

June 2004

IPSSA, INC. REGION 7

Board Officers

Javier Payan, Director ph (619) 449-1392 cell (619) 843-9460 fax (619) 449-1396
Loyal Johnson, Treasurer (858) 679-9006 - Sherry Larson, Secretary (760) 758-1812

Director's Corner

Water Safety - Fri., 5/21 at 6:00 a.m. **John Silcox** of San Diego chapter and I were on KNSD TV morning news. KNSD gave us three minutes of studio time to promote the IPSSA water safety program, tags, and brochure. It was a lot of fun and another way to get the word out about water safety and what IPSSA is doing. As a reminder, the San Diego chapter's web site, www.waterwatcher.org, has more information on the Water Watcher program.

R7 Picnic - Picnic Committee met Thurs., 6/3. Plans are coming along for the 8/8 picnic.

Emergency Fund - Keep in mind we need to build up the Emergency Fund; it is depleted from numerous donations we gave to fire victims last October. The Silent Auction held every year at the R7 picnic is the primary source of money for the Emergency Fund, so please support the Auction. Let us know about any donations you have for the Auction, whether they be gently used pool equipment, gift certificates, whatever. Also, we need a volunteer to organize the Auction. *MANY THANKS* to **Rick Bishop** of Escondido chapter, who handled this for a number of years.

R7 Directory - **AJ Wilson**, NSPI rep and owner of Like New Pool, had put a super-human amount of time and effort into taking digital pictures of R7 members. Now we're looking for volunteers to continue this project. This will be discussed at the next R7 meeting.

B.O.R.D. - The B.O.R.D. met 5/15 in Sacramento. A summary of the minutes will be in an upcoming issue of The IPSSAN. As part of its Strategic Plan to encourage the growth of IPSSA here and in Florida, the B.O.R.D. discussed the possibility of advertising in Aqua magazine and Pool & Spa News to bring national attention to IPSSA.

Chem test - Two members of Carlsbad chapter - **Paul Bogden** and **Andrew Newcomb** - recently passed the chem test. Congrats!

How to Protect Yourself

The best way to prevent melanomas is to keep away from ultraviolet (UV) radiation – from the sun, sunlamps or tanning booths – especially if you are prone to irregular moles.

If you're outdoors and it's sunny...

- Avoid exposure to the sun between 10 a.m. and 4 p.m.
- Wear long sleeves, long pants, and a hat with a wide brim.
- Use a lotion, cream, or gel that contains sunscreen with a sun-protection factor (SPF) of at least 30. The label should read "broad-spectrum coverage." The higher the SPF, the more protection it provides.
- Protect your eyes. Melanoma can develop in eye pigment cells. Wear sunglasses with ultraviolet-absorbing lenses.

How to Protect Your Eyes This Summer

You've been warned to wear sunscreen to protect against skin cancer, but two of our most vulnerable organs often go unprotected: our eyes. Not wearing sunglasses is the biggest mistake people make, say ophthalmologists. Sunlight may cause cataracts and macular degeneration – leading causes of blindness among the elderly. Even cheap glasses work, as long as they block 99% to 100% of UV rays. Broad-brimmed hats also help, and don't forget hats and glasses for kids. Swimming goggles and safety goggles can prevent eye injuries during active months outside. (If you get something in your eye, never rub it: Use an eyewash.) Blows and cuts to the eye often require medical attention, so never apply pressure when you use a bandage or ice pack for first aid. To learn more, visit www.dryeye.com on the Web.

Parade Magazine, June 22, 2003, pages 9 and 11.

CALENDAR

- **CPO (Certified Pool Operator) Course**, Wed., June 16 and Thurs., June 17, Leslie's Pool Supply (call Ted, 619-596-8610). Cost is \$199.99.
- **R7 Board Meeting**, Tues., July 27, 7:00 p.m., Filippi's Pizza Grotto, (858) 748-1800, 13000 Oak Knoll Dr., Poway, off Hwy 15 and Poway Rd.
- **B.O.R.D. Meeting**, Sat., Aug. 7, Region 4, Central LA/E. Long Beach.
- **R7 Picnic and Silent Auction**, Sun., Aug. 8, De Anza Cove, Mission Bay.
- **B.O.R.D. Meeting**, Sat., Nov. 6, Region 3, San Fernando Valley.