



Region 7 Review

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

December 2013

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Director's Notes Region 7 Quarterly Report

Greetings to All,

This will be the final newsletter for 2013. I would like to start by saying thank you and goodbye to all the chapter presidents that I had the honor to work with during the past two years. It was fun and I think all the chapters are up in membership. Hello to all the new presidents and board members. Put your seat belt on and get ready for a fun and productive ride while I ride out my final two years!

In the past, the last regional meeting would always be in December. As you know, it was changed this year. Our first regional meeting of the new year will be Tuesday, January 7, 2014 at 7:00 pm at Marie Callendar's, located at 11122 Rancho Carmel Drive. I would like to have two representatives from each chapter at all the meetings.

Not a lot to say except *Merry Christmas!* Be safe and see you all next year.

Sincerely,
Joe Lukacik
Region 7 Director

Water Health and Fountain of Youth

~ by Eric Herman

Most people know that aquatic exercise and hydrotherapy are good for them. We know that activity in water can be used to treat and even heal a long list of physical ailments, and it's no secret that aquatic athletes are some of the fittest people on the planet or that physicians of all stripes have long made a habit of touting the benefits of swimming and other forms of water-based recreation for just about everyone.

Yet for all that accepted wisdom, most of us aren't particularly well informed about the specific medical science that backs up the centuries-old belief that being in water is good for the human body. That research has long been available and has been joined in recent years by new studies that relate the experiences of scientists and physicians who are constantly being surprised by the depth and range of specific physical and mental benefits that flow to those who engage in aquatic activity.

This emerging picture points to the profound fact that swimming pools and spas are arguably the healthiest of all products. By extension, **those in the water shaping business who are aware of these remarkable, diverse benefits – and communicate them to their clients effectively – are positioned on the crest of a wave that will carry the industry for years to come.**

Excerpt:
<http://aquablue.typepad.com/files/water-health-and-fountain-of-youth-by-herman--1206-article.pdf>

Calendar of Events

- **Hanukkah**, 11/27 – 12/5.
- **Christmas**, Wed., 12/25.
- **R7 Board Meeting**, Jan. 7, 2014, Marie Callendar's Restaurant (858-675-9428), 11122 Rancho Carmel Dr., The Courtyard, San Diego.
- **24th Annual R7 Table Top**, Sat., Jan. 25, 1:00 – 4:00 p.m., Four Points Sheraton, 8110 Aero Dr., San Diego. For info, call Jon McArthur 619-464-6400, www.region7tabletop.com
- **CPO Class**, Jan. 30-31, Superior Pool Products, El Cajon, CA. www.anotherperfectpoolnews.com/cpo
- **IPSSA Annual Leadership Weekend**, Jan. 31 – Feb. 1, Sheraton Park Hotel at the Anaheim Resort, Anaheim, CA. info@ipssa.com

Happy Holidays!

One of the most glorious messes in the world is the mess created in the living room on Christmas day. Don't clean it up too quickly. ~Andy Rooney

May Peace be your gift at Christmas and your blessing all year through!
~Author Unknown