



# CURRENT BUBBLES

NEWSLETTER OF DOLPHIN DIVERS OF SACRAMENTO

P.O. Box 112

Orangevale, California 95662

<http://www.dolphindivers.org>

December 2015

2015/2016

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Kevin Kunkel

Maggie Kunkel

Lalaynia Little

Tom Oja

David Whiteside



## President's Message

Seasons Greetings,

*Look out here it comes. The Holiday Season with all the goodies. Cookies, Candy and Pies – OH MY!!! We better all start thinking about burning a few calories NOW in preparation for stuffing our faces during the season. It's easier to keep it off than to have to work it off later. The Holiday Season and the end of the calendar year is a good time to reflect on all the fun that we have had as a club all year and to be thankful for all the good friends we have made along the way. It's also a fine time to reach out to those who are less fortunate. Consider a volunteer position and donate a small amount of your time helping others. Your help will be appreciated and you will feel good too. Speaking of volunteering, participation in DDS club activities is a great way to show your club spirit. The next time an event is planned, "dive" right in and help out. There's strength in numbers and every task can be a lot easier with just a little help. Speaking of which – all Santa's Helpers and Santa herself, have a great party planned for you all so be sure to get singed up soon. It's just 2 weeks away and the clock is tickin' Thank You to everyone who pitched in and helped to make this club fun throughout the year. ~CB*

## Meetings

**Board meetings** are held on the 1<sup>st</sup> Wednesday of the month, at a Board Members home. All members are welcome to attend all meetings; however we ask that you call the host to RSVP. Board meetings start at 7:00pm Upcoming Board Meetings:

**December 2 – Brad & Linda Freelove**  
**916-879-3853**

**General Meetings** General Meetings start at 7:00 pm and are held the 3<sup>rd</sup> Wednesday of each month at Round Table Pizza, 9500 Greenback Lane (at Madison). Call 916-989-1133 to order in advance, be sure to ask for the Dolphin Dive Club Discount.

## DOLPHIN BIRTHDAY CLUB

Stephanie Knigge	12/5	Richard Sears	12/6
Bob Taylor	12/12	Ed Ikemoto	12/20
Jeff Caplins	12/26	Ryan Green	12/26

## Dolphin Divers

## Christmas Party

## December 12, 2015

Santa and her helpers are busy planning this year's

Christmas party. Purchase your tickets soon:

December 12<sup>th</sup>, 2015 at the Dante Club

6:00 – Social Hour

7:00 – Dinner

7:45 – Awards (Photo Contest, Big Ab & Member of the Year)

8:30 – Raffle (You can also donate a Raffle Prize)

9:00-11:00 – Dancing

Look for the registration flyer below! ~Renee

<http://www.dolphindivers.org/documents/2015%20flyer.pdf>

# President's Day 2016

February 12<sup>th</sup> thru February 15<sup>th</sup> at Casini Ranch

President's Day Weekend (Friday the 12<sup>th</sup> to Monday the 15<sup>th</sup>) will be at Casini Ranch located on the beautiful Russian River.

Fred and I will be making our reservations shortly and will post on the dolphin divers digest what site we have so you can call and make your reservations for the sites around us. If you want to email me at [lisaknoles@sbcglobal.net](mailto:lisaknoles@sbcglobal.net) that you are interested in attending, I will send you a direct email as soon as we have our reservations so you can make yours.

We will plan on the usual for the weekend. Please plan on sharing hors d'oeuvres both Saturday and Sunday in the early afternoon. Currently, the plan is to head into Bodega Bay (the Tides) Saturday morning to purchase oysters - so bring those dollar bills (last year they were about \$1.25/oyster) as well as a variety of yummy dipping sauces for the raw and BBQ'd oysters.

We will have our potluck dinner either Saturday or Sunday night. (Since Sunday is Valentine's Day I wasn't sure if some would like to do something with their spouse/significant other and have the potluck on Saturday...we can go with the consensus of the group). I will be making the traditional clam chowder to contribute to that night's potluck dinner; please plan on bringing your own favorite dish for that night's potluck. It is always a fun and relaxing weekend and we look forward to spending time with those of you who can join us. If you need any additional information, please visit Casini's website at: <http://www.casiniranch.com/index.php>

~ Lisa Knoles

painting) can result in a good workout while sprucing up your home.

**6. Play with the kids.** Spend some quality time with your children by joining in on their game of hopscotch and get in your daily exercise too!

**7. Get out the Wii remote** There are many games available for the Nintendo Wii that are not only fun but get you up off of the couch. Invite some friends over and have a bowling marathon.

**8. Take Fido for a walk** Even dogs need exercise. Taking them for a walk around the block is a great way to get in some moderate exercise. If your dog is fat then you are not getting enough exercise.

**9. Take up a new (physical) hobby** There are many hobbies that are not only fun but allow you to burn calories. Try grabbing a skateboard and heading to the local skate park or get some friends together for a round of golf.

**10. Make some homemade cookies** Stirring provides a good arm workout. Just make sure you give them to a friend when they're all done!

I hope these suggestions will help you to get out there and get some more exercise. You will feel good and the next time you have to drag all that gear down to the beach you will be glad you are in good physical shape. Dive Safe !

## SAFETY MESSAGE

As you know, safe diving requires you to be healthy and in good physical shape. Staying fit and healthy doesn't have to be all work. It can actually be FUN! Here are some tips on how you can make your exercise regime a fun one!

**1. Dance** Put on your favorite song or grab a partner and dance to your favorite tune. It's fun and it's a great way to burn calories.

**2. Play Games** Games like Twister get the heart pumping and are a great way to exercise without realizing that you're doing it.

**3. Go Window Shopping** Go to the mall and walk around while checking out the clothes you want to buy.

**4. Do some Gardening.** It's a great way to relax, maintain your home and get some exercise in all at the same time.

**5. Re-decorate.** Redecorating (moving furniture,

## SUNSHINE COMMITTEE

If you know of anyone who is celebrating accomplishments, upcoming Weddings, Births, etc., or if you know of a club member who is in need of a little Sunshine please contact Maridee Green at: 916-206-0863, or email her at: [maridee@homebuying101.com](mailto:maridee@homebuying101.com)

## Garage Sale

**WANTED** – Men's Large 3 or 5 ml One Piece wetsuit to fit someone 150 lbs - 5' 8" Contact: Craig Brookey 916-952-0322 [cbrookey@sbcglobal.net](mailto:cbrookey@sbcglobal.net)

**FOR SALE** - Excel wetsuit, 1 piece 7mil with hood, size medium (men's), \$65. Dana Carlson 916-834-2150 [skiputt@aol.com](mailto:skiputt@aol.com)

## **DONATE BLOOD & SAVE LIVES**

**When you donate blood tell them that you are a member of Dolphin Dive Club and ask that your donation be credited to our account (#3412) and benefit other club members if they need a blood donation.**

## **OUT - AND - ABOUT**

Don't forget when you are out-and-about, the following shops and businesses support Dolphin Divers of Sacramento. When you patronize, please tell them you are a club member and thank them for their support.

\*Indicates shops that honor the free air fills on the back of Dolphin Divers membership cards.

\* **Dolphin Scuba Center** (916) 929-8188  
[www.dolphinscuba.com](http://www.dolphinscuba.com)

\* **Fish Eye Scuba** (916) 850-1145  
[www.fisheyescuba.com](http://www.fisheyescuba.com)

\* **Scuba World** (916) 332-8294  
[www.scubaworld.com](http://www.scubaworld.com)

# Dolphin Divers of Sacramento 2015 Christmas Party



Saturday, December 12, 2015, 6:00 pm  
Dante Club  
2330 Fair Oaks Blvd, Sacramento, CA 95825  
6:00 – No Host Social Hour  
7:00 – Buffet Dinner  
8:00 – Awards, Raffle & Entertainment  
9:00 – 11:00 Music and Dancing  
\$35.00 Per Person



Your payment is your reservation,  
So give or send your payments to  
Dolphin Divers of Sacramento:

Reneé Viehmann  
2020 Farnsworth Way  
Rancho Cordova, CA 95670  
(916) 837-4973

All payments due by  
December 2<sup>nd</sup>

# Dante Club

2330 Fair Oaks Blvd, Sacramento, CA 95825  
Between Howe Ave. & Munroe St.  
behind McDonald's & Pavilion Car Wash



Return this portion with your check:

\* Payment must be received by December 2<sup>nd</sup>. No tickets will be sold at the door the evening of the event and there will be NO TICKET SALES after December 2<sup>nd</sup> as we must give a final count.

# attending \_\_\_\_\_ x \$35.00=\_\_\_\_\_

Names:

\_\_\_\_\_  
\_\_\_\_\_

Total amount due: = \_\_\_\_\_