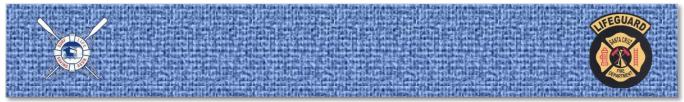
Official Newsletter
of the
California Surf
Lifesaving
Association
FALL 2019









2016 EXECUTIVE BOARD

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EVENTS CALENDAR 2019/20

Fall CSLSA 2019 Board of Directors Meeting

Santa Cruz, CA

November 7-8, 2019

Fall USLA 2019 Board of Directors Meeting

Location: Kauai, HI December 5-7, 2019

Spring CSLSA 2020 Board of Directors Meeting

Location: LA County Lakes

April 2-3, 2020

Spring USLA 2020 Board of Directors Meeting

Location: Mid-Atlantic Region

April 22-25, 2020

Rescue 2020 ILS World Championships

Location: Riccione, Italy Sep 14 – Oct 4, 2020

COMMITTEES

Bylaws/Policies & Procedures....Casey Graham

Certification......Vince Lombardi

Exchange..... Vincent Fiamengo & Leslie Schwene

Grants......Diego Busatto

Junior Lifeguards.. Casey Graham & Chris Egan

Legislation..... Adam Sandler

Sport/Fitness...... Jay Butki & Skip Prosser

Membership...Charlotte Graham & Leslie Schwene

Newsletter......Jim Hughes
Original Founders. Rob McGowan
Professional Standards...Shea Gipti
Public Education...Mike Silvestri
Public Relations....Kai Bond
Special AwardsBill Richardson
SponsorshipGus Avila

Sponsorship Gus Avila
Statistics..........lan Burton
TrainingMike Scott
Ways and Means...Mark Allen
Website.........Bryan Etnyre

THE CALSURF NEWS

The

CalSurf News Magazine

is the official publication of the

California Surf Lifesaving Association

P.O. Box 366, Huntington Beach, CA 92648

www.CSLSA.org FAX 714/374-1500

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Marketing & Promotion

Scott Hubbell - Sponsorship



PRESIDENT'S MESSAGE

Bill Humphreys, President California Surf Lifesaving Association

Fellow Lifesavers,

Fall has officially arrived. The crowds have thinned out, the water temperature has dropped, and many lifeguards have returned to school. While some have gone off to school, others are staying on working through the winter, and a few have gone onto their "other job" for the lifesaving offseason.

For those who...

... Are off to school -

Congratulations on a job well-done this summer and for having the fortitude to go from one stressful environment while serving as a lifesaver, straight into another one — school. You have sacrificed your "summer break" to help serve others which is very commendable. Thank you for your service this year and keep up the good work and pursuit of knowledge!

... Have gone back to their "other careers" -

Thank you for your expertise and support this summer. Many of you are veteran lifeguards who help out during summer, sometimes working on your days off from your career. Your experience and expertise is vital and very much appreciated.

... Are working year-around as lifegaurds -

Thank you for your dedication. This time of year is not really any less busy for you...it's just different. A smaller crowd but fewer resources means that the lifeguards who are on duty are still very busy. You know that winter storms are ahead, with cold water and dangerous conditions, and yet you stay committed to our mission. We thank you for that.

As you can see, regardless of whether you work as a seasonal lifeguard going to school in the slower season, are a part-time lifeguard who has another career, or you work full-time in the profession, it takes a diverse team to accomplish our mission. And every single one of you is vital. You all did a fantastic job this summer helping to protect and serve the public and should be very proud. Thank you all for your service!

Updates

Following are some updates from the CSLSA and the USLA. You'll be able to read more details of these in the Fall 2019 Board of Directors meeting minutes and the related reports. But for now, here's an overview:

CSLSA

Delegate Count - Right after our last newsletter and Spring CSLSA Board of Directors meeting, the USLA hosted their Board of Directors meeting. At that meeting, the CSLSA was successful in proposing and obtaining approval for a change to the member-todelegate ratio. The result is that we will now have an additional vote at the USLA meetings. This is a move in the right direction to ensure our members are fairly represented on a national basis. It was a long journey and my thanks go out to everyone who assisted in getting this passed, including the other regions who supported this change. Although on a practical level the change is almost moot, in my opinion, this shows a spirit of cooperation within the USLA – which really means a spirit of cooperation between regions. This is very encouraging.

National Competition - As much as we all want to get along, there is one area where regional interests are encouraged to compete with each other. Appropritately, that's in the USLA National Competition. This year, the Los Angeles County chapter took home first prize at the USLA Nationals in Virginia Beach. Congratulations to LA County. And, by way of association, congratulations to the CSLSA! Way to go!

Regional Competition — Our CSLSA Regional Lifeguard and Junior Lifeguard competition went very well and was held in Carpinteria. We had over 200 adults and 700 juniors competing — along with thousands of parents and supporters. Congratulations to California State Parks for the win in the "A" division and Laguna Beach for winning in the "B" division. Our thanks go out to all of the volunteers, parents, CSLSA members, chairmen, and exectutive board members who helped make this event so successful.

International Competition – Our region was well represented this year at the 2019 International Surf Rescue Challenge (ISRC), held in Durbin, South Africa. We had four competitors from our region in the adult division: Kelsey Cummings, Jenna Solberg, Hayden Hemmens, and Hunter Hay. They represented us well along with Joji Abasolo who was on staff. Two of the Youth National Team coaches came from not only our region, but our own Executive Board: Casey Graham and Gus Avila. We also had eight athletes on the Youth National Team: Raylene Allen, Sydney Brouwer, Katelyn Nimsky, Maiken Pardon, Danny Gonzalez, Jake Graessle, **Parris** Mosteller, and Daniel Schwedock. Congratulations to all of the athletes and coaches for representing the Southwest Region of the USLA (CSLSA)!

International Relations & Drowing Prevention — Along with the ISRC, Durbin was also the host of the World Conference on Drowning Prevention. Renae Jackson and Leslie Schwene, both from our region, were honored as presenters. Congratulations to both of you!

John Wayne Cancer Foundation & Block the Blaze – John Wayne Cancer Foundation once again supported our organization with a generous donation of \$5,000. This will go towards a public education Public Service Announcement focused on rip currents. You can read more about this in the Public Education committee reports online. Thank you once again to John Wayne for your support.

SoCal Paddle Down – As way of promoting the importance of sunscreen and skin exams, the CSLSA has partnered with the John Wayne Cancer Foundation again for the annual SoCal Paddle Down. This year the event went from the south to north (paddle up) and was the first year to go the full distance

from the Mexican Border to Gaviota. This event had great publicity which was the goal – heighten awareness of this important cause. Congratulations to everyone involved. Thanks to Mike Silvestri and Adam Sandler for promoting the cause and LA County for the amazing video they produced.

USLA

Following are some updates and accomplishments of the USLA over the past six months (provided to me by the USLA Executive Director, Kay Smiley).

- Revised Rip Current poster in conjunction with NOAA.
- Expanded certification program.
- Completion of Personal Watercraft Certification program.
- Continued growth with over 150 milestones of certified agencies across the United States in 22 states.
- Improved statistical database for easier access for USLA agencies with 50 years of historical data (something I use frequently).
- Multiple grants for public education programs
- A Social Media Policy was drafted to stay current and protect the integrity, reputation status of the USLA, members, officers, and directors.
- The Heroic Acts committee encourages and promotes the recognition of volunteers' efforts to the wider community and external stakeholders and has increased recognition members' efforts. The committee continues to accomplish this by creating new awards other than what has historically been recognition of amazing surf rescues. (This is preaching to the choir, our region does an outstanding job with awards)

There was a special request asking for our input in the **membership survey**. If you haven't taken it yet, now's your chance to provide input into the USLA so the organization can better serve you and your chapter/agency.

https://www.surveymonkey.com/r/USLAMem2019 Thank you.

Conclusion

It has been my honor to serve you as President of the CSLSA for the past two years. My goal has been to help us stay focused on our primary mission of saving lives through public education, prevention, and training for lifeguards. Hopefully, I've assisted to some degree. Or, at least have not steered us off course. I am planning on running again so if I happen to be elected, I would humbly continue to serve you and the organization in any way I can. Please let me know how I can help.

Once again, I want to say how proud I am to work alongside each and every one of you. It is a noble profession and one that I am so proud to serve in. Thanks to all of you. As I've said before, you are true heroes. You are *Lifeguards for Life!*

Thank you.

Bill

Bill Humphreys, CSLSA President



Chief Lifeguard Don Rohrer

By ADAM SANDLER

When news that Don Rohrer had passed away reached the mainland, the reaction of surprise was universal. His closest friends and lifeguard

colleagues had no idea he was ill, and many suggested that Don probably wouldn't have told anyone that he was.

Rohrer, who retired as Chief Lifeguard of L.A. County in May 1996, passed away April 30 at age 82, after a brief illness. He died in his sleep at his home in Princeville, HI. on the island of Kauai.

"As a Chief, Don was always more interested in how you were doing — and making you feel better — than talking about whatever problems he may have been dealing with," recalls Gary Crum, a family friend, and a retired LA County Section Chief who worked with Rohrer. "That mindset didn't change - even after he retired."

Rohrer was a founding member of the National Surf Lifesaving Assoc. (the precursor to the United States Lifesaving Assoc.) in 1964 and served as USLA President from 1998 to 2003. He retired after 44 years of service as a lifeguard, which began in 1952 with the City of Los Angeles.

During his rise through the ranks, and then as Chief, Rohrer oversaw many improvements to the profession of lifeguarding. He later was instrumental in transitioning L.A County's Ocean Lifeguards into the L.A. County Fire Department in 1994.

Rohrer became LA County's Chief Lifeguard in April 1990 and is widely credited with elevating the professional standards of the ocean lifeguard by expanding training programs to include EMT and Swift Water Rescue Certifications, and emergency vehicle driving, to name a few.

His experience as a dive team member and Rescue Boat Chief, led to overseeing the upgrading of the County's fleet with better engines and marine firefighting equipment. Rohrer also emphasized educating the public on beach safety, and required his lifeguards to project a positive, professional public image.

So it was particularly grating to Rohrer when a group of LA County Lifeguards — including National Champion Ocean Lifeguard Craig Hummer — spoofed Ocean Lifeguards during an appearance on "The David Letterman Show" with what some considered a demeaning "Top 10" list of things ocean lifeguards say to female beachgoers.

"They set back the reputation of lifeguards 50-years," Rohrer said months after the airing of the segment. He said he never saw the show, but nonetheless suspended Hummer for three weeks. The Chief asserted the lifeguards inappropriately appeared in uniform and on lifeguard trucks. Rohrer's reaction probably could have been anticipated. Colleagues frequently pointed out that Rohrer expected his lifeguards to take pride in their work, and always behave professionally.

"He was proud of the lifeguards he worked with, the profession, and he appreciated a job well-done. And he would tell you," recalls retired Lifeguard/ Paramedic Joel Gitelson. "But when he saw something he didn't like; he was also a straight-shooter about that."

Gitelson recalls a time when Rohrer placed a gold medal around his neck for a first-place finish at a Lifesaving World Championships. "As he was putting the medal around my neck, he said 'I am so proud of you, Joel.' I never forgot that. That was who he was."



Colleagues of Rohrer's are quick to use phrases like "Chief's-Chief" "Level-headed" "Decisive" and "Strong" when they characterize him.



"From my rookie year at Cabrillo, Don and I got along great. He was easy to work for," reflects retired Lifeguard Captain/Paramedic Kenny Atkins, whose Para-

medic School graduation in September 1985 Rohrer attended as head of the Rescue Boats. (see photo). "He was a man's-man. The profession will miss him."

Rohrer also was well-known to local media. When he retired, the L.A Times called Rohrer "undoubtedly the prototype for David Hasselhoff's Lt. Mitch Buchannon," referring to the "Baywatch" TV show and its main character. "Rohrer is dry-docking his paddle boat and stowing his rescue can. He is 60 and can still swim around the Venice Pier in about 12 minutes or take 10 to do 500 meters in a pool. After 44 years, he has saved an estimated 2,000 drowning swimmers," the Times wrote in 1996.

On his last day, Rohrer made the rounds to all the section headquarters to pay his respects and say farewell to the lifeguards.

Rohrer's retirement party at the Santa Monica Museum of Flying on May 30, 1996 boasted more than 350 lifeguards celebrating his career and his dedication to lifesaving. "It was huge," recall Gitelson. "He was so liked and respected, and everyone wanted to wish him well."

Equally well-attended was the final salute to Rohrer at his Celebration of Life, held June 23 on Dockweiler Beach.

"Do not have a memorial for me. Do not!" Rohrer was quoted by retired Section Chief Mickey Gallagher in his eulogy during the Celebration.

An order everyone gladly disobeyed.

Rohrer is survived by his wife (Dr.) Bev, of 49 years, two sons Jeff and Matt, and several grand-children.





As open-water lifesavers, our **MISSION** is to promote beach safety awareness and professional lifeguard standards through public education, training programs, exchange programs, junior lifeguard programs, competition and other means. The ultimate goal is to prevent and reduce aquatic injuries, accidents and death at open-water beaches in the Southwest Region of the United States Lifesaving Association.



Custom Data Gathering For Lifeguard Agencies



HEROIC ACT AWARD

Saturday April 6, 2019 Oceanside Beach Pier

MICK BILLINGS - Junior Lifeguard



On Saturday, April 6, 2019, Oceanside Junior Lifeguard Mick Billings was surfing approximately 100 yards north of the Oceanside Pier when he observed a swimmer in distress in a rip current about 100 yards north of his location. Mick could hear the victim screaming

for help and could see that he could barely keep his head above water. Utilizing skills learned in the Oceanside Junior Lifeguard Program, Mick paddled quickly to the victim's location and placed him on his surfboard. He maintained control of the victim, keeping his head out of the water while awaiting arrival of Oceanside Lifeguards.

Lifeguards and Fire personnel credit Mick with saving the victim's life. Had he not observed him and made the initial rescue, the victim would surely have died. Oceanside Fire personnel transported the victim to the hospital, where he made a full recovery.

For his selfless act of lifesaving heroism, Mick Billings is hereby awarded the United States Lifesaving Association Heroic Act Award.





HEROIC ACT AWARD

onday April 1, 2019 Huntington Beach

Ethan Hurst – Surfer, SALT participant



Ethan Hurst

At approximately 8:00 PM on Monday, April 1, 2019, and well after dark, Huntington Beach Lifeguards received a call from HB Police, advising of a 9-1-1 call reporting scream

emanating from the surf about 200 yards south of the Municipal Pier. The area had been experiencing numerous strong rip currents throughout the day, as well as many large inshore holes.

Ethan Hurst was night surfing just south of the pier, when he heard the screams for help. Initially he could not see the victim due to darkness, so he instructed the female victim to continue yelling for help while he paddled quickly toward her voice. When he made contact, she was foundering in the rip current, barely keeping her head above water and was in extreme danger of drowning.

Utilizing skills learned in the HB SALT Program (Surfers Awareness in Lifesaving Techniques), he utilized his surfboard as a rescue apparatus to support the victim while he brought her back to shore through the surf to the beach where Lifeguards took over treatment. She was transported and treated at a nearby hospital and fully recovered from her ordeal.

For his selfless act of lifesaving heroism, Ethan Hurst is hereby awarded the United States Lifesaving Association Heroic Act Award.



HEROIC ACT AWARD

Thursday January 3, 2019

Huntington Beach - Oil Platform Edith

DOUG LEACH - Marine Safety Officer II

At approximately 11:06 AM on Thursday, January 3, 2019, Huntington Beach Marine Safety received a call from the HB Police Helicopter (HB1) requesting Marine Safety personnel to assist with a 9-1-1 call regarding a capsized vessel six miles offshore near oil

platform Edith.



Doug Leach

A "landing zone" was established adjacent Marine Safety Headquarters where Marine Safety Officer II Doug Leach was picked up by HB1 and transported to the scene.

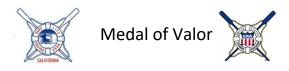
The vessel, a 25-foot pleasure craft had apparently run over lines used in an off-shore "mussel farm", causing

the vessel to capsize and slamming the two male occupants within the vessel and eventually throwing them into the water. One victim was found to be unconscious and not breathing under the vessel, the other had injuries that were not life threatening.

Leach upon arrival in HB1, jumped from the copter and took control of the scene, directing rescue craft that arrived shortly thereafter, loading the victims onto an Orange County Sheriffs' rescue craft, and commenced CPR on the unconscious victim. Leach and an OC Sheriff continue rescue efforts while returning to Huntington Harbor 30 minutes away. Both victims were turned over to HB Fire Paramedics, with the one victim succumbing to his injuries and drowning, and the other was treated and eventually released from the hospital.

For his professional demeanor and heroic rescue efforts, Doug Leach is hereby awarded the United States Lifesaving Association Heroic Act Award.





Saturday September 29, 2018 Beacon's Beach - Encinitas

ANDREW HELBLE, MATTHEW EPHRON & CHAD **HAMMEL**

At approximately 5:50 AM on September 29, 2018, off-duty Lifeguard Andrew Helble, off-duty Police Officer Matt Ephron and their friend Chad Hammel, entered the water at Beacon's Beach, an area of Leuca-



Andrew Helble

dia State Beach in Encinitas. The lobster season had just opened that day, and the group's plan was to dive for lobster in the near shore waters. The trio had a one-person kayak to support their diving operation.

After about an hour of div-

ing, the group heard someone yelling that they had been bitten by a shark. The group was about 180 yards from shore and the victim was between them and the beach. The victim, Keane Webre-Hayes, a 13year-old diver, saw the kayak group and began swimming toward them. Hammel paddled the kayak and Ephron and Helble swam approximately 60 yards to the victim, as he had begun swimming toward the group for help. Upon reaching Webre-Hayes, Helble and

Ephron assisted him onto the kayak. They stabilized the unsteady and overloaded watercraft, commenced evaluation and treatment, while Hammel paddled through the surf toward shore. Helble a California State Parks EMT, used his training to stop the life-threatening bleeding and to prevent the onset of shock. Once on shore, Ephron cut off Webre-Hayes wetsuit, and the two continued applying pressure to the wounds while working to keep the victim alert and conscious.

Webre-Hayes had been attacked by what was presumed to be a 10'-12' Great White Shark. He

suffered extensive injuries to his face, neck, shoulder and back, ultimately requiring over one-thousand stitches. Significant amounts of blood entered the kayak and water thus creating a blood trail in the water behind the group as they made their way toward shore. When Hammel looked over his shoulder, he

observed the shark was still in the area -- trailing behind the group apparently searching the blood trail for its victim.



Matthew Ephron

On shore Ellie Hayes, the victim's mother, had been watching her son dive when she heard his yells that he had been bitten. Even

though there were roughly forty people in the water nearby, and some closer to her son, it was ONLY the trio of Helble, Ephron and Hammel, that responded without hesitation to her son and rendered assistance. Ms. Hayes stated that without their help, her son would have died in the water due to his injuries. She was later quoted as saying, "It absolutely required courage for them to respond to his call for help, and not swim away to save their own lives. And with the shark still in the area, they risked their lives to save my son. I will be forever grateful!"

Encinitas Lifeguard personnel arrived on scene shortly thereafter and requested an air ambulance due to Webre-Hayes' extensive injuries. He was

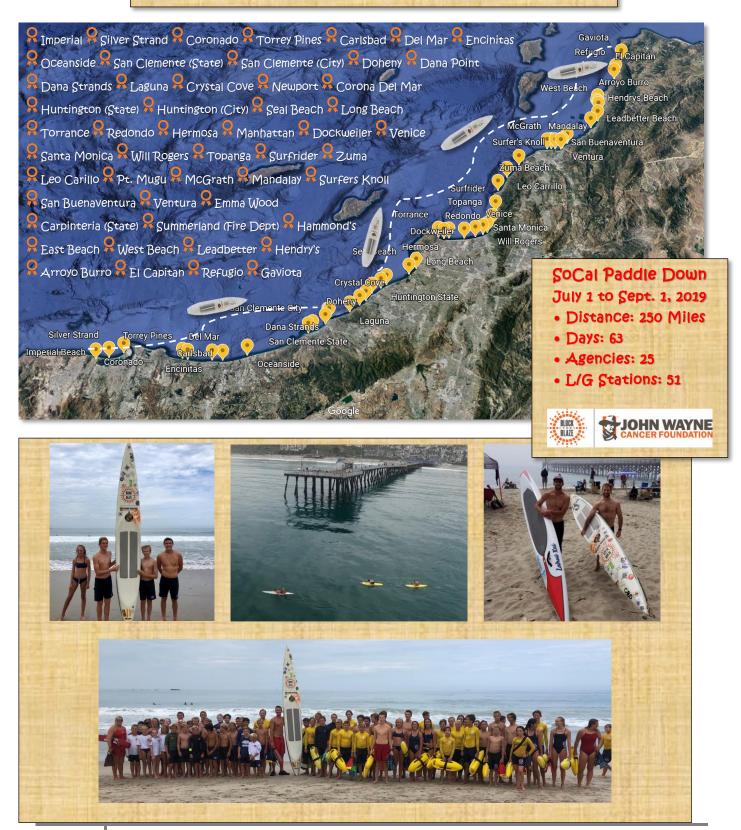


transported to Rady Children's hospital where he underwent extensive surgery to repair his wounds. DNA evidence analyzed by the Cal State-Long Beach University Shark Lab confirmed that the attack was made by a Great White of the approx-

imate size initially presumed. Webre-Hayes is alive and well today due to the heroic actions of the trio of rescuers. Andrew Helble, now a State Park Peace Lifeguard/Officer is hereby being awarded the CSLSA AND USLA Medals of Valor.

As a Non-Lifeguard Peace Officer, Matthew Ephron is hereby awarded a CSLSA Medal of Valor and the USLA Heroic Acts Award. Chad Hammel, as a nonpublic safety employee, is hereby awarded a ULSA Heroic Act Award.

The Journey of the SoCal Paddle Down



Health & Fitness Profile

John Ragsdale LACo. Lakes – Retired Age 68



Typical Daily Diet...

Breakfast:

Fruit smoothie with spinach, fresh squeezed lemon, lime and orange juices. fresh pineapple, avocado, peach, apple, frozen berries, blue, raspberry, blackberry, walnuts, almonds, honey, flax meal and skim milk

Lunch:

Caesar salad, nuts cheese

Dinner:

Grilled fish, veggies

Snacks:

<u>Garlic Bread:</u> fresh whole grain or good quality sour dough. Spread virgin olive oil on the bread, cover with freshly chopped garlic (several cloves) cover with thin sliced tomato, fresh Parmesan cheese or other favorites, sprinkle on Italian herbs, bake or cook under broiler until cheese melts.

Typical Daily Workout...

Run hills 2 days a week,
Swim 3 days a week,
Bike 1 or 2 days a week.
Light weights and stretches daily

Vitamins/Meds Multi vitamin for older adults, Plavix, Lipidor





The U.S. Navy Blue Angels glide effortlessly over our State Parks Surf Watch Rescue Boat in last year's Airshow

The Great Pacific Airshow Returns to Huntington State Beach

Story and photos from: Michelle Figueroa, Orange Coast District

Thousands of beachgoers took to the sand and settled in their boats in search of the best seat at the greatest airshow in the country. The Great Pacific Airshow returned to Huntington State Beach the weekend of October 4-6 for its third year in a row.

State park peace officers, officers from around the state, lifeguards, park aides and staff have worked tirelessly each year to keep beach visitors safe under challenging circumstances. With the influx of people entering Huntington State Beach, parking lots filled up quickly and staff stayed on high alert to monitor crowds. State Parks Surf Watch Rescue Boats and Rescue Water Crafts aided in keeping boats away from the "air box," an area within the water restricted for the airshow. With the increased noise from aircrafts cutting through the air, understanding radio calls became its own mission. Despite all these obstacles, public safety personnel did a great job maintaining the peace while enjoying the performances. Go team!

Source: CA State Parks Weekly Digest October 18, 2019

Junior Lifeguard's Corner

Regional CSLSA Junior Lifeguard Championships

Carpinteria Beach, CA - July 26, 2019

National USLA Junior Lifeguard Championships

Virginia Beach, VA - August 8, 2019

The Bob Burnside Award



Congratulations! Junior Lifeguard Jeff Hass

Huntington State Beach Junior Lifeguard, Jeff Hass was awarded the Bob Burnside Award! He was selected as the 2018 Junior Lifeguard of the Year by the California Surf Lifesaving Association at the CSLSA fall meeting!

CSLSA Grants for Junior Lifeguard Programs.

Grant money is available for qualifying Junior Lifeguard programs. See cslsa.org/juniorguards for more information.





A Quick Look at the Santa Cruz Surf Life Saving Association Host of the Spring 2019 CSLSA BOD Meeting

The Santa Cruz Surf Lifesaving Association (SCSLSA) is a 501(c)(4) nonprofit organization that seeks to promote beach and ocean safety awareness while maintaining professional open water lifesaving standards.

Affiliated Agencies:

Santa Cruz City Fire Department - Marine Safety Division

Creation: 1966
 Coastline Guarded: 3 Miles
 Permanent Lifeguards: 2
 Seasonal Lifeguards: 68

• Beach Attendance 2019: 1.1 million

• Rescues 2019: 245

• Junior Lifeguards: approx. 925 per year

The Santa Cruz City Fire Dept. Marine Safety Division provides ocean rescue services year-round with engine-based rescue swimmers and on-call lifeguards. These individuals respond 24/7 to some of the most technically and physically demanding coastline and condition in California.

Between Memorial Day and Labor Day, our lifeguards actively monitor approximately 3 miles of beaches (Cowells Beach, Main Beach, and Capitola Beach), staffing 7 towers, 3 patrol vehicles, and a fleet of 4 PWCs. Our staff of 68 lifeguards not only provides lifeguard coverage for two cities, but also runs our highly successful Junior Lifeguard program, providing ocean knowledge and education for approximately 925 children every summer.

Fire Department Chief: Jason Hajduk Jhajduk@cityofsantacruz.com
Marine Safety Officer: Brendan Daly Bdaly@cityofsantacruz.com

For Agency information: http://www.cityof-santacruz.com/government/city-depart-

ments/fire-department