a serious infection of COVID-19.</p> <p>Matt graciously joined Steve to share in detail his experiences contracting COVID-19, from the knowledge that it had infected his workplace to seeing a colleague die, to his own battle with COVID, including 17 days in a coma.</p> <p>Matt's story is both frightening and inspiring. You'll hear about his symptoms, admission to hospital, and intensive care... His family and friends being told that he won't make it, to the medical team saving his life.</p> <p>Matt talks about the after-effects, his rehab, and his path back to diving. Matt and Steve then share their thoughts on the global pandemic and the responses of various countries around the world.</p>
	<p>Special Release - E056 Steve Bogaerts - When Shit Gets Real</p>	<p>In this episode, Steve discusses the importance of foundational skill development - buoyancy control, trim and stability, pressure test training, and ultimately how to deal with serious issues while diving.</p> <p>Then Steve shares his amazing dive to connect Dan and Ralf's Caves in Abaco Bahamas. He recounts how he dealt with having only one partially functioning (free-flowing and wet breathing) regulator as he exited a vertical, mud and clay-filled, no-mount restriction in zero visibility!! Steve shares about his cylinder management for Hypoxic trimix dives and they end with Steve sharing his future plans.</p>
	<p>E057 - Steve Bogaerts Dealing With Career Ending DCS</p>	<p>This is the second episode in this series with renowned cave explorer Steve Bogaerts. Over the past two years, Steve has had it pretty tough with respect to diving. A series of DCS incidents, on successive dives, each a little worse than the previous, has led Steve to hang up his fins and retire from diving. Just the thought of one of the world's great cave explorers having to quit under circumstances such as this is gut-wrenching but to his credit, Steve has continued to be active and regularly shares enlightening posts of various topics related to sidemount. Cave diving and exploration.</p> <p>In this episode, Steve discusses his DCS incidents, what he has learned about them, his thoughts on the possible cause, his advice for professional divers, and his plans for the future.</p>




 <p>Episode #58 Hayun Jung "Young Guns"</p> <p>WIDEORP</p> <p>SPECIAL RELEASE</p> <p>SPEAKING SIDEMOUNT</p>	<p>Special Release - E058 Hayun Jung - "Young Guns"</p>	<p>Hayun Jung is new to sidemount but is progressing extremely quickly through diligent practice and with what you'll hear, excellent attention to detail. Steve and Hayun chat about how and why she got into diving and sidemount, her thoughts on her upcoming cave training and then they get into a Q&A where they discuss, achieving correct weighting, trim, and balance, the pros and cons of Wireless or AI Transmitters, and the benefits of video feedback and review.</p>
 <p>Episode #59 Victor Tovar</p> <p>WIDEORP</p> <p>SPEAKING SIDEMOUNT</p>	<p>E059 - Victor Tovar</p>	<p>Victor Tovar is the principal of Cave Tribe through which he provides specialised and personalised diving training with an emphasis on sidemount and cave courses. Victor is passionate about foundational skills and as you'll hear in this episode, he focuses on progressively building foundational skills while gaining experience and comfort in the environments his students wish to explore.</p> <p>Victor and Steve discuss his background in diving and how he got into sidemount and cave diving. Victor shares more on his philosophy in developing divers, talks about the importance of selecting the right equipment, the traps for instructors in forming relationships with equipment manufacturers, and then they go far into Victor's home cave, Cueva Del Agua. They talk about what makes it different and how its unique challenges make it a great cave for both new and seasoned cave divers. They discuss the difference between exploration and sport cave diving and then finish with an update on the current extent of exploration of Cueva Del Agua.</p>
 <p>Episode #60 Tamara May</p> <p>WIDEORP</p> <p>SPEAKING SIDEMOUNT</p>	<p>E060 - Tamara May</p>	<p>Steve first sighted Tamara on YouTube, about five or six years ago as the star of an excellent sidemount configuration and skills video shot in Mexico. The skills were excellent, but Steve was taken with the video flow, the camera and editing work which really made the video incredibly compelling.</p> <p>More recently Tamara was included as one of the exploration divers on Robbie Schmittner's all-female cave exploration team for the Xu naan-Ha Expedition in 2021. This is a great initiative bringing together a group of great divers with disparate experiences and skillsets to complete a new exploration project under the guidance of an experienced cave explorer.</p> <p>In this episode, Tamara and Steve discuss how she got into diving, and it became her life's passion. They discuss her travels to various parts of the world to train, work and develop as a diver and instructor. They get into her work at Protec Mexico with Patrick, Kim, and the Protec team and also how she set up her own diving brand. "Dive like a Ninja". They chat about her upcoming Xu naan-Ha Expedition project with Robbie Schmittner.</p>
 <p>Episode #61 Sean Wheller</p> <p>WIDEORP</p> <p>SPEAKING SIDEMOUNT</p>	<p>E061 - Sean Wheller</p>	<p>Sean Wheller is a sidemount diver, a decompression and cave diver and continues to progress his training with PJ Prinsloo in South Africa.</p> <p>In this episode, Sean and Steve chat about his diving, how he started in sidemount learning from Steve Martin's videos, his training with PJ Prinsloo, how he has worked to develop his diving and overcome mental challenges as he addresses cave training in particular. They talk about the benefit of a variety of instructors and also get into diving in South Africa, in particular, Sodwana bay and Komati Springs.</p>





	<p>E062 - Rob Neto - The Almost Comprehensive Guide to Sidemount</p>	<p>In this episode, Steve meets Florida based, cave instructor, explorer and author, Rob Neto. Rob has just released the 2nd edition of his book "Sidemount Diving, The Almost Comprehensive Guide". Despite the title, this is, without doubt, the most complete written work on sidemount diving with over 300 pages of how-to and the whys behind all of it. In this episode, Rob and Steve get into the book, chat some on different aspects of sidemount before he shares on his cave exploration exploits in Cozumel.</p>
	<p>E063 - Laurent Miroult - Live For Moments You Can't Put Into Words</p>	<p>In this episode, Steve meets renowned cave diving photographer, Laurent Miroult. They cover his background and how he got into sidemount and cave diving, how he balances his career as a doctor with diving, and his training and mentoring with Rob Neto. Steve learns more about how Laurent captures his amazing images, his equipment, his photographic process, the importance of safety, and his advice for aspiring cave photographers.</p>
	<p>E064 - Mikko Paasi</p>	<p>By now the name Mikko Paasi is or should be well known to all of us as a key member of the support diver team that contributed massively to the positive outcome of the Thai Cave rescue. Hailing from Finland, Mikko owns Kho Tao Divers in Thailand and beyond his exploits in the rescue, Mikko is a cave diver and dedicated wreck explorer. In particular, he is involved in a number of awesome shipwreck exploration projects in SE Asia under the auspices of Bottomline projects.</p> <p>In this episode, Mikko shares on his background in diving, how he ended up in Thailand and of course his reflection on the Thai Cave Rescue nearly three years later. Mikko tells us about his experiences returning to the Tham Luang cave system and seeing the passages dry after the floodwaters had receded.</p> <p>Mikko talks about his new venture in Malta and then covers plenty on sidemount diving, and sidemount rebreathers including the SF2 and KISS Sidewinder.</p>
	<p>E065 - Daniele Pontis</p>	<p>In this episode, Steve meets with Daniele Pontis to learn more about his diving, Bluforia dive centre, how he set it up and the diving they do, his philosophy teaching sidemount diving. Given Daniele is an Instructor Trainer on the KISS Sidewinder, Steve asked him more about this amazing Sidemount CCR including, the transition from Open Water Air diluent level to Cave CCR and Normoxic trimix.</p> <p>Daniele and Steve both feature in Stratis Kas' book Close Calls so Steve asked Daniele to relive his near miss, share what he learned, and how he applies this in his own diving and interactions with his students on courses.</p>
	<p>E066 - Skanda Coffield</p>	<p>Patrick Widmann messaged Steve asking if I had seen the efforts of Skanda Coffield. For sure he had seen him featured in a couple of Phillip Lehman's Somos Los Cenotes videos most notably the Blue Abyss dive which was just stunning. If you haven't seen it, check it out on the DRLocal YouTube channel - Somos Los Cenotes Episode 10.</p> <p>Patrick related that Skanda had knocked out over 700 hours of exploration on the KISS Sidewinder in the last 18 months and is one of the most active cave explorers on the planet. He had Steve at "Sidewinder", so he reached out to Skanda, and they got into it, so much so that I produced two episodes of amazing material.</p> <p>In this the first, Skanda and Steve discussed, his background in diving, how he came to base himself in Mexico, his</p>



		<p>work at Protec Tulum, and then they dive deep into his exploration projects, how he uses the KISS Sidewinder to go places no human has been before. To round it all out, Skanda shares his best and worst moments in diving.</p>
	<p>E067 - Skanda 2 - KISS Sidewinder Exploration</p>	<p>"Skanda Strikes Back". In this episode, Skanda shares more on his very best cave exploration projects and in particular, how the KISS Sidewinder rebreather is enabling the Protec Tulum team and others to go deeper and longer in pursuit of places unseen by any human.</p>
	<p>E068 - Prof Simon Mitchell - A Line Under Deep Stops</p>	<p>In this episode, Steve catches up with fellow Kiwi and world-renowned Hyperbaric Physician, Prof Simon Mitchell. In this, the first of two special episodes with Simon, they discuss his background and how he got into diving medicine, how his service in the Royal New Zealand Navy shaped his career, Steve and Simon reminisce on their military service and then draw a line under the stellar work that Simon has done in synthesising the research and evidence on Deep Stops. Next, they get into other factors that might influence our decompression including PFOs, dehydration, diver temperature, working at depth, and light physical activity while decompressing. Simon is an amazing technical diver in his own right and has a great talent for explaining complex topics in a way that can be easily understood and applied to our diving.</p>
	<p>E069 - Prof Simon Mitchell 2 - Gas Density & Other Issues</p>	<p>In part 2 of the discussion with Prof Simon Mitchell, he covers the negative impact of increased gas density, particularly at depth. Steve and Simon muse on the impact of gas density and CO2 retention with it likely being a factor in dive accidents such as that of David Shaw, and then Steve gets into a bit of a rant and asks Simon about the benefits of streamlining with respect to work of breathing.</p> <p>Steve asks Simon about the relationship between CO2 and panic and relates his thoughts on the relationship between the psychological aspects of an issue in the water and the physiological responses to these stressors. Simon gives some advice for divers in a panic situation and also for rebreather divers faced with a CO2 issue.</p> <p>They hit on some misconceptions or poorly understood areas such as reverse profiles, the issues with multiple deco dives in one day. Simon discussed NDL for recreational divers and what it really means, and then Simon shares his extensive experience on applying human factors in the surgical operating theatre and how human factors apply to diving.</p>
	<p>E070 Christine Tamburri - "Passion Plus"</p>	<p>Christine is a young woman hailing from the US Northeast. She has not been diving long, but as you'll hear, she has developed an exceptional attitude to both her diving and progress as a technical and cave diver. Attitude is one thing but Christine's passion for all things diving is a thing to behold and incredibly compelling, hence the episode title, "Passion Plus"!!</p> <p>Christine and Steve get into how she got into diving and sidemount, her cave training with Roger Williams in Mexico (after hearing him on Speaking Sidemount!!), how she prepared for her course and how she came to meet Tom St George resulting in some award-winning cave photographs. Steve and Christine talk about her work with DAN</p>

		<p>Americas and how badly she suffered from altitude sickness as a test subject for a hyperbaric research project requiring her to live for days at an altitude over 12,000ft (3,658m). They then get into Christine's plans for further diving and training and finish with some advice on how to progress your diving.</p>
 <p>Episode #71 Robin Cuesta "The Caves of Sulawesi" SPEAKING SIDEMOUNT</p>	<p>E071 - Robin Cuesta - The Caves of Sulawesi</p>	<p>Robin Cuesta hails from France but has made his home in one of the most beautiful parts of the world, Sulawesi Indonesia. Long known for its brilliant ocean diving, Robin discovered that the region's geology included massive areas of limestone and that all of the water came from underground sources. If you are into cave diving, you don't have to be Sherlock Holmes to deduce that there was a strong possibility of Karst or solution caves and Robin set out to discover and explore many flooded caves in Sulawesi and the surrounding islands of Indonesia.</p> <p>In this episode Robin shares how he got into diving and cave diving, how he moved to Indonesia and the amazing work that he is doing exploring the caves of Sulawesi. Steve and Robin talk about his journey to become a cave instructor, and how cave instructing supplements and enhances his exploration work. And then they get into his collaboration with other cave divers which has helped to grow his own exploration experience before sharing the importance of working with local communities and their leaders to enable Robin's work.</p>
 <p>Episode #72 Stratis Kas "Close Calls" SPEAKING SIDEMOUNT</p>	<p>E072 Stratis Kas 2 - "Close Calls"</p>	<p>In this episode, Stratis and Steve catch up on what he's been doing since he last featured in Speaking Sidemount Episode #38 released in 2019. They go deep into his "must-have" book Close Calls including sharing their own experiences regarding their near misses. They discuss their motivation for sharing their stories along with favourites from other divers featured in the book.</p> <p>Steve and Stratis can't help but muse on how the sidemount configuration actually helped some of the divers work their way out of trouble and what would a chat with Stratis be without us talking some on the KISS Sidewinder and the recent acquisition of KISS Rebreathers by the Blackwater Group which also operates XDEEP and Seal Drysuits. Stratis then tells us more about Project Infinite Liquid which documents the exploration of several Greek Caves.</p>
 <p>Episode #73 Edmund Yiu "The Business of Diving" SPEAKING SIDEMOUNT</p>	<p>E073 Edmund Yiu - "The Business of Diving"</p>	<p>In this episode, Edmund and Steve get into the diving and teaching that he does and the diving scene in Asia. They talk about his involvement with dive agency RAID and some of the really cool initiatives they are implementing to shake up the dive industry.</p> <p>Edmund shares with us some on the Divesoft Liberty sidemount rebreather and what in his mind makes it special. He then talks about the business of diving as Edmund describes his successful dive equipment distribution business. This is Speaking Sidemount, so Steve asks Edmund to share some tips on what it takes to be a good sidemount diver before in a similar vein, they discuss where sidemount sits in the hierarchy of dive courses and what it takes to be a good sidemount instructor.</p>

<p>Episode #74 Sanne Volja "The Power of Passion"</p> <p>SIDEMOUNT</p>	<p>E074 Sanne Volja - "The Power of Passion"</p>	<p>In this episode Sanne shares, how she got into diving and technical diving. How she manages her business and life to allow her to dive several times per week. Steve and Sanne talk about the importance of mentors and how she was supported into technical diving and becoming a dive instructor. Sanne has deep empathy for the students she is teaching, and she shares how she takes the stress and pressure out of her courses by allowing her students time after their course to build some dives before coming back for certification.</p> <p>Sanne talks about the barriers that women face as technical divers and what can be done to make things easier and more inclusive. And then she shares on the formation of the Cavettes, three women who share a passion for cave diving who met through Instagram and are now blazing a trail for women technical divers, role modelling, sharing information and creating women-only events where they can dive, share their passion and knowledge. A conversation with Sanne isn't complete without them sharing their experiences on the KISS Sidewinder.</p>
<p>Episode #75 Tom Crisp 2 "Explorer-Adventurer"</p> <p>SIDEMOUNT</p>	<p>E075 Tom Crisp 2 - "Explorer-Adventurer"</p>	<p>Tom and Steve spoke way back in Episode #15 and in this, episode #75 they catch up on what they've been up to over the past three and a half years. Tom talks about why he has based himself in Canada, his work and training with the Alberta Parks and how this supports his exploration projects.</p> <p>Tom shares how he shapes his life to support his exploration, the sacrifices and the rewards that come from this "calling". Tom talks about the active exploration projects he is working on in Canada and the geology of these caves, before discussing what it takes to dive in 2-degree water and access caves in sub-zero surface conditions.</p> <p>Tom covers his sump diving set-up, before a fascinating exchange on knowing when to pull back when you encounter a stressful situation on a dive. They finish with Tom sharing some of the cave exploration projects he had to leave behind and pass on to other explorers here in NZ.</p>
<p>Episode #76 Looking Back "The Best of Speaking Sidemount"</p> <p>SIDEMOUNT</p>	<p>E076 Looking Back - The Best of Speaking Sidemount</p>	<p>This episode looks back over the first 75 episodes with Steve handpicking some of his very favourite segments. This was such a challenging task and what is remarkable now that it's done, is just how much great material has been left out!</p> <p>Listen in as Steve talks with Michur about what it takes to achieve his extraordinary skill level. Steve Bogaerts shares on the modern history of sidemount and how to build comfort in the water. Edd Sorenson talks about cave diving rescues and recoveries before we relive the fantastic story of the Thai Cave rescue with Richard "Harry" Harris and Chris Jewell. Jill Heinerth speaks on dealing with fear in cave diving and her beginnings in Sidemount. Steve reconnected with Audrey Cudel to talk about the key aspects of refining your sidemount setup, and Nat Gibb shares about her passion for caves and what it takes to dive the caves of Mexico.</p>
<p>Episode #77 Alessandra Figari "Follow Your Dreams"</p> <p>SIDEMOUNT</p>	<p>E077 Alessandra Figari - "Follow Your Dreams"</p>	<p>In this episode, Alessandra shares the inspiring story of the events that led to her moving to Mexico to pursue diving. How she started her cave diving journey under the tutelage of legendary cave explorer Bil Phillips. She relates how she built her experience diving with friends before doing her cave instructor training in Florida. Alessandra contrasts cave diving in Florida and Mexico before talking about her philosophies regarding teaching diving at her business, Cave Training Mexico. Steve asks her what makes her training unique, and she shares stories from her courses and</p>

		<p>the friendships that she has developed with both her mentors and her students.</p> <p>They finish by talking about the incredibly concerning Tren Maya project to run a train track straight over the top of some of the most phenomenal cave systems on our planet between Playa Del Carmen and Tulum on the Yucatan Peninsula. Alessandra shares a wealth of resources on this issue and her thoughts on what we can do to support the local opposition to this project.</p>
 <p>Episode #78 Bruce Clulow "Caves of the South Pacific"</p> <p>SPEAKING SIDEMOUNT</p>	<p>E078 Bruce Clulow - Caves of the South Pacific</p>	<p>Bruce is a commercial airline pilot flying for Air New Zealand. As you'll learn, this is just a cover for a hugely passionate and capable cave explorer who is part of the Group known as the Karst Monkeys. In this episode, Bruce talks about how he got into diving and cave exploration. He shares some really valuable insights into Human factors for diving leaning on his experience and application of this discipline from his aviation career. He talks about his cave exploration in the Cooks before he shares a fantastic story of bumping into Robert Thomas Steve's guest in Episode #53 while on a tourist excursion to Wookey Hole in the UK. Bruce shares about the Caves of New Zealand and what it takes to dive the caves here. Then he talks about cave rescue and recovery before he shares on his upcoming exploration projects.</p>
 <p>Episode #79 Rannvá Jørmundsson "Becoming an Explorer"</p> <p>SPEAKING SIDEMOUNT</p>	<p>E079 Rannvá Jørmundsson - Becoming an Explorer</p>	<p>Rannva shares how she got into diving and progressed to cave diving. Then about how she combines her passion for diving with her career working for Fourth Element and Shearwater. Rannva tells us about the amazing project Xu naan Ha. She talks about the planning, how they worked on the project, and what she has taken away from the experience.</p> <p>Building on this Rannva introduces her next project Expedition Buteng, where Rannva is working with Robin Cuesta, my new dive buddy and guest on Episode 71 "Caves of Sulawesi". Rannva discusses her partnership with Maria Bollerup on this project, the impressive team they have assembled, and the goals for the project including exploration, scientific, and community benefits. They close by talking about some of the project preparation including KISS Sidewinder training in Mexico.</p>
 <p>Episode #80 Stephen Fordyce "Seconds from Death"</p> <p>SPEAKING SIDEMOUNT</p>	<p>E080 Stephen Fordyce - Seconds from Death</p>	<p>The title refers to Australian Tech Diver of the Year, Stephen Fordyce reliving his harrowing, near-death experience where he had a laryngospasm at over 50m while on a push cave exploration dive in Tasmania Australia. To say this was harrowing is an understatement but Stephen's story of survival and subsequently what he has learned about the incident is as compelling as it is terrifying.</p> <p>In addition to recalling the near-death experience, Stephen relates some on his diving background, talks about how he combines his engineering business with diving, what it takes to be a cave explorer, and he shares on his exploration efforts in Tasmania Australia.</p>

 <p>Episode #81 Chris Godlewski "Sidemount Society"</p> <p>SPEAKING SIDEMOUNT</p>	<p>E081 Chris Godlewski - Sidemount Society</p>	<p>In this episode, Chris shares how he got into diving and sidemount. He covers some of his early struggles with the configuration and how they overcame them to get better. Steve asks Chris about his and Chloe's amazing decision to leave their work lives behind to travel the world and dive!!</p> <p>Chris talks about Sidemount Society what it is and what they hope to achieve. Then Chris and Steve go back and forth a bit on what it takes to be good in sidemount. They talk about the how's and why's of sidemount equipment set up and then discuss putting it in the water. Everything from donning and doffing to entries and exits, to how to achieve trim and stability along with tips on executing skills including the dreaded "long-hose stow". Steve finds out more about Chris and Chloe's plans for their travel and also their hopes for setting up a sidemount-specific dive operation in the future.</p>
 <p>Episode #82 Jake Bulman "Aspiring to Excellence"</p> <p>SPEAKING SIDEMOUNT</p>	<p>E082 Jake Bulman - Aspiring to Excellence</p>	<p>Kim and Patrick at Protec Mexico, have for many years been developing the next generation of world-class instructors. I've had Skanda Coffield on the show twice and in this episode, we introduce to you, Jake Bulman. Jake has been a Protec for five years and has literally become Patrick's understudy, teaching Cave Diving, KISS Sidewinder courses, Cave CCR and soon the Sidewinder 60m course.</p> <p>He is renowned as a consummate instructor and an absolute master of no-fins training. Given Steve and Jake met, albeit briefly in November, Steve took the opportunity to get Jake to talk about his diving, how he teaches and in particular some of the details around Steve's Cave CCR and Sidewinder Mod 2 that were let's say, surprising and fundamental to the way Protec teaches these courses.</p>
 <p>Episode #83 Demis Farrugia "Unlock Your Full Potential"</p> <p>SPEAKING SIDEMOUNT</p>	<p>E083 Demis Farrugia - "Unlock Your Full Potential"</p>	<p>Demis Farrugia and Steve first started chatting online around 5 years ago. Steve could tell immediately he was committed to training, diving and ultimately becoming an instructor and was prepared to put in the hard yards to become as good as he possibly could. It has been awesome to watch his progress and to see him become now a highly proficient sidemount diver and also a gifted and committed instructor.</p> <p>Also given that Demis is from Malta which has a very special place in Steve's heart and his own dive career, he thought it would be awesome to get Demis on the show and chat about all things sidemount including his journey and thoughts on what it takes to be a good sidemount diver and then learn more about the amazing wreck diving in Malta. They also discuss DPV Diving and the KISS Sidewinder.</p>
 <p>Episode #84 Patrick Widmann "The Sidewinder 2"</p> <p>SPEAKING SIDEMOUNT</p>	<p>E084 Patrick Widmann - KISS Sidewinder 2</p>	<p>In this episode, Steve catches up with Patrick Widmann, Training Director for KISS Rebreathers who has been heavily involved in every aspect of the redesign and testing of the Sidewinder 2.</p> <p>Patrick and Steve discuss the history of the Sidewinder, Patrick's own journey with this unit, and the acquisition of KISS rebreathers, and then they move around the loop, or closed circuit of the Sidewinder 2 and discuss each of the changes and what this will mean for the new unit.</p> <p>They finish with Patrick sharing on the new instructor and training tools that appear to be as innovative as the</p>

		Sidewinder 2 itself and also discuss the pros and cons of a Bailout Valve (BOV) for the Sidewinder.
 <p>Episode #85 Robbie Schmittner "Understanding the Caves of Yucatan"</p> <p>SPEAKING SIDEMOUNT</p>	<p>E085 Robbie Schmittner - Understanding the Caves of Yucatan</p>	<p>In this episode, Robbie gives us some background on how he came to Mexico and then discusses his early days of cave diving including his time with cave legend Bil Phillips. Robbie covers some of his achievements including the Sac Actun-Dos Ojos connection before he provides what can only be described as an unbelievably compelling view into his theories on how the caves of the Yucatan were formed. He tells us how he is using this information to inform his current exploration. Steve and Robbie talk about the all-female Xu naan Ha expedition before Robbie gives us his perspectives on the use of closed circuit rebreathers in cave diving and his recent experiences training with Edd Sorenson and Patrick Widmann on the KISS Sidewinder.</p>
 <p>Steve Dives InDepth MICHAEL MENDUNO TECHNICAL DIVING</p>	<p>Episode 86 Michael Menduno – InDepth on Sidemount</p>	<p>Steve takes the opportunity to speak with Michael Menduno about the upcoming Sidemount Issue for his publication InDepth magazine. In addition to being a capable technical and rebreather diver, Michael is renown as a pioneer in technical diving media and is without doubt, the world’s leading dive media personality. Steve and Michael talk about his start in diving and how this led to a career in dive media. Steve asks Michael how he coined the term, “technical diving”. Michael shares on the progression of technical diving from a few disparate “cowboys” to today, where we dive with equipment, processes, and training that has made technical diving safer and also more capable. Steve and Michael talk at length on the stunning decision to develop a full Sidemount issue for InDepth, how this came about, and what we can expect to see in this issue. They end with Michael musing on taking a sidemount course himself.</p>