



# Region 7 Review

A monthly publication for the members of IPSSA, Inc. – Region 7

June 2013

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## Director's Notes

### Region 7 Quarterly Report

Greeting R7 Presidents and Members,

Second child dies in East County swimming pool. What a terrible way to start a newsletter. In the last two months five children under the age of 3 have drowned in San Diego County. Tragic, that's all there is to it.

So in an effort to get news out to the public, **Mike Anderson**, President of the IPSSA San Diego chapter, put together a public service announcement on child drowning prevention with Clear Channel radio. The PSA started June 1. It will air through June, and another announcement for July is in the works.

I would like to thank **James Henry** from the East County chapter for also putting together a television ad campaign. This ad campaign has been tabled by B.O.R.D. for the time being.

Drowning is preventable. Everyone, let's all do our job to promote!

**Mary Ann Downing**, National Drowning Prevention Board Member, has been a huge help with daily

information regarding child safety, and we thank her very much!

Our region meeting will be at Marie Calendar's Restaurant located at 11122 Rancho Carmel Dr. Our speaker that evening will be **Mary Ann Downing**, Board Member, National Drowning Prevention.

Sorry I don't have more to say, but it's that time of year, working sunrise to sunset.

See you all soon!  
**Joe Lukacik**  
Region 7 Director

----- Original Message -----

**From:** [Weiser Pools, Inc.](#)  
**To:** 'Nancy Gillespie'  
**Sent:** Monday, May 13, 2013 5:25 PM  
**Subject:** RE: IPSSA R7 -- May 2013

Hi, Nancy,

As you may have heard, our community has had 4 childhood pool drownings this past weekend (2 toddlers lost, and 2 very young children in critical condition in El Cajon, Spring Valley and Clairmont). The irony of it not only being Drowning Prevention Month but Mother's Day weekend as well, is not lost in these tragedies. That being said, I will be urging all of my Chapter members to request their 50 free water watch tags from IPSSA main office this month to give to their customers – and even to purchase more if needed. I sent an email to Amy Nijaar at IPSSA just to give her the heads-up that (hopefully) there will be a "rash" of requests coming soon. I have asked Joe, as our Region 7 director, to please urge the 7 other Chapters here in San Diego to do the same. Maybe this is a topic for our R7 news in the future?

-Samantha

**Samantha C. Larimer**  
**Weiser Pools, Inc.**  
& **Clear Blue Pools**  
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## Calendar of Events

- **World's Largest Swim Lesson**, Tues., June 18, <http://www.worldslargestswimminglesson.org/location/>
- **R7 Board Meeting**, Wed., June 26, 7:00 p.m., **Marie Callendar's Restaurant** (858-675-9428), 11122 Rancho Carmel Dr., The Courtyard, San Diego. <http://www.superpages.com/bp/San-Diego-CA/Marie-Callenders-L2169368565.htm> Guest speaker **Mary Ann Downing**, National Drowning Prevention.
- **BORD**, Sat., Aug. 17, Region 1, Location TBD. [info@IPSSA.com](mailto:info@IPSSA.com)
- **R7 Board Meeting**, Wed., Sept. 25, 7:00 p.m.
- **BORD**, Sat., Nov. 2, Region 4, Location TBD. [info@IPSSA.com](mailto:info@IPSSA.com)
- **R7 Board Meeting**, **Jan. 2014** (exact date TBD).

## World's Largest Swim Lesson

Tuesday, June 18, 2013

*It's Go Time for Team WLSL 2013*

Thanks to the response we've received this year from our Host Locations, we are expecting to send the vital message Swimming Lessons Save Lives™ to millions of kids and adults around the globe!

<http://www.worldslargestswimminglesson.org/>

Find a location:

<http://www.worldslargestswimminglesson.org/location/>

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## Local 6 reveals 3 signs a child could be drowning

### Crowds, distractions make it difficult to discern a child playing from a child drowning

~ [Allison McGinley](#), Special Projects Producer, [amcginley@clickorlando.com](mailto:amcginley@clickorlando.com)

May 06 2013 06:22:22 PM

Using the Instinctive Drowning Response research as a basis, Local 6 created step by step animation to show viewers, step by step, the signs to look for before it's too late. **First, and probably most importantly, there is no yelling.**

"The mouth begins to slip below the surface so there isn't really any calling for help," explains Golat.

Next, pay close attention to the head which begins to moves up and down and lean back.

"The individual will sometimes start to push the head back trying to keep the head out of the water," Golat continues.

Thirdly, the arms of a swimmer in trouble move in a very distinct manner. The swimmer pushes down against the water trying to stay afloat.

"Arms can be flailing to try to maintain and keep them up but it's a very exhausting position," said Golat.

In less than a minute, the swimmer could end up floating face down.

"Everyone is in the water having a good time and it becomes easy to miss," explains Golat, who says a child in distress can slip below the surface of the water in as little as 20 seconds.

There's one more critical piece to this prevention puzzle-- a designated "Water Watcher." The YMCA and other water experts advocate parents taking turns every 20 minutes to be that designated pair of eyes.

Excerpted from:

[http://www.clickorlando.com/news/local-6-reveals-3-signs-a-child-could-be-drowning/-/1637132/20025692/-/tpty0z/-/index.html?fb\\_action\\_ids=10201062540747306&fb\\_action\\_types=og.recommends&fb\\_source=aggregation&fb\\_aggregation\\_id=288381481237582](http://www.clickorlando.com/news/local-6-reveals-3-signs-a-child-could-be-drowning/-/1637132/20025692/-/tpty0z/-/index.html?fb_action_ids=10201062540747306&fb_action_types=og.recommends&fb_source=aggregation&fb_aggregation_id=288381481237582)

## Can Swimming Make You Smarter?

~ Mike Gustafson//Correspondent

6/10/2013

There is some evidence to back claims that swimming actually makes you smarter. At least among younger children.

I've often thought about swimming's health benefits beyond the obvious physical ones. It seems as though mental calculations involving interval training, pacing, and complicated sets results in better math skills. Not to mention the release of endorphins, resulting in a more tranquil state-of-mind. Or the gained self-confidence one has when completing a series of 200 butterfly repeats. Or the uncontrollable happiness that comes when seeing best friends every afternoon. Or the peaceful harmony one gains when floating, spinning, twirling, and splashing in the water.

As the academic world begins to scientifically discover reasons why swimming makes us feel and behave better, it's nice to know that proper swimming instruction can actually aid to the overall development of children. Many swim enthusiasts have loudly speculated swimming's benefits beyond the physical. Now, there's some evidence to back these claims.

So the next time you're in a debate about why swimming is the best sport in the world, you can say with some confidence, "Swimming can actually make you smarter."

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&ItemId=5281&mid=12660>

## PLEASE NOTE!!

Never leave your child unattended around water. We know it sounds strict, but there is no room for compromise on this one. Babies can drown in as little as one inch of water.

<http://www.safekids.org/watersafety>

<http://www.poolsafely.gov/>

Simple steps save lives.

