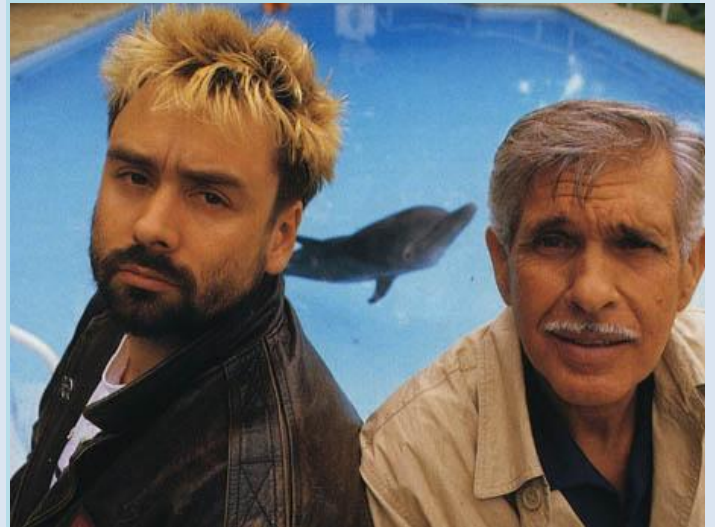


**November 2010**

## President's Log

Another month and another President's Log. Just like my dive log, it is just something I do as a matter of course. I know that many divers give up on their logs after a while. Some divers have told me that they just stopped bothering after X number of dives. They dive for themselves and don't need a fat dive log with hundreds or thousands of entries to impress anyone. As I am fully behind the idea of not bothering to try to impress anyone, I'll keep my log going and will find uses for it. Just last week we booked our dives for our Thanksgiving trip. Two days of the dives are scheduled out of the little beach shack out of our hotel and they want to make sure everything is in order for us on those days. We just had to let them know how much weight each of us would need. Wow, how do I remember what we need for an AL80, in our light suits, in water that salty? Wait, didn't we end up using aluminum tanks on day there last year? A quick check of the log is all it took. All three of us had the information written down. A quick note back to the dive operator and we are all set to dive out of an understocked dive shack for our beach dives. Ok, I'm not going to impress anyone with my number of dives, but I am sure glad I keep my log up to date.

## The Big Blue



The guy on the left is film director Luc Besson. I am so thankful he made the movie *Le Grand Bleu*, or *The Big Blue* in its American version!

If you have never seen it, buy the DVD and you will be laughing, crying, you will be inspired, and the next morning you will feel the urge to go to the beach don your fins, not your tank, and emulate Jacques Mayol. Jacques Mayol, of course, is the guy on the right.

Jacques is my hero; not because he broke an apnea record; not because he was a subject of observation for scientists who could not believe their data after his free dives. He is my hero because he found the way of blending so well with the sea. He was the dolphin man, or the man dolphin, or the Homo Dolphinus, as he entitled his book. He is what we all dream of becoming when we dive, being at one with the sea, blending in, feeling in one's element.

A Frenchman, Mayol was born in China, and it was not until he turned 30 that he started free diving, when he first met dolphins in the Sea of China. He traveled to Miami, observed dolphins and learned to hold his breath from them without having to resort to preventive hyperventilation. He emulated the dolphins' ease of movement in the water. Scientists were puzzled about his cardiac rhythm, because under water his pulse went down to 20 beats per minute! This would of course have led to unconsciousness in an ordinary human being. However, Mayol managed to change the way his body functioned thanks to his will to be like the dolphins, to attain serenity, a bliss that he could only envision in the big blue.

It was this mythic quest that enabled him to always go deeper, setting records like the day he reached a depth of 105 meters at age 56. This was in 1983. He was not doing it for glory. It was just that for him: the deeper, the happier.

The movie about him, Big Blue, came out five years later. Strangely, Luc Besson , at the end of the movie, makes him ----oh no, spoiler alert, I have to cut this article short. Well, watch the movie, and then go online for the story.

Submitted by Valerie Lent

## *Who is going home with the trophée?*



*Come to Goleta Beach and participate in our underwater golf ball retrieval contest on November 20<sup>th</sup>! There is a BBQ afterwards. For details, keep an eye on your e-mail.*



*Not a picture taken at Goleta beach even though it looks just*



*like that.*

*By Erwan Lent*

# PDC Thursday Night Dives!

To find out where the group will be diving, or to be added to the night dive e-mail list, sign up at [http://groups.yahoo.com/group/PDC\\_midweek\\_dive](http://groups.yahoo.com/group/PDC_midweek_dive), or send e-mail to [PDC\\_midweek\\_dive\\_subscribe@yahoo.com](mailto:PDC_midweek_dive_subscribe@yahoo.com)



## Deco Stop



**Friday 11/05 at 5:30**  
**Endless Summer Bar and Grill on**  
**the Waterfront**

# Scuba Vocabulary Word Scramble

Scrambled Words	Answer Pattern
ynoyauchb	_____
msndiepsocre	_____
utrgaloer	_____
ptoosuc	_____
isetutw	_____
rnseklo	_____
onrgneit	_____
ksma	_____
cnsioasr	_____
snebd	_____

Answers on next page 

Submitted by Valerie Lent



Photo by Nathan Walter at Catalina Island 

**Mark your calendars:**

***December Party for club members is at the Senesacs' home on Saturday December 11 at 3:00 P.M.***

***1093 La Vista Road, Santa Barbara. The club is providing the meat and non alcoholic beverages, and you are asked to bring a side dish or dessert to share. BYOB. We will also have a white elephant gift exchange if you choose to participate.***

- 1 **buoyancy**
- 2 **decompression**
- 3 **regulator**
- 4 **octopus**
- 5 **wetsuit**
- 6 **snorkel**
- 7 **nitrogen**
- 8 **mask**
- 9 **narcosis**
- 10 **bends**

**Answers to scrambled words**

**Dive Club Officers**

President	Brad Lent <a href="mailto:info@paradisediveclub.org">info@paradisediveclub.org</a>
Vice President	Steve Senesac
Treasurer	Jim Axtell
Secretary	Rich Cirincione
Membership	Jim Axtell <a href="mailto:membership@paradisediveclub.org">membership@paradisediveclub.org</a>
Newsletter	Valerie Lent <a href="mailto:brdlent@yahoo.com">brdlent@yahoo.com</a>
Circulation	Valerie Lent
Entertainment	Steve Trainoff
Webmaster	Nathan Walter <a href="mailto:webmaster@paradisediveclub.org">webmaster@paradisediveclub.org</a>

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