



Region Seven Monthly Newsletter

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May 2003

Director -- "On Tap"

Our next Region 7 meeting will be on Saturday May 17th after the IPSSA BORD meeting. It will take place at the Shelter Pointe Hotel, 1551 Shelter Island Dr. in Pt Loma at the very end of Shelter Island. This is a beautiful spot for our meeting. Please plan to attend the BORD meeting, which will be from 1-5 pm. The hotel has agreed to provide free parking for our event. Since this is in the afternoon, there will not be a lunch provided.

Our R7 meeting will be in my hotel room, and should be quite short. Geoff Matthews has volunteered to bring drinks and snacks for you to enjoy after the meeting is concluded. You should have received the flyer and the agenda about this meeting and I hope you will encourage your chapter members to attend.

Some of the topics that I feel will be of interest to you are: Regional Director eligibility, The Company Store and Water Watcher Tag updates.

The following is an excerpt from an article that Mike saw from Maurice Krumrey of the Santa Clara Valley Chapter and thought would be of interest.

"Second Thoughts"

by Maurice Krumrey

Staying healthy is a deceptively difficult thing to do. When you're young and seemingly strong the parties can't come fast enough. But as you get a little older, most of us begin to "lose a step" and regardless of your lifestyle the body always begins to degenerate at some point. When you work a physical job like we do the aches and pains, seem to come with the territory. The days are always longer when some parts are hurting, but I think it doesn't have to be that way.

The repetitive nature of pool cleaning or even some repairs, can be debilitating after a while. Repeatedly stressing the same muscles can lead to a shortened career or chronic pain- sometimes both. So here are a few things that I have found which work for me.

After a couple years in the business I began to notice my right elbow was hurting me but not during work. So I began to think very carefully about the movements that I did when I cleaned pools. After methodical observations, I was pushing and twisting

my pole a certain way – a lot of the time – and repeatedly stressing my elbow. I decided to experiment a little and see what happened. I forced myself to hold the pole a different way once in a while. Over time, as I got more comfortable with a new way, I began to alternate my brushing and netting between my old and new grip. After a few weeks I began to notice that my elbow was improving.

So my first suggestion is change the way you grip the pole. For example: if you have your right hand high, reverse your hands. If you walk clockwise around the pool, walk halfway around counterclockwise. If you hold the pole like a baseball bat, stick your thumb up and brace it against the pole, or change the way you stand. Other things you can do are: if you always carry your pool caddy the same way, change hands. Carry your bottles with a slightly lifted arm if you use liquid chlorine instead of hanging it straight down.

Another thing is that I highly recommend tablets of Glucosamine and Chondroitin. These have been proven to rebuild cartilage between your joints, especially knees and elbows. Also get some exercise. Most of us think we get enough cleaning but we can all benefit from a regular routine of anything from stretching to stomach crunches to walking or bicycling.

Why is this important? Learning what exercise compliments what we regularly do, can help strengthen weak muscles and will end up lessening the stress on the other parts of your body. What's the point? Quality of life! When you get older or when you retire, you want to have the best possible life experiences as possible and you can do that if you start taking care of yourself now.

Coming Up.

R7 Meeting: Saturday, May 17th at the Shelter Pointe Hotel on Shelter Island
R7 Picnic, August 3rd, Mission Bay Park
3rd Annual IPSSA Golf Invitational, Aug 24th.
Elkins Ranch, Fillmore CA. Contact Jerry Mazienis at 310-280-0923 or Ivan Vance at 818-376-8541.