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Merry Christmas!

12/25/24



Here comes the sun => :-)

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morning to wake up to blue sky and sunshine! May our January be full of some blazing winter sunny days and that wonderful quiet solitude to be found on the beach on those kinds of days...

1) Vic Beach New Year's Day Polar Bear Plunge: An invitation from Molly and Paul -both avid ocean swimmers.

With hearts open for joy to flood in,
Come join us for a Victoria neighbors'
New Year's Day Polar Bear Plunge!
All together, let's welcome a brand new year in, and
Shiver together towards warmth and good health!

An exhilarating (!) way to kick off a new year!



10am, bottom of the ramp by the lifeguard stand. We will find a surf appropriate spot from there as weather and conditions permit and make sure even non-surf people will have a stress free access to a wonderful cold plunge experience. (Note: People pay good money for this experience in those cold plunge shops but we can have it for free!!)

To top it off, come gather afterwards for coffee and pastries at Molly and Paul's house at 241 Nyes across from the intersection of Nyes and Highland Way to

All are welcome and if any questions, call Molly and Paul at 949-205-5338.

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going on right now. Lots of good heart stuff for all of us!

Diver Dave signing off
:)

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