California Surf Lifesaving Association

Newsletter Vol. 11 No. 1 Spring 2007





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On the cover: Stand-up paddlers Jim Birdsell, Chuck Patterson and Jay Butki off of the Scripps Pier in La Jolla during the Lifeguards for Louisiana fundraising event. Photo by Doreen Ingino. (See page 5)

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YOUR ARTICLES NEEDED!

Online submission \$50 for best article with photo. \$75 for cover photo.

Cal Surf Magazine

Cal Surf 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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Reenie Boyer - Junior Guards
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Newsletter:

Editor -Richard Godino, L.A. City Staff Writer - Richard Hidalgo, Imperial Beach Staff Writer - Al Fimlaid, Cal State

Design & Typesetting:
Jennifer Velasquez
Marketing & Promotion:
Scott Hubbell

The CSLSA is a nonprofit organization incorporated in the State of California. Its principal goals are water safety, education, and the promotion of professional lifeguarding standards. These goals are accomplished primarily through beach safety presentations to school groups, educational exchange programs with members of the International Life Saving Federation and participation in regional and national competition.

ADVERTISERS

B/W \$125 for 1/2 page B/W \$180 for whole page Color \$250 for 1/2 page Color \$350 for whole page

President's Message

by Robert McGowan

The calendar says it's still winter, but someone forgot to tell the weatherman. We've already had a good half dozen weekend days with air temperatures in the eighties at the beach this year, bringing summer-like crowds to Southern California beaches. Our lifeguard services are getting ready for spring, holding swim tryouts, training academies and preparing for another season of Junior Lifeguards. With some pretty decent winter swells over the past few months, the bottom is cut up enough that it should be a busy rescue season for us once the water warms up a bit.

Thanks to Herb White for hosting our regional meeting last October in Morro Bay. It was fun to see a different part of our region and the tour of the Coast Guard Station was both interesting and informative. At that meeting we adopted the revised CSLSA Bylaws that brought our bylaws into alignment with the revised USLA Bylaws. We also took action to re-file for our 501 (c) 3 status that we gave to the USLA many years ago. We are finally close to regaining our own tax exempt status. Rich Godino, newsletter chair was given an increased budget to improve Cal Surf News, including the possible addition of color photos, mailing the newsletter to individual members instead of chapters, and publishing it on the website. The next CSLSA Board of Directors Meeting is scheduled for April 12 and 13 in Los Angeles County. Check our website at www.cslsa.org for details.

The Pacific Northwest Region hosted the USLA National Meeting at Lake Tahoe last November at the Tahoe Ridge Resort. It was a great venue on the mountainside adjacent to the Heavenly Valley ski area. It wasn't

quite ski season yet, but it did snow one of the days we were there. At the meeting Joel Gitelson of Los Angeles County was presented the Medal of Valor for his heroic actions involved in the rescue of three fishermen whose boat went aground on Santa Barbara Island on a cold, stormy winter night. His account of the event was featured in the Winter 2006 issue of American Lifeguard Magazine. Vic Maceo of the Galveston County Sheriff's Office Beach Patrol was presented a USLA Life Membership for his many years of service to the organization. Dr. Peter Wernicki, USLA Medical Advisor, discussed the U.S. Lifeguard Coalition comprised of the USLA, American Red Cross and YMCA. The focus is on research concerning many lifeguard related topics including scanning, breaks and training standards. The Educational Conference featured "The Making of a Beach Patrol Episode," **Everything You Wanted to Know** About Trauma Assessment," a presentation by the Douglas County Nevada Search and Rescue team, and a report on "Vamos a Nadar (Let's Go Swimming) - Drowning Prevention in Sonoma County, California." The next USLA Board of Directors Meeting and Educational Conference will be at the Best Western Inn of Chicago on April 26 through 28.

On the international front, the first International Life Saving World Water Safety (WWS) Conference will be held on September 27, 28 and 29, 2007 in Porto, Portugal. The hosts of WWS 2007 are the Instituto de Socorros a Náufragos (ISN) and the Associação de Nadadores Salvadores (ASNASA), both member federations of ILS. According to the ILS News, "WWS 2007 follows on the resounding

success of the World Congress on Drowning 2002 in Amsterdam and the ILS International Medical Rescue Conference in 1997 in San Diego. The purpose of WWS 2007 is to bring together the world's foremost experts, systems and information for exchange, debate and further development that will lead to reduction of death and injury in all aquatic environments worldwide. The WWS 2007 will have two major events associated and simultaneous, one is the Conference and the other is the International Water Safety Exhibition of lifesaving products, services and information."

In January a team of California Lifeguards went to Victoria, Australia to compete in the 19th Wieland Shield Competition at Torquay, celebrating 40 years of the biannual Wieland Shield competition and Lifesaving exchange between California and Victoria, and the 50th anniversary of the first international lifeguard competition, the 1956 Olympic Surf Lifesaving Competition at Torquay Beach. The team members included Manager Jay Butki (L.A. County), Coach-Athlete Scott Diederich (Laguna Beach), Chad Carvin (Laguna Beach Lifeguard and 2000 Olympic Silver medalist), Micah Carlson (L.A. County), Kyle Daniels (L.A. County), Blaine Morgan (L.A. County and Cal State Parks), Tyler Morgan (L.A. County), Brian Murphy (L.A. County), Mike Murphy (L.A. County), Micha Burden (Huntington City), Renee Locarnini (L.A. County), Tandis Morgan (L.A. County) and Bridget Rome (L.A. County). Accompanying the team as Educational Officers were Jamie Orr and Sean Kennedy both from L.A. County. Although the team did very

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Newsletter Changes

By Richard Godino

Since you have opened this issue of CalSurf News, you are undoubtedly aware that 1) the newsletter was sent directly to your home; and 2) the cover is in color. These changes came about because of lengthy discussions in committee and the support of the Board of Directors. The support came with a caveat: get advertisers to help offset costs! This task has not been easy.

Committee discussions also included a recommendation for a radical departure from the newsletter's normal distribution – an electronic newsletter. Some of the potential problems with this method are privacy issues related to emails and a greater burden placed on the editor and typesetter in regards to design. Many in committee like their printed copies and carefully catalog their collections

as part of the history of the Association. Others favored the electronic suggestion citing ease of distribution, ability to archive electronically, full color throughout and elimination of printing costs.

The CalSurf News would like to get responses from the membership in regards to this topic. Please contact me by email at: go.godino@verizon.net or by snail mail at:

Editor – CalSurf News c/o 11444 Rubio Ave. Granada Hills, CA 91344

Your responses will be tabulated as "pro" and "con" for presentation to the Board. Comments and ideas will be presented as well.

President's Message ... from page 3

well in the swimming events, they were unsuccessful in their attempt to become the first Californian team to win the shield in Australia. Micha Burden won the Women's Division of the Lorne Pier to Pub Swim, the largest ocean swim in the world. While in Victoria the team was set up with tickets to the Australian Open and a flight on the Life Saving Victoria Coast Watch Airplane.

In competition closer to home, the California Surf Life Saving Championships are scheduled for July 28 in Huntington Beach. Hosted by the HBSLSA, the venue will be at the south end of the beach between Towers 17 and 19, in the Beach Boulevard area. The Junior Lifeguards will be returning to Santa Barbara for their regional championships on July 20. The USLA National Lifeguard Championships are going to be in Myrtle Beach, South Carolina on August 9 through 11. The Crown Reef Resort has been selected as the host hotel and contact information is available on the USLA website Events

Bulletin Board. The USLA Competition Committee has adopted ILS competition rules for the Nationals and the addition of the Oceanman relay as a point scoring event. The updated rules are available on the website at http://www.usla.org/events/rules.asp. The Nationals return to our coast in 2008 hosted by Los Angeles County.

The CSLSA Executive Board meets monthly between Board of Directors Meetings. At our recent meeting Chris Graham, First Executive Delegate and Exchange Committee Chair, advised us that due to increased responsibilities at work, he would have to step down as the Exchange Committee Chair. I would like to thank Chris for his years of service in that position and thank Jon Mitchell of Newport Beach for stepping up to take over the Exchange Committee. Jon will chair the committee at the upcoming Board of Directors meeting.

The City of Del Mar is seeking financial assistance from the California Conservancy to rebuild its slightly past its prime Lifeguard Headquarters. On behalf of the organization, I wrote a letter of support to the chief of the Coastal Conservancy.

The long awaited Patagonia Pro Program is finally ramping up and should be available to all members in the very near future. The company is very sensitive about preventing abuse of this program. They offer their goods at extremely discounted prices to Pro Sales Program members and if they find you abusing the account by purchasing for non members, the account will be canceled and you will never be able to order through the program again. So please take advantage of the program, but be certain to be discreet and do not abuse the privilege. This membership benefit as well as Da Fin discount program have come to us through the efforts of Scott Hubbell of SHP, Inc. In addition to being the CSLSA Marketing Contractor, Scott is now developing marketing programs for the USLA. On behalf of all of our members I'd like to thank Scott for his efforts and wish him even greater success in the future.

Lifeguards for Louisiana

By Richard Godino

In the aftermath of Hurricane Katrina, several rescue teams from across the nation were mobilized and deployed to assist the New Orleans first responders and the military in their rescue efforts. Among these was the Lifeguard Swiftwater Rescue Specialist team of the San Diego Fire Rescue Task Force 8. Lifeguard Jim Birdsell and the rest of his rescue team were deployed to Louisiana on August 30 via C5 military transport. They landed in Baton Rouge



Shoreline Church volunteer group in the finished playground. Jim Birdsell back row left in black Saints cap.

that morning, and by the afternoon were performing rescues in the murky, rising waters that flooded the streets of New Orleans. On their first mission of the day, they were sent to a highway overpass where hundreds of people had been stranded for a day and half. They loaded as many people as they could into their IRB (women and children first, keeping families together) and made several consecutive trips of 45 minutes each back to the designated safety zone. The fearful children and grateful adults who were rescued had an impact on the team. Reflecting on the moment, Jim Birdsell realized why he and his team do what they do saying, "That's when everything started to make sense."

By the time they returned to their base of operations (the New Orleans Saints practice field) at the end of the first day, they had made over 400 rescues. They would



Surf skis leaving Carlsbad. Photo by Doreen Ingino

spend the next 18 days there, completely self-sufficient with their personal and team gear and MRE's. Each day followed a pattern: 5:30 AM morning briefing and deployment. The team was instructed to make rescues only. As they passed lifeless bodies during their mission, they would enter GPS coordinates for recovery teams assigned to that task. Upon reaching any residence as they searched, they would call out "San Diego Rescue -

here to help". If there was no response after a few minutes, it would be logged and they would move on to the next house. They would often encounter people who chose to remain at their home or "sheltered in place", even though they might be camping out on the roof of their house that was filled with 5-10 feet of water.

The San Diego Task Force also boarded Blackhawk helicopters to check on the status of residents of retirement homes and assisted living facilities. After rescuing 40 people at one location, they encountered 15 elderly lifeless bodies at another. Occasionally there were miracles, such as when they found a 75 year old man with diabetes on the bottom level of his apartment where he had survived nine days without food or water, enduring repeated diabetic seizures.

The 18 days were filled with sights few members of the team had seen or will ever forget. People holding sheets out of their windows marked with "SOS" or occasionally "Looters Beware"; the chaos that was the Superdome where ambulances left constantly, cars were overturned and dead bodies were everywhere; countless families huddled outside in terrible heat and near 100% humidity. The team noted that they had never seen so many civilians with firearms and they were convinced that Louisiana's state dog must be the pit bull. At one point,

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Refugio State Beach Junior Lifeguards

By Al Fimlaid



Refugio Junior Guards. Photo by Robin Cappon

Refugio State Beach is one of several beaches on the sparsely populated shoreline south of Point Conception in Santa Barbara County that are guarded by State lifeguards. Refugio is about 10 miles west of Goleta off of Highway 101. The beach itself is expansive, beautiful and palm lined.

The Refugio State Beach Junior Lifeguard Program was started in 1994 by retired Lifeguard Supervisor Greg White. The Program currently has two 3-week sessions and runs from late June to mid-August. Participants in the Program come



Refugio Junior Guards practice rock entries. Photo by Robin Cappon

from the surrounding areas of Santa Barbara County including Buellton, Solvang, Santa Ynez, Goleta and the City of Santa Barbara itself.

For such a small and remote beach, the Program is fairly large, with nearly 200 participants each year. The goal of the program is to make the Junior Lifeguard experience educational as well as fun. The participants are introduced to safe marine and aquatic recreational opportunities like relays, volleyball, kayaking, surfing and snorkeling. Refugio Bay, with its reefs, kelp beds, and point break is uniquely suited for these activities. They also learn to value and take responsibility for the health of marine and coastal resources. They experience enhanced physical conditioning, acquire ocean lifesaving skills, and through constant contact with compassionate instructors and working with their partners in a team building environment, they develop respect for themselves and others. The skill and fitness of the Program participants is evident by the fact that several have returned from the last three National Championships as champions in their age group and event.

The Program organization includes oversight by a full time Lifeguard Supervisor; 10 – 11 Junior Lifeguard Instructors; and 10 – 14 Assistants. The assistants are volunteers who have come up through the Program and are now "lifeguards in training". The activities of the Program are enhanced by the presence of the assistants who help with one to one instruction and act as mentors to the younger participants. While helping with the Program, they



Competition. Photo by Robin Cappon

learn role modeling and mentoring skills, become familiar with State Ocean Lifeguard responsibilities, practice observation and hazard recognition skills and prepare to pass the State Lifeguard Exam and the rigorous State Lifeguard Training. Currently there are six working lifeguards that came up through the Program, four of which are Junior Lifeguard Instructors.

The Program also provides tuition assistance to participants that qualify, and swim lessons are taught by staff during the spring for those that need assistance with their swimming skills.

Refugio State Beach is less than half a mile from one of the most traveled highways in the state, but it is still several miles from the nearest settlement that could be called a "town". Although the Junior Lifeguard Program is similar to other programs in relation to curriculum, organization and recruitment, its remote location poses a problem. How do you get interested participants to the beach daily from 30 or 40 miles away? With generous support

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Refugio State Beach

from their employer, the State of California, the Junior Lifeguard Program Directors hired a private bus company, through a competitive bid process, to transport over 100 participants from the north county towns of Buellton, Solvang, Santa Ynez and Lompoc. Further efficiency is obtained by including routine Program field trips in the contract.

Junior Lifeguard instructors and Program Directors throughout the nation are renowned for their dedication and creativity. That is certainly the case at Refugio, where these instructors and directors have come up with a way to bring a valuable program to hundreds of kids who, otherwise, may not have had the opportunity to be exposed to the ocean and a chance to become lifequards.

Please visit the Refugio State Beach Junior Lifeguard Program website at www.refugiojgs.com. - Editor

Lifeguards for Louisiana ... from page 5

the team's mission had to be temporarily suspended when they came under fire.

After their 18 day tour of duty was over, the lifeguards returned home, changed forever. Jim Birdsell was so moved that he decided to assist the people of Louisiana rebuild their lives and their community. Last summer, Jim hooked up with Kids Around the World, a charity devoted to helping children whose lives had been disrupted by disaster. He enlisted his lifeguard and firefighter buddies to participate in a 50 mile, multi-discipline ocean event. The group started at 4:50 AM at Dana Point and rowed dories to Cotton's Point. Then they swam to waiting outrigger canoes for a paddle to Carlsbad. At Carlsbad they switched to surf skis and paddled to Torrey Pines, and then switched to stand-up paddle boards for the final leg to La Jolla Cove, finishing a little over nine hours after they started. The group, Birdsell, Mitch Kahn, Rob Pelkey, Rob Rojas, Chuck Patterson, Jay Butki, Scott Diederich and Kevin Wakashige, raised over \$35,000 to build a playground in one of the hurricane-ravaged communities around New Orleans.

The story didn't end there. This past February, Birdsell went back to New Orleans to help construct the playground.

The \$35,000 Lifeguards for Louisiana raised was matched by a charity in the state. "Kids Around the World" provided a playground kit and supervision. Jim's San Clemente church, Shoreline Church, provided most of



Paddling outrigger on the way to Carlsbad.

Photo by Doreen Ingino

the labor.

On February 23, with the labor of love completed, the volunteers formed a prayer circle around the new playground, built on the campus of Andrew Jackson Elementary School. Two hours later, at the dedication ceremony, the first classroom of kids jumped into the playground.

The whole episode, from the initial deployment as rescuers to the paddle for charity to the construction of the playground, was a life-changing and spiritual experience for Jim Birdsell. He is now planning a similar effort to assist military personnel who have been injured in the war. It is clear that his organizational ability and dedication are huge. Larger still is his faith and selfless capacity to care for the welfare of others. Those traits insure the success of his next endeavor.

Young Rescuer Receives Award

By Richard Godino

On Sunday, February 12, 2006, twelve year old Trent Popovich had intended nothing more than enjoying a day of surfing by the Cayucos Pier north of Morro Bay. He had used a rip to get outside and wait for a wave when he heard someone crying out for help. Looking in the direction of the cries, he saw two young girls caught in the current. At first, he thought one might be his little sister, but upon approaching



Trent Popovich and family with Rob McGowan and Herb White

closer he saw that it was not and that both girls were caught in the rip and barely able to stay up.

He placed both girls on his 6'2" board and started to swim them back to shore. Both girls became terrified when all three reached the turbulent surf line. The waves knocked them both off the board several times. Although Trent kept his leash on to stay close to the girls and the board, he had to unleash once to save the younger girl who had been swiftly carried away by the rip after she fell off the board.

As Trent struggled to keep the girls on the board in the pounding surf line, Volunteer Firefighter Craig Conklin, saw the emergency, secured a rescue board and paddled out to assist him. Joined by another unidentified person, Trent and Conklin were able to

bring the girls, Olivia Montanya (age 10) and her cousin Mya (age 8), safely to shore.

For his courageous efforts that resulted in the successful rescue of two children in the surf, Trent Popovich received the Heroic Act Award from Herb White of Cal State Lifeguard Association and President Rob McGowan at the Fall Board of Directors meeting.



Agency Profile – Solana Beach

By Richard Hidalgo

History and tradition envelop Solana Beach and the Solana Beach Lifequard Service. Captain Craig Miller and Lieutenant Jason Shook were kind enough to provide information about the lifequard operation, characteristics of the beaches and history of the area.

Solana Beach is a small coastal town about twenty miles north of the City of San Diego. It started as 140 acres of farm land purchased by Colonel

Ed Fletcher, an early community leader and developer, for \$20 an acre from George H. Jones. With the help of his brother-in-law Eugene Batchelder, Col. Fletcher, created the small agricultural community later known as Solana Beach and promoted it as an avocado growing center. The creation of the town was typical of the growth the County of San Diego experienced during the early 20's.

The 1.7 miles of beaches adjacent to the town is primarily sandy surf beach below towering bluffs, although the northern beach, Tide Park, is mainly reef and is commonly known as "Tabletops".

The lifeguard "department" was started in 1941, when the County hired two permanent lifeguards to protect beach goers on the north county coastline. These lifeguards built a lifeguard station at Fletcher Cove near a gunnery bunker on the bluffs. The military called the bunker a "pill box". "Pill Boxes" has since become the local name for the Fletcher Cove area. Bill Rumsey was the



Solana Beach lifeguards



Personal Watercraft Photo by Mike Pilgrim

first Lifeguard Captain in Solana Beach.

For the next 40 years, lifeguards in Solana Beach worked for the County of San Diego. When the City of Solana Beach incorporated in 1986, the lifeguards transitioned from the County to the City under the Parks and Recreation Department. In 1995, the lifeguards were placed under the Fire Department as the Marine Safety Department.

The Marine Safety Department employs three full time lifesaving personnel: a Captain, a Lieutenant and a Sergeant. Complimenting the full time staff are 30-35 part time, mainly seasonal, employees. During the summer months there are 10-12 lifeguards on duty during weekdays and 12-14 on duty during weekends, staffing three portable towers at Del Mar Shores, or "Rock Pile", Seascape also known as "Cherry Hill", and at Fletcher Cove, below the headquarters, known as "Pill Box" as noted above. There is also a semi-permanent tower at Tide Park, or "Tabletops". The very successful Junior Lifeguard Program has over 350 participants during the summer. The program is staffed by lifeguards who serve as the Program Director and Assistant Director, senior instructors, instructors and 10-12 assistants. The program works out of a portable tower at the north end of Cherry Hill and is overseen by the Marine Safety Captain. (All portable towers are removed during the off-season and stored at the Del Mar Fairgrounds).

The Marine Safety Department hosts several beach clean-ups during the year as well as the Fiesta Del Sol during the first weekend of June, KOZ Triathlon in early August, the Splash 'n Dash and Beach Blanket Movie Night in late August and the Pro/Am Surfing Contest.

The Department operates three rescue/patrol vehicles, one surf rescue skiff, two PWC's and one ATV and has the capability to perform dive rescues, cliff rescues and river rescues if needed.

The Solana Beach Lifeguard Association is the CSLSA chapter that represents the lifeguards of the town in USLA.

Fall Meeting Summary

By Richard Godino

The CSLSA fall meeting of the Board of Directors was hosted by the California State Lifeguard Association in Morro Bay on October 12 and 13, 2006. The location was great, and many of us enjoyed walking along the waterfront, with its shops and restaurants, after the meeting concluded. As an added bonus, we were treated to a fall thunderstorm in the early morning hours of October 13, complete with lightning, thunder



Lifeguard Exchange presentation from left Chris Graham, Kai Weiser, Doug Leach and Ryan Steele. Photo by Richard Godino

and hail. The storm cleared to a wonderful morning for the committee reports and business portion of the meeting.

In the President's report, Rob McGowan summarized events from the late spring and summer. Notable among these events was the awarding of the Medal of Valor at the Spring USLA meeting to CSLSA Executive Delegate Mike Bartlett of Huntington Beach for a remarkable rescue of three people that he made near the Huntington Pier in 2005. Also discussed was the successful "Big Wednesday"



Junior Guard agency reps with JG Chair Reenie Boyer at left.
Photo by Richard Godino

fundraisers spearheaded by Steve Reuter of Huntington; the Long Beach Lifeguards Centennial Celebration; the various lifeguard and junior lifeguard competitions; and the selection of this year's California / New Zealand Lifeguard Exchange participants.

In the Vice
President's report,
Charlotte Graham also
provided a brief summary that included the
"Lifeguards for

Louisiana" fundraiser event which was a 50 mile, multi-discipline relay from Dana Point to La Jolla to raise money for the Kids Around the World charity. The event was led by Jim Birdsell of the San Diego lifeguards.

Among the other Officer Reports were Recurrent Representative Chris Graham's salary survey; and Past President / Advisor Bob Moore's recognition of Bill Richardson for his work on the Policies and Procedures and his efforts on behalf of completing the Association's 501 (c) 3 application.

Interesting among the Committee Reports was
Certification Committee's Don Rohrer exploring the concept of an additional, and higher, certification for some agencies. The new level would be patterned after one in use by many fire departments, and would possibly be called a "Class One Lifeguard Service". Exchange Chair Chris Graham presented the two applicants chosen for this year's Exchange: Ryan Steele of Cal State Crystal Cove and Doug Leach of Huntington City. He also presented an email from Victor Zavala of the Ensenada volunteer lifeguards inviting some California lifeguards to an appreciation dinner celebrating their successful season on the

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Good Luck



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Fall Meeting Summary ... from page 10



Check presentation for Big Wednesday at Dukes. Steve Reuter, Rob McGowan and Dukes representative. Photo by Mike Bartlett

northwest coast of Baja. Bill Richardson turned the Heroic Acts presentation over to Herb White of Cal State who presented the plaque to Trent Popovich for his rescue of two young girls near the Cayucos Beach Pier in February. Reenie Boyer summarized the Junior Lifeguard activities during the summer, including the four big competitions – the Regionals, Cal State Games, Nationals, and Santa Barbara Fiesta. Lastly, I presented a proposal to the Board for the publication of the CalSurf News in color.

The second day of the meeting was convened at the Museum of Natural History at Morro Bay State Park.

Committee Chairs reported from the previous day's workshops. The revised CSLSA by laws were adopted, bringing them in alignment with those of USLA. Additional items of note: \$1,000 was allocated to the Competition

Committee to help send a competition team to Australia for the Wieland Shield competition; the Newsletter

Committee was allocated \$7,300 for improvements to the Newsletter; a \$5,000 line item was added to the

Membership Committee budget for membership kits; and the Articles of Incorporation were signed by President Rob McGowan and Secretary Mike Beuerlein, finally resolving the Association's 501 (c) 3 status.

After clarifying subsequent meeting dates and locations, the meeting was adjourned in memory of Buzzy Trent and Sean Murphy.

MARK YOUR CALENDARS:

- Spring 2007 Meeting Hosted by LACOLA at Manhattan Beach on April 12 and 13.
- CSLSA Junior Lifeguard Regional Championships Santa Barbara on July 20
- CSLSA Regional Lifeguard Championships Huntington City on July 28
- USLA National Lifeguard Championships Myrtle Beach,
 NC on August 9 11
- Fall 2007 Meeting Newport Beach on October 11 and 12.



Signing Articles of Incorporation. Mike Beuerline and Rob McGowan. Photo by Bob Moore