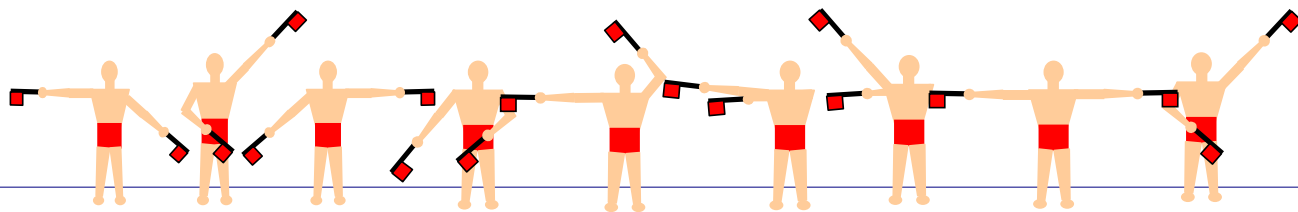


# Ocean City Beach Patrol



Edition 50



Over Seventy-five  
Years of Saving  
Lives.

Maintain Your Role  
in this Fantastic  
Tradition!

## Inside this issue:

Messages from the Captain	1-2
Testing and Recruiting	2
History/Alumni pg 5 and	19-25
Information/Statistics	3
Current Staff News	9
OCBP News	11
Town News	13
Training/Competitions	14
Off Season Activities	18
History/Alumni	19-25
Classified	26
USLA	27

Newsletter

Fall/Winter 2010-11

## Message From the Captain

**The Names have changed but the rescues are the same!**

In the 38 years that I have been a part of the Beach Patrol, many things have changed. The uniform has changed in color and style, the men's trunks have gotten longer (MUCH), we have replaced our steel "torpedo buoy" with a plastic "rescue can", two-way radios now replace the telephone boxes on the beach, and we now have a training academy for our new recruits just to mention a few. However, what hasn't changed at all is the primary purpose for which the Beach Patrol was first established: to rescue swimmers who get into trouble in the ocean. When I started, the "scan" was the primary tool we used to protect the crowd of bathers that ventured into the ocean, and that is still true today. When I saw someone close to danger I used my whistle and flags to direct the person away from trouble. If they were not able to keep themselves out of danger, I would jump down grab my buoy, sprint to the best entry point and swim out to the person using my knowledge of the surf and currents. Once I made contact with the victim I would reassure them and quickly return them to the safety of the beach and return to my stand, prepared to do it all over again. It is still that way for our SRTs today. But most interestingly, it was that way from the beginning days of the patrol, except they didn't use a buoy in the early years (see the article by "Lucky" on Page 3). The point I am trying to make is that the Beach Patrol lifeguards of the past functioned very much like the SRT's in 2010.

However, the Beach Patrol organization of today is very different from its beginnings. The modern Beach Patrol has improved greatly from its beginnings

both in its mission and in its operations. This statement is not an indictment of any previous group of individuals, but rather an appreciation that we have been able to build on all of the foundational work done by those who preceded us. In my perspective, it is much like when NASA put a man on the Moon. That was an incredible accomplishment, but just 66 years earlier the Wright brothers, in a very short flight, actually took the first steps toward walking on the moon. The Beach Patrol of today is just another step in an 80-year series of improvements. Being able to interact with the "Legends of Lifesaving" that took many of those earlier steps gives me a renewed appreciation for the great tradition that has been passed on to those of us who are lucky enough to still be serving this town. It is my desire to honor all of those who have given of themselves to make the Beach Patrol into the professional organization that we have become, by upholding the high standards and tradition of excellence.

The recent reunion gave me an opportunity to re-connect with men and women who I have worked with over the years going all the way back to my first years on the patrol. I was also able to meet many of the "legends" that I had previously only heard stories about. Growing up with the patrol over the past 38 years, I heard many stories from both Captains Craig and Schoepf about some "characters" from a time before me. Guys like "Lucky" Jordan, Bob Wagner,

*(Continued on page 2)*



*(Captains's Message continued from page 1)*

Chuck Austin, Ells Boyd, "Bru" Brubaker, "McGuirk", "Shepanek", "Cap" Forbush, "Big Charlie", Jim Kelly, Ben Proctor, "Cutie" Savage, Tommy Price, Johnny Jarvis, Bobby Jester and many others were talked about as though we should know them by name. Now, thanks to the reunions and events like the Craig swim and the Schoepf relay I have been given the opportunity to get to know many of these "characters" from a time before 1973.

I have truly enjoyed these opportunities and am thankful for the relationships that are being formed between the "legends" and the current patrol. After all, we are only where we are because of where we have been. Thanks to everyone who has served, we are building on a firmly established foundation. The bricks that make up that foundation are the experiences and knowledge of our alumni, and we have a lot to learn from anyone who was a part of the Beach Patrol's evolution. Throughout our lives, we need to take time to listen to the older generations who have already been where we are going.

As I have spent more time in recent years with alumni who I never had the pleasure of working with, I have made several observations. First of all, the stories are still the same. They talk about "chasing" girls, parties (big beach parties), playing sports against each other and the day they surfed the big one. They talk of road trips, the rescue they almost didn't make and yes they tell stories about the Captains (just be nice). Yet, the strongest thread that connects the first Beach Patrol lifeguards to the SRT's of today's Beach Patrol is the significant place we hold in the lives of all those we have saved. It is the feeling of being "Significant" that we experience that embeds that passion about this "job" into our being so much that others notice it and ask, "Why is something you did so many years ago so important to you?" Of course no matter how hard we try we will never be able to get them to fully understand that feeling of significance.

Significance is not just due to the lives we have saved, but is also found in all the lives we impact with every rescue. For the first time in all the reunions I have attended, guards from my era were invited to attend and many did (Thanks to Vic Sprecher who was the driving force behind this year's event for including them). Some I had not seen since guarding next to them 30+ years ago. There were others who I was re-introduced to since I didn't know them when I was a regular guard. Some of those in attendance had a special significance in my life that neither of us was aware of at the time. But, now as I look back I am fully aware of the roll they played in who I am today. Greg Pittman was the first person that I knew away from the patrol that became an OCBP lifeguard (our fathers worked together). Then there was Mark McCleskey who was the Crew Chief on 43<sup>rd</sup> street where I vacationed with my family as a 14 year old. He took the time to talk with me and encouraged me to try out (His son Parker is in the JBP and Mark has re-connected with the patrol). I talked with John Swivel, the Lieutenant who gave me the entire test, one on one, and who recommended me to the Captain. So many others were there, including the guard who trained me as well as my first Crew Chief. These guards were part of my development as both a lifeguard and a man. With this in mind, we need to approach each individual that comes into our lives as though that interaction may

impact both of our lives.

In closing, I want to take this opportunity to publicly say a special "thank you" to Kristin Joston who has been a real asset in keeping the alumni connected with the Beach Patrol and who continues to volunteer her services to the Alumni. I am both thankful and blessed that I have never had to move into the ranks of alumni and that I am still a part of the Beach Patrol on a daily basis. However, I do hope that when I am no longer a current member of the patrol, that whoever takes over will value me just because I was once a part of this family we call the Ocean City Beach Patrol.

## Testing and Recruiting

### Testing and Recruiting

Submitted by: Captain Butch Arbin

Beginning in the early 1980's it became apparent that waiting until May and June of each season to begin recruiting and testing for that summer was no longer going to produce enough personnel to fill all of the positions for each summer. Our first response to this problem was to hold an off-site test during the winter, shortly followed by the addition of late summer testing for the following season. As the needs indicated we eventually held up to 6 off-site tests and at one point were holding 12 tests in Ocean City. In addition to these additional testing opportunities Skip Lee and I developed a long-range recruiting and retention plan to fill all available positions for each season. One of the primary goals of that plan was to have all positions filled prior to the start of our season, and we have continued to make progress toward meeting that goal. Preliminary indications from this past summer's end-of-season testing are that we will not need to conduct any off-site testing for the second year in a row.

The 2010 end-of-season Pre-Employment Physical Skills Evaluations for the upcoming 2011 season attracted 79 candidates, with 48 of those having passed all aspects of the evaluation. Considering that we had fewer candidates test for 2010 positions than for 2011, and that we only hired 40 rookies in 2010, we do not feel the need to hold any additional testing at this time. Once we hear back from SRTs who received an "A" rating in 2010 we will have a more accurate assessment of our staffing needs. If we find that we need additional recruits we can hold the scheduled June testing which still allows those who are successful to enter the final Surf Rescue Academy for the 2011 season.

Therefore, we may have already hired all the SRTs we need. Unfortunately, this means that the dozens of individuals who have already contacted me since the Labor Day weekend test, as well as the 100+ who typically begin contacting us in the late winter and spring with hopes of securing a position as an SRT will not have an opportunity for the up-coming season. This means that you will have to tell your recruits to keep checking our website and to stay in touch for a changing situation. Thanks for all you have done in helping us to realize our recruiting goal.

# Information/Statistics

## Jellyfish Stings

Submitted by: Lt. Wes Smith

“I’ve been stung by a jellyfish!” is a popular phrase in the late summer season in the Mid-Atlantic area, and one that is usually followed by a host of various suggestions. “Get some vinegar; use a cup of urine; put meat tenderizer on it; rub it with sand...” These remedies vary a great deal, from the acetic acid in vinegar, to the alkaline properties of ammonia. Fortunately a recent study explored the efficacy of these common remedies to settle the debate.

First, it seems much of the confusion stems from the type of jellyfish, so it helps to know a little bit about these creatures. Jellyfish are not fish at all; they are a type of gelatinous zooplankton, which tend to bloom in warm, salty water with low oxygen content. The salty water contains more iodine, which promotes the conversion from the polyp stage of the jellyfish lifespan into the mature medusa stage. When mature, the most common jellyfish in the Mid-Atlantic region are sea nettles, which have a bell shape and are a semitransparent color. Sometimes they contain small white dots or stripes that are a burgundy red or brown color. The mature sea nettles have tentacles, which surround their mouth to capture food.

Lifeguards can predict the increased blooming of jellyfish by paying attention to rising water temperatures, days without rain, and sandy-saltier water produced largely by southerly and westerly winds. In contrast, a rainy nor’easter will bring in clear Gulf Stream water, which, despite being warmer, is usually hypotonic and decreases jellyfish concentrations on the surface. Although these generalizations can be helpful, blooming is complex and attributed to the weather and currents, so the predictability is limited. Sea nettle stings are not fatal unless a serious allergic reaction occurs. However the sting can vary in pain from moderate to severe, and lasts usually 20 minutes. These jellyfish can sting even when beached or fractured in pieces. A sting is caused when the tentacles of the sea nettle make contact with a predator or bump into a human. The mechano-trauma causes nematocyst cells in the tentacles to rapidly build up pressure and burst open. Upon bursting they pierce the skin with a lance and inject venom. The venom reaches approximately 1mm below the surface of the skin, and the pain is caused by various chemical and mechanical stimuli affecting sensory nerve endings in the epidermal layer.

In contrast to sea nettles, the most dangerous and potentially deadly jellyfish is the box jellyfish. This type of jellyfish is perhaps entirely restricted to the tropical Indo-Pacific region of the world. The Mid Atlantic region may see less harmful forms of the box jellyfish, but they are rare and distinguishable from the more common sea nettles. Box jellyfish have a more developed nervous system, with a neural ring around the bell. They also contain true eyes complete with cornea, lens and retina structures. In Australia, box jellyfish usually appear between October and May and are most concentrated in flat-water conditions with light onshore breezes. In Hawaii they increase about one

week after a full moon when they enter shallower water to spawn.

Although the box jellyfish should not be a concern for Mid Atlantic beach patrons, the treatment of box jellyfish may be the source of confusion. The box jellyfish sting requires dousing the area with vinegar and removing the nematocysts with a gloved hand, and the victim is then transported to the nearest medical facility. When box jellyfish are common in Australia and Hawaii, beaches are sometimes closed and vinegar is kept by the lifeguards in preparation for sting victims. People who have witnessed this or are aware of Australian box jellyfish treatments, may assume vinegar is effective for all stings; but this is not the case.

A July, 2010 study wanted to investigate the efficacy of various treatments for other jellyfish stings such as sea nettles. In response to a sting, they tested a wide array of popular treatments on human skin. They compared pain scores and levels of irritation among various conventional treatments, such as acetic acid (vinegar), meat tenderizer, sodium bicarbonate (baking soda), ammonia, urea, and ethanol. They also compared the effects of the anesthetic lidocaine. Lidocaine works by blocking sodium channels used by sensory neurons to fire and send pain signals to the brain. Without sodium permeability, pain signals fail to reach the higher brain centers. Lidocaine can be found in anesthetic creams, oral gel and some aloe gels. BENZOCAINE also blocks pain signals and is the active ingredient in the “Sting Kill” swabs that are issued by the Beach patrol.

The researchers found that the traditional chemicals used to treat jellyfish stings resulted in an increased nematocyst discharge and, in most cases, exacerbated the sting. None of the traditional treatments resulted in improvement. However, the lidocaine DID significantly lessen the pain due to the anesthetic effects that reach 5mm below the surface of the skin. Interestingly, the greatest effects may have been due to a direct action on the nematocysts, where the lidocaine appeared to inhibit the ion channel permeability required to discharge the venom.

The problems associated with the traditional treatments of jellyfish stings (such as vinegar) has lead to alternative, more conservative recommendations such as using water to clean the area and just waiting until the pain subsides. It turns out that fresh water, being hypotonic, also increases the release of nematocyst venom and worsens the sting. Rubbing sand on the wound would also promote more pain and irritation. However, there is some evidence to suggest that the sharp edge of a credit card, or shaving the effected area can gently remove the nematocysts without worsening the sting. When considering the recent research and the type of sting common in the Mid-Atlantic region, it appears prudent for lifeguards to follow the steps summarized below:

Educate patrons about the increased risk of jellyfish stings when the water is warm and salty, like in August after several days without rain, especially during southwesterly wind conditions.

In a stung patron rule out an anaphylactic reaction by checking for a systemic (rather than localized) response to the sting and

*(Continued on page 6)*

## “Welcome” to the Rookie Class of 2011

Submitted by: Captain Butch Arbin

I want to again welcome you into the Beach Patrol family and I hope that this is just the beginning of a lifetime of wonderful Ocean City memories. Although you have taken the first and most important step toward a career with the Ocean City Beach Patrol when you successfully completed the pre-employment physical skills test, this is the beginning of the adventure and not the end. Passing the “test” is an accomplishment to be proud of, but now the real work begins for both you and the Patrol.

Although official offers of appointment to Surf Rescue Academy will not be sent until spring 2011, after you have confirmed your availability and submitted official documentation, your responsibility is to be fully prepared and ready for the rigors of academy. As long as your availability is until at least Labor Day, Monday, September 5, 2011 you will be given a slot in a Surf Rescue Academy. However, several appointments will be given to others based on performance, past connection with the Patrol and later availability if you are planning to leave prior to Labor day.

We have the responsibility of turning you into a Surf Rescue Technician and you have the responsibility of arriving in the spring ready to take on the challenges of Surf Rescue Academy. We will provide you with the most comprehensive open water surf rescue training being taught by the best instructors available anywhere. To be successful you must prepare both personally and physically. To prepare physically you must continue to work on maintaining and improving your physical conditioning and specific skills. Although we talked about where you needed to improve during your final interview, you should take time to look at our training web resources [www.ococean.com/ocbp](http://www.ococean.com/ocbp) and contact Lieutenant Wes Smith Phd, [wes@miami.edu](mailto:wes@miami.edu) our Director of Training and a professor of Exercise Physiology at the University of Miami. To prepare personally you need to finalize all of your living arrangements as soon as possible. You may contact current members of the Patrol through Facebook or e-mail me [ocbp@ococean.com](mailto:ocbp@ococean.com) and I will put you in contact with resources to find housing which includes available employee housing. Just remember... this is the beginning of the greatest adventure of your life.

---

Pictures of last year's Rookie Graduation on the right. It a great event for spectators. This year's rookie graduation is July 7th 7:30 am. Spectators can see a lot of action with live demonstrations of all skills including working with the Coast Guard.

### OCBPSRA CERTIFICATION 2011: Rookie

**Graduation:** *Instructors*—Required for Advanced Certification-Middle Inlet-0700hrs

**Rookie Graduation:** *Participants*—Required for ALL Rookies—Middle Inlet—0730hrs—**Mandatory!!!**



## Evaluation as a Tool to Strengthen an Organization

Submitted by: Captain Butch Arbin



I believe that the most important assets of superior and healthy organization are their employees. Therefore, the most important function of any organization should be the ongoing development of its personnel. In keeping with this belief, we use supervision and ongoing formative evaluation to monitor the progress of our people. Formative evaluation is used to inform and to provide feedback and action steps to become a more effective employee, and to assist the employee with advancing within the organization.

However, once our season has ended and after all formative evaluations have been completed, a summative evaluation is compiled. This is, as the name implies, a summary of the employee's performance over the time of employment for the current season. It pulls together all available information, including all evaluations, employee incident reports, employee commendations, starting and ending dates, time off and reliability data. Once all pertinent information about each employee has been assembled a review panel made up of all the current Sergeants (this year all 11 met on November 6 in OC) reviews individual employee performance and, as a group, recommends a future status for this employee. This year the review panel was provided with some additional information about OCBPSRA training and certifications and they were asked to indicate if an eligible employee should be considered for a training position as an Assistant Crew Chief or, if qualified, (OCBPSRA Advanced) should be considered for promotion to Crew Chief. The lieutenants review all sergeant recommendations and a final recommendation is forwarded to the Captain. The final disposition of each employee's status for future em-

ployment and promotion within the Beach Patrol organization rests firmly with the Captain. All employees who are determined to be re-employable will receive an official letter of invitation for re-employment from the Captain shortly after April 1<sup>st</sup> along with the spring edition of the *Semaphore Newsletter*. Prior to the official hard copy of a job offer I will be sending a preliminary E-mail early in the New Year, with specific instructions to be returned so that we can begin planning. Because of the quality of the individuals we recruit, 95% of our employees who completed the previous season will be eligible to return for future seasons.

However, if you do not receive notice that you are being recommended for re-hire, it remains solely your responsibility to contact Captain Arbin ASAP. Although, I know everyone works hard to get the Beach Patrol job, it is even more important to perform in a manner that shows you want to keep your position. What may seem to be minor infractions, such as missing a meeting, being 3 minutes late from a lunch break, not shaving or forgetting equipment, have resulted in some of our best SRTs not getting their positions back.

At a time when individual accountability seems a rare trait and employee performance is not held to a high standard, I can assure you that your job and the service you provide are far too important to allow any less than a stellar employee to compromise our mission. This is why the Beach Patrol takes the evaluation process so serious and strives for greatness as an organization by holding every employee to the highest standards of the Beach Patrol and the Town of Ocean City.

**Note:** Remember to keep the Beach Patrol informed of any changes in your address, both E-Mail and Post Office. It would be unfortunate to have your position given to someone else because we did not know you were planning to return!

## History/Alumni

### THE WAY IT WAS FOR ME!

submitted by: J. T. "Lucky" Jordan

My first year on the Ocean City Maryland Beach Patrol was June of 1945. I hitchhiked from Washington D.C. to the Annapolis, Maryland Ferry and caught a ride on a tractor-trailer from the east side of the Ferry to Ocean City. I was hired by Bill Pacy who wasn't but a few months older than I was at sixteen years of age.

We gathered in front of the United States Coast Guard Station at Caroline Street every morning at 9:00 AM for briefing and beach assignments. One of the pictures posted on the bulletin board in front of the museum down at the inlet shows our group sitting on and around a bench in front of the CG station. Sammy Hill is sitting on the boardwalk with his dog facing the camera. Sam, like a lot of the other OCBP members that I knew is no longer with us. At that time the CG station also had an observation tower out in front on the beach a few feet from the boardwalk that Pacy used as his office. It had a ladder that went up from underneath at sand level to inside the tower.

The original creosoted wood frame jetties that were installed to fight beach erosion were still exposed along a good portion of the developed beach. Keeping bathers and swimmers away from the jetties was one of the primary responsibilities of the guards as the bolt ends and the barnacles that grew on the wood

were very sharp and cut easily to the touch. Also, eddy currents developed at the end of the jetties and created a deep hole that swimmers were sucked into when they got too close. The north end of the developed beach was not as wide as the south end and ended at 14th Street where the all-wood boardwalk also ended at a height you could crawl under. Beyond that point was nothing but dunes and sawgrass all the way to Fenwick Island. Beyond Fenwick about halfway to the Delaware line was a military installation that monitored the coastline for enemy encroachment during the war.

The south end of the boardwalk area was much like it is today with the exception of the inlet development. The two biggest exceptions are the huge parking lot and the Ocean City Life Station Museum which was the operational Coast Guard Station at Caroline Street for all the summers I spent there. The south end of the boardwalk overlooked the inlet and there was no room for a road from the bay side to the ocean side. I know because I dove into the inlet many times from the boardwalk to swim across to the other side. We used to have a ball trying to ride the ponies that still run wild on the south side. It was a good thing the sand was soft and we were in good physical condition.

The majority of hotel row began north of Division Street with the exception of the Atlantic Hotel and the Maryland Inn with family type cottages interspersed among the hotels. Ninth Street was the other entertainment area with an auction pavilion, The Beach Club and Jacksons nightclub. A couple of sophisticated lounges with a trio or pianist were located in between Division and 9th

(Continued on page 13)

*(Jellyfish Stings continued from page 3)*

looking for other signs that appear to be greater than normal skin irritation associated with common stings.

To treat a sting, use gloves and gently wipe the affected area with a "Sting Kill" swab. You may also have your victim apply a generous coat of aloe gel or oral gel containing lidocaine anesthetic.

Optional: the person can be advised to shave the affected area or use a credit card to remove the nematocysts more quickly and reapply the lidocaine-containing gel to the affected area if needed. However, due to the effectiveness of the lidocaine this may not be necessary.

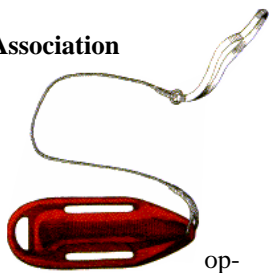
1 L.M. Birsa et al. / Comparative Biochemistry and Physiology, Part C 151 (2010) 426–430

2 Thomas C, Scott S. All stings considered: first aid and medical treatment of Hawai'i's marine injuries. Honolulu: University of Hawai'i Press, 1997:1–233.

### Ocean City Beach Patrol Surf Rescue Association

Submitted by: Captain Butch Arbin

This past summer was the most successful year for high numbers of participants in the various components of the OCBPSRA. One factor that contributed to this success was the additional opportunities to complete a certification requirement. Not only did we hold each certification twice but we held one in the morning and the second in the evening as well as one in the north and one in the south. This was only possible with the dedication of the OCBPSRA instructors who were responsible to facilitate these certifications. In the past these instructors were OCBP officers, usually Sergeants. Beginning with 2011, I will have other OCBPSRA Instructors (usually Crew Chiefs) who wish to become involved scheduled to assist with certifications. The certifications that are obtained through completion of the OCBPSRA requirements are required to accept a training position or promotion. All training, practice and skill demonstrations are done during an SRT's scheduled time off. Additionally it is your responsibility to notify the Beach Patrol of any requirements that you complete that are not sponsored by the Beach Patrol (Boating Safety, EMT, ARC lifeguard, Instructor certificates, etc) and give the secretary a copy of your proof of certification. Although we have made a concerted effort to research each person's OCBPSRA history, including past certifications for those with a break in service and an update in days, it is your responsibility to check your training record for accuracy and let Captain Arbin know if you feel that your OCBPSRA records are not reflective of what items you have completed. If you have not already received a copy of your certification record by email you should be receiving it soon. Rather than having you return it like we have done in the past you will simply click on the link and reply in Google Docs, letting us know if it is accurate, or if not, what you believe is incorrect. One change that has taken place for SRTs starting after the 2009 season is the calculation of days for the various



levels of certification. The days that are calculated for the 100, 200 and 300 required days worked do not include any days on probation. This is an important change that will give us a more qualified candidate pool, since under the old system a person could have 97 days on probation (which is an indication of some weakness) and then after working only 3 additional days would receive their OCBPSRA Basic certification and be eligible for a training position as an Assistant Crew Chief.

### Following is a list of SRTs who have OCBPSRA Basic or Advanced certification.

OCBPSRA Basic – Eligible for ACC	OCBPSRA Advanced – Eligible for CC
Luce Bedard	Laura Allen
Joya Canfield	Amiee Bachman
Christopher Cornwell	Michael Bangert
Tradd Cummings	Emily Bock
Richard Devine	Brian Cardile
Harrison Fisher	Christian Castaneda
Chad Ford	Jesse Crone
Robert Forristal	James Doukas
Robert Fox	Gregory Evanoff
Daniel Friend	Thomas Everett
Ryan Grantham	Judson Fox Jr.
Jenelle Irwin	Philip Fraley
Chris Johnson	Nick Gerthoffer
Brian Joiner	William Hammond
James Kleman	Kevin Johnson
Patrick McElvaney	Dillon Levy
Samantha McElvaney	Kalani Linnell
Christopher McGervey	Jason Lippman
Kelly McGrath	Nicholas McClab
Meghan McIntyre	John B Miller
Christopher Meeker	Jason Mohring
Chad Miller	Thomas Moyer
David Miller	Shane Neumann
Zachary Mitchell	Daniel Pogonowski
Sean Nugent	Steven Reddick
Emmanuelle Ouellet	Damien Sanzotti
Maxwell Posner	Shawn Seibert
Jacob Ritter	Arthur Smith
Caitlyn Rosenberger	Sean Snee
Nicholas Sakell	William Spencer
Edward Schonk	Aaron Steely
Lance Sincavage	Elizabeth Vander Clute
Colby Smith	
Charles Swartz	
Michael Traum	
Jonathan Wallender	
William Wilkinson, Jr.	
Brooke Witherow	
Mitchell Witherow	

## OCBP-SRA STORE

Submitted by: Lt. Mike Stone

Lt. Stone has a new OCBP sweatshirt available for purchase. The grey sweats that had been available came with a full color OCBP logo on the back of the sweatshirt and nothing on the front. The new sweatshirts come with the letters "OCBP" on the front left chest in navy. The sweatpants still have the full color OCBP logo on the front left hip.

The sweats were a big hit at the Alumni Reunion as the "Old Guys" and their wives were happy to take that trip down memory lane. They loved putting those uniform style sweats on and reminiscing! There was even one vet there who had his blue OCBP swim-suit on (circa 1970), a white/navy ringer t-shirt, a red & white Weingard Lifeguard Lanyard with a red fox 40, and a full grey sweat suit! Talk about proud. I think it makes you feel like you did when you first put that uniform on and were so proud to have accomplished becoming a member of the Ocean City Beach Patrol.

See Lt. Stone when you make it back to OC in the spring if you are interested in picking one up!



**Don't forget the other great items that you can purchase through OCBPSRA. Contact Lt. Mike Stone if you need anything.**

## Statistics Update

Submitted by: Captain Butch Arbin

For the second summer our statistics were collected using a Web 2.0 application called Google Docs. Crew Chiefs and Assistant Crew Chiefs were able to enter their crew's data online and many did so daily at their respective beach houses, which was probably more effective than the paper method. However, since Google Docs is web based it was also convenient to enter the data at a time and place of each crew's choosing.

Although the end of August saw a tremendous amount of media coverage due to the unusually high amount of hurricane activity and the resulting rip currents which caused a great deal of attention to be focused on a few busy weekends. Our Stats for serious medical emergencies, surf rescues and most other categories were down for the third year in a row. I believe that although the extremely dry (July 10th was our only rain day), hot summer (Memorial Day Monday saw temperatures

over 90) had some impact on these statistics, that our increased focus over the past several years on the education and prevention aspects of our mission was the critical factor.

If you would like to take a close look at our statistics for 2010 and how they compare to recent years, you may visit our web site and follow the link to weekly bulletins where Secretary Malone does an outstanding job of reporting the week's statistics, as well as, the year to date statistics. Go to: [http://oceancitymd.gov/Recreation\\_and\\_Parks/Beach\\_Patrol/bulletins.html](http://oceancitymd.gov/Recreation_and_Parks/Beach_Patrol/bulletins.html)

The final statistics for the 2010 season which began on Saturday, May 29<sup>th</sup> and lasted 121 days ending on Sunday, September 26, 2010 were:

3,211	Surf Rescues
233	EMS calls
596	Reunited missing persons
500+	Beach Wheelchair uses
2,000+	Minor First Aids

I would also like to thank all personnel involved with the collection of our statistics as it is very important to our mission and operations, and helps validate what we do every day.

---

## From Semaphore to WEB 2.0

Submitted by: Captain Butch Arbin

When semaphore was first introduced on the beaches of Ocean City in the 1950's it changed the way the lifeguards communicated among themselves. No less impacting on the Beach Patrol operation has been the internet, e-mail, web 2.0 and social networking. Although, as a society we have found many miss-uses of these tools, they have been used effectively to make the Beach Patrol more efficient and to improve the accuracy of the information we receive. Web 2.0 applications such as Google Docs are being used to gather information from employees about availability and to allow new recruits to register for a test. When candidates arrive at the testing site their release has been legibly pre-printed. These tools are also used to report statistical information, and most recently, to verify the accuracy of your OCBPSRA certifications. In recent years we have utilized the Beach Patrol web site to distribute all of your employee forms that were previously sent by US Mail. This past summer we added additional forms to the site. If you needed a special request day off or other form, not only could you access the form online, but you were able type in all of your information, save and print. Having forms completed on the computer increases accuracy since they are easier to read than handwritten forms.

Of all of the technologies that I have mentioned, I consider e-mail the most beneficial to a seasonal operation like ours, were our people are literally spread around the world in the off season. There are fewer and fewer places on the planet where you are in-accessible, which makes keeping you updated far easier than it was just a few years ago. This is just one more reason why you need to maintain a working email address and to let the Beach Patrol know if you change it.

## The Professional -- with a Facebook

Submitted by Crew Chief Davis

So... let us say you have a bad day at work or school. When you get home, you visit Facebook, read the news feed, then post how much you hate your ( job / boss / professor, etc ). You just use Facebook for keeping in touch with friends, so it's not a big deal -- or is it?

Facebook, and other social networking sites, have a much greater penetration into society today than they did only five years ago. Today nearly 40% of the people in the US have a Facebook page. That means that today, Facebook is used by more than just your friends, it is also used by your professors, your current bosses, and your potential employers. What used to be a seemingly innocent way of expressing some frustration is now a very public, very visible, easily shareable expression. I could write directions on how to make wall posts limited to friends only, limit peoples' ability to tag you in pictures, etc. But in truth, privacy on Facebook is a constantly evolving thing. What works today might not work tomorrow. Further, many people now accept professional friends onto their friend list. In many cases, people can surf into your page through a mutual friend. What might they find when they get there?

So now, before you post a picture or a wall post, you really need to consider how it could affect your future. College admissions offices are either actively viewing prospective student pages, or having current students 'friend' you to decide if you are material for that school<sup>1</sup>. Professional sports teams are firing staff who bad mouth the team publicly on social media<sup>2</sup>. As a teacher, I have to assume that my students, parents, school administration, and the general public will see what I post on Facebook. It really is no longer a private joke among your friends. It is something public that can be captured and do real damage. Nor can I rely on privacy tools to keep something private. There is no guarantee it will stay that way. A friend could share it out, and make it visible to the whole world. Could you be terminated from a job for posts that don't reflect well on your employer? It happens. The legality of these terminations is currently in litigation<sup>3</sup>. As a teacher, I have signed an agreement that includes a 'conduct unbecoming' phrase. It would be very easy to construe Facebook posts in poor taste to be 'conduct unbecoming a teacher'.

So what is the morale of all this? That picture of you blacked out at a party, your medical school admissions committee might not approve of it. That comment about how much you hate waking up and going to work, might not impress a hiring committee. It might also aggravate your current boss, and make them examine your work more carefully. So, don't put yourself into these situations from the beginning. Post pictures and comments that give people a positive image of you. Encourage your friends to do the same. Assume that anything you post will be visible to everyone in the world.

1. Heckinger, John. "College Applicants, Beware: Your Facebook Page Is Showing". The Wall Street Journal 18 Sept 2008. < <http://online.wsj.com/article/SB122170459104151023.html#ixzz151yGKVAY> >

2. Stamm, Dan. "Report: Eagles Fire Employee Over Facebook Vent". NBC Philadelphia 10 Mar 2009 < <http://www.nbcphiladelphia.com/news/sports/Report-Eagles-Fire-Employee-Over-Facebook-Vent.html> >

3. Hananel, Sam. "Feds: Woman Illegally fire over Facebook remarks". KATU.com. 9 NOV 2010 < <http://www.katu.com/news/national/106986493.html> >

**Captain's Note:** I have often spoken to Beach Patrol employees in many different venues about not letting a decision that you make today affect you for the rest of your life. For most 18 – 21 year olds it is hard to see very far into your future, but 10 years later when you have settled down and are pursuing a career, your past may suddenly become current. This past weekend while working in my office at OCBP Headquarters a federal investigator who had a signed release allowing him to review an employees record visited me. This employee had only worked 2 seasons about 10 years ago. The employee had a good rookie year with no incidents (this pleased the investigator), however, when I turned the page and looked at year 2, the record told a different story and indicated that this employee was not invited to return. This situation is repeated several times every year but is based on employee performance and well documented. In contrast the growth of Web 2.0 apps and Social networking media is less controlled and less professional which can lead to erroneous or detrimental information being circulated without your knowledge or consent. Therefore, do yourself a favor and only post information that you fully intend to be viewed by everyone you know and remain on the internet for the rest of your life. As an organization the Beach Patrol is also susceptible to being exploited by the Social Media and various video posting sites so do not let yourself become the subject of a post that tries to make the Patrol look bad.



CC Davis avidly trains at Cross-fit Ocean City. He is on a daily workout. There is a guard on his stand covering while he does the workout.

# Current Staff News

## Beach Patrol Family Reaches Out

Submitted by: Sgt. Marc Bouloucon

As members of the Ocean City Beach Patrol, we are regularly confronted with life changing events. More often than not, we are there to act as a source of physical and emotional strength for the people with whom we come in contact. As I look back on my career with the Beach Patrol, I know of lives that I have touched and impacted for the better and that has been a source of motivation for me to continue to return year after year. The relationships that grow through our years on the patrol make us the people we are and one such relationship is in need of our help.

Those of you who have been on Beach Patrol for a while and have had the opportunity to sit in Crew 8 and Crew 9 have more than likely had the chance to meet Bob and Joan Holthaus. They have been fixtures on the beach at 50.5 for as long as I've been a Sergeant. I'm sure everyone in that area has stopped by at one time or another to enjoy some snacks and a quick, lively conversation about the day's events, World War II and skeet shooting. They have always been more than willing to share their food, water and on those really hot days, a little reprieve from the heat under their umbrella. There have also been those who have received medical advice, a quick examination and the very-hard-to-get prescription to help us through our various maladies.

Roughly three years ago, Bob was diagnosed with brain and lung cancer. Cancer not only affects the lives of the person diagnosed, but the entire family as well. When we, on Beach Patrol, first learned of his diagnosis, there was immediate concern and an outpouring of offers to help the Holthaus family. We inundated him with cards and well wishes that were proudly displayed around his home and his spirits were lifted to help him through his initial rounds of radiation and chemotherapy. In the past few weeks, Bob has encountered further setbacks with his treatment and needs another dose of Beach Patrol support. I am asking anyone who has come to know the Holthaus family to take 5 minutes and drop a card or note in the mail for Bob. There are very few of us who have not been touched by cancer and I think we can all agree that the smallest and simplest gestures go a long way in helping ease the difficulties of dealing with such a debilitating disease.

Please send cards and notes to:

Dr. Robert Holthaus  
4109 Ravenhurst Circle  
Glenarm, MD 21057  
Thank you.

**Captain's Note:** We always talk about being a family and this is just another example when we need to come together. The Holthaus family first became involved with the Patrol when their daughter Molly was hired as an SBF and further galvanized the Beach Patrol connection when Molly married one of our own Crew Chiefs, Steve Carter, known by most as just "Carter". The Carter's have also given the Holthaus' a grandchild which just shows how great an impact the Patrol can have on its extended family. Although Molly may have been the beginning of the relationship between the patrol and Bob and Joan, the relationship has outlasted Molly or Steve's active time. Because of their continued support of

the Patrol, Bob and Joan have been the guests of Mike Stone (OCBPSRA) for the past several years at our annual OCBP awards banquet. My prayers continue to go out to Bob, Joan and the entire family.



## OCBP Fantasy Football

Submitted by: Lt. Mike Stone

There is a small group of mostly Beach Patrol members involved in a fantasy football pick-em each week. Unit 3 happens to be a big football fan and has created an OCBP group for the Peter King Challenge at Sports Illustrated.com. This is the third year he has done the group and all you have to do is register, enter the group name (ocbp), and wait for him to accept new members. As of last Monday, November 8th, there had been nine weeks of NFL games. Some notable names on the leader-board include Ryan Cowder in first place with 82 wins, Skip Lee in second place with 74 wins, and Mike Stone in third place with 68 wins. Ryan has been crushing the competition and went 11-1 for week 9 and that was without the result of the Monday night game! There are still many more weeks to go and it is not too late to join. It is a lot of fun and there is no limit to the number of people who can join. I am surprised that Jeff Brabitz and Mat Postell have not joined since they are big football fanatics. We are looking for some SERIOUS football fans, and ladies are also

welcome to join! Secretary Tyler was one of last seasons' rising stars! My condolences to all of the Dallas Cowboy fans out there!! Just go to the website listed below and sign up.

<https://sifantasy.secondthought.com/pkchallenge/index.jsp>

## Every American's Civic Responsibility

Submitted by: Sgt. Jamie Falcon

**Captain's Note:** This article is included, not as an endorsement of any political party or particular candidate, but rather to highlight one of our own people who is taking a stand for what he believes in, and is taking action. It is a responsibility of every American to become involved in making decisions about the future of our country. That is what, I am proud to say, Jamie is doing. At a time when many Americans do not stand for anything, Jamie is giving his time and talents to try and make a difference. Although not everybody will get as involved in the political process as Jamie is, it is my hope is that each of you will exercise your right and responsibility by registering to vote, by familiarizing yourself with the issues and the candidates, and then voting. When Jamie is not assisting candidates in the election process, or being a husband and father, or patrolling the beaches of Ocean City, he is an Economics instructor at both University of Maryland Baltimore County and Anne Arundel Community College.

Another political season has just passed. During the summer of 2006, I expressed my intention to reduce my role with the USLA chapter to get involved with a potential presidential campaign. Through 2007, I significantly reduced my involvement with our chapter. In the fall of 2007, I was asked to be an Alternate Delegate to the 2008 Republican National Convention for John McCain should he and I win in the primary. He did win and somehow I received more votes than any other Republican Alternate or Delegate in the state. Consequentially, I was appointed the statewide Volunteer Director for the McCain Campaign during the primary and the general election. I went to South Carolina and Delaware with another Ocean City Beach Patrol SRT and made phone calls and attended several rallies during that primary. I also went on several trips for various events in Virginia through that year. During 2008, I developed a state website with what still remains an innovative technique for collecting and disseminating supporter information. This site and technique was adopted by some of the other states including California.

In November 2008, I submitted an even longer version of this timeline to our newsletter and explained that the things I had done through that experience were almost identical to the things I had done as a Crew Chief on the Beach Patrol and President of our USLA chapter. The information collection and dissemination was based on what we had done to track alumni and members of the chapter, participants in the Craig Swim and Mitch Maiorana Run Swim Run. Finding volunteers to attend events was just like finding volunteers to paddle for one of our events, or convincing our athletes to go to regionals or nationals. The biggest difference I could see was that most of the time that I was doing those things for John McCain, I was wearing shoes and a shirt. On the beach, that was rarely the case.

Through 2007 and 2008, I had also developed a friend-

ship with one of my state representatives. In 2007, I emailed him as a constituent and, unlike my other representatives, he responded. I began doing some research for him and provided economic advice as needed. He was unaware of my involvement in anything political until the summer of 2008. In 2009, he asked me to be his Campaign Manager. I gladly accepted.

The Tuesday before this was written, we came in first in a six-way race. We received more votes than the Speaker of the House, one my representatives who had not responded to my email, and one of our running mates was able to oust a five term incumbent. We were also able to fend off a nationally connected challenger who had a popular former United States President campaigning for him.

Just as it was in 2008, the things I did in this campaign were just like the things I have been doing for the Town of Ocean City (not rescues, or CPR; I mean the organizational things). Just as it was in 2008, other members of the Beach Patrol jumped in to help.

Each season, some of our Crew Chiefs find sponsors for their crews for crew comps. They order shirts, hats, etc. They work with local businesses to build these sponsorships and get these tasks done on a deadline. Our people running the USLA chapter organize events and sponsorships and volunteers pitch in to get tasks done. On the job, our Crew Chiefs and Sergeants endeavor to get the best results from a group of people composed of very different personalities with very different motivations. The things people are doing in politics is really, truly, very much the same. From day to day, it is about following through with the things you say you are going to do, getting tasks done under a deadline, and finding ways to exceed people's expectations.

The skills we develop in our role of "ambassadors of the city" translate to other fields of public service more broadly than people realize. We have numerous alumni in the SEALS, FBI, US Marshals, Secret Service, State Department, state and local police departments, medicine and nursing, fire and EMS. On Tuesday, one of our former Crew Chiefs, Matt Macerello (R), was elected Wicomico County State's Attorney, and another OCBP alum, Dutch Ruppensberger (D) was reelected to a fifth term as US Congressman representing Maryland's Second District. In reading the biographies of Ronald Reagan, the reader will discover that in addition to winning the Cold War, 77 of Reagan's proudest accomplishments were his rescues as an open water lifeguard.



Jamie Falcon, Bob Ehrlich and Steve Reddick

# OCBP NEWS

## Fall Equipment

Submitted by Sgt. Colby Kauffman

We had a great shutdown this fall. For those of you that have helped me in the past, you know what a lengthy process it is to get everything ready for next year. After all the clothes are separated and turned into laundry we inventory EVERYTHING...even down to the last band-aid! Once the laundry is finished, it is inspected to see if it can be used the following summer and then put away. Once I have all my numbers, I actually start getting quotes on things for the following summer. As of now we have been approved for 48 new first aid kits and 48 new equipment bags. This allows me to take out the stuff that is on it's last leg and replace it with the new items. I am still hoping to get new windbreakers for 2011.

I want to thank everyone who came out for our 1<sup>st</sup> Annual Bowling Tournament! Over 30 Beach Patrol guards showed up for an extremely fun night with a lot of laughs!! Looking forward to doing it again next year.

As for myself, I am still dispatching for the OC police department part-time but I do plan on returning to Beach Patrol for the summer of 2011.

I wish you all a safe and healthy winter.

## PT-SRT Article

Submitted by: Lt. Mike Stone

Lt. Stone wanted to thank all of the part-time SRTs who worked this past summer. We had 11 part timers in 2010 compared to the normal 15 – 20 from summers past. They were a big help covering for veteran recertification, days off for competition coverage, injured/sick SRTs, special duty, and late season availability.

There has definitely been a change over the past two summers in the number of part time positions offered though. We have had to be careful with the number of personnel hired and have used availability to evaluate all PT applicants. With such a high number of returning full time personnel we have not been able to use part time personnel early in the summer. This makes it hard for a part timer to get in enough days to even be considered for a part time position.

A person applying for a part time position must first be a returning guard in good standing. They should have been A-rated, passed semaphore, and be off probation. If they meet those basic criteria, they then must commit, in advance, to a minimum of 15 or more days after August 15<sup>th</sup>. Unless someone works every weekend from mid August through the end of September, 15 days is a tough number to reach. Some of the part-time personnel will take vacation time or work three or four day weekends to get their days in. We use August 15<sup>th</sup> as a cut off date for part time work because that is when we start to see an increase in full time personnel returning to school. What that does is give us personnel later in the season when we need them the most.



If you are unable to return to the Beach Patrol in a full time capacity then you may find yourself applying for one of those part time positions. Just remember that we are looking for at least 15 days after August 15<sup>th</sup> and the higher the number of days, the better chance of being offered a position. Another point to consider is that you are working days that you have committed to in advance. That means if you tell Lt. Stone you will be down to work then you will be on the schedule! In other words, you are expected to follow through with your commitment. It would be nice if every SRT could come back and work full time but that is highly unlikely. Remember to let Lt. Stone know if you are interested in one of those part time positions.

**Captain's Note:** Making the sacrifice to commit to a Part-time position is a great way to keep yourself current and not loose the seniority that you have accumulated over your career with the Beach Patrol. Many people who you know had to work part-time some years in order to pursue other obligations. Once they became available again, they were able to resume a full-time schedule (Tim Uebel, Jamie Falcon, Ward Kovacs, Colby Kauffman, Wes Smith). Others have served us for many years in a part-time capacity just to keep the connection with the greatest job in the world (Mike Bangert – Lives in Boston – PT since 1999, Kevin Reed – PA State Trouper – PT since 1999). Just remember, before you hang up your whistle and walk away from the patrol, a part-time position might serve as a viable transition.

## Junior Beach Patrol

Submitted by: Lt. Ward Kovacs

Our Junior Beach Patrol has benefited and grown through the years by having dedicated day leaders, instructors and coordinators. 2010 was no different as we continued to look for new and better ways of doing things. Ally and Jeff, after years of coordinating a great program, turned the reigns over to Joya Canfield as the coordinator for this past summer. Joya had to get up to speed in a hurry, and did a good job of it. We also had to replace two day leaders in 2010, but Laura Allen stepped up to lead what might be the toughest day, Day 1. Crew Chief Clouser stepped in to take the other day leader's spot and had to coordinate the day when JBP members do a lot of moving around from place to place. CC Konyar continued his run as the "rips, rocks and rescues" day leader, and James "Big Perm" McVey returned to handle the "Beast of the East" and the rest of our competition/graduation day. After watching the waiting lists for the JBP program grow over the past few years with children who are not able to register because of the 30-member limit, we decided last winter to add afternoon sessions. Two years ago we toyed with the idea of allowing up to 35 members per week, having already expanded from the original 25, but 35 proved to be too big a group to safely monitor. We looked at weeks where we historically had the largest waiting lists, and found that weeks 4 and 5 out of the six-week long schedule

*(Continued on page 12)*

(Continued from page 11)

where the weeks that had enough wait-listed children to run a second session without losing money. It was a lot of work, and 2 weeks of long days, but we ran 8 very successful sessions of JBP this year.

Each of our morning sessions was filled early with 29, 27, 30, 30, 30 and 30 members registered. This was the highest total in the 12-year history of the Junior Beach Patrol. Our new afternoon sessions brought 16 the first week, and 12 the second. We also had a one-day session with 6 children for a grand total of 210 JBP members for 2010. By next year the JBP might outnumber the Beach Patrol for the first time. I hope that many of you will sign up to be JBP instructors next summer so that you can help us to make the program better every year.

Our JBP team also did very well at the Rehoboth Junior Beach Patrol Olympics this year. If they had calculated team totals for the age group that we brought, we would have won the event. We had several 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in individual and team events. In another few years, they will be ready to be turned over to Sgt. Cawthern in order to be finely tuned for the USLA team.

**Captain's Note:** The JBP continues to be an amazing program for all involved, both the participants and the instructors. But the greatest indication of the overall quality the Junior Beach Patrol is the connection of the participants to the Beach Patrol. Many of participants are children of either past Beach Patrol employees or Town of Ocean City employees. Having parents who feel so strongly that they want to have their children involved with Beach Patrol programs is the greatest compliment that we could ever receive.

### Bobby the Buoy in the Works

Submitted by: Kristin Joson

The Beach Patrol works closely with many other city departments throughout the year. I asked Mike Levy and Jessica Waters from the Police Department if there was anything in particular that they wanted to highlight about how we work with the Police Department. Mike reported the actual number of incidents that OCBP and OCPD worked together on this past summer. The OCBP and OCPD worked together approximately 141 times, which covers quite an array of incidents; missing persons (parents/children), disorderly persons, alcohol/

beach violations, beach/water safety (surfing, fishing and rescues). The Police Department as well as other city departments is a part of our Jr. Beach Patrol program each week. The OCPD provides a session during Surf Rescue Academy to talk with our rookies about local laws and what to be aware of living in OC and to discuss how the two groups work together. It has proven to be a success year after year.

This past summer the Beach Patrol was invited to join Sparky (the Fire Department mascot) in a Happy Birthday celebration for McGruff (the Police Department mascot) on the boardwalk. This was a very nice event to get all 3 departments together to pass out our safety messages to children and their families. While it appears that I was the closest thing to a Beach Patrol mascot, that may soon change, as we are currently checking for a costume manufacturer for "Bobby the Buoy". Mike Levy has also been searching but he was unable to find any. The police department's McGruff suit is made exclusively and distributed by: <http://www.mcgruff-tid.com/mcgruffstuff/costume.htm>. If anyone knows of a company that can create our mascot to help when reminding vacationers how to be safe at the beach, please contact Kristin or Ward with the information.



Kristin posing with her good friends Sparky and McGruff.



Chief Dipino and McGruff celebrating McGruff's Birthday and getting their safety message out to visitors on the boardwalk.



Bobby the Buoy and Ringo help get BP safety messages out.

## Outdated and Broken Beach Patrol Equipment Sold at Auction

Submitted by: Lt. Ward Kovacs



The Fall auction held by the Town of Ocean City featured more equipment from the Beach Patrol than ever before. While there were the usual three quads and one Jet Ski offered, this year we added several other items to the list after a little house cleaning at Headquarters. Three of the inflatable rubber boats that were purchased in 1980, and were used until 2006 were sold for 30-60 dollars each. These boats were deemed “not repairable” around 2000 by the Airworks Company who had kept them functional for most of their service lives. In the later years we were able to patch together at least one of the boats each year to help set up Crew Comps, (and to give 1<sup>st</sup> Lt. Lee fond memories of his early days on the patrol), but even this was impossible after 2006 due to the deterioration of the materials that make up the boats. Being able to use an inflatable boat for more than 25 years is a fairly remarkable testament to the care that we gave those boats over the years.

Also sold were 10 of the broken, warped and banged up paddle boards. Some of these were 20 years old. Some went for more than \$50.00, and some closer to \$100.00. The three

quads went for between \$1,300.00 and \$1,600.00 and the Jet Ski sold for \$2,600.00.

**Captain’s Note:** The reason we have been able to continue to have our equipment budget funded by the City Manager and approved by the Mayor and City Council is that we continue to be good stewards of the resources that we are entrusted with. Not only is the amount that each item brings at auction an indication of the condition that the item was in once it had completed its useful life as Beach Patrol front line equipment, but also the number of useful years that we get out of equipment. Therefore, the care of all of our equipment is not one person’s responsibility but rather the responsibility of each of us. I want to acknowledge that I do notice and appreciate the commitment of our employees to follow through with the care of our equipment, whether it is washing off a quad at the end of each shift, or carefully placing a paddle board back in its protective bag to caring for the issued sweatshirt that has been issued for its 10<sup>th</sup> season. It is only as a direct result of this practice that we are able to continue fully funding our equipment needs.



## Town and Local News

### Beach Replenishment

Areas Completed to Date: 134-143; 128th St. - 95th St.

The Army Corps of Engineers has been conducting beach replenishment in Ocean City this fall. Pipe and equipment began arriving on Ocean City beaches between late August and mid September. During this time small portions of the beach were closed for short periods of time (less than 4 hours) as equipment needed to move around the beach.

Sand pumping began in late September and is expected to continue through December. Work began on the north end of the beach, and has been gradually moving south. During sand pumping operations, sections of the beach may be closed for up to three days with construction operations and equipment working round-the-clock.

After sand pumping is completed, dune fencing, dune cross-overs and dune vegetation will be repaired or replaced. The Beach Replenishment project is critical in protecting Ocean City from flooding caused by tropical storms, hurricanes, and Nor’easters. To date the project has prevented more than \$256 million dollars in storm related damages. The project is jointly funded by the US Army Corps of Engineers, Maryland Department of Natural Resources, Worcester County and Ocean City.

This information was obtained from the Town of Ocean City website and is updated regularly with the current location of replenishment operations and a progress update. If you have any questions, please contact City Engineer Terry McGean at (410)289-8796 or [tmcgean@oceancitymd.gov](mailto:tmcgean@oceancitymd.gov).

*(The Way it was for Me continued from page 5)*

Streets. The Blue Dahlia seems to stick in my memory as one. There was two movie houses, one on Dorchester (I think) and one on Division just off the boardwalk.

Although there was a concerted effort to eliminate gambling, which was at one time very active, it was still in evidence on the outskirts of Ocean City as well as some slot machines still in some of the businesses.

To me, the town was, during the summer months, two communities. The primary one was the old original families that primarily owned the cottages, rooming houses and hotels where mostly families from outside OC spent their vacations. Some families stayed all summer with the husbands working all week and returning on long weekends. Many of these families hosted parties on the weekends and the guard on their beach was usually invited.

The other was the summer businesses that arrived from Washington and Baltimore such as the games, sandwich and candy shops and counters, some bars and other miscellaneous enterprises. In the winter it was one community of about three to four hundred total population.

There were fifteen of us guards in the early part of the 1945 summer and seventeen later on. Tom Price, a former guard returned from the US 82nd Airborne on rehab for his injured back halfway through the summer to share captain responsibilities with Pacy. It looked to me that Pacy still captained the patrol and Price handled political and public relations.

Equipment was limited to an OCBP shirt, whistle and first aid kit per guard. All rescues were free swimming with no floata-

*(Continued on page 23)*

# TRAINING

## 2011 Iron Guard series

By Sgt. Jeff Brabitz

2010 Iron Guard series was a great success. We had many competitors and it was well attended by the public as well. This year instead of doing 3 days of events, we will hold a one-day Iron Guard Classic. Based on the number of competitors we will hold multiple heats at the 130<sup>th</sup> beach house. Doing it this way will bring a bigger crowd and the return of relays to the Iron Guard. The Iron Guard Classic date is still yet to be determined, but will be put in place well before summer starts. Again the Iron Guard consists of a 1000 meter swim, 2 mile run, and a 2000 paddle. The top finisher by time will be crowned the Iron Guard of 2011. Are you ready?

Results of this past season's Iron Guard competition were:

Place/Competitor	Swim	Run	Paddle
1. Sakell	9:34	20:19	34:50
2. Seaman	13:00	22:08	35:06
3. Steely	11:25	22:45	36:08
4. Snee	11:00	23:50	37:08
5. Fraley	12:15	24:01	39:06
6. Witherow	12:44	23:25	39:20
10. D. Miller			
10. Evanoff			
10. McVey			
10. Lefebvre			

## Ocean City Competition Team Mid-Atlantic Champions!

Submitted by Sgt. Rick Cawthern

This summer will be another exciting year for our competition team. We currently have two surf skis, seven paddleboards and a



Pearson surfboat, for which we are ordering sliding seats. Also on the wish list, is another boat and surf-ski. Any fundraising ideas

can be sent to Sgt. Cowder at rcowder@ococean.com.

This is the time to start thinking ahead towards May for team workouts. I will be having workouts starting weekends in May. After Memorial Day weekend we will have workouts daily. I strongly feel the Ocean City Beach Patrol will be the top beach patrol in the Mid-Atlantic Region once again. We will be taking a team to the craft events in New Jersey this July. Also, this August we will be taking our team to Cape May, New Jersey for Nationals. Start now, plan ahead and chose your events and train for the summer. Here is a list of events for non-craft and craft Mid-Atlantics.

**Mile Beach Run**  
**400 Meter Surf Swim Race**  
**Swimmer Rescue Race**  
**Landline Rescue Race**  
**man**  
**Rescue Board Race**  
**Run-Swim-Run**  
**4 x 100 Soft Sand Run Relay**  
**Beach Flags**  
**Surf Dash**

**Craft Events**  
**Paddleboard**  
**Surfboat Race**  
**American Ironman**  
**Ironman**  
**Taplin Relay**  
**Surfski Race**

## COMPETITION CATEGORIES

All USLA Competition Events shall be conducted as one of the five following age group/gender categories:

- 1) Open – Any member of a USLA Chapter may compete
- 2) Open Men – Open only to male members of a USLA Chapter
- 3) Open Women - Open only to female members of a USLA Chapter
- 4) Master's Men - Restricted to 30 years plus male age groups in five year increments. (30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 and above).
- 5) Master's Women - Restricted to 30 years plus female age groups in five year increments. (30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 and above).



**Sgt. Rick Cawthern, and Sgt. Ryan Cowder pose with SRT Sakell after he won first place in the USLA sponsored 12th Annual Mitch Maiorana Run Swim Run.**

Event	Open	Open Men's	Open Women's	Masters Age Group
Landline Rescue Race	YES			
Surf Race		YES	YES	YES
Run-Swim-Run		YES	YES	YES
Board Race		YES	YES	YES
Surfski Race		YES	YES	YES
Ironman / Ironwoman		YES	YES	YES
American Ironman / Ironwoman		YES	YES	YES
Beach Flags		YES	YES	YES
2 Kilometer Beach Run		YES	YES	YES
Surf Boat Race		YES	YES	YES
Board Rescue Race		YES	YES	
Rescue Race		YES	YES	
Beach Relay		YES	YES	
Taplin Relay		YES	YES	

Note: All events score at the national competition. If you are a past member of the OCBP you can join our chapter as an alumni member with full benefits and can compete along with our current members as part of our USLA competition team. Even if you do not wish to compete support our chapter by joining and volunteering as we host the Mid-Atlantic lifeguard championships.

### **Off-Season health and fitness directly impacts our In-Season readiness. Now is the time to get ready for the summer of 2011**

Submitted by: Lt. Wes Smith

During the winter months its easy to become less active. The change in temperature, the reduced daylight hours and the transition back in to school, or jobs (without workout breaks like the beach patrol) can take a toll on your fitness and athletic performance. One winter can make surprisingly dramatic changes in your flexibility, muscular fitness, and metabolic health. Don't let this offseason and another year of age effect your ability, competitive performance or 2011 qualification for OCBP. This article will cover some things you can do to assess important components of your fitness, and offer some simple corrective strategies you may want to try to improve your health and make the transition back to the beach patrol next season go swimmingly.

#### **Test of Musculoskeletal Fitness**

Here is a simplified summary of some tests you can perform to look for muscular imbalances which can lead to injury, discom-

fort and poor athletic performance. For this first test all you need is a mirror.

Step 1. While standing comfortably in your normal posture, find your upper hip bones on your side just a few inches beneath your last rib. Place your thumbs on the back part of your pelvis and your index fingers on the front pointy part.

Step 2. While holding this position and standing relaxed, examine your posture from the side view and approximate the angle between your thumb and index finger. The thumb should be slightly higher and in males the angle should be around 5 degrees, while in females slightly more and between 7-10 degrees. This is obviously a very subjective assessment without proper tools, but do your best to gauge an excessive tilt by looking for a larger than normal sway in your lower back due to a higher angle than normal (anterior tilt) or a flatter back where your hips appear to sink beneath your torso (posterior tilt).

Step 3. Confirm your finding by standing with your back against a wall with normal, relaxed posture. If you have an excessive anterior tilt you should be able to easily slide your hand between your lower back and the wall without the back of your hand touching your spine. If you have a posterior tilt, you should find that squeezing your hand between your back and the wall is tight and a little difficult.

While some factors can influence your pelvic tilt from day-to-day, this observation should still help you identify tight and weak muscles that control your trunk and posture. Because of reflexes acting between our muscles and our central nervous system, tight muscles usually correspond to the opposing muscles being weaker; and vice-versa. If you have an anterior tilt you may benefit by strengthening your abdominals, glutes and hamstrings, while stretching your hip flexors and erector spinae (back extensors). Some key exercises would be lunges, abdominal plank exercises and supine bridges with your feet on the floor. If you have a posterior tilt, most people benefit from strengthening their back extensors and stretching their hamstrings.

Another test you can try is called an overhead squat. You will probably need to try this multiple times in front of the mirror performing it slowly and watching from the side and from the front. To perform the overhead squat its best to hold something like a broomstick with both hands.

Step 1. Hold the broomstick with your arms locked above your head and about 30 degrees laterally away from your shoulder. Stand with your feet slightly wider than your hips and below the position of your elbows. Your feet should be just slightly pointed out a few degrees away from your body.

Step 2. Slowly descend into a squat while being sure to send your hips behind you as if your were going to sit on a chair. Do this while keeping your arms locked and holding the broomstick straight above your head. Here are some common problems to look for and some recommended corrective actions:

Feet: if your feet slide out to the side pointing more away from your body than when you started it usually suggests that you

have a tight soleus (deep calf muscle). It also can be a sign of tight lateral hamstrings. The soleus can be stretched by doing a normal calf stretch with your heel planted behind you, but with your knee slightly bent so that

the stretch is felt deeper. If you do this stretch for about thirty-seconds, three times and repeat the overhead squat, the problem with your feet pointing out might be solved already, proving the problem was tight calves. In this case, you should dedicate a few minutes each day toward stretching the soleus. An athlete with a tight soleus will be at risk for shin splints. Therefore, to prevent shin splints and other issues, you should strengthen your shin muscles while sitting in class or at work by lifting your toes toward your knee.

**Knee Joint:** look very carefully to see if either knee rotates even slightly inward. This could indicate a tight groin. However, in athletes, especially runners, it may be an even greater predictor of a tight IT Band. This flexibility limitation can cause serious knee pain and effect your running. If you observe this, be sure to strengthen your glutes and hamstrings by doing supine bridges with your feet on a ball or on the ground. You may also need to strengthen your medial quads (VMO) by doing a wall squat focussed on just the terminal thirty-degrees of the movement (from a slight bend to the knee locked). A tight IT Band often corresponds with lateral knee pain and discomfort walking downstairs (you may need to hop a little to prevent the affected kneed from flexing completely).

**Torso:** if you have a noticeable forward lean while doing the overhead squat, it may indicate that you have tight hip flexors and/or weak glutes or back extensors. However, it could just confirm that your soleus is tight if your feet moved laterally as mentioned in step one. A good way to correct this problem is to perform squats with a physioball (inflatable ball found at most gyms and aerobic studios). Place the ball between your lower back and wall and perform squats this way by pushing your back into the ball while drawing in your abdomen toward your spine. To add resistance you can hold dumbbells in your hands while pressing your back into the ball on your way up with each squat. This simple exercise should strengthen and stretch the areas that require flexibility and strength since its specific to the squat assessment.

**Shoulder Joint:** if your arms come forward away from your ears (shoulder extension) it usually predicts that you have tight lats and chest, and weak mid-upper back and rotator cuff. A swimmer and paddler could have a significant risk of injury with weakness and poor flexibility in the shoulder joint. An important exercise to include would be rows for you upper back (keeping your elbows up and inline with your shoulders) and shoulder external rotation with a band or cable. A few minutes each day stretching your lats and chest would be really important to reduce your risk of shoulder injuries or neck pain, and will improve the range of motion in your swim stroke.

**Test of Aerobic Fitness**

A Gold Standard for determining endurance capacity is called the VO2 max test. Our guards will probably need a VO2 max around 45 ml/kgmin or higher to perform optimally and pass the OCBP qualification swim and run. This assumption is based on 2008 VO2 max testing in SRA and Veteran Recert. Performance on the OCBP test will also require good swim technique, running form and anaerobic power. However, its safe to assume that veteran OCBP members will find it difficult to pass one of the two aspects of our test if their fitness decreases in the off-season, and measuring your VO2 max is a great way to gauge changes in your fitness level.

A classic test to predict your VO2 max is the 1.5 mile run test. After a 400-800m warm up, rest a few minutes and then perform a 1.5 mile time trial. This is 6 continuous laps around the track with 100% effort. Record your time and use the following equation to predict your VO2 max score:

$$VO2 \text{ max} = 65.404 + 7.707 \times \text{gender} (1 = \text{male}; 0 = \text{female}) - 0.159 \times \text{body mass kg (in kilograms!)} - 0.843 \times \text{elapsed exercise time (min; so for example 15:30 would be 15.5)}$$

To get your weight in kilograms just divide your wt (lbs) by 2.2.

Use the following table to gauge the quality of your score:

MALE S	<25 years old	26-35 years old	36-45 years old	46-55 years old
excellent	> 60	> 56	> 51	> 45
good	52-59	49-55	43-50	39-44
above average	47-51	43-48	39-42	35-38
average	42-46	40-42	35-38	32-35
below average	37-41	35-39	31-34	29-31
poor	30-36	30-34	26-30	< 25



**Lt. Wes Smith being interviewed by ABC Channel 7 for Good Morning Washington**

FEMALES	<25 years old	26-35 years old	36-45 years old	46-55 years old
excellent	> 56	> 52	> 45	> 40
good	47-55	45-51	38-44	34-39
above average	42-46	39-44	34-37	31-33
average	38-41	35-38	31-33	28-30
below average	33-37	31-34	27-30	25-27
poor	28-32	26-30	22-26	20-24

In 2008 we measured the VO<sub>2</sub> max of our first rookie class and most of the PSRTs had a VO<sub>2</sub> max greater than 45 ml/kg/min. In veteran recert that same year we also found that few SRTs ever fell below a level of 45 ml/kg/min. So as an anecdotal observation, you are going to want your VO<sub>2</sub> max this off-season to not fall below 45, a number that is roughly average for a college student. If your VO<sub>2</sub> max was under 45 you will want to start now and build an aerobic base by running and swimming long durations at an easy pace. Once you can get up to over 60 minutes of running non-stop and swimming 2000yds non-stop, add intervals twice per week in both sports. Losing weight will also help you increase your VO<sub>2</sub> max which is related to the next component of fitness you should assess, Metabolic Health. For specific recommendations and a workout program contact me by email: [wes@miami.edu](mailto:wes@miami.edu), and I'll be happy to make some suggestions for you.

### Test of Metabolic Health

It is stunning how much obesity and diabetes is on the rise in our country. If things remain the same, one in three children in the United States will develop diabetes in their lifetime. Even athletes who take some time off of exercising can develop this dangerous metabolic disease considered part of a Physical Inactivity Disease (a new term related to all the diseases linked to inactivity, that includes diabetes, heart disease, some cancers, dementia and depression). For example, a group of college-aged males changed from the recommended 10,000 steps per day to 1500 steps per day (common for sedentary adults), and in just two weeks they had a significant elevation in their fasting glucose, and demonstrated increased insulin resistance. Interestingly, they lost a little weight and even body fat, but their abdominal fat increased by 7% (in just 14 days). Another example of the effects of inactivity on your metabolic health is that sitting for fifteen hours can make your body 39% more resistant to insulin. Once your body fails to respond to insulin properly, the chances of fat storage around your liver goes up dramatically, while burning fat as a fuel becomes harder. The result is increased belly fat and a risk of multiple diseases.

There is no question that the deep abdominal fat is the dangerous body fat having been shown to contribute to an increased

risk of cardiovascular disease, diabetes, cognitive decline, depression and cancer. The visible fat just beneath the skin (subcutaneous fat) and fat in other regions of the has no link to disease whatsoever. So a great and easy test to look for the dangerous type of body fat is the Waist-to-Height ratio. Just have someone measure your waistline (using inches) right over your bellybutton and divide that measurement into your height (in inches). As a rule of thumb it should be below 50%. For example, if you are (5'6") 66 inches tall, then your waist should be less than 32. As a reference, collegian swimmers are in the mid 40% ranges. If you measure a barbie baby doll she is 25%... Ken is 36%.

If your ratio is 50% or above, your off-season priority should be weight loss. Its important you realize that you cannot spot-reduce fat or do specific types of exercise to lose fat from certain regions of your body. Crunches or sit-ups will not remove fat from the belly just like the thigh master will not remove fat from your thighs. However, deep belly fat is probably the first to decrease in response to exercise.

Recently scientists have found that hormones released from your muscles during aerobic training and other hormones during weightlifting will promote the breakdown of the dangerous belly fat while improving glucose and fat metabolism. These hormones probably play a larger role in moving fat away from the abdominal area than the calories burned during the actual exercise.

For metabolic improvement and weight loss it seems best to perform slow-aerobic exercise that lasts an hour or longer at least 3 times per week. Although its true that at higher intensities you burn more calories per minute, the duration seems to be the key factor. For example, every mile the average person travels by foot equates to roughly 100 calories burned. So, if you run or walk five miles you will burn about 500 calories (walking takes longer but burns the same). If you ran or walked faster but had to stop at 3 miles because of the intensity, than you would burn just 300 calories. High intensity exercise also burns some calories after the workouts, but its minimal and overhyped. Slow aerobic exercise, lasting longer than an hour will also increase the growth hormone levels during the activity which promotes even greater fat breakdown and an increased expression of fat burning enzymes in your muscles.

It is also important to perform weight training during a fat loss program. If you are just starting out weight lifting, or getting back in to the gym after a layoff, I would suggest 2-3 times per week, using total body exercises involving ground-reaction forces, balance, coordination and muscular endurance (squats, push ups, lunges, barbell rows and cleans, etc...) as good start to a beginner's program.

Lastly, dietary changes are essential. To reduce deep abdominal fat and its complications, its best to adhere to a Mediterranean-style diet with less meat. Try to include more fish (cold and wild-type) and increase your vegetable intake. Focus on reducing simple sugars and refined carbohydrates, and select whole grains. Stay away from the middle of the grocery store and shop along the perimeter where the real food exists. Choose lean

*(Continued on page 26)*

# Off-Season Activities

## Fall Patrol and Extended Coverage

Submitted by: Lt. Ward Kovacs

With beautiful weather throughout the fall season, those who stayed on to work "Fall Patrol" from Labor Day through Sunfest were very busy. Both the water temperature and the air temperature were perfect for late season beach days. Those same conditions caused us to have a busier than usual end to our season. Labor Day fell on September 6, and by the 11<sup>th</sup> we had already made 3 rescues. Things got extremely busy the following weekend as Hurricane Igor churned off the coast. From Friday the 17<sup>th</sup> through Monday the 20<sup>th</sup> we performed 72 rescues, a very high number for the middle of September. Rescue activity continued for the next week before dropping off after the 25<sup>th</sup>, which was the last weekend we were in stands. We then went into our extended coverage mode with three Quads, each with a driver and a rescue swimmer during the week, and four Quads on the weekends until Columbus Day.

The first few days of extended coverage saw the temperature drop in the water and in the air. The wind also picked up as the skies darkened and rain fell off and on. We thought the last two weeks were going to be a miserable mess, but then the sun came out, warming the beach again and the water temperature somehow climbed back into the mid-seventies as we approached mid-October. There were also a few rescues during extended coverage this year. On October 2<sup>nd</sup> Crew Chief Lee and his rescue swimmer responded on a water rescue that was toned out over the fire channels and dispatched by Ocean City. A rescue swimmer from the Fire Department (trained by OCBP in 2010) was first on the scene and was able to reach the victim in time. CC Lee arrived on Quad 4 and deployed rescue swimmer ACC Aaron Steely (Steely was the first to strip off his sweats) to assist the Fire Department swimmer. OCFD was thankful for the help, and the victim refused further treatment.

On October 8, an absolutely beautiful fall day on the beach, Ocean City alerted beach Patrol for another water rescue in the north end of town that was called in through 911. CC Randy Wheeler and ACC Sean Snee responded and, within seconds radioed that they were both going in for 2 victims. Beach Patrol asked the Fire Department to tone out the water rescue since their units at 130<sup>th</sup> Street could get there and back up our personnel before we could get another Quad to the scene. A girl in her early 20's had gone in for a swim, (right into a giant rip current) and soon got into trouble. Her brother was on the beach and went out to answer her calls for help. As you might expect, he was soon exhausted and struggling alongside his sister. CC Wheeler and ACC Snee pulled both to safety, much to the relief of the young folks' father who had come up to the beach to see what all the sirens were there for. As a retired Prince George's county firefighter, he was very appreciative of the response and professionalism of our rescuers. The young woman, while refusing any medical help, was extremely shaken and was still crying heavily in her father's arms as units were leaving the scene. Just think how much her family would be crying if they had lost her and her brother that afternoon. OCFP and OCPD were on the scene to watch the rescue, and were very complimentary of Wheeler and Snee. They left no doubt that there would have been

two lives lost if not for our quick response.

On Columbus Day I went up to the beach at Dorchester Street at 17:00 just to enjoy the last few minutes of our "official season" on the beach. It was another perfect, fall beach day. Quad 1 joined me there, and soon Quad 2. As we got closer to 17:30, Quad 3 made its way down to our location. We all sat there for a few minutes, as if none of us wanted to let the season end. But, the other fall tradition, OCBP flag football was ready to get under way at the other end of Town, so we packed it in for another year and drove the quads off the beach for the last time for 2010. It was the perfect end to another great year.



*Alum Tom Perry visiting the Beach Patrol Booth at a previous Mayor's Open House*

## OCBP Will Participate in Annual Penguin Swim

Submitted by: Kristin Joson

The OCBP will be present again this year at the Atlantic General Hospital's 17<sup>th</sup> Annual Penguin Swim. The event is held directly in front of the Princess Royale between 92nd and 93<sup>rd</sup> streets. Think about planning an enjoyable New Year's Eve in Ocean City and joining some OCBP members and hundreds of other "penguins" New Years Day by taking an icy plunge into the Atlantic Ocean on the first day of 2011. The temperature of the water is usually not as bad as you would think for January 1<sup>st</sup>. The sun is usually shining and if the wind is not blowing it is sure to be a fun event. Hopefully AGH will be able to surpass its fundraising goal for this year's swim. The OCBPSRA makes a donation each year to help support the cause. If you are interested in plunging with the OCBP team call BP headquarters and let Lt Kovacs know or just come out that day and support your Beach Patrol. Its always fun to see the Captain strip down and plunge into the icy waters on January 1<sup>st</sup>.

## Beach Patrol Display at Mayor's Open House

Submitted by: Kristin Joson

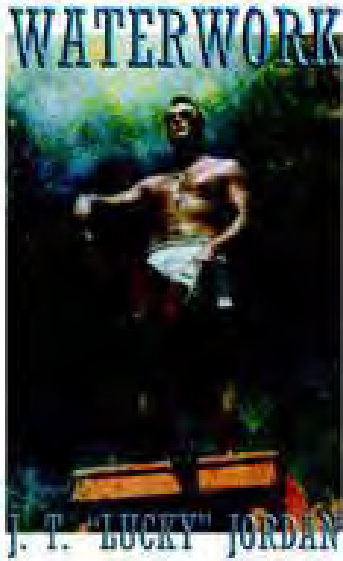
After the Penguin Plunge at the Princess Royale you can continue the New Year's Day fun by attending the Mayor's Open House. It has become another Ocean City holiday tradition. This year will mark the 15<sup>th</sup> Annual City Hall Open House. This event is always held right after the Penguin Swim from 1-3 pm. For the past 15 years, the Mayor and City Council have opened the doors of City Hall on New Year's Day. Each year there is a different theme and each year the OCBP participates by setting up a display showcasing the Beach Patrol. There is a lot to see and hear with live violin music and many city officials. Captain Arbin is always there to visit all of the presenters and view their displays. The Open House is just another reason to consider spending the New Year's holiday in Ocean City.

# History/Alumni

## Waterwork

Submitted by: Kristin Joson

Years ago Lucky Jordan, former OCBP lifeguard (1945-1955), felt moved to write a book called Waterwork. This was in response to his family's request that he tell the story of his life and the unlikely career of brick mason to aquatic professional. I encouraged Lucky to bring some copies to the recent alumni reunion where he was able to autograph copies and sell them. I have a few left over for sale. He has also written other short stories that I personally have found quite enjoyable to read, "The Boardinghouse", "Uncle Jamie & Me" and "The T-Street woods". You can go on-line to Amazon, E-Bay, Booksamillion, any of the other book webs to purchase these books. My aunt attended one of the reunion events at Fishtales where she met Lucky. She later went home to download his, "The Boardinghouse", a mystery thriller with the e-book option on the Red Lead Books web.



The current book that he is writing is of special interest to me because it deals with an itinerant Ocean City lifeguard who gets himself involved in situations in various places he works. The character is in Fort Lauderdale, in the late forties to early fifties, and is getting involved in the early stages of an illegal drug ring out of Cuba as South Florida was and probably still is a main drug distribution location. The plan is for him to show up in other beach resort towns in other plots as well as back in Ocean City in future books. I asked if his new character would be staged in his life guarding time and he said yes. Actually, that is the way he writes in order to capitalize on actual events. He is just a few chapters into it so it will be awhile before this book is published. I requested that the character spend some time living in the old Beach Patrol barracks on Dorchester Street that the author had a hand in getting for the patrol in 1951 & 52 and he said, "Absolutely!" The specific location of the original barracks is the current OCBP parking lot now. It would be fun to read about a character living in the old lifeguard barracks. It is amazing to me the rich history of the beach patrol that can still be told by lifeguard legends such as Lucky Jordan. I enjoy his visits each time he is in town.

If you are interested in an autographed copy of Waterwork, please email Kristin Joson at [kjoson@oceancitymd.gov](mailto:kjoson@oceancitymd.gov) The books sell for \$28.00

## OCBP Alumni Reunion 2010

By J.T. "Lucky" Jordan, OCBP 1945-55

I went back to my lifesaving roots for the 2010 OCBP Reunion this past October 15 through 17. It was the fourth reunion since a small group of former OCBP members came up with the plan to have the first one in 2000. Those members who had met for lunch at Captain Hiram's Restaurant in Sebastian, Florida in the late ninety's were as best as I can remember; myself, "Silent" Jim Kelly, Bob Agnew, Phil Mattingley, Russ Hawkins and Frank "Whizzer" White.

Since Ellsworth Boyd had moved back to Maryland from Florida and was a retired college professor, I suggested we talk him into coordinating the first reunion, which was held in October of 2000 with headquarters at the Phillips Hotel. Since it was my suggestion I was coerced into calling Ells for that very reason. Ells, being the basic good guy and a devout OCBP alum was thrilled with the idea and agreed to do the job since he was close by and was still in touch with some of the "older" guards. Ells immediately named the reunion, "The OCBP Legends of Lifesaving Reunion". Consequently, he coordinated two of the three subsequent reunions and Ed "Spook" Smith coordinated one.

The 2010 was the fourth reunion, coordinated by Vic Sprecher, who did a fantastic, almost one-man job which expanded participation from the sixties to the nineties. I was looking forward to just attending and enjoying the weekend with old friends until Vic called me and asked me to coordinate a competitive swim-run fun event as some of the guys had asked for it. He suckered me into it by telling me that he could just picture me (the old has-been) up on the top of a guard stand just like the picture of me on the front of my book. (Yeah, right!)

So I came up with an old routine we used in my day to train and condition guards. It involved a set of sprints from a guard stand to beyond the breaker line and back with interval rests. Sometimes we would set up relays so that the rest an individual got was the time it took for the other guards to complete their portion of the routine. If we had fifteen guards that day it was determined to be a fifteen-guard break between swims, etc. Other days when time was short we sent them all together and would give a set amount of rest time for each sprint

The OCBP alums that completed the Lucky Jordan Surf Sprint, and everyone did, took the weather conditions in stride and, in my opinion, impressed everyone who witnessed the swim, including me. The wind was gusting at least 25 to 30 MPH (probably more) and the water was shallow for at least 25 to 30 meters before swimming depth water, which resulted in the turning marker being placed further from shore than originally planned. Consequently, the estimated distance from shore was closer to 100 meters instead of 25 to 30. Not one swimmer hesitated when I told them that majority rules. They all said, "let's do it!" I need to say that I was honored to be associated, however briefly, with every one of the swimmers. As one of the older guys put it, "They reminded us of us!"

We are now in discussion as to what to do for the next reunion in 2013 and we need in-put from OCBP Alumni. There are three schools of thought. One is to modify the "The Lucky Jordan Surf Sprint". One is to pattern the event after the existing OCBP qualification run-swim. The other is to design a mini

iron man with assorted activities including a run and a swim with plenty of rest intervals for the age groups and spread it out over a longer period of time for a one or, maybe even, two day event. Once again majority will rule within reasonable parameters. We are open for suggestions for submission to the next event coordinator at jtjlucky@juno.com, 321-301-3339 cell (Leave message) or Snail Mail at 4105 Fox Lake Road, Titusville, FL 32796.

It would be good to hear from you.

**Captain's Note:** Following the race Lucky was interviewed by a camera crew from Maryland Public Television for a part in a documentary about the opening of the Chesapeake Bay Bridge (William Preston Lane Jr. Memorial Bridge) and its impact on the Eastern Shore of Maryland. Lucky happened to be working for the Beach Patrol on that opening weekend and recounted the largest crowds they had ever seen and the increased number of rescues they had to make due to the large number of non-swimmers. Look for this documentary on a TV near you.

First Name	Last name	Years Worked	Age Group	Place
CHARLIE	AUSTIN	1949 - 1953		Official
ELLS	BOYD	1951 - 1955		Official
LUCKY	JORDAN	1945 - 1955		Coordinator
JIM	KELLY	1946 - 1951		Official
MARK	McCLESKEY	1971 - 1976		Official
MIKE	McGUIRK	1969 - 1972		Official
PHIL	SCHOEPKE	1981 - 1985	40 - 49 YEARS	FIRST PLACE
MARK	McCULLOH	1980 - 1984	40 - 49 YEARS	SECOND PLACE
DEAN	PIERSON	1982	40 - 49 YEARS	THIRD PLACE
DOUG	RICKS	1983 - 1984	40 - 49 YEARS	FOURTH PLACE
ROB	TROY	1980 - 1983	40 - 49 YEARS	FIFTH PLACE
AL	VIA	1981 - 1986	50 - 59 YEARS	FIRST PLACE
CHARLIE "CHAZZ"	CHIAMARDAS	1978 - 1982	50 - 59 YEARS	SECOND PLACE
MARK	WARREN	1975 - 1982	50 - 59 YEARS	THIRD PLACE
HAL	GAMBILL	1979 - 1982	50 - 59 YEARS	FOURTH PLACE
DAVE	FLEMING	1979 - 1985	50 - 59 YEARS	FIFTH PLACE
VIC	VELTON	1977 - 1982	50 - 59 YEARS	SIXTH PLACE
JAY	BOWDEN	1971 - 1977	60 - 69 YEARS	FIRST PLACE
BOB	WAGNER	1963 - 1968	60 - 69 YEARS	SECOND PLACE
VIC	SPRECHER	1964	60 - 69 YEARS	THIRD PLACE
WILLIAM "BRU"	BRUBAKER	1965 - 1972	60 - 69 YEARS	FOURTH PLACE
DICK	ROHLFS	1968 - 1969	60 - 69 YEARS	FIFTH PLACE
JOHN	MATIKAS	1970	60 - 69 YEARS	SIXTH PLACE
RAY	HEBERT	1967 - 1976	60 - 69 YEARS	SEVENTH PLACE
RALPH "CAP"	FORBUSH	1955 - 1957	OVER 70 YEARS	FIRST PLACE

## The Opening of the Chesapeake Bay Bridge

Submitted by: Kristin Joson

The following was submitted at the request of the Ocean City Lifesaving Station Museum curator, Sandy Hurly for Maryland Public TV representative John Paulson. "Lucky" Jordan is a living part of Maryland and Ocean City History, having served as a guard on the Ocean City Beach Patrol during the summer of 1952. Although, Lucky served the Town of Ocean City for several years it is one day and one event in particular during the 1952 season that is of special interest. That day was to change Ocean City and the Eastern Shore forever. This pivotal event was the opening of the Chesapeake Bay Bridge that connected the eastern shore to the western shore, and gave easy access to this seaside town called Ocean City. Lucky Jordan has once again shared a slice of Ocean City's past through the eyes of a Beach Patrol lifeguard and a story from a time that most of us were not even alive to experience. To capture his experience for an upcoming documentary, a Maryland Public Television film crew interviewed Lucky at the Alumni reunion this past October, on the beach during and after the "Lucky Jordan" Sprint Competition.

### In Lucky's words:

I was a member of the Ocean city Beach Patrol along with 19, maybe 20 others the weekend the Chesapeake Bay Bridge opened in 1952. The legendary Captain Bob Craig briefed us prior to that weekend emphasizing the fact that we should expect a much larger beach crowd than usual and would have to do the job with the same number of guards that we already had. By Friday we experienced more people on the beach than we had ever seen and by Saturday it was almost wall-to-wall people with their blankets, umbrellas, beach balls and miscellaneous items. It was estimated that the number of people had tripled over the usual crowd.

To complicate matters, the Annual Fireman's Convention was in town as well. Most of the firemen enjoyed their cold beer on a hot sunny day and many who were poor swimmers along with the general population.

To further complicate matters, the weather was beautiful with warm sun and a strong cool wind off the ocean that built good-sized breakers over the sand bar about 75 to 100 yards off shore. This eventually created "rip currents" all along the beach as breaks in the sand bar allowed the receding waves to funnel through on the way back to the sea. The sea foam inside the breaker line was a foot to a foot and a half thick.

The situation changed a normal weekend of casually keeping the beach goers safe with an occasional rescue to a weekend of almost one pull after another all along the beach. Many of us stayed long after quitting time during the weekend simply because we were afraid to leave the beach unguarded. It was a testament to all the guards that we didn't lose any one over that weekend. You might wonder why Captain Craig didn't close the beach with the conditions the way they were, but at that time the fact that Federal property began at the high water mark was a confusing factor and it was some time before that authority trickled down to the local level.

At that time the swimming beach only extended from the inlet to about 18th street and the normal compliment of beach patrol

members was between 19 to sometimes 25.

Today, the beach is guarded all the way to the Delaware line with as many as 180+ guards under the command of Captain Butch Arbin on duty during the summer season and special events. In my opinion the "Bridge", by eliminating the need to wait in line at the old Annapolis Ferry for an unknown amount of time, was a major factor in the growth of Ocean City as well as the Eastern Shore in general.

J. T. "Lucky" Jordan  
OCBP (1945,1950-55)

## Beach Patrol Doubles in Size in 1965

Submitted by Bob Wagner OCBP Alum

In 1964 the OCBP roster was the largest of its era. One Captain, 3 Lieutenants, 44 guards and 1 vehicle covering about 3 miles from the inlet to 41 ½ st. With the stroke of a pen OC city limits went from 3 miles to over 10 miles of beach. The Beach Patrol also was increased in 1965 to 1 Captain, 3 Lieutenants and 88 guards. Because of the tremendous challenges placed on Ocean City, some less revenue increasing things were put on the back burner. OCBP was one such item. We needed 45 more guard stands, whistles, flags, buoys, and swimwear that were not in our budget. 1966 some more changes came about. The Patrol was increased to 1 Captain, 1 Assistant Captain, 3 Lieutenants, 4 Sergeants, 100 guards, 2 jeeps, one without 4 wheel drive, a new office and barracks (old Coast Guard Station on the Boardwalk and Caroline Street.) For a 7day week, pay for the guards was \$55, \$65 for Sergeants, \$75 for Lieutenants, \$85 for Assistant Captain, and \$95 for the Captain. The summer of 1966 was a challenge since George Schoepf (a long time Lieutenant) was appointed Assistant Captain. OCBP also needed to hire 3 new Lieutenants, 4 Sergeants, and 60 new guards. One of the problems was some of the more experienced guards could not be appointed Lieutenant because they were not 21 years of age (some feathers were ruffed). They were appointed Sergeants and became the training crew and they were the best trainers we had. The duties of the Lieutenants were to control the activity on the beach and test new guards. The Captain and Assistant Captain had to answer to the City Council. All OCBP were responsible for the lives of the swimmers. In 1966 even with the expansion challenges, the OCBP had a

## Alumni Reunion Thoughts

What a treat and a privilege it was to attend the reunion. I was able to express my thoughts at the dinner. Serving from 1943-9, with a stint as captain in 1945 was a highlight in my life. OC at that time was vastly different from what it is now and I am happy that I was there then. I hope I am around to make the next reunion and I want to thank Vic and all who helped him for making the reunion a first class affair.

Bill Pacy  
1943 – 1949  
Captain 1945

*(Continued on page 22)*

Very much enjoyed getting to renew some old acquaintances with the common theme that Captain Arbin spoke to during our wonderful dinner, that we saved someone's life and the impact that had on that particular individual and their loved ones. It was a pleasure to get an update on the OCBP, the guards themselves and how healthy the organization is and what leading edge rescue techniques they are using to keep the beaches of OC safe.

Mark Warren  
1975 – 1982  
1975 – 1978 10th Street  
1979 Crew Chief 14th Street  
1980 Sergeant  
1981 – 1982 Lieutenant

### Official Alumni Photographer

Charlie “Chazz” Chiamardas, OCBP Alum from 1981 – 1984, attended the recent reunion and sent this link out. <http://chazz.smugmug.com/Ocean-City-Beach-Patrol> This site has all the photos that he took at the reunion. He is in the process of scanning thousands of photos, so this gallery will soon be filled with lots of memories. The photos are high resolution and can be downloaded as such. You can also order photos, which will be printed on Kodak paper. He also has the ability to print Mugs, T-shirts, Calendars and even full photo books. He does not aim to profit from this, it is labor of passion for his brother and sister alumni. The payments are straight through Smug-Mug and the prices are very competitive with drugstores, Costco etc. Thank you Charlie for capturing all the fun events at the recent reunion.

### 2010 OCBP ALUMNI REUNION RECAP

Submitted by: OCBP Alum Vic Sprecher

If you missed our October 15th thru 17th OCBP Alumni reunion you missed a super event! This was our 4th reunion of guards who have proudly served that included the following Era's: 1940's, 50's, 60's, 70's, 80's & 90's. Our Theme was “Legends of the Past impacting the Future”. The weekend was a huge success as our Saturday Grand ballroom was packed with standing room only.

Saturday evening's main event featured “The Legends of Life-saving” who began and developed the OCBP to what it is today. Captain Bill Pacy, 5th Captain of the OCBP was our featured speaker serving from 1941 through 1945. Bill gave an eye opening presentation in a time when the World was at War! The Beach Patrol's duties have never wavered to this day in protecting the lives and safety of our visitors although Bill's duties included overseeing enemy Prisoners Of War who had been captured and assigned to Ocean City, Maryland. Bill delivered a great presentation that told the beginning of our great Beach Patrol and many fun stories that were part of his Captaincy.

OCBP guards from every era gave their perspective on serving on the Beach Patrol. They shared the impact OCBP had on their lives as well as the impact they made on families whose members were saved from the treacherous ocean.



OCBP Alum Vic Sprecher, Coordinator of 2010 Alumni Reunion

The end of the evening our OCBP Captain, Butch Arbin who has served for 39 years gave a powerful presentation entitled “Yesterday, Today and Tomorrow”. Butch outlined how the Beach Patrol has maintained the high qualities of its beginnings yet embracing the necessary change to assure excellence in the future. The Ocean City Beach Patrol is considered of the finest life saving organization in the World! The Beach Patrol applicants who are selected to represent the OCBP have gone through an extensive testing program both physical as well as mental and considered to be among the best in protecting our guest and beaches. Those who have been privileged to serve on the OCBP have been asked by family and friends “what is this special relationship unlike any other relationship that continues to draw you back”? It is one of those questions that perplexes most, but Butch Arbin hit the nail on the head in an article he wrote and story he told called “a life of significance” detailing how many lives have been affected when their love one was saved by the guard on watch. Every year hundreds if not thousands of lives are impacted and forever changed by a watchful caring dutiful OCBP guard who will never be forgotten.

Our exciting weekend included a Friday evening get-together at Fishtails on the Bay estimated at 150 strong. Saturday featured the “Lucky Jordan Sprint/Swim Competition” with a 40 yard run and 200 meter Ocean swim. Over 30 competitors representing the 40's, 50's and 60's competed. (Just a note to advise five of our Alumni competed in Friday's OCBP 2011 qualifying “run/swim test” and all passed. You know they are in excellent condition in competing with today's young OCBP applicants.

Saturday also offered Volleyball competition between the respective eras as part of our activities at The Castle in the Sand on 37th Street.

Former Captains Bob Craig and George Schoepf were honored for their many years of service along with Bill Pacy and current Captain Butch Arbin. Special guests were in attendance representing the late Captains Craig and Schoepf. Marydale Craig represented her father Robert Craig and became reacquainted with many of the lifeguards from her youth that she grew up seeing around the house each summer. Joan Schoepf joined us at the Saturday night event and spent much of the evening comparing stories with many of the alumni who knew George on his way up the ranks of the Patrol. A special power point presentation was given for Captain Craig that included music and pictures of his era. At the end of the evening another power point presentation was made called "Remember Then", also including pictures and music of a special time in our OCBP past history. This fun video will soon be made available for all to see.

Specially designed products were offered for those alumni who have served. There were alumni hats, collared polo shirts, bathing suits, DaFin swim fins and a specially designed commemorative coin that will be made available as soon as we reach a minimum quantity of 300 pieces. If you missed these products you can contact me and we will compile a list of requested products.

As the reunion committee chairman I had the joy of contacting many "legends of lifesaving" who proudly served and were excited to learn that we were planning the 2010 reunion. In many cases this was the first contact by the patrol since their service.

I would like to thank the many who assisted in our Friday & Saturday alumni registration and gave their support whenever needed.

Again, if you missed this great reunion event we will be hosting another reunion tentatively scheduled in Ocean City, MD in 2013. In order for us to keep you updated send your information including: name, years served, date of birth and address. Send your email to [vic@summainternational.com](mailto:vic@summainternational.com).

Vic Sprecher  
1964  
[Vic@summainternational.com](mailto:Vic@summainternational.com)  
505-238-6169 cell

---

*(The Way it was for Me. Continued from page 13)*

tion devices. Our training consisted of running on the beach, swim sprints out through the surf and back, and some distance swims at least once a week. Every now and then we would swim straight off shore to the fishing grounds and back. The grounds were evidenced by stakes and fishnet on a clear day approximately a mile and a half offshore.

We did practice cross chest carries and wrist assists, and a few times with throwing ring buoys but all of us figured out pretty quick the rings were okay for smaller bodies of water but not for the surf. You could throw the ring like a discus on a good windy day and watch it reach its apex and then return to where you released it and never have to move to catch it. Even on a calm day, it was impossible for the average person to throw the

ring accurately or the distance required to reach a victim. They could be taken out on a pull but slowed the rescuer down to where it was a big question of whether he could get there on time.

Other than the fact you had to be a strong swimmer for free swim rescues, the down side was that some woman would accuse the guard of getting too familiar during the rescue now and then. By any observation it was a ridiculous accusation and we all concluded that embarrassment was the motivator.

A guard's salary was \$25.00 for the seven-day week and a room cost three to six dollars. The hotel behind your beach usually fed you lunch. I was fortunate to have been on the Rideau Hotel's beach as they fed me lunch and dinner. I ate in the dining room with the hotel's guests.

We made extra money by collecting what was left in sun tan lotion bottles on the beach and pouring it in a big jar we kept in the tower in front of the Coast Guard Station. When we had enough we would mix it all together with some perfume and iodine, pour it into smaller lotion bottles, slap a label on it and sell it to the people on the beach for a dollar as "Guard Oil" when they asked how we got the tan. It was mostly Pacy's idea but it worked for us.

The other moneymaker was the OCBP 14th Annual Benefit Dance at the end of the season. We sold advertising to the businesses and people in the town as well as tickets to the dance that was held in the Pier Club, which was on the second floor of the Pier building.

We had Stan Kenton and his Orchestra that year and the people down on the main floor thought the dance floor was going to cave in when all the dancers were doing the "Jitterbug"! Years later, in the fifties, they really got nervous at one of the dances when they were doing the "Bunny Hop"!

The profit from the dance was split evenly among all the guards, which turned out to be worth all the effort and fun. I no sooner arrived home after the summer season was over when my mother strongly suggested I join the US Navy for reasons we won't go into here. So after a hitch in the Navy and a few years in construction I headed back to Ocean City for the summer after I had obtained a journeyman brick mason union card. The card allowed me to work construction wherever and whenever I wanted to, given work availability which was plentiful all over the country at the time. Consequently, summers on the OCBP was a decision I easily made and looked forward to. So I returned to the OCBP in the summer of 1950 to find that not much had changed from 1945 except the boardwalk was a couple of blocks longer and there were some new businesses but no slot machines. The salary was still \$25.00 for seven days a week. The biggest change was the increase in beach attendance as more people had found Ocean City and the patrol had grown to eighteen guards after Captain Robert S. Craig checked me out among some of the guards that knew me and in the ocean before he put me to work. He assigned me to the Coast Guard/Maryland Inn beach, which was the one I became identified with until my last year in 1955.

During those years I was more or less adopted by the Hagan family at the Maryland Inn and the Townsends Drug Store family and became so well known, to my surprise, that I barely had to pay for anything in Ocean City. After teaching Chief Lewis' two boys how to swim, the Coast Guard Station was another second home that served steak and eggs for breakfast.

*(Continued on page 24)*

*(The Way it was for Me continued from page 23)*

One of the most significant differences in my time that still existed when I returned in the fifties was a city ordinance. The ordinance demonstrated the glaring philosophical differences between the two communities in that it required men eighteen and older to wear a shirt when they were west of the beach. In other words when they left the beach they had to put a shirt on. It didn't make much sense to us younger people but that was the law although it wasn't enforced consistently. However, it was the reason for an incident that influenced my reputation during the time I was deputized with the power to arrest. I was on my way back to the beach after lunch when one of the Hagan ladies called to me and asked me to tell a guy in the lounge to put his shirt on. When I approached him I could tell that he had more than enough to drink but explained to him that the owners wanted him to put his shirt on while he was inside the lounge. After a belligerent response from him along with my insistence he put his shirt on, he took a swing at me. I saw it coming and was able to get in under it and get control of him from behind. At the same time I told him he was under arrest. I knew that an assault charge would be very serious consequences for him so I charged him with violation of the shirt ordinance. So of course, I became known for arresting him for that reason which was usually introduced with a, "You gotta be kidding Jordan. You really did that?" After awhile I quit trying to explain it and replied with a simple, "Yeah, I was hoping he'd get the chair instead of a ten dollar fine!"

I don't know if that had anything to do with Mayor Trimper asking me after that incident what I thought of the men out on the beach with their bare chests showing their "titties" the way they did?

Most of the changes between 1950 and my last year on the patrol in 1955 had to do mainly with the patrol itself. The town continued to grow at a healthy pace but my interest and attention was more or less limited to the patrol. During those years Craig concentrated on the changing needs of the patrol. He introduced the metal, red and white torpedo buoy early after he took over as captain in 1946. Although he had a tight budget to work with he managed to obtain a couple of surf dories and two rescue boards that were located at the Coast Guard Station. I don't ever remember using any of that equipment on a rescue although we did practice with it occasionally.

Once in awhile, BB Smith and I would take a rookie guard out in one of the dories on a rough day and broach it inside the breaker line to make it turn over. As it rolled over, one of us would slip up under the boat and hide in the air pocket while the other one would accuse the rookie of causing the dory to tip over and chew him out while demanding he dive for our missing buddy. We only got a sorehead every now and then who complained to Craig. He would tell them it was part of the surf-boat training but after awhile, he chuckled and told me to behave myself.

The big Coast Guard Amphibious craft, lovingly referred to as "The Duck" was called out for a pull only once while I was with the patrol and that involved fifteen or twenty people in a huge rip created by a storm that was many miles offshore on a very pretty, sunny day. The rip was so strong it ran about a half mile off shore. Those of us who had gone out were only able to organize the people in support of one another and we were almost out of sight from the beach when the rip dissipated in deep water. "The Duck" came out and gave us all a ride back to the beach.

In 1951, Craig deputized George Schoepf to handle the north end of the beach while I handled the south end. In 1952 he implemented the semaphore system of communication. In 1952, he responded to some of the guard's complaints about the pay versus the cost of room and board, which resulted in him arranging for a group of us to go before the council to plead our case. That resulted in the council giving us the second floor over the police station on Dorchester Street for the first OCBP barracks. It was no "palace"! It had one old shower with no hot water and the well water was orange when you turned the spigot on. But we all made it work. When we returned the next summer we found that they had remodeled the entire building that winter and connected us to city water. Man, we were in high cotton as they used to say! Craig also extended the guarded area of the beach to the south side of the pier all the way to the inlet in 1953.

It was in 1953 that George Schoepf was called into the military and since the inlet beach had been opened up, my area was much larger and had become a lot more attractive as well as easier to access by the tourist population. Consequently, Craig appointed three more deputies for the north area and reduced my area by two blocks from 4th Street south to the inlet. Two of the other three deputies were Jim Kelly and Gerry Schuh. I cannot remember who the third guy was to save my soul (which is probably in jeopardy anyway)

George returned in 1954 and Craig went back to just the two of us as his deputies. There was no position on the patrol above guard except captain and the captain was Craig. George and I were Craig's two "go to guys" when we were both there. I was his "go to guy" when George wasn't there and vice versa. We both ran the patrol many times during Craig's absence during those years. In other words we both rode the bicycle up and down the boardwalk many times to back up the guards on the stands and add to the presence of the patrol for the tourists. I opened and closed the patrol operation numerous times when Craig was due back in St Louis for his teaching and coaching position.

Having been on many "pulls" with George and knowing him as a very close friend with some fun times together I understand and appreciate the admiration his men had for him when he was assistant captain and captain, and I am proud of the fact that they honor him each year with an event in his name.

I in turn found south Florida in the winter during those years and eventually settled there in the winter of 1955 due to the opportunity to develop and implement the kind of aquatic programs the citizens of the city wanted and appreciated. I fully intended to return to Ocean City the following summer after Mayor Trimper guaranteed me brick work during the winter and a deal on a block of ocean front land at 76th Street if I would settle in OC. But by the time summer rolled around I was committed to coordinating a Fort Lauderdale, Florida citywide water safety program on five miles of beach and two municipal pools.

Even so, and after spending over forty years there, I still consider Ocean City, Maryland and the OCBP as where my lifesaving roots really began and my wife and I enjoy every visit with the members of the OCBP when we have the opportunity.

To this day I am proud to have been a member of the OCBP and the prestigious organization it is. I have yet to meet a member or former member that isn't proud of the fact that they are, or were, a member of the OCBP.

# OCBP Reunion 2010 in front of the Grand Hotel



Lucky Jordan on the stand giving out the logistics for the Lucky Jordan Surf Sprint. see article page 19 titled **OCBP Alumni Reunion 2010** By J.T. "Lucky" Jordan, OCBP 1945-55 for more details.



Mike McGuirk with the timer. Notice he still has his arm band on from the previous night at Fish Tales. Everyone had a great time!



Alumni Mike McGuirk with stopwatch, Chuck Austin and Ells Boyd as officials



OCBP Alumni participate in the Lucky Jordan Surf Sprint

# CLASSIFIED

## John P. Dunnigan Photography

Don't forget professional photographer John P. Dunnigan did our professional group pictures and was at Crew Comps and various other events and got some amazing shots. You might remember he put some crew comp shots on a DVD with music that we watched at the banquet and the last few Fall meetings at City Hall. You can still purchase the DVD for \$10.00 and you can view his work at

<http://jpdphotography.com>

Choose from wallet to poster size. Also, tons of really cool merchandise available with your fav photos on them such as playing cards, coasters, stickers, key chains, jewelry boxes etc. . " Parents love to get pictures of their children as gifts, especially awesome Beach Patrol shots. Email John if you have gift giving ideas that include photographs of the Beach Patrol. [johndunnigan@comcast.net](mailto: johndunnigan@comcast.net)

## Announcements

### Tickets for Winterfest Express on Sale

Submitted by: Kristin Joson

There is always something to enjoy in Ocean City, no matter what the season. Make plans to visit the Winterfest Village at Northside Park, 125th and the Bay. You will see dazzling lights that will be sure to put you in the mood for the holiday season. While at the Winterfest Village you can enjoy hot chocolate, board the Winterfest Express and sing Christmas carols. There is shopping available at the Yukon Cornelius Gift Shop. You can even have your picture taken with Santa! He will be available for photos every night until Thursday, December 23. The Winterfest of Lights is open from November 18, 2010 until January 2, 2011. The hours are: Sunday through Thursday from 5:30 p.m. – 9:30 p.m. and Friday - Saturday 5:30 p.m. – 10:30 p.m. Admission is \$4.00 for those 10 years and older, and free for those 9 years and younger. For more information, you can call 1-800-626-2326 or the Ocean City Department of Recreation & Parks at 410-250-0125.

*(Off Season Health continued from page 17)*

meats and dairy sources, vegetables, organic fruits, nuts, whole grains and olive or avocado oils. Avoid high fructose corn syrup, hydrogenated oils, corn oil, peanut oil, soybean oil and refined flour. As inches come off your waistline, your health will improve and your performance should peak in the summer of 2011 when working for the best beach patrol in the world.



### Thank You!

The Ocean City Beach Patrol would like to thank the following businesses/publications for helping to save lives by getting our safety messages out:

The Dispatch  
 Ocean City Today  
 Worcester County Times  
 The Daily Times  
 The Beach Guide  
 The SeaBoard



This is one of many safety tips that Jake Robinson displayed for us to help us keep the visitors and beach patrons of Ocean City safe. Thanks Jake!

# OCBP Chapter of USLA

## Happy Holidays from the USLA Chapter

Submitted by: Sgt. Ryan Cowder

I would first like to take this opportunity to wish everyone a Happy Holiday! I hope that all of you are able to spend quality time with friends and family during the season.

During the course of the off-season, the USLA Mid-Atlantic region holds three regional meetings. Typically, they occur in October, December and March and are held at various locations throughout the region to change the traveling time for those interested in attending.

This fall, the October meeting was held in Bethany Beach. Rick and I were able to attend and have some great information to share with the chapter. While there, we received numerous compliments about how well the Mid-Atlantic Regional Competition was conducted this year, and how much they would love to return to Ocean City, MD for a repeat performance. The biggest compliment was that the people of Ocean City (our guards, the employees of the Grand Hotel, and spectators in general) were incredibly hospitable. Everyone felt very welcomed while they were in town.

It was no surprise then when competitions came up in the agenda for the meeting, that many people looked at Rick and I. I quickly threw a hand up, and claimed that Ocean City was interested in hosting the non-crafts competition again. I also mentioned that I had already spoken to Rehoboth Beach and that they were fine with a repeat in OC. Having already had a meeting with Captain Arbin, and knowing that he was very supportive of hosting it again, I was able to promise another great competition venue in Maryland. It went to a unanimous vote immediately and we were awarded the event.

Several other items were discussed during the meeting including water education, national meetings, the Lifeguard magazine articles, current membership, etc. One of those items that may be of interest to you was the membership kit. For the past two years, the region has supplied red (2009) and yellow (2010) backpacks. For next summer, the region is thinking about doing towels. Obviously, this is still in the beginning stages, but at least it would be a new item that has not been done in a while. In fact, Rick mentioned that he got a towel once from the USLA early in his lifeguarding career, if that gives you any indication about how long it has been.

Now that we have the competition set to come back to Ocean City, we need to make sure that we exceed expectations once again. This includes hosting a professionally organized event as well as repeating as champions. We can no longer use the sneak attack from the quiet OC team like we did last year. We now have to charge, since we know full well, that everyone there can clearly see the bull's-eye on our back. For example, no one expected us to show up, let alone show up with 15 competitors to the craft event in Long Branch last summer. In saying that, the time to begin training is now!

Let me also bring your attention to another item that will have implications for our comp team next summer. The USLA National Competition will not only be on the East Coast, but will also be in our "backyard"! Cape May, NJ is a short ferry ride across the Delaware Bay, and we are planning on sending as many competitors as possible. Unlike Regional's, where competitors

score points for their agency, the points at Nationals count towards the chapter. This means that many of the Delaware patrols will join forces to become the Sussex chapter to score nationally. This means that we really have our work cut out for us, since we are the only agency in our chapter. The good news is that since we are such a big agency, we have a tremendous amount of talent. We also have an unbelievable number of alumni that could return and compete with us. At the national event, points are awarded to the master's as well in every five-year age group. The top ten still score in the open just like the regional competition. This means that if we want to have a great showing, we need to take several open competitors and even more masters. So, please, encourage the alumni to participate!

On the first weekend in December, I will be traveling to Cape May, NJ for the next regional meeting. If you have any ideas, concerns or questions for the region, please send them to me before Dec. 4<sup>th</sup>. Again, I hope everyone has a wonderful and safe holiday season, and I look forward to competing with you again (in the warm sand and salt water) in a few short months. Train hard and don't forget about the bull's eye.

### Mark your Calendars!!!

July 13th - Mid Atlantic Regionals (non craft) in Ocean City, MD

July 20st - Mid Atlantic Regionals (crafts), Location TBD (possibly Long Branch, NJ or Cape May, NJ)

July 23 – 13<sup>th</sup> Annual Lt. Mitch Maiorana Run Swim Run at Surf Ave. in OC, MD

July 25th - Mid Atlantic Regionals Junior Guard Championships, Location TBD

July 27th - National Park Service 27th Annual All-Women Lifeguard Tournament in Sandy Hook, NJ

August 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> - USLA National Lifeguard Competition in Cape May, NJ

**Captain's Note:** I am proud to say that under the current chapter leadership the Ocean City Beach Patrol chapter of the USLA is not only alive and well but it is exceeding all expectations in its young life. To come so far and not only host the Mid-Atlantics after giving it up so many years ago, but then becoming the regional champion is an amazing accomplishment. In support of this summers effort to send as many competitors to the USLA Nationals as possible we have moved the Annual Crew Competition one week earlier. Let's all work together and train together to make this a memorable competitive season.



Our official Ocean City Beach patrol Chapter Logo created by Josh Giambalvo.

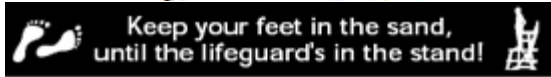
# Calendar/Important Dates

## OCEAN CITY BEACH PATROL

For winter correspondence  
please send to:  
Town of Ocean City  
PO box 158  
Ocean City, MD 21842  
Attention: Beach Patrol

Phone:(410)289-7556  
OCBP Headquarters  
109 Dorchester Street  
Ocean City, MD 21842

Email: [barbin@oceancitymd.gov](mailto:barbin@oceancitymd.gov)



*We're on the Web*  
[www.ococean.com/OCBP](http://www.ococean.com/OCBP)

**December 4– 11** Beach Patrol Budget Preparation

**December 27-31** Beach Patrol Budget Presentation to Director

**January 1** Penguin Plunge, Mayor's Open House

**March 5, 6** Strategic Planning Weekend

**April 4** Mailing of Spring Newsletter

**April 29**—Employee Agreements due back

**May 21– 22** CC paper work

**May 15—21** Opening Set up

**May 22—29** SRA I

**May 22—27** Returning Drug Test

**May 25—27** Paper work Equipment pick up for veterans

**May 28** 7:00 am Prayer Service and First Day Guarding

**June 11** - Pre-Employment Ocean Test

*For a complete, up- to- date 16 month calendar click on the Employee Calendar link on the home page of the Beach Patrol website*

## OCBP WEB [www.ococean.com/ocbp](http://www.ococean.com/ocbp)

Our web presence has gone through many changes throughout the years and continues to evolve. Bill Funkhouser has been instrumental in the conversion from the old site to the new. Others have also worked with our web editor to make it as informative and user friendly as possible. People use our website as a tool to learn more about the OCBP, beach/water safety and as an OCBP employee resource. If you visit the site and see information that needs to be updated or if you have an idea or contribution for the web page, please contact our Web Editor/Public Relations Coordinator, Kristin Josen at [kjjoson@oceancitymd.gov](mailto:kjjoson@oceancitymd.gov)

The mission of the Ocean City Beach Patrol is to provide for the safety and well-being of the beach patrons of the Town of Ocean City, Maryland, who participate in beach and ocean-related activities. This mission includes **educating** the public, **preventing** potential accidents, and **intervening** when necessary and appropriate, both on the beach and in the adjacent Atlantic Ocean waters. The Patrol intends to fulfill its mission by:

- Recruiting the most highly qualified candidates.
- Employing qualified individuals for administrative and educational positions, competent surf rescue technicians, and public-minded surfing beach facilitators.
- Training personnel with the most current information, technology and equipment.
- Outfitting personnel with current, well-maintained, and appropriate equipment.
- Upholding the highest standards of professionalism; to present knowledgeable, capable, and reliable Surf Rescue Technicians to the general public.

### Important, Important!!!!

- In order to insure your W2 and your tax refund get to you, contact City Hall with any corrections on your permanent address.
- Also contact Debi if your phone number, mailing address or email address changes. [DebiOCBP@aol.com](mailto:DebiOCBP@aol.com)
- You should contact or cc Kristin with your email address change so she can keep the website updated and current

*Discover an ocean of Fun!*