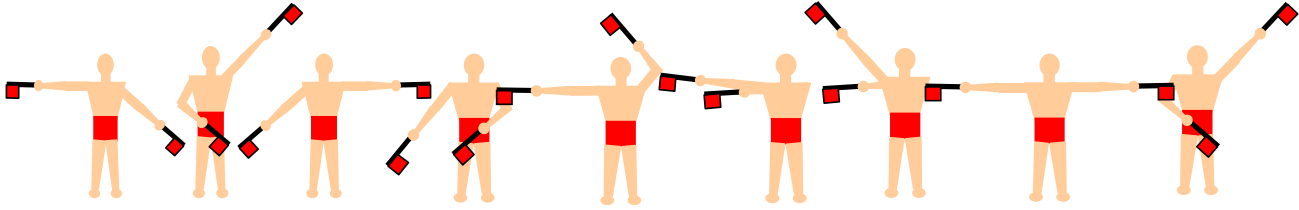


Ocean City Beach Patrol



Edition 52

Newsletter

Fall/Winter 2011-12



Over Eighty Years
of Saving Lives.

Maintain Your Role
in this Fantastic
Tradition!

OCBP Forever!

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Message From the Captain

Captains message

Experience – The value added difference

Although it's true that our newest rookies are the future of the Beach Patrol, they do not come to us ready to perform all aspects of the job. All we know about them when they arrive to begin Surf Rescue Academy is that they have successfully completed the physical skills testing and seemed to have all the attributes that we desire in a Surf Rescue Technician. At this point the real work begins, turning a group of young adults (usually 18 – 22) who have little or no work experience into Surf Rescue Technicians that we will trust with the lives of the people we care about. What we don't know, and cannot predict, is who from this group will be a future Crew Chief or a Sergeant one day, or even the next Captain. However, the immediate goal we must meet is to make sure each rookie is ready for the tasks that they must perform once they complete academy. A few years ago the saying "It takes a village to raise a child" was popular, but the reality for us is "It takes a Beach Patrol to make a Surf Rescue Technician" and we know experience is the best teacher.

If an organization is made up of a large number of individuals with little experience, there is a real void in organizational knowledge.

To the contrary, the Beach Patrol is fortunate to have a large number of its leadership group with many years of experience in various roles. This is particularly important when it comes to preparing the newest members of the Patrol for future responsibilities.

Unlike other departments in the Town of Ocean City, whose summer workforce is being supervised by full-time employees, the leadership of the Patrol is all temporary (99.7 %). Therefore it is critical that we maintain a large group of returning employees with

(Continued on page 2)

Welcome rookie class of 2012

I want to again welcome you into the Beach Patrol family and hope that this is just the beginning of a lifetime of wonderful Ocean City memories. 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 past summer and were offered a job by me. Yet, day and my handshake marked 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 you and the Patrol.

Your official offer of appointment to Surf Rescue Academy will be included with the Spring Newsletter, which will be mailed to the address you provided on Monday, April 2, 2012. In addition to confirming your availability and submitting official documentation of your final day of work, it is your responsibility to be fully prepared and ready for the rigors of academy. As long as your availability is until at least Labor Day, Monday, September 3, 2012, I will reserve a slot for you in a Surf Rescue Academy, however, appointments will also be given to others based on performance, past connection with the Patrol and later availability if prior to Labor Day.

We have the collective responsibility of turning you into a Surf Rescue Technician and you have the responsibility of arriving in Ocean City ready to take on the challenges of Surf Rescue Academy. We will provide you with the most comprehensive open water surf

(Continued on page 2)



(Captain's Message continued from page 1)

leadership experience. Experience is not only a critical need for the Beach Patrol but a recent Gallop Poll found that most people believe that experience in "skilled" professions is what can make the greatest difference in performance of the organization, regardless of the organization's mission.

Although, having a large number of our employees with over three years of experience has not always been the case (see article on page 27 from a 1985 American Lifeguard USLA magazine) we have been incredibly successful in this area for at least the past ten years. This past season as I was preparing certificates for our annual awards banquet I was looking at the number of seasons worked by our 200 + personnel. What I discovered is a real testament to this organization and the people who have dedicated so many years of their lives to the Town of Ocean City. 40% have worked 5 or more seasons, 15% have worked 10 or more seasons, 6% have worked 20 or more seasons and what makes this even more amazing to me is that over 85% of our employees relocate to work for the Beach Patrol each season. Living in a home during the season that is different than the home they live in during our off season brings many unique challenges and makes it even more difficult to return for multiple seasons, and then you add a spouse and maybe a child or two. I am thankful that so many continue to make the personal sacrifices that it takes to continue with the Patrol, because without this level of leadership we would not be able to remain the efficient and effective Beach Patrol that our beach patrons deserve.

Although this longevity is great for the organization it does create some issues with individuals who feel ready to advance into new positions that will challenge them even more. Because we are limited in the number of personnel we can have in any particular position I am seeking creative ways to allow capable personnel to serve in slightly modified roles that will give them opportunities to gain new skills and hone the skills they already have. One strategy is to have Crew Chiefs more involved in both the testing and training programs. This gives them the opportunity to use their years of valuable experience to help the newest SRTs and the Patrol continue to move forward. Additionally, I will be asking Crew Chiefs to serve in roles that they have traditionally not been a part of. We will be giving them opportunities to receive advanced training in areas such as CPR Instructor, First Aid Instructor, Rescue Swimmer and OCBPSRA instructing. All of which are attempts to keep this most important group involved, energized and returning for additional seasons, while at the same time developing our next leaders.

One of our successful programs that has served us well is the Assistant Crew Chief training position. This is a one-year appointment that allows SRTs with OCBPSRA SRT II certification to apply for a one-year training position as an Assistant Crew Chief (ACC). The 17 new ACCs receive extensive training and then spend the season learning all aspects of the Crew Chief position and operate as the Crew Chief on that person's two days off or when that Crew Chief is assigned a special duty away from the crew. After serving in this training position, they may be eligible to apply for a Crew Chief position if one becomes available. If not promoted, they return to their previous rank and a new group of ACCs will be trained the following season. There are two primary benefits to this program; first it has created a large number of highly qualified candidates for

the few Crew Chief openings that occur each season (only 3 this past season); second it creates a "deep bench" with a very large number of personnel on the beach that have gained experience in so many aspects of the job and can step in when the need arises.

The greatest testimony to the fact that the overall experience of the Patrol and the leadership training and development process is working as designed took place on Monday, August 8, 2011. That was the day that we held our annual Crew Chief Lunch Seminar following the weekly meeting. All Crew Chiefs were involved in this seminar which was held in the Dorchester street Training Room, while at the same time we had one of the busiest days in Beach Patrol history from a medical emergency perspective with 19 EMS calls. Yet, the ACCs performed flawlessly and the Beach Patrol was able to fulfill all aspects of its mission that day. This would not have been possible if the majority of those responsible for the beach that day had not had many years of experience and training. Additionally, I can assure you that although I was aware of how busy the beach was as we continued our discussions in the seminar, I never had a single doubt that those left responsible to handle all the emergencies and manage each incident were fully capable of performing to the highest expectations. This is where the value of experience really pays huge dividends.

Having so much experience on the beach is a real added value to the Town and the citizens and visitors we serve. But I can not talk about the importance of experience and giving your life to the Beach Patrol with out mentioning that this coming season we have multiple individuals reaching some important landmarks in service, 20 years, 30 years and 40 years. You cannot buy experience and could not afford it, if you could!



Captain explains the re-qualifying swim to SRA 1 .

(Welcome Rookie Class continued from page 1)

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 must take time to look at our training web resources www.ococean.com/ocbp and

(Continued on page 6)

Ocean City Beach Patrol Surf Rescue Association



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 also 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, but beginning with 2012, I will have other OCBPSRA Instructors (usually Crew Chiefs) who wish to become involved, be scheduled to assist with certifications. As we look toward the summer of 2012 we have already scheduled all of the OCBPSRA certification opportunities (see chart in this newsletter) so you will have plenty of time to plan ahead. 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. This past summer also included the introduction of the newly designed certification patches and certificates, which were presented at the meetings in late August and September (If you did not receive yours they should be included with this newsletter). We also re-issued any patches that you had previously earned with the new designs at the beginning of this season. 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 SRT II certification and be eligible for a training position as an Assistant Crew Chief.

Following is a list of SRTs who completed OCBPSRA SRT II or SRT III certification this past season.

OCBPSRA SRT II – Eligible for ACC

Genevieve Beaulieu
Matthew Sweeney
Joseph Keefe
Travis Sevier
David Cuomo
Thomas Lurie
Justyn Zangwill
David Krabbe
Christopher Babcock
David Balog
Jarred Sears

OCBPSRA SRT III – Eligible for CC

James Kleman
Samantha McElvaney
Kelly McGrath
Mitchell Witherow
Christopher Meeker
Jacob Ritter
Richard Devine
Maxwell Posner
Charles Swartz
William Wilkinson, Jr.
Harrison Fisher

See the OCBPSRA 2012 Schedule on page 4

Evaluation as a Tool to Strengthen an Organization

I believe that the most important asset of a superior and healthy organization is its personnel. Therefore, the most important function of any organization should be the ongoing development of its employees. First and foremost we must recruit, qualify (test) and train the best individuals available. This has been a hallmark of our success for all 80 years of our history and continues to be one of our greatest strengths. Once we bring new personnel into the organization we must have a plan to move them through the organization in a clear and defined manner. This we do through our OCBPSRA certification program as well as programs like the Assistant Crew Chief training position. Having this organizational schematic in place is not enough, it must be monitored for quality control and to make certain that we are getting the results that we desire. In keeping with this belief we use supervision and ongoing formative evaluation to monitor the progress of our personnel. Formative evaluation is used to inform and provide feedback and action steps to become more effective employees and to assist them as they advance 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 as well as a photo of each employee. Once all pertinent information about each employee has been assembled a review panel made up of current Sergeants (this year 10 met on November 5th in OC) reviews individual employee performance and as a group recommends a future status for this employee.

The review panel was provided with information about OCBPSRA training and certifications and were asked to indicate if an eligible employee should be considered for a training position as an Assistant Crew Chief (OCBPSRA Step II) or if qualified (OCBPSRA Step III) should be considered for promotion to Crew Chief. The Lieutenants then review all Sergeant recommendations and a final recommendation is forwarded to the Captain. The final disposition of each employee's status for future employment and promotion within the Beach Patrol organization rests firmly with the Captain. All employees who are determined to be re-employable, without conditions, will receive an official letter of invitation for re-employment from the Captain shortly after April 1st 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. Even seemingly minor infractions such as missing a meeting, being 3 minutes late, not shaving, forgetting equipment have resulted in some of our best SRTs not getting their position back.

At a time when individual accountability is a rare trait and employee performance is often less than acceptable in other areas and professions, the Beach Patrol demands far more of each employee. I can assure you that your job and the service you provide are far too important to allow any employee to compromise our mission by performing in a less than exemplary way. This is why the Beach Patrol takes the evaluation process so seriously and why we strive for greatness as an organization by holding every employee to the highest standards of the Beach Patrol and the Town of Ocean City. This standard is why so many employers that know of the Ocean City Beach Patrol look favorably on your experience with this organization and you can be proud to say "I worked with the Ocean City Beach Patrol".

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

Ocean City Beach Patrol Surf Rescue Association 2012 Schedule

		1st Opportunity	2nd Opportunity
SRT II (Basic) Criteria	Mile Swim (Craig swim also counts)	Friday, June 22, 2012 18:15 130th Street	Wednesday, August 08, 2012 8:30 Dorchester Street
	2 mile Run	Wednesday, June 20, 2012 18:15 130th Street	Wednesday, July 11, 2012 8:30 Dorchester Street
	Dispatch / Office Management	6/25/2012 - 8/19/2012 9:00 - 18:00 OCBP Headquarters	
	Beach Safety Training	Thursday, June 14, 2012 18:30 OCBP Training Room	Monday, July 16, 2012 18:30 OCBP Training Room
SRT III (Advanced) Criteria	Mile Run	Tuesday, June 19, 2012 18:15 130th Street	Wednesday, July 18, 2012 8:30 Dorchester Street
	200 M Sprint	Monday, June 18, 2012 18:15 130th Street	Thursday, July 12, 2012 8:30 Dorchester Street
	Run Swim Run	Friday, June 15, 2012 18:15 130th Street	Thursday, July 19, 2012 8:30 Dorchester Street
	Paddle Board	Friday, June 08, 2012 18:15 Dorchester Street	Friday, July 06, 2012 8:30 Dorchester Street
	2 Person Rescue	Thursday, June 14, 2012 18:15 130th Street	Thursday, July 12, 2012 8:30 Dorchester Street
	Landline	Friday, June 22, 2012 18:15 130th Street	Wednesday, July 18, 2012 8:30 Dorchester Street
	Rookie Graduation Assist	Thursday, July 05, 2012 7:00 Inlet Beach	
	IBP Instructor Training	Thursday, June 21, 2012 18:30 OCBP Training Room	Wednesday, June 27, 2012 18:30 OCBP Training Room
Specialty Certifications	Jet drive certification <small>Note: Requires a 2nd solo day May serve as re-certification</small>	Monday, June 25, 2012 18:30 OCBP Training Room	Monday, July 23, 2012 18:30 OCBP Training Room
	Jet drive re-certification	Wednesday, June 13, 2012 18:30 OCBP Training Room	Saturday, July 07, 2012 18:30 OCBP Training Room
	Quad certification <small>Note: Requires a 2nd solo day May serve as re-certification</small>	Monday, June 18, 2012 18:30 130th Street	Tuesday, June 19, 2012 18:30 Dorchester Street
	Quad re-certification	Monday, June 11, 2012 18:15 130th Street	Saturday, June 16, 2012 18:15 Dorchester Street
	Maryland State Police Rescue Swimmer Training	TBA	TBA
	Marine Animal Rescue Responder	TBA	TBA



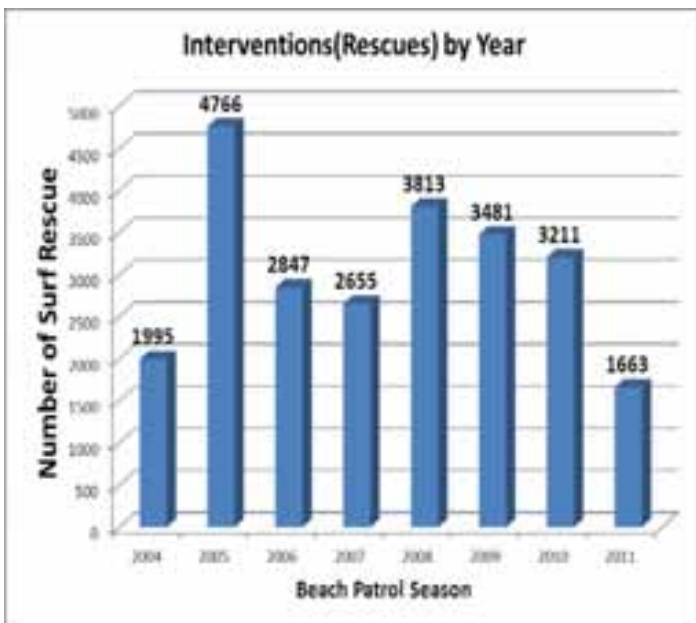
Data Collection and Statistics Update

For the third summer our crews had the option of submitting statistics on-line using Google Docs. Many Crew Chiefs and Assistant Crew Chiefs took advantage of the opportunity to enter their crew's data online which gave them the flexibility to do it at a beach house, or other location at a time and place of their convenience. Another technological advance came in the form of a "thumb drive" that was issued to each Crew Chief, pre-loaded with all of the season's current forms. This proved valuable when someone in the crew needed a specific form. What made it even more convenient was that they were all PDF fillable and savable forms.

All of this technology would serve no purpose if it were not for Debi and Stella (office associates) who collect all of the data and forms and enter them into an electronic format. Having this information available electronically allows me to quickly access information, perform statistical analysis and make informed operational decisions.

The 2011 season was statistically average in most of the categories for which we keep records, such as lost and found individuals, assistance from other agencies, minor first aids and preventative actions. However, response to serious medical emergencies was slightly higher than an average season. While the last weekend in August saw a tremendous amount of media coverage due to the predicted path of Hurricane Irene, overall our season was less busy with rescues than any season in the past ten years. Although there are many factors that impact these statistics, I believe that our increased focus over the past several years on the Education and Prevention aspects of our mission was the critical factor in reducing the number and severity of Surf Rescues.

If you would like to take a closer look at our statistics for 2011 and how they compare to recent years, you may visit our web site and follow the link to weekly bulletins where Secretary Malone reports 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%20and%20Parks/Beach%20Patrol/bulletins.html)



The final statistics for the 2011 season which began on Saturday, May 28th and lasted 121 days ending on Sunday, September 25, 2011 were:

Urgent Ambulance	144
Ambulance	162
Police Assistance	78
USCG / MDNRP	10
Lost & Found Persons	557
Animal Control	26
Preventative Actions	79739
Interventions(Rescues)	1663
Minor First Aids	1954
North S.B. Population	818
South S.B. Population	2598
Beach Wheelchairs	453

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.



Neck/back emergency on July 4th at the inlet.



Debi and Stella collect a lot data throughout the season and Stella does a great job reporting the weekly and year to date statistics in our bulletin. Here she is helping Mike with times at a qualifying swim .

Beach Patrol Receives Marine Animal Rescue Training

Submitted by Lt. Ward Kovacs



The Ocean City Beach Patrol has worked with the National Aquarium in Baltimore in several ways over the past twenty years. Beach Patrol Instructors even went to the Aquarium at one point to teach those involved in the dolphin shows how to stabilize and extricate members of their team if they were to sustain a spinal injury in one of their pools. As our stands dot the Atlantic shoreline for a ten-mile stretch, we are often the first agency to encounter marine animals that, for whatever reason, are either stranded or in the process of coming to shore. This makes our partnership with the Marine Animal Rescue Program (MARP), based at the aquarium, a natural fit. Over the years members of their team would come to Monday meetings to give an overview to SRTs in how to care for live, stranded animals. Sergeant Uebel would dutifully don the dolphin mask and lay down with his arms against his sides, his hands acting as flippers. Lt. Lee and others would then roll him onto a stretcher. Each summer, we would put that basic knowledge to work as we initiated care for dolphins, turtles, seals and other animals that found their way to the beach. For a few years the MARP team had an ambulance stationed at the Coast Guard station in Ocean City. Several of our officers were trained how to use the nets and equipment on the ambulance to move injured or sick animals to a protected environment where they could receive care. We were called on a few times to drive the MARP ambulance to stranded animals, once traveling all the way to Virginia to transport a seal pup that stranded on a marshy island near Chincoteague. The Beach Patrol has assisted the MARP team many times with the release of animals that were successfully treated and rehabilitated. We often drive them from their transport vehicles to the water's edge, and provide an extra level of crowd control as curious spectators rush in to see what's going on.

Our training for handling stranded animals has taken great strides in 2011. Members of the MARP team came to both of our Surf Rescue Academies this year and taught all of our rookies the basics of caring for stranded animals. Then, on Saturday, November 5th, 19 of our employees attended a MARP training class at Beach Patrol Headquarters that was arranged by Sgt. Falcon, and led by Jennifer Dittmar of the MARP team. Those 19 Beach Patrol employees received manuals and reference guides and, at the end of the class, were given their official MARP Staff T-shirts. Jennifer has agreed to hold additional "Marine Animal Rescue Responder" training during our season so others that were not available for the November 5th responder level training will have additional opportunities. We will be adding this newest training to our OCBPSRA certification program, and of course we will be designing a certification patch and certificate for those who complete this training.

(Continued on page 7)



Jennifer was an excellent presenter. Everyone enjoyed the training.

The following are the individuals and the season that they are beginning:

Butch	Arbin	40
Skip	Lee	30
Ward	Kovacs	30
Tim	Uebel	29
Mike	Stone	28
Wes	Smith	24
Brent	Weingard	23
Rick	Cawthern	23
Marc	Bouloucon	22
Ed	Fisher	21
Colby	Kauffman	19
Dave	Haight	18
Mike	Bangert	17
Jamie	Falcon	16
Kevin	Reed	16
Mat	Postell	16
Debi	Tyler	15
Ryan	Cowder	14
Mark	Muller	14
Dustin	Stokes	14
Jake	Foy	14
Jason	Konyar	13
Jeff	Brabitz	13
Joe	Osborn	13
Garrett	Lee	12
Ben	Davis	12
Randy	Wheeler	12
Stella	Malone	12
Adam	Atwood	11
Alex	Desy	10
James	McVey IV	10
Ryan	MacCubbin	10
Steve	Fowler	10

(Welcome Rookie Class continued from page 2)

email any questions you may have. 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 and I will put you in contact with resources to find housing, which includes employee housing that is reserved for OCBP staff and is managed by the Ocean City Development Corporation. As you read through the rest of this newsletter you will have an even better idea of what the organization that you are hoping to become a part of is like. Just remember... this is the beginning of the greatest adventure of your life!



Permanent Assignment or “Where Will I be?”

Submitted by: Lt. Mike Stone

Where will I be placed for the upcoming season? Can I switch crews? Can I have my old stand back? Can I have a stand in another crew? Can I sit in Crew Chief so and so’s crew? These are all common questions for both new & returning personnel as we all think about the next Beach Patrol season. The easiest answer used to be, “Just ask 1st Lt. Lee or Lt. Stone.” As 1st Lt. Lee has changed roles, Lt. Stone has taken over doing the stand assignments and crew placements. The answer is still very much the same though, just ask Lt Stone. The Beach Patrol uses a procedure we refer to as “squatter’s rights” for crew placement and determining stand assignments.

Too many times, deals are made and things are promised that may not be accurate. Don’t assume something to be true before asking the right person. Lt. Stone has an open door policy and works very hard to perfect the assignment sheet. Without an assignment sheet it is impossible to do the days off schedule. The sooner the assignment sheet is finished, the easier it is to do the schedule.

When return packets are mailed out the 1st of April, look for an assignment request sheet. Fill that form out completely and Lt. Stone will use that to consider your placement for the summer. If you change your mind, just put your new request in writing and date & sign it before sending it to the office. If a particular SRT sat a certain stand last summer then he/she may request to sit that stand for the upcoming season and it will usually be granted. There are some exceptions to that rule but we will not get in to that discussion unless one of those extraordinary circumstances arises and it will be dealt on an individual basis.

If an SRT were in a rover position for a crew, then he or she would have priority when requesting an open stand(s) in their former crew. If there is more than one rover interested in an open stand then the decision would usually come down to seniority and/or number of days worked. As always, there are some exceptions to the rule and any specific situations are discussed when necessary.

There is one other circumstance and that has to do with Assistant Crew Chief (ACC) appointments. If a person accepts an appointment to ACC, they give up their ability to request a specific stand. They may end up in the same crew but the possibility arises that their appointment could be in another crew. Another good example had to do with one summer in crew 16, every crewmember returned and there was a new ACC appointment. There really was no room to put another person in that crew so we worked with a neighboring crew to place one SRT nearby. My hope is that we have a high return rate for the summer of 2012 and that we have very few open assignments or stands! Last summer we also had fourteen of the seventeen Crew Chiefs (CC’s) return, which allowed some room for advancement. What does the summer of 2012 hold? We will have to wait & see. One thing for sure, the OCBP will have all of its crews and stands full of qualified SRTs once the season begins!

Captains Note: For our new rookies it is important to understand that most rookies, and all rookies in the 2nd Surf Rescue Academy (June 2012) will be filling a rover position their first season. However, you will be asked to request the area of the beach you wish to guard. With ten miles of beach and 17 crews, rookies will be assigned to each area. Although the Beach Patrol tries to take into account the various requests made for assignments it is the needs of the Patrol that must be taken into consideration first and foremost.

(MARP Training continued from page 6)

This is just another example of our efforts to provide the best possible training to our employees. Having these skills and this knowledge helps us to fulfill our mission by caring for the beach environment, the animals that live there, and by keeping our human visitors safe and away from animals that can be dangerous when sick, injured, or when they feel threatened. Thanks to all of the participants in these latest training opportunities, and a special thanks to Jennifer Dittmar and the MARP team for making it all possible.

Snapshots at jasonlove.com



As a veteran lifeguard, Jack liked to explore other options before jumping into that cold water.



Testing and Recruiting



Testing 2011 – a Recap of Our Success!

Submitted by: Lt. Skip Lee

The summer of 2011 was great for so many reasons. The Captain covered many of those reasons at our Monday

morning meetings and I am sure he's shared some of them with you on other pages of this newsletter. But one area is of particular interest to me and I am not sure he would have put the same sort of emphasis on it as I will here.

The August and September testing campaign was outstanding! You could focus on the weather and conditions, the number and quality of candidates, the incredible staff charged with conducting the assessments or the final tally of appointments! There is so much to be proud of this year with respect to testing. I was honored to have been asked to again assume a lead role in the administration of the testing program for future SRTs and want to be very clear that the success we achieved this summer rests solely on the energy and enthusiasm that the Sergeants and Crew Chiefs brought to the process. Their knowledge and experiences add so much to the testing campaign and they are truly the key factor in accurately assessing candidates.

The goal of every test is to first have the highest quality candidates show up and then to authentically and effectively assess their abilities and endurance. We do this to populate our Academies with the best possible future SRTs. The Sergeants create the proverbial "First Impression" when the recruits report for registration and the Crew Chiefs pick right up after that once the candidates are assigned to their testing "crews." From that point forth, the candidates are under the watchful eye of the Crew Chief and unlike years past, a lot of the instruction now provided during the tests is given by the Crew Chief instead of me. I think I like that improvement to the testing process the most! There is a real sense of ownership and responsibility cast upon the Crew Chiefs to do well and be thorough. The result is a well qualified, well trained, and thoroughly assessed appointee to Surf Rescue Academy.

I would be remiss here if I did not point out the fact that this year saw an amazing number of candidates report for the test. They did this without a single cent spent on advertising or recruiting. And that is all due to the outstanding efforts that our current SRTs put forth to talk about and inform their friends of the opportunities the Beach Patrol holds. Each of us is a part of the greatest recruiting resource the Beach Patrol has. Sure, Alex continues to keep open the Canadian Pipeline of recruits but Alex aside, all of us do the job of recruiting each and every day while we perform our duties, participate in workouts, interact with beach patrons and just be ourselves. There really isn't a finer group of individuals on the planet who embody putting

others before ourselves and valuing human life so much that we risk our own safety to protect and save others. Future candidates for testing see that in you and want to be a part of that sort of organization so, in the event you have not been thanked yet, please let me extend my appreciation on behalf of the Beach Patrol and the millions of beach patrons who go to Ocean City for their vacation.

At this time, we have no plans for conducting off-site testing. Our guaranteed appointments to Academy, coupled with our tentative list of appointments far exceeds our anticipated needs for 2012. However, just to be safe, please encourage your friends and associates to check the web site frequently for updates and information about testing. If there is a significant change in the number of personnel returning to Ocean City next year, our needs may increase beyond what we currently have. As for each of us, stay in shape, maintain your training and be the best person you can be!

Captain's Note: Successfully fulfilling all aspects of the Beach Patrol mission year after year depends on recruiting, qualifying (testing), training and employing the best Surf Rescue Technicians each season. Although it would be great to have 100% of the Beach Patrol's SRTs return each season that is never going to be a reality and so recruiting the next crop of rookies becomes everyone's job. As Skip has said for the most part recruiting has become a passive activity by just doing your job every day. Each year I get dozens of inquiries about "Lifeguard" positions, where the person tells a story of how they or someone in their family was "saved" by an OC lifeguard and now it has become their dream to join the Beach Patrol team, or they have always looked up to their lifeguard and are now ready to test for that position. I call this passive recruiting because it only takes doing your job and being a professional. The rest speaks for itself.

This year's testing statistics

Summary of Pre-Employment Testing		
Number of Test Held	2	
Number of Candidates tested	90	
Number of Candidates offered appointments to SRA (pending availability)	42	47%
Number of Candidates rejected	48	53%
Number of Candidates tested by gender		
Male (includes 2 JBP AI hopefuls)	72	80%
Female (includes 1 JBP AI hopeful)	21	23%
Number of Candidates offered appointments to SRA by gender		
Male	39	93%
Female	3	7%



How I Became An Ocean Lifeguard

Submitted by: SRT Steve Yarzinsky (OCBP Rookie 2011)

I was gasping for breath, disoriented and, from what I could see in the blurry moments my head was above water, alone in the ocean. Making it back to shore was becoming increasingly uncertain. I was so tired from swimming that my left arm was no longer lifting out of the water. There was no stroke anymore — just grabbing water and pushing it behind me. At that moment I realized that success (or in this case my survival) was going to depend on my mind. There was nothing left in my body (or so I thought) so it was my determination to keep moving, no matter what, that was going to get me back on land.

This was try-out day for the Ocean City, Maryland Beach Patrol and it was the first of what would be a long series of physical and mental tests that would reshape my career, my body and in many ways my life. I was given fair warning just as all the applicants were. We were told it would be a hard, maybe the hardest, day we'd ever had. We were told that our chances of passing this pre-qualification phase were not good. We were told that we would be scrutinized at every moment — from our performance to our appearance to our composure and attitude. It was impressed upon us that no matter how fit we were, we would soon meet our limit. Finally, we were told that, even if we were successful on this first day of pre-selection, it would only be the beginning of the challenges to come. No one was going to become a lifeguard unless the Captain himself believed he could trust his own family's safety with one of us. So, on a brilliant sunny and warm June morning, I began the most thrilling and rewarding adventure I could have hoped for.

From childhood through my teenage years I admired the ocean lifeguards of the beach town that was my inherited second home. They were invariably fit, uniformly calm and they projected a powerful mystique. Some of that allure comes from their position both physically and socially: sitting atop eight-foot chairs they literally tower over the thousands of beachgoers they are responsible for. It also comes from the exclusive nature of their group: it is a fraternity of carefully chosen members who even have their own language (flag semaphore). Of course, the most exciting component of this fascination was watching the frequent and sometimes frightening rescues that they perform. Ocean City is a fantastic family vacation town with over two miles of boardwalk, ten miles of beach, rolling waves — and notoriously strong rip-currents! Sit on the beach in late summer when deep Atlantic storms push dramatic waves toward inexperienced swimmers and you can be guaranteed a demonstration of the speed, strength and skill of these life-

guards. While the excitement can be appreciated by anyone, it takes a special kind of person to volunteer for it. I was about to find out if I was that kind of person.

Becoming a lifeguard with the OCBP begins with try-out day or "Pre-Employment Physical Skills Evaluation". To make the first cut, applicants must qualify themselves in a timed run and swim. If successful, the candidate proceeds immediately into a 6-hour, high-intensity workout wherein new skills must be learned quickly and demonstrated with precision. Mock rescues, carrying live "victims" out of the surf and learning to think and communicate clearly in high stress situations are all parts of this daylong event. Stamina is critical too as is a good attitude. When your strength is spent and your lungs are exhausted you still have to be able to go in and make a rescue with confidence. The relentless intensity of try-out day begs each lifeguard hopeful to ask himself or herself the question, "Is this really what you want to do?"

The first time I answered that question for myself was during the timed swim on try-out day. A quarter mile of open water lay ahead of us and ten minutes were on the clock. This is barely a warm-up for a competitive swimmer and indeed it is considered a standard workout within the beach patrol. Yet this test weeds out the greatest number of would-be lifeguards. For me it was daunting to say the least. I possessed a high level of fitness but I was not a competitive swimmer and my preparation for this particular event consisted of a mere two weeks of swim practice. So it was more than a little intimidating to find myself jockeying for position in a mass start of splashing swimmers. I remember getting kicked. I remember being yelled at not to break stroke by the veteran guards following us in kayaks. Mostly I remember feeling tired early on. The timed run just minutes before the swim and general nerves from the competition had sapped much of my lung power. What was I doing here? The discomfort of swallowing saltwater quickly became the least of my problems.

Following the chaos at the starting line, natural selection played its roll in spreading the swimmers apart. I chose to focus on the peacefulness of being out of sight from other swimmers rather than on the scariness of it. I had no idea where I was in the pack. I was just somewhere in the ocean making my way toward a finish line I couldn't see. The urge to breathe was rapidly exceeding my capacity to take in air. The only thing I had control of was my thoughts. Some swimmers count, some sing songs in their heads. I kept picturing the finish line and being able to tell the friends and family I was going to face at the end of the day that I had made it. The majority of the swim amounted to a long repetition of sun, breath and darkness as my head turned and my arms pulled. It was a rhythm interrupted at first occasionally and later constantly by my diminishing strength.

Candidates who make it through try-out day are invited to Surf Rescue Academy. It is an intensive program designed to teach all the skills necessary to perform the job. Academy endeavors to turn each student into a Surf Rescue Technician which is the title given to working lifeguards on the Patrol. That was my goal. The more of myself I invested, the more I wanted that title. I was pouring my body into it. I was retraining my mind

for it. Every new day of training was asking me to do something I thought was going to be out of my reach. Then, by the time I was in bed at night, that particular fear simply became another notch under my belt. More importantly, those fears became small once they were behind me compared to how they appeared when in front of me. It was a phenomenon that I became familiar with and used to motivate myself as I went along: Whatever seemed overwhelming at first was sure to become perfectly manageable very soon. Something I did throughout Academy was use the memory of that first day swim to keep myself on track when things got difficult...

Someone from a kayak was screaming something. With my ears underwater, it was impossible to tell what it was. All I could think about was making it around the far end of the fishing pier — the point at which I knew I could finally make the turn and begin swimming toward shore. They kept yelling but what was it? Encouragement? Was it criticism for being slow? Was the race already over? As my head rolled one way and then the other to breathe, I caught random words: "pier", "close", "watch", "out". My head rolled again and, as I caught a breath, I saw a view I'd never seen before. I was looking straight up at wooden pilings that towered over me like trees in a forest. The pier was a black silhouette against a bright blue sky and I could see the outline of spectators looking down on me. With every second counting, I wanted to make a close turn around the pier but now I was dangerously close. As the waves pitched high and low, I could see the jagged mussel shells that covered the pilings sawing their way through the water. Unless I found sudden strength to sprint off course, they were going to saw their way through me!

Having made it through Academy with all the training and passing all the tests we were treated to "Rookie Graduation". In true beach patrol fashion, it was more of a workout than a ceremony. We showed up three hours before work to run a gauntlet of challenges including swimming out to a Coast Guard boat, riding the Jet Ski rescue sled and performing land and water rescue drills. It was an exciting morning that culminated with shaking the hand of the Captain as our names were called. Making it through Rescue Academy gets you onto the beach but you're still not an SRT. Like all rookies, I still had to work past my probation status if I wanted to be fully instated but there was no way I would let myself fail. By this point in the journey,



Captain Arbin shakes every rookie's hand as they complete Rookie Graduation.

success was something that I had gained a real taste for. It was a flavor that was put into my mouth the day of the try-out swim. That, and the taste of saltwater.

I didn't see the finish line approaching so much as I heard it. The lieutenant in charge of the stopwatch was known for his booming voice and his tireless vocalizations. This is a real asset in a sport where swimmers are plotting their direction based on brief "sightings" taken between strokes and breaks in the waves. I could have been swimming toward the sun-splashed beach or I could already have been dead and was simply moving toward "the light". I wouldn't have known otherwise without him yelling, "Keep swimming! Move, move!". One of my hands caught the sandy bottom on the downstroke. It was shallow enough for me to stand and run. I rose out of the water but couldn't see any of the other racers. Was I last? Had everyone gone home? "Move! Move! Move!". So I moved. I hustled. I tried to make my gritting teeth look like a smile (attitude counts). I had thought I was out of power way back at the mid-point of the swim and yet here I was pumping my feet in a sprint up the beach to the flags. "Run and grab a buoy. Then run back to the water". No sooner had my nose passed the finish line than I was given these instructions. More running? My pulse was still pounding in my ears. Someone vomited behind me but I didn't see who it was. Where was everybody? I did as I was told and lined up with a small group of dripping athletes, holding our buoys and sucking deep breaths through deceptively calm faces. The lieutenant told us to kneel down and began to give us instructions on how to handle our buoys. That was the moment it dawned upon me that not only had I just made it past the qualifiers, I was just beginning the day's work!

Out of 150 applicants, 60 showed up at the starting line with me that day. In the end, 14 made it through training and were given the chance to earn their place on a lifeguard stand as first-year SRTs. I'm proud to say I was one of them. I can tell you that sitting in the lifeguard stand is immensely satisfying. The view and the responsibility that come with it are even greater than I

(Continued on page 14)



SRT Yarzinsky is cheered on by the Beach Patrol as he runs through the channel culminating his Rookie Graduation.

Information/Statistics

From the Other side of the Desk

Submitted by: Lt. Skip Lee

As many of you know, I have another career away from Ocean City with the Anne Arundel County Public School System. I taught in the classroom for 18 years and am now in my fifth year as a Central Office administrator. I thoroughly enjoy my new role and draw on a lot of leadership experiences I have had here with the Beach Patrol.

Much like in Ocean City, I am also responsible for testing, interviewing and hiring candidates for many different positions within the school system. Sometimes I screen candidates, other times I travel and recruit while still other times I serve as a panel expert during the hiring process. But not until this fall have I actually had the opportunity to write a job description, post the position and watch with excitement as people from within the system and literally across the county applied for the position. For you see, this is the first time anyone has retired from the Office of Health, Physical Education and Dance since I was hired back in 2007.

The process has been extremely enlightening. I have learned a lot about people and about the state of our economy and society and I want to share some insight with you. Just a couple of points in order for this to make sense and please understand I am not presently recruiting for this position, it's already been filled. But I think you might learn from the experience and possibly apply it to future hiring opportunities.

First, the position is for a Health Education Resource Teacher and we required a Bachelor's degree (Masters preferable) in Health Education, Health Science or Community Health. Next, we required three letters of recommendation and three SUCCESSFUL years of teaching in the health field. The candidate needed to be eligible for a Maryland State Department of Education Teaching Certificate. And finally, the candidate must sometimes be able to work independently, sometimes as a team player and often within deadline constraints. (It's the nature of the position with all the grant writing and administrative responsibilities.) There were, of course, a complete list of expectations, too many to list here, but important to note above that which was already stated.

So the applications started arriving and I opened the electronic files with excitement and high expectation. Unfortunately, that enthusiasm quickly turned into frustration and bewilderment. You would not have believed who was applying for this position. I had hairdressers who said they had Health Education in High School. I had retired nurses who told me about their years of experience in the operating room but never made the connection to Health Education. I had a Science teacher from another state who said she was a "quick-study" and would take the Praxis and add Health to her certification and then apply for a Maryland Certificate. There were 47 applications in all and I read every one of them. I felt it was my duty and obligation although I must admit, I quickly learned that by going to the

Employment Experience section of the resume, I could predict who might be a better candidate.

We narrowed the field to six candidates and I purposefully excluded myself from the preliminary interviews. I did, however, create the interview questions and the grading rubrics for the people I recruited to serve on the panel and they narrowed the pool to two. Oh, and please know that prior to the interview, I scheduled all six to report 60 minutes BEFORE their interview. And you know early is on-time, right? When they arrived, I had them provide a writing sample on a Health Education Professional Staff Development initiative, lift and carry a set of text books, a document camera and a binder to the storage closet, answer a phone as if they had the job and tell my administrative assistant about their most exciting Health Education related experience.

In the end, we were able to hire a really strong person who brings a wealth of experience, knowledge and motivation to the position and we are all excited to refocus our energies on the work at hand.

So, why did I share this with you? There are some observations I made along the way that I feel every candidate for any job should know. I am not telling you how to interview but I might have a suggestion or two that would help you in the interview process. Here goes.

1. Know EVERYTHING you can possibly know about the position for which you are applying. Do your homework. Investigate the position. Ask questions. Call the employer directly and get clarification. Be Prepared.
2. Read the Job Description!!!
3. Write a resume specifically for the position for which you are applying. Make sure the OBJECTIVE has the actual company in the text. (One of the resumes I received had the name of another school system in the first sentence.) Be sure that the work experiences you include support what it is that you are seeking. More is not necessarily better.
4. Participate in mock interviews – you can even make up the questions and have friends deliver them. While it is important what you say during the interview, the manner in which you speak and the confidence you portray are just as important.
5. If you don't know anything about a question you are asked during an interview, don't make it up. You *might* demonstrate creativity and the ability to handle stressful situations if you do but you are more likely to make a bad impression to the panel if what you say is so far off of what they have heard from other candidates.
6. Dress Professionally. It still matters! The way you appear for that first impression, like it or not, still has an effect on the panelists. I know there are computer-programming jobs where you are forbidden to wear anything but jeans but chances are that the next interview you do will not be for Google. Relax. Yes, I know and appreciate how difficult times are these days and I see the desperation on people's faces when it comes to "just getting a job" but really, relax. It speaks volumes about you, about your future work ethic and about what the company might expect out of you.

Oh yeah, one more thing. Make sure the letters of recommendation you have other people write for you do not start off with “To whom it may concern.” If you want a really good letter of recommendation, provide the person you are asking to write the letter with information about you, the person (audience) who is receiving the letter to include that person’s name, their address and title and a little bit about why it is that you are applying for the position. Captain Arbin is outstanding in communicating how your position here with the Beach Patrol has been the best preparation for the position for which you are applying. Don’t be afraid to ask or forget to ask for a letter of recommendation when you decide it is time to go for that career-type job.

I wish you all the best.

Captain’s note: This is all great information and will help you as you apply for any position. However, I want to provide you with a few additional hints in general for any position you are hoping to get. Make sure you have a professional e-mail address for the purpose of any contact with perspective employers. I receive



Some Simple Analysis of Ocean City Recreation Bather “Neck/Back” Incidents

Submitted by: Sgt. Jamie Falcon

Last spring, I put together some statistics from our incident reports from 2000 through 2010. Now that another season has passed, I have redone these statistics.

Whenever a bather has symptoms, from an abrasion on the shoulders or above to paralysis, our personnel investigate the possibility of a spinal injury. At the request of the bather, or if symptoms warrant, our personnel request EMS; Paramedics and the patient then determine the need for further care.

I have looked over every accident report since 2000 and identified all of those that indicated a “neck/back” call. I am writing a public policy Ph.D. dissertation on spinal injuries to recreational bathers. The statistics listed here may, or may not be, part of my paper. I have submitted this for the newsletter because I think these are interesting and I am confident some of other newsletter readers might be interested too.

In 2011, we had 149 neck/back incidents. Over the 12 year time period, there have been 1105 neck/back incidents.

It should be understood that the benchmark number of visitors per season is 4 million. The likelihood of a visitor being involved in a neck/back incident is *two thousandths of one percent*.

Shallow Diving

Shallow diving is a less frequent cause, but these incidents are more severe relative to body boarding or non-shallow diving incidents.

There were 55 incidents attributed to shallow diving, or 4.98%. But, of all medevaced, 18.6% are attributed to shallow diving. So, a category amounting to 5% accounts for nearly 20% of the apparent severe injuries. Of shallow diving, 52%, with age reported, are between 16 and 21 (inclusive). So, a five year age group accounts for over half of the more-dangerous category of shallow diving. Of all neck/back incidents 76% involve a male, but 91% of shallow diving patients

are male. about 1,000 e-mail inquiries each year for positions with the Beach Patrol and am amazed at why a prospective employee would think sending me an e-mail from 1hotstud@hotmail.com was acceptable. A second issue for prospective employees is the social networking media. Many employers will begin with a background search on the most popular sites and if you have content that is not what they believe to be appropriate you will never get that interview. One final area of caution is the ease of doing an internet search for any court cases. Anyone can search by your name and have a listing of all your contact with the police or the judicial system. What you have done in your past is an employer’s prediction of what type of employee they can expect in the future. Good luck with landing any job that you are going for!

are male.

Drugs or Alcohol

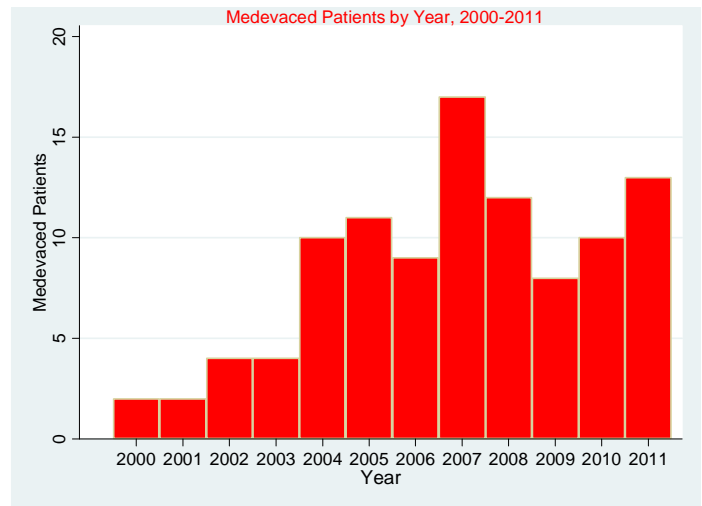
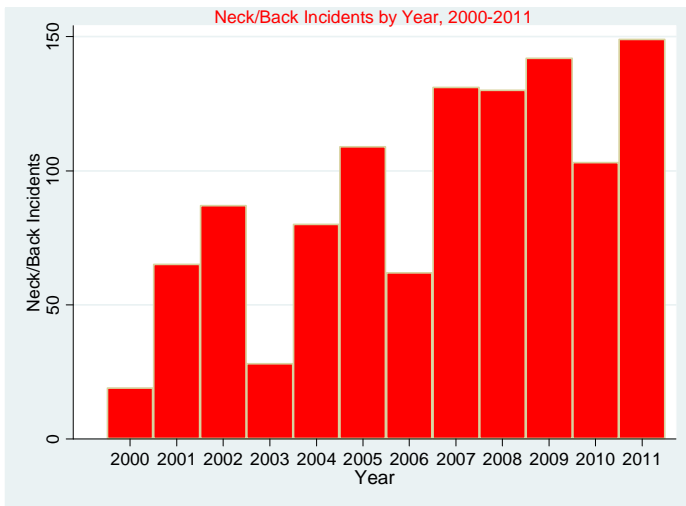
The data makes it clear that drugs or alcohol tend to go with risky behavior or likely more severe injuries. Drugs or alcohol were believed to be a contributing factor in 1.36% of all of the incidents. However, drugs and alcohol were believed to be a contributing factor in 33.3% shallow diving incidents. Of all medevaced patients, drugs and alcohol were believed to be a contributing factor in 5.9%.

Patient status at transfer to EMS (Final outcome not known)

- 32.3% refused treatment or self-transport
- 50.3% ambulance to AGH
- 5% ambulance to PRMC
- 9.2% medevaced
- (about 4% do not have a destination reported)

Age and Summary

	Shal-low Diving	Shal-low Diving Medevaced	Not Shallow Diving	Not Shallow Diving Medeva ced	All Medi-vaced	All Neck/ Back Inci-dents
Median Age:	20	22	19	45	44	20
Average Age:	22	26	27	43	40	28
Minimum Age:	9	16	4	8	8	4
Maximum Age:	53	52	85	74	74	85
Number:	55	17	1001	79	96	1105
Percent of All Neck/ Backs	5.0%	1.7%	95.0%	7.5%	9.2%	100.0 0%



Captain's Note: Education and Prevention are the first two components of our three part mission, therefore we look at data to assist us in developing a more effective delivery for our educational programs as well as preventative strategies. This data is not meant to frighten the beach-going public into staying out of the ocean but rather to help us better understand the dangers associated with the ocean environment and provide them with information to make it safer for them to enjoy the wonderful ocean environment. We must also be aware when we report statistics, that a misinformed public may draw some inaccurate or simply wrong correlations between cause and effect, and these correlations are not supported. If you look at the numbers carefully you see that the ocean is really a very safe environment and the chances of a person becoming a victim of a "neck/back" injury are rather remote. There are several factors that must also be considered along with the raw data, the training that all of our personnel go through each season requires that any injury with mechanics that could have caused a possible head/neck/back injury are treated the same as the most serious

spinal injury, which results in many less serious injuries being classified as "Neck\Back" injuries, inflating the statistics. Another indication that the statistics are inflated by our designation is that 80% of the victims that contact us, following being treated as a "neck/back" indicate that what they experienced was either a very minor muscular strain or no actual injury at all. Furthermore, we know from anecdotal data and victim interviews that most of these incidents were easily preventable had the person used proper techniques and a little knowledge of the ocean environment. That is why I am constantly reinforcing that education is the most important aspect of our mission and why we work so closely with the media and other publications that may help inform our public. As a beach patrol employee, we must remember that education is a key component to our mission and that each of us can always do more for the people that visit our beach.

Become a Mobile Rescue Operator

Submitted by: Captain Butch Arbin



If you think you would enjoy being assigned "quad duty" during this coming summer you need to make sure you are eligible and that you attend a required training session. To be eligible for first time certification you must be an Assistant Crew Chief. If eligible you must attend a quad training class, which has both a knowledge component as well as skills practice. Once you have successfully completed the training you will be scheduled for a ride-along day with a Mobile Rescue Instructor. You must also provide a copy of your driving record before you will be eligible to be assigned quad duty. Once you have been Mobile Rescue certified you may re-certify each season even if you are no longer an Assistant Crew Chief by attending one of the annual re-certification training sessions. You can meet the re-certification requirements by either attending the full certification course or a re-certification class.



Sgt. Tim Uebel on patrol in the south area .

Don't Get SAD Get Vitamin D

Submitted by: Sgt. Tim Uebel

Greetings from Sgt. Uebel (Unit 8), Hope each and every one of our Beach Patrol members, both past and present and their friends and families are doing well. I would like to thank each and every member of the OCBP for a great summer! The OCBP ended its season on Oct. 10th. Now, as the officers read over all the evaluations, its time to start preparing for the summer season of 2012. Just as with a top athlete or an incoming rookie, training never really ends, you always have to get ready for the upcoming season. Although standard time has come back, "fall-back", and daylight fades around 5:00pm, don't let the "Winter Blues" get you down! Most of our off-season jobs primarily take place indoors. Therefore, taking away precious hours in the golden sunshine. Our bodies and minds are still in the summer/guarding mode, working and training from 8:00am to 8:00pm, in the sun. Then when the weather becomes colder, most of our activities take place indoors, and the sun sets earlier each day. This is when we wish for Memorial Day. Some of us may go through "The Winter Blues" otherwise known as SAD - Seasonal Affective Disorder. Seasonal Affective Disorder affects between 6% to 10% of the American population. Seasonal Affective Disorder is a term used to describe the melancholy, depressed mood felt by people in the winter months. Seasonal Affective Disorder is due to the fact that people who do not get much sun exposure in the winter months cannot easily regulate the production of melatonin by the pineal gland. Melatonin is a hormone that causes you to fall asleep, or to hibernate. Without exposure to intense sun rays, the body cannot efficiently regulate its melatonin levels. So you wake up in the morning, in the wintertime, your melatonin levels are suppressed, due to lack of sunlight. The result is a feeling of tiredness, depression and the desire to hibernate throughout the winter. As seasonal SRTs/Lifeguards some of us may fall in this percentage.

A little known mood booster and health enhancer is **Vitamin D**. Sunlight is the only reliable source of Vitamin D and most bioavailable to the human body. Sunlight - It's Free. Free Vitamin D. Vitamin D synthesis starts when the sun's rays are absorbed by the skin. Synthesis continues from liver and kidneys to the intestines, where it tells them how to absorb calcium more efficiently. Proper amounts of Vitamin D in one's body can help stave off numerous chronic diseases including, type 1 diabetes, rheumatoid arthritis, multiple sclerosis, and many common cancers such as breast, colon, and prostate and can also help prevent the Flu virus. Also adequate amounts of Vitamin D in the body can help in inhibiting the onset of SAD and elevate your mood. Vitamin D can aid in the prevention of osteoporosis, it helps lower blood pressure, improves skin conditions, aids in muscle strength, and strengthens the blood brain barrier for brain protection. As you can see Vitamin D is an important aid in optimal, whole body health. Natural sunlight provides us with the majority of Vitamin D needed for optimal health. Just 5-15 minutes per day of exposed skin to the sun can account for the 1,000 I.U. of Vitamin D needed daily. We as lifeguards, who are in the sun for numerous hours each day make enough Vitamin D through sunlight, equivalent to orally taking 20,000 I.U.s of Vitamin D. The ability for the body to produce Vitamin D from sunlight, utilizing the skin, is

a self-regulating system. So therefore, the body will not produce excessive amounts of Vitamin D, which the body does not need. Lathering the body with sunscreen does protect the skin from many of the harmful effects of sun exposure however it also inhibits the skin's ability to produce Vitamin D through sunlight. Therefore, if you put a sunscreen on with a SPF of 8, you reduce the ability of your skin to make Vitamin D by 95%, but there is good news for us lifeguards. Due to our job, the time of year, and to the environment in which we work Vitamin D levels in our blood are much higher. The body stores Vitamin D in its fat cells and is released during the wintertime. Therefore, due to our occupation we have Vitamin D reserves in our body for use in the off-season. Although, by the end of wintertime most of us are deficient in Vitamin D. To help increase blood levels of Vitamin D, one can take Vitamin D supplements, drink milk and juices fortified with Vitamin D, eat salmon, or take some cod liver oil. Oh Yeah, go outside, expose your skin to the sun, get some exercise, and eat a healthy diet. Recharge your body's Vitamin D battery. Enhance your physical health and elevate your mood with this recharge. Before you know it, summer time will be upon us, your body and mind will be rejuvenated and you will be ready for rookie school or veteran recertification. Good luck to all in the off-season!



References: 1. [The Healing Power of Sunlight & Vitamin D](#), Dr. Michael Holick, 2005.

2. [Summary of Vitamin D Research, http://altmedangel.com/vitd.htm](http://altmedangel.com/vitd.htm).

(How I Became a Lifeguard continued from page 10)

had imagined. During the course of training, we repeated that swim from try-out day two more times not to mention countless sprint distances in and out of the water. In fact, every Surf Rescue Technician, whether new or returning, must complete the basic qualifying swim every year. It's just one of the ways the Ocean City Beach Patrol makes sure they remain the best. With an entire winter to hone my stroke, I'm looking forward to making the swim next spring!

Captains Note: Although this is only one rookie's perception of the quest to become a Surf Rescue Technician it is one of the most common memories of anyone who has earned the position of an Ocean City Beach Patrol lifeguard. I can attest to the fact that after 40 years of working for the patrol I still remember my test as if it was yesterday. At last year's reunion of guards that dated back to the 1940's they too were still recounting their testing experience. But I must be honest and tell you it was so much harder back in the day. We had to swim uphill, tread water for days while holding two cinder blocks out of the water, run an uphill, soft-sand mile in 3 minutes and that was just the warm up.

OCBP NEWS

Late Season Highlights for 2011

Submitted by: Lt. Ward Kovacs



Many of our employees finish their season by the end of the Labor Day weekend and hear very little of what goes on with the Beach Patrol after they leave town for the Winter. The period between Labor Day, September 5 this year, and the Sunday of Sunfest, September 25 is the time we typically refer to as "Fall Guarding". The two weeks from Sunfest to Columbus Day is covered by mobile patrols, and is usually called "Extended Coverage". While the weather did not start out as nice as last year's late season, the rescue activity this year was busier from the start. There was only one rescue the day after Labor Day, but there would not be another day with less than double-digit rescues for more than a week after that. The one exception was September 8th when conditions were bad enough to warrant placing swimming restrictions throughout Ocean City. On Saturday the 10th, we had 112 rescues with only 40 guard stands in service. That night we had mobile patrols in service, and they made an additional 5 rescues. Out of the 20 days of fall guarding, there were only four days where we did not have any rescues. All told, we made 229 rescues during those three weeks. During the two weeks of mobile patrols, Ocean City Communications only dispatched us one time to check out a report of swimmers in distress. We had a quad close by and were able to get there quickly, so no water rescue was toned out for the Fire Department. Upon arrival, our mobile rescue team found that the swimmers had been able to get out of the water on their own.

Apart from rescues, we kept ourselves busy by assisting the Police Department in their efforts to catch a streaker who was making frequent "appearances" on the beach in the north end of town. On September 19 Sgt. Kauffman followed a deer that was running along the water's edge at a high rate of speed until it started leaping from dune to dune through the condo area. On September 15 SRT Ed Darnell had just cleared the beach due to an incoming storm that brought a significant amount of lightning with it. Ed soon found out that the storm was packing more than just dangerous lightning when a tornado passed right over the building and deck that he had chosen for shelter. Ed grabbed the closest heavy objects he could find (two large propane tanks) as he watched the roof of the building tear away and go airborne over the beach, along with parts of other buildings, furniture, a Sunsatons sign, and the guard stand that he had been sitting on just minutes earlier. Fortunately no one was seriously hurt during the storm. One of the reasons for that was the quick work of the SRTs in the area in clearing the beach as the storm approached. As I drove away from the tornado's debris field, I saw a lady and several children walking along the water's edge picking up pieces of foam insulation that had been blown out into the ocean by the tornado, and had begun floating back onto the beach. I told them that there was lightning in the area and that they should leave the beach. The children looked like they were ready to leave right away, but the woman started to explain that she was concerned about the environmental impact of all the foam that was in the water and that she was trying to teach her kids a lesson by picking it up. When I told them that the foam was from the tornado that just



ripped apart a building a few blocks away, the children dropped their armloads of foam and ran toward the dune as fast as they could go, calling out to their mother to follow them. The woman looked frustrated as she watched them flee, but started after them when they disappeared over the dune. I assured her the foam would be there after the storm passed. When she had walked halfway across the beach a lightning bolt struck close by and she dropped her load of foam and ran for the dune. I think it was the kids who taught their mom a lesson that day.

Captain's Note: Adequately staffing the beach after the 3rd week in August is always a challenge; however, each year our SRTs fill the need. Although the distance between stands continues to increase as we get later into September we have the same responsibility to keep our beach patrons safe and secure. This is only possible because of the commitment and quality of the SRTs that make themselves available to help with coverage. In addition to the SRTs who are available to continue working full time we have a large number who work on their days off from classes or on weekends when they are not teaching. Together these SRTs allowed us to continue fulfilling our mission and maintain a safe record for the season. Thanks to everyone who was able to work any of the "critical coverage" days.



A piece of the roof that flew over SRT Darnell's head.

Stands, Stands, Stands

Submitted by: Lt. Skip Lee

I know that during Surf Rescue Academy, each one of us learns the importance of our buoy and whistle. Yes, I agree they are the two most essential pieces of equipment we have at our disposal. But I believe a third component needs to be added to that much-emphasized list. Yes, the lifeguard stand. Think about it. You spend 99% of your working time up in your stand. You use it to improve your vantage point as you keep careful watch over your water and beach. You secure your belongings up in it. And some of you even use it as your workout station. There is no denying that the lifeguard stand is a very important component in the work we do. So why do people at night think it's funny to try and destroy the very thing that helps us keep them safe during the day?

I often have the opportunity to drive the length of the beach in the morning and survey the activities from the night before. Sometimes I find left-behind belongings, other times it's the trash from fireworks being shot out over the ocean but more times than not it's a lifeguard stand that has been pushed over and rolled out into the ocean. What's so fun about that? Really! Can someone please explain to me how that is entertaining? Maybe the entertaining part comes in the morning when I trudge out into the ocean to get the stand and the person or people who pushed it over the night before are watching me from their balconies as I pull the waterlogged tower to dry sand.

So much damage and inconvenience comes from this act of stupidity that I really wish there was a way to capture and strongly prosecute these people. Often the stands are broken, if not by being pushed into the ocean than by the ocean's power. The signs get ripped off (I mean really ripped off) the back of the stands, the legs break or worse, the back support gets pushed forward so that for the rest of the day, the person sitting in that stand feels like he or she is falling forward. Fortunately, Sgt. Brabitz developed a solution for that problem and was able to institute it this summer. Many a stand was repaired this summer in the wee hours of the morning so that by the time the guards reported to duty at 1000hrs, the towers were back in service and comfortable again.

Getting back to the point; Stand damage really impacts our operations and something must be done to stop the senseless destruction. Lt. Kovacs recently put a Stand Damage Tracking system in place so that we can track the incidence of destruction. It is hoped that over the years, we might be able to see where the majority of damage occurs and assist the police department's night patrols with their surveillance and tours of duty. I know the Public Works Construction Division is impacted by the damage. It seems like there is a stand outside of their work-site all the time over the summer. They are so very responsive to our needs and really come to our assistance but they have their own work schedule during the summer and get pulled off to repair or worse, build stands in the middle of the summer. Not an easy proposition! And finally, you the SRT are impacted the most. Your ability to do your job to the best of your ability is greatly impacted by the presence or absence of a lifeguard stand. Without it, we would not be able to see over umbrellas to the next guard. We would not have the signs as a

resource while we give our Beach Safety Presentations. We would not be visible to lost children or to people who want to know where the Boardwalk begins.

The lifeguard stands are essential parts of our operations. If you have an idea for making them better, please feel free to contact Lt. Lee with your ideas and recommendations. slee@oceancitymd.gov.

Captains Note: This problem impacts the Patrol in several ways. First and foremost, it takes valuable staff resources to move, replace and repair this important piece of safety equipment. Second, the added strain on an already tight budget forces us to choose to pay the cost of repairing or replacing stands that have been maliciously vandalized instead of using our budget to purchase other needed equipment and supplies. Most importantly, it inhibits our ability to provide the level of safety that our patrons deserve. In an attempt to stop these activities we have allowed the police to use our quads during the evenings and night. They have caught and prosecuted several individuals and the courts have held these criminals financially responsible. I also believe that they have probably deterred some of the vandalism just by their increased presence on the beach at night. But what is really needed is for citizens to take a look out of their condos and if they see any suspicious activity to call 911.

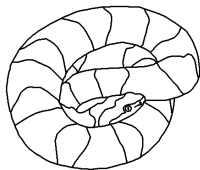


Lt. Skip Lee worked diligently all summer to keep stands repaired and safe for SRTS to use. It was a never ending task.



Snake on the Beach

Submitted by: Stella Malone



One steamy afternoon in late June, a radio call came into Dispatch, "This is the Inlet. Can I have an officer for a snake on the beach?" Within minutes, the Dispatcher logged in, "Unit 12 responding." Now a lot of remarkable calls have been overheard from the Dispatch office, but for this member of the office staff, a call about a snake on the beach was definitely one of the more unusual ones. Within five minutes, Sergeant Brent Weingard called in the request, "Can you please send Animal Control to Headquarters for a snake?" Some time later, Sergeant Weingard entered the Headquarters office and dropped an equipment bag on the floor. Secretary Malone looked at him warily and asked, "What's in the bag?" to which he replied, "The snake." Within seconds, Secretary Malone flew out of the office door and down the Headquarters steps into the parking lot, only to be followed by Sergeant Weingard and the bag. As the sergeant placed the bag on the ground, out crawled the snake. At this point Sergeant Marc Bouloucon arrived on scene, looked at the snake, and tried to assure the trembling Secretary Malone that it was only a harmless hognose snake. Meanwhile, Sergeant Weingard found a toilet plunger in the garage to use as a makeshift "cage" and tried to corral the snake under it. The snake reared up and bared its fangs at the ever-intrepid barefoot sergeant who, at this point, became skeptical as to the snake's harmlessness. Soon the Animal Control officer arrived and walked over and took one look at the snake and stated matter-of-factly, "That's a copperhead." The ACO went back to his truck to retrieve his full-length black rubber gloves, his bag, and his snake hook and proceeded to scoop up the snake, drop it in the mesh bag, and tighten the drawstring while Secretary Malone's eyes widened and her jaw dropped. As the Animal Control officer pulled away, Secretary Malone was left wondering as to how the snake found its way to the beach. Sergeant Weingard's response was that it swam there. According to the Chesapeake Bay Field Program website: "In the Bay watershed, copperheads can be found from the Eastern Shore to the Blue Ridge Mountains. They live in fields, forests, marshes, wetlands, coastal areas and wooded slopes and ravines. Copperheads particularly like to hide under boards and in abandoned rural buildings and sawdust piles." However, this still doesn't explain how the small copperhead arrived on the beach; maybe Unit 12 was right...

On another slithery note: SRT Chris Heckler and SRT Matt Staebler were enjoying a late September's day of fishing at Loch Raven Reservoir in Towson, Maryland. As dusk descended, they began to exit and walked along the trail out of the woods. Matt was walking ahead and suddenly yelled, "Hey watch out for that snake!" as Chris simultaneously felt a pinch on his leg. He immediately felt



Matt and Chris laughing while he is in Shock Trauma being administered the anti-venom. Most people finding themselves in shock trauma aren't usually full of laughs. Chris, as we all know, isn't "most people". He, somehow, kept everyone in good spirits about the whole situation.

flushed and nauseous as he watched his leg swell to twice its size. At this point, they were nearly a mile from the main road, so Matt was instrumental in calling 911 and in getting Chris safely out of the woods to the waiting EMT team. Chris was rushed to University of Maryland Shock Trauma center where he remained for two days, while the skilled doctors performed all the necessary steps to relieve Chris of his discomfort and guide him out of danger. Most importantly, the ever-vigilant lifeguards were adamant about getting as much documentation as possible about the incident from the hospital. They said to the confused hospital staff, "Really, we need all the paperwork you can give us because otherwise, the OCBP is never going to believe this one!"

And the moral of these stories is: Be ever-vigilant and intrepid because you never know when you're going to cross paths with a snake!

Captain's Note: Next year's rookie academy and Veteran recert will include a unit on field identification and snake wrangling.

2011 Junior Beach Patrol Season

Submitted by: Lt. Ward Kovacs

Thanks to the hard work and dedication of our JBP Instructors and Assistant Instructors, we were able to host more than 200 JBP members for the second straight year in 2011. With the addition last year of the two afternoon sessions, we now have a total of eight sessions available. Four of those sessions were completely filled with 30 members. Every session had more than 20 members this year except the first of the two afternoon sessions. Jenelle Irwin did a great job in her first year as the Coordinator of the program. She was able to call on her years of experience as an Instructor, and brought great organizational skills to the position. Christian Castaneda was able to join a very strong cast of day leaders in taking over the always-challenging "Day 1".

One of the best indicators of success for the JBP program is its continued popularity. But, a more important indicator of the quality of the program is the high number of JBP members who return year after year. Between Assistant Instructors and JBP Crew Chiefs, we had 30 JBP members with four or more years in the program in 2010. During one session alone, we had 10 Crew Chiefs, giving them a combined 40 years experience with the Beach Patrol. Another forty-four of our JBP members completed their third year with JBP this season. We also had more qualified candidates for the Assistant Instructor position this year than ever before. There were seven that passed the physical skills test and the personal interviews in the spring. All of those participating in giving the interviews agreed that all seven could have done the job well, even though we only had three openings this year. Several of those 14 and 15 year old candidates passed their physical skills test in the ocean along with SRT candidates in the fall of 2010, swimming and running in times that would have easily qualified them for Training Academy had they been old enough to be PSRTs.

New Beach Patrol Program for 2012

If we could get half of the 77 JBP members with three or more years in JBP to pass the PEPSE test each year, we would have almost enough to fill our Training Academy with

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OCBP Helicopter Rescue Swimmers

Submitted by:
Kristin Joson



This summer the Ocean City Beach Patrol (OCBP)

and the Maryland State Police (MSP) formed a partnership to help our organizations work more closely on water-related emergencies. This collaboration started when a decision was made to move the State Police helicopter (Trooper 4) from the Salisbury/ Wicomico/Ocean City Airport to the Ocean City Airport during weekends and Mondays from Memorial Day until Labor Day. Statistics revealed that the majority of the medevac calls received in the summer season were generated from the beach on weekends; therefore, the decision was made to deploy the helicopter from the Ocean City Airport so that it would be closer to the beach; thus cutting down on the critical response time. It started with the orientation of senior Beach Patrol officers for the purpose of being used in the observer capacity, providing a better vantage point when surveying a potential situation, providing air support during times of high rip current risk, and/or searching for missing swimmers from the helicopter.

Since the most dangerous time for swimmers at the beach is in the evening, after the lifeguards go off duty, the MSP and the Beach Patrol discussed the plan of using the guards during extended evening patrols to look for rip currents from above so that they could then radio the dangerous rip information to emergency responders on the ground. Acknowledging that getting help to the victim and keeping them calm and above water is the most important aspect of a successful rescue rather than how quickly we get them out of the water, and realizing that ground response would take critical time, the talks progressed to the idea of actually deploying a swimmer from the helicopter; the partnership then evolved to the next level.

The MSP were initially hesitant about using people outside of their agency, but they quickly supported the idea once they realized how competent the OCBP guards were in being the best-trained ocean swimmers, as well as being extremely professional and skilled during training and rescues. The partnership evolved into an efficient, expertly trained and equipped emergency rescue team with top-notch pilots, medics and now rescue swimmers. In total, 12 beach patrol veteran lifeguards were trained along with State Police pilots and paramedics. This preliminary training took place in the Beach Patrol classroom, the Coast Guard Station and the Harrison Hall pool. After many hours in the classroom and on the ground, the training culminated in practicing actual air deployments into the ocean off Assateague Island.

The guards went up in the helicopter two at a time, along with a pilot, copilot, the trainer and a helicopter paramedic. The chopper flew over the inlet and hovered above the water just south of the rock jetty. The rescue swimmers were taught how to work the harness, how to be lowered into the water, what type

of hand signals to use when communicating with the paramedics waiting above in the chopper, and how to put an injured victim into a basket to be lifted up for immediate treatment. One by one, the Beach Patrol rescue swimmers were then lowered from the helicopter and inserted into the ocean near a simulated victim. Once in the water, they practiced the procedure of quickly disconnecting from the cable, signaling to the hoist operator that they were okay, and then swimming to a simulated victim.

The new partnership was quickly put into use this summer, in several different situations. The very day after the orientation training, a call was made to 911 that two people had gone into the water at 139th Street and never came out. The lifeguards were not yet on duty for the season, but Beach Patrol personnel working on the lifeguard stands in the area responded along with the Ocean City Fire Department. Sgt. Ryan Cowder, who had attended the previous day's orientation, reported to the Coast Guard station where he was picked up by Trooper 4 to aid in the search from above. The people were found safe and walking on the beach several blocks away.

The MSP helicopter also proved to be an invaluable tool during a massive fish kill which closed several Delaware beaches earlier in the season. Being able to survey the location where tens of thousands of dead fish floated in the ocean allowed Ocean City's Public Works department to initiate a clean-up operation prior to the fish washing up on shore. As a result, the Ocean City public never had to deal with any dead fish or the associated smell.

Although no actual life-threatening rescues were performed with Trooper 4 and the OCBP this summer, the partnership still proved to be an invaluable asset to the Town's emergency response. The medevac deployment from the Ocean City Airport was beneficial in providing quick response time for several serious neck back and trauma injuries. The resulting partnership between one of the most highly trained, professional beach patrols and an advanced aerial rescue unit is expected to shorten response times and to help save lives. Not only does this relationship benefit the many residents and visitors to the Ocean City area, but it now gives the Maryland State Police Aviation Division a group of highly trained rescue swimmers that may be deployed anywhere throughout the state. Considering some of the high water and flooding situations that occurred this hurricane season, having this resource could prove invaluable.

On Sunday, September 18, the Maryland State Police Aviation Command came to Ocean City to provide advanced training for removing victims of serious injuries including suspected head and spinal injuries in deep water scenarios. The USCG, OCFD and DNR were invited and participated in discussions of SOP's and protocols.



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CC James McVey enjoys his Vita Coco after JBP

The Summer of Coconut Water

submitted by: Kristin Joson

Every summer has a signature memory for me. Last summer was the summer of the whales, with several washing up on shore and then being tended to with the help of our dedicated staff. (No job is too big for our SRTs.) This past summer will go down in my memory as the summer of coconut water.

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Kylie Joson and CC Steeley celebrate a great run by Aaron at the Mid- Atlantic with a refreshing drink of pure Vita Coco.

fall from the girls who patrol the beaches in Hawaii. It has very thin straps that will leave NO tan line on your back and did great staying in place when I had a few rescues. I will be looking into pricing on these. A few of the females saw them and were very excited at the possibility of switching to them. As First LT. Lee stated we will no longer have our suncare sponsor of Panama Jack. This will make a huge impact as we will not have any sunblock to hand out once this past season's stock is gone. Our umbrellas are also from Panama Jack. Since the possibility of them not renewing has always been there, we have always been encouraged you to take good care of your equipment. The umbrellas we have now will need to get us through. Thank you to First Lt. Lee for spending MANY hours repairing them.

I hope you all have a wonderful holiday season! As for me I just completed the first part of my dive training with OPFD and am back with Communications for the winter. If you have any suggestions on equipment needs please feel free to e-mail me at colbykauffman@yahoo.com



Fall Shutdown: Equipment

submitted by: Sgt. Colby Kauffman

The fall shutdown went well in the equipment room. After doing inventory, it appears for next season I will need to order

more tank tops in smaller sizes and windbreakers. Headhunters were also a very popular style hat this year so I plan to order more for next summer. I was given a female suit top to try this

Crew Comps 2011

submitted by: Lt. Mike Stone

Where were you on the evening of July 25th, 2011 at 6:30 pm? I hope you were with me on the beach enjoying the Ocean City Beach Patrol's annual Crew Competition. If you were not there you missed out on a great evening of competition and showmanship.

The overall winner of Crew Comps this past summer was none other than Crew 17, led by CC Jake Foy and ACC Jay Kleman. The other members of Crew 17 are as follows; Phil Fraley, Joe Gargiulo, Eloi Germain, Karen Hessler, Jason Lippman, Joe Stedman, & Justyn Zangwill. They secured first place with a score of 48 points. In second place with 36 points was Crew 6, led by CC Jason Konyar and ACC Rich Devine and in third place with 28 points was Crew 1, led by CC Ben Davis & ACC Manu Ouellet.

I wish I could mention every crew but that would take half the newsletter. I will, however, list the winners of each event. They are as follows:

Place	Run Swim Run	Land Line	Soft Sand Relay	Paddle Board Relay	Tug of War
1 st	17	1	17	11	3
2 nd	8	9	6	15	17
3 rd	6	8	1	6	16

There were many close races and it was incredible to look at the actual times of the stopwatch races. That just shows the level of fitness and hard work by each and every crew to maintain top physical conditioning. I also have to thank the Sergeants, Captain Arbin, & 1st Lt. Lee for all of their hard work. Sgt. Weingard and Lt. Kovacs were also out there on Jet Ski duty and often miss all of the fun. I should also thank Joan Holthaus, along with Abbey, Ethan, Katelynn, & Lauren for their help in running the OCBPSRA store. It was great to see

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PSRTs who have: at least three years experience training with buoys, who know how to use rescue boards and land lines, who have been trained in our neck/back technique and know how to give beach safety presentations, who have shot the pier, and who ALREADY KNOW SEMAPHORE! The key to this goal is to keep them around long enough to be eligible to take the PEPSE test. Many of our JBP Crew Chiefs are only fourteen years old when they finish their session as a Crew Chief. While some have so much fun with it that they sign up for consecutive weeks, others leave the program after one session as a Crew Chief in search of other things to do and try. In talking with some of those former JBP members this summer, Crew Chief Konyar and I started to formulate a plan that would keep those older JBP members around the Beach Patrol longer, making them more likely to become SRTs. We would like to start a type of "Beach Patrol Cadet" program. While it would be loosely associated with JBP, we thought it should be more closely tied to the regular Beach Patrol, bridging the gap from the SRT side, as opposed to the JBP Assistant Instructor position, which comes directly from the JBP side. Early ideas involve having the program run longer in the season, and having "Cadets" working directly with crews on the beach, doing workouts, beach safety presentations, ordinance enforcement and other non-rescue related activities. Please give this idea some thought and let me know what role, if any you would like to play in this new program. Many of you have experience in JBP and other programs, like Fire Department Cadets, Police Cadets, scouting programs and can bring a lot of ideas to the table. Let's make this program as successful as our JBP program, and fill our ranks with PSRTs who have 5-7 years of experience with the Beach Patrol before they ever step into their reds for the first time! Unit 7, Unit 19, Imagine having just one semaphore test at Rookie Graduation with everyone passing.

Captain's Note: This is how our most successful program and activities have started. With an idea and then input from our interested staff followed by a prototype of the newly developed idea. Once we give it a try, we modify, change and improve the program on an ongoing basis, so that we can continue to offer the best activities and programs that we are able to. Don't sit back and wait to see us roll out this newest program. Get involved and help to make your Beach Patrol experience even richer by giving to the programs.



Umbrellas – thank goodness we have them!

Submitted by: Lt. Skip Lee

By now, most likely in another section of this newsletter, you have probably heard that Panama Jack is no longer our sun care sponsor. Sure, there is an effort to replace the PJ generosity with another vendor but those shoes will be hard to fill. Having an endless supply of lotions, lip balm and after-sun care products has really benefited our SRTs. Speaking from experience, none of these were made available when I sat the pine. We had to buy our own stuff or go without.



The item that I think has benefited us the most is the umbrellas that have been an essential part of the annual sponsorship. Beginning in 1996, Panama Jack has consistently provided "shade" for us when there simply was no place to get out of the sun. The lifeguard towers have been modified to include umbrella holders on the south side of the chairs so we can stay out of the sun as much as possible. Or, we lay them down on their sides and they protect us from the harsh winds that come with the storms here in OC. Regardless of how we use them, umbrellas have become a staple in our daily guarding.

The unfortunate reality today is that we are no longer going to be able to get new umbrellas and based on our preliminary inspection of the ones we have, it would appear that those are going to be very difficult to maintain if we ALL continue to abuse the ones we have. Yes, there are exceptions. Two or three of the ones we found are from 1996 and still operate perfectly but some of the 2010s that we inspected are completely destroyed and are now waiting their turn to be cannibalized for parts to repair others.

The fact of the matter is that the Beach Patrol will no longer get new umbrellas and we will have to make due with the ones we have. I will be joined by a team of repair-people this winter to undertake the process of repairing as many as we can. What I would recommend each and everyone does next spring when you come and get your equipment is to inspect the umbrella, just like you inspect the buoy line and strap, before it is issued to you.

Here's what to look for:

1. Make sure the canvas is not torn and is securely attached to the wire underbody
2. Make sure the spines are in good working order...each of the umbrellas was sprayed with CRC this fall to prevent rusting over the winter.
3. Make sure you have a bottom pole. These come in many different lengths.
4. Make sure the bottom pole fits firmly into the aluminum

sleeve.

Make sure the spring clip operates and holds the spines in the open position.

We will do our best this winter to recondition as many of the umbrellas as we can but please understand this is a two-sided proposition. When you are out in the stand, please avoid wrapping bungee cords so tightly around the umbrella that the spines bend. Avoid throwing the umbrellas off your stand at the end of the day. Avoid putting a wet umbrella away in the closed position – please open it up and let it air dry. And most importantly, if you notice wear and tear, please bring it to the attention of an area supervisor so the problem can be remedied or the umbrella can be replaced.

(Thank You Vita Coco continued from page 19)

Every morning upon arriving at BP headquarters for a day of work, I soon found myself not being able to start my day without the amazing taste of my Vita Coco coconut water. It was soon becoming a slight addiction. Captain suggested I contact the company and let them know how much I enjoyed the product and ask where I could find more because Royal Farms ran out and I was becoming desperate (suffering withdraw symptoms).

Maybe my body was craving the potassium. Vita Coco is full of potassium, and is as natural as natural gets. The label tells you that it has more potassium than 2 bananas and jokes “Don’t tell the Monkeys”. There are only 2 ingredients in the pure coconut water. If you have ever had coconut water straight from a fresh coconut, then you know that naturally refreshing taste. Drinking Vita Coco is truly like putting a straw in a coconut. Vita Coco is about hydration and Ocean City can make you thirsty with all the fun things going on. Hydration is important no matter what you do, and is critically important if you spend your days being active in the sun and heat (the SRT’s job).

I found Vita Coco online and hit the “contact us” button. I explained my plight of a growing addiction to the coconut water and that supplies were running low in Ocean City. I also mentioned that I work with the finest lifeguards in the world and that they too could benefit from the nutritious hydration qualities of Vita Coca.

The owners of Vita Coco were as interested in pursuing a relationship with the Beach Patrol as I was in consuming large quantities of their delicious product. After a few E-mails back

and forth, representatives from the marketing department asked if they could arrange a face-to-face meeting in Ocean City with the Captain and me. The meeting was very informative and I soon developed a relationship with two of the area distributors, Brian and Drew and marketing executives from Vita Coco. They were very happy to sponsor us this summer with cases upon cases of the delicious and nutritious Vita Coco. I shared our supply of Vita Coco with the lifeguards and they too soon developed a taste for this exotic, all natural specialty drink. We were so thankful for this partnership we wanted to do something in turn for Vita Coco. We had it displayed as we hosted the USLA Mid-Atlantic Lifeguard championship and I was often seen passing it out in the morning as the guards arrived at headquarters for their equipment. We tried to keep the beach houses stocked for a mid-afternoon hydration break but it was such a hot item it disappeared quickly. If you haven’t had a chance to experience this very special beverage, you can find it in grocery stores and convenience stores such as Royal Farms. There are six varieties to choose from, Pure (my personal favorite), Peach and Mango, Tangerine, Pineapple, Acai and Plum, and Tropical Fruit.

Every brand has a nutty story, this is the story of Vita Coco...

One evening in a Manhattan bar in February 2003, childhood friends, Ira Liran and Michael Kirban, were speaking with two young women they had just met from Brazil. When asked what they missed most about their country, one of the girls, without hesitation, answered “agua de coco.” Coconut water, she explained, is the most nutritious and delicious drink in the world. Two months later in Brazil, visiting one of the Brazilian women who would eventually become his wife, Liran started researching the prospect of branding coconut water for the American market. He realized her enthusiasm for the beverage was not exaggerated – Brazilians just cannot get enough coconut water. After spending several months working with coconut plantations and producers, making connections, and learning the politics of production in Brazil, Vita Coco was born.

Meanwhile, Kirban started the initial market research in New York. Meeting with distributors and beverage insiders, he quickly realized the tremendous consumer interest in “functional beverages.” He spoke with several distributors who then introduced Kirban to some of their key accounts. The response was fantastic.

In summer 2004, the two successfully brought Vita Coco to market in a handful of stores along the East Coast. Since that fateful night on the Lower East Side in 2003, Vita Coco has not only carved a new market in the non-carbonated beverage business and redefined the alternative sports beverage category; it has also become one of the fastest growing lifestyle beverages in North America.

Vita Coco’s popularity only continues to increase. Now available in over 17,000 retail stores nationally, Vita Coco is one of the hottest beverage brands in the world, with a cult-like brand loyalty.

If you want to find out more about Vita Coca, you can find them on the web at www.vitacoco.com. Hopefully Brian and Drew will be able to visit us again this summer. If you see us driving them around on the beach, lift up your Vita Coco as salute to their all-natural, super-hydrating, fat-free, cholesterol-free, nutrient-packed, potassium-stacked, mega-electrolyte coconut water! Thank You Vita Coco!



(Crew Comps continued from page 19)

some of our SBFs joining the action in several events as they helped out a few crews that were low on personnel. Our SBF Crew Chief, Emma Guiton put her organizational skills to good use and helped the event run smoothly. The highlight of the evening for me though, was sitting atop the grandstand with Captain Arbin & 1st Lt. Lee and watching the Tug of War. We will see who defends their titles next year as crews begin to take shape and those crazy workouts are implemented. Crew Comps is scheduled for Saturday, July 28th, 2012 at 6:30 pm. The location is to be determined but will hopefully be at Surf Avenue again. For now though, Crew 17 of the North is the reigning champion and can fly the new Crew Comps Champi-

ons flag. If CC Jake Foy has his way, the flag will stay in Crew 17 though!

CC Jake Foy proudly displays his Crew Comps Victory Flag.



Does Being Paid to Ride a PWC Seem Like a Great Assignment?

Submitted by: Captain Butch Arbin

If the idea of being scheduled and paid to spend the day on a personal watercraft is something you would like to have the opportunity to do, you need to make sure that you are prepared. The first eligibility requirement that you must meet is having achieved OCBPSRA SRT II certification. A second requirement is that you must provide the Beach Patrol with a copy of an accepted safe boating certificate before you may use a PWC in Maryland (you may attend a course or receive it on-line at any-



Jet Skis were used during rescue swimmer training off the shore of Assateague Island. Here Sgt. Marc Bouloucon was picked up after being dropped from Trooper 4.



time). If you have fulfilled both of these pre-requisites then you may attend one of the full certification trainings that are scheduled for this coming season (see OCBPSRA Training Schedule on page 5). Once you have successfully completed the training you will be scheduled for a day of patrolling, along with a Rescue Watercraft Instructor. Once you have been certified you will be required to update each season by attending a re-certification course or a full course, which will qualify you for an additional year.

Is Rescue Craft Duty in Your Future?

Submitted by Kristin Josen

The off-season is a perfect time to take your safe boaters course. You can do this in the comfort of your own home and be ready for Jet drive school at the beginning of the summer 2012 season.

Many people do not realize that in the State of Maryland, you are required to have completed a safe boater's course prior to operating a motor vessel. Anyone born on or after July 1, 1972, must have a Certificate of Boating Safety Education to operate a boat or personal watercraft (PWC).

Further, having this training on file with Beach Patrol is a requirement for Rescue Operator School.

You have two options to complete this requirement:

1. **Find a course near you:** <http://dnrweb.dnr.state.md.us/nrp/boatingclass.html>
2. **Take the course online:** <http://www.boat-ed.com/Maryland/index.html> This course costs \$24.50 and is a 3.5 hour course



boat-ed.com

Boat Ed's Maryland online course has the same boating safety content as the Maryland Department of Natural Resources (DNR) classroom course. The online course is Fun and Easy to Use, has interactive animations, graphics to speed learning, and is Maryland DNR Approved. Registration is free and you pay only if you pass. It is a 3.5 hour course that you complete at your own pace.

Upon passing, you can instantly print a temporary Maryland Boating Safety Education Certificate that is valid for 30 days. You will be mailed your permanent certificate in 5 to 7 business days, valid for lifetime

Complete the course at a location near you or online, and bring your card with you at check in.

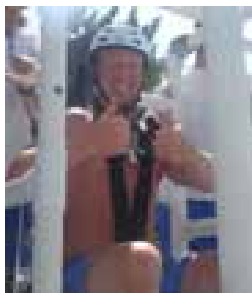
Get it done, so you too can have Rescue Craft duty this summer!

NOTE: For other boating safety class listings, contact: United States Power Squadrons at www.usps.org and United States Coast Guard at www.cgaux.org



(Helicopter Rescue continued from page 18)

As the newest asset to the Maryland State Police Aviation Command the Beach Patrol was invited to a meeting of the state's HEAT (High Elevation and Areal Tactics) teams at the MSP Aviation Command Headquarters at Martin's airport in Baltimore. Captain Arbin and Kristin Joson, serving as the Public Information Officer, attended this very informative meeting, where discussions of future plans and training for the state's HEAT teams, including grants for additional training.



Sgt. Ryan Cowder being strapped into the egress training cage before being rolled into the pool at Harrison Hall.

Major Mark Gibbons, the commander of the Aviation Division began the meeting with an overview of recent activity with the training of the HEAT teams throughout the state and then gave the history and development of the Beach Patrol rescue swimmer program. It was humbling to hear others talk about the skill and professionalism of our personnel. He also emphasized the desire of the MSP to continue exploring better ways to deploy its fleet of medevac helicopters around the state in an effort to get the resources to areas where they are most needed and cut down on critical response time. Following the conclusion of the formal meeting the group received a guided tour of the Martin's State Airport MSP facility, where all maintenance and operations are performed.

The Beach Patrol's rescue swimmers add a critical resource that can aid in getting highly trained personnel to distressed or drowning swimmers more quickly not only in Ocean City but wherever there is a need in Maryland. During August's hurricane threat and associated flooding throughout Maryland, Captain Arbin was in contact with Major Mark Gibbons (Aviation commander) and James Dinges (Chief Pilot and Safety Officer) and provided them with a list of our trained Rescue Swimmers and where in the state they were located (most people were evacuated from Ocean City at the time, while MSP aviation set up command in Ocean City). Captain Arbin was able to offer our trained Beach Patrol staff as a resource to Maryland State Police. Although originally the training was to insert a rescue swimmer into the ocean for a swimming rescue, these individuals could prove to be of assistance during other hoist rescue scenarios, that the State Police may respond to throughout the year.

The training sessions have brought new skills and OCBP will continue to train with other agencies such as the United States Coast Guard and the Department of Natural Resources and the MSP. The Ocean City Beach Patrol feels privileged to be working with the State's primary law enforcement agency. This collaboration is an amazing opportunity for both the Ocean City Beach Patrol and the Town of Ocean City in our efforts toward creating an ever safer resort.

Captain's Note: The post-season debriefing between Ocean City officials and Maryland State Police took place at the end of October. The actual statistics revealed that Trooper 4 was deployed at the Ocean City airport 36 times, and flew 13 medevac missions during those deployments with 8 of the medevacs (61.5%) for beach related neck/back.

JBP Instructor – Field Hockey Superstar

Submitted by: Kristin Joson

Our very own Abbey Shobe is not only a superstar in the ocean and on the sand helping to lead Junior Beach Patrol members, she also dominates on the field hockey field. Just recently Abbey and her fellow Warriors traveled 4 hours to Franklin High School, in Baltimore County and shut out Loch Raven 7-0 in the 1A state semifinal round of the Maryland Public Secondary School Athletic Association playoffs and secured their spot in the state title game to be played at Washington College. The squad was overjoyed to have the opportunity to play for a record-tying ninth straight state field hockey title, Pocomoke's (15-3) trademark work ethic was evident from the opening whistle on, as they hemmed Loch Raven (6-10) inside of their own half of the field. The Warriors would break onto the scoreboard in the 12th minute of the contest, as Abbey drove into the Raiders circle with possession on her stick. Abbey got a shot off on goal that junior Shelby Woods would deflect mid-flight, sending the ball into the back of the cage and giving Pocomoke a 1-0 lead with 19:01 left to play in the first half. The assist by Abbey resulted in the first goal Loch Raven had allowed in this year's playoffs, a stretch that ran over three games. Abbey scored two more times during the contest and proved "MOST VALUABLE" in our eyes. Abbey is indeed a superstar on the beach and on the hockey field. We are so proud of her!



Captain's Note: Abbey has been around the Beach Patrol since she was a small girl with her Step-Dad Mike Stone and I have enjoyed watching this nice young girl grow up Beach Patrol. Many of you will recognize her from Monday morning meetings working the "Store" with Kristin. What you may not realize is that Abbey went through the entire Junior BP program over five summers and brought friends and cousins with her. In September of 2010 Abbey decided to try out for one of the 4 Assistant Instructor positions with the JBP. Rather than take the Ocean Pines pool version of the JBPAI test she along with 30 other candidates took the Pre-Employment Physical Skills assessment for Surf Rescue Technicians. What made this experience even more amazing were the ocean conditions and her young age of 15. We had considered canceling this test because it came only a few days after one of the most active hurricane events in any recent history, with three hurricanes coming together and stalling off the Atlantic, we knew that the conditions were going to be rough with large surf to say the least. We didn't cancel and the test went on as scheduled, by the time the swim started we had already rescued a few of the candidates. As the test progressed it was difficult to see the swimmers from the beach much less know how any individual was performing. The waverunner and paddle boards made a few additional rescues of candidates who were just beat by the conditions, however, as candidates rounded the pier and made their way to the finish line you could not mistake Abbey's smile. Not only had she passed the physical requirements to be a JBP Assistant Instructor, she had qualified as an SRT, although she was not old enough to accept that position. Abbey is just one more awesome member of the Beach Patrol family.... GO ABBEY!

TOWN NEWS

Dear Colleagues,

Some of your fellow employees have been participating with me in the Repositioning Work Group over the last several months. Our efforts have produced consensus on the two most important positions we can take as an organization to be aligned with what our customers and stakeholders expect from us. The importance of these positions to the public has been confirmed in a survey we recently conducted among a group of our core customers.

We developed a clear internal statement of our two selected priority positions. We then developed an external slogan and logo that conveys those positions to the public. We believe these positions are consistent with the Mission and Values we have embraced for Ocean City Recreation and Parks.

Our first position is one that we have consistently pursued in the past and will continue to be committed to in the future.

“To attract visitors to our Town, Ocean City Recreation and Parks offers unique, safe and entertaining programs, events and facilities.”

This position is expressed to the public with the following message:

Our second position is equally important to us but one that we may not have fully advanced in the past. This position will require more focus and coordination as we commit more resources to it in the future.

“To promote healthy lifestyles and improve community health, Ocean City Recreation and Parks provides opportunities for active living through diverse offerings of programs, facilities and natural settings.”

This position is expressed to the public with the following message:



role to play in the advancement of these two positions. I sincerely hope that you will join me and your fellow workers and volunteers to embrace these two positions and incorporate their message in our contacts with our many customers, visitors and stakeholders. Thanks for your cooperation and support in this effort.

Sincerely,

Thomas J. Shuster, CPRP, Director
Ocean City Recreation and Parks



This newest of public messages about our commitment to promoting a healthier community will be communicated to the public via the upcoming issue of *Splash!* scheduled for distribution later in August 2011.

I believe we all have an important



Office Associate Debi Tyler, pictured above on the Coast Guard Boat, will begin her 15th season with the Ocean City Beach Patrol. Way to Go Debi!

Another Large Beach Event Coming in 2012

Submitted by: Lt. Ward Kovacs

On September 15 I attended a meeting with the Mayor, Special Events staff, Tourism Office, and the Police where we met a group representing a company called "Founders Entertainment". This group is planning to create a music festival on our beaches this summer during the weekend of June 2-3. One of the promoters first thought of Ocean City when he saw one of the "Rodney the Lifeguard" commercials on television. After looking into Ocean City online, he saw how successful the Dew Tour was last year, and thought it would be a good idea to have a concert event on the beach.

The idea took a giant step forward last week when the Mayor and City Council threw their support behind the project. Promoters estimate crowds of 35,000 each day, bringing the numbers into the same crowd size that the Dew Tour drew. The Dew Tour had about 70,000 visitors during its stay in Ocean City. One of the things that they are looking to do is to bring really big name acts into town. Some names that have been talked about in the early stages are The Red Hot Chili Peppers, Tom Petty, Paul Simon, Adele, Mumford and Sons, The Roots, Florence and the Machine, Avett Brothers, and Mac Miller.

Some of the challenges this event could bring to the Beach Patrol, apart from the crowd size, will involve the possi-

ble sale of alcohol on the beach. This coupled with the noon-11:00 p.m. event time will probably require a Beach Patrol presence in the area of beach near what is being billed as the "High Tide Music Festival". We will certainly call on the lessons we learned during the Dew Tour and its affiliated concert last summer. As with the Dew Tour, the proposed layout for the music festival has already gone through some significant changes. The promoters have listened to our requests for beach access at Dorchester Street and for a unified weather policy in the event that we have a lightning storm like those that disrupted the Dew Tour. They moved their footprint north of its initial location, so that it will be north of Dorchester Street, stretching all the way past North Division Street. The fenced area will enclose three stage areas. We should know more details of this new event by the time the Spring Newsletter is mailed.

Captain's Note: As Captain of the Beach Patrol I am required to sign-off and comment on all private special events that take place in Ocean City. Although this includes events that do not impact the beach or take place during our off-season, I must still complete and submit my response. I have made several suggestions for the many events that take place on or around Dorchester Street. For all future events, I am suggesting moving all south beach venues north of Dorchester street so that they do not interfere with access or patrolling the beach.

Triathlon Update and OCBP Team Gear

By Sergeant Postell

While the 2011 Beach Patrol triathlon did not take place this year due to hurricanes, nor'easters, and earthquakes; nothing could stop the impressive showing by Beach Patrol members at the Delaware Diamondman Half Ironman Triathlon. The cancellation of our triathlon this year was a depressing blow for lots of guards who look forward to it every year. But a group of five from the triathlon team went up to Bear, Delaware in September to take on a triathlon with the distances of a 1.2-mile swim, 56-mile bike, and 13.1-mile run.

The distance is a very difficult challenge, and the group looked half dead at the end of the six-hour race. But the entire event was a lot of fun, and it made the group want to do another destination race next summer. The performances were very impressive, and we hope next year that more people join us for a big race. Here are the results:



OCBP	Swim	T1	Bike	T2	Run	Total
Jason Lippman	0:31:34	0:02:31	2:59:43	0:03:34	1:44:48	5:22:13
Travis Wagner	0:31:39	0:02:35	2:51:43	0:02:06	1:55:20	5:23:26
James McVey	0:33:28	0:01:52	2:40:38	0:01:51	2:12:57	5:30:47
Ryan Cowder	0:35:40	0:03:04	2:51:01	0:02:12	2:07:51	5:39:51
Mat Postell	0:40:45	0:02:33	2:57:25	0:02:05	2:21:31	6:04:21

There were some other triathlons in the fall done by our OCBP Team. Travis Wagner and Ryan Cowder finished in the Top 25 at the Osprey Triathlon in Snow Hill. Ward Kovacs (77th out of 327), former Lt. Sean Williams (114th), and former guards Roscoe Leslie (13th), and Brian Whitesell (14th) also posted impressive times. Rick Cawthern took an amazing 34th out of 339 in his debut at the Cape Henlopen Sprint Triathlon in October. If I missed an event you competed in I am sorry.

The triathlon team is very excited about the upcoming season and we have a few plans in the works already. The first is that we are going to participate in the Assault on Assateague Sprint Triathlon in early June.

The second plan is that we are finally going to order Team OCBP Triathlon Gear. The race suits are going to be completely customized for us. The cost is going to be approximately \$120 for a top and shorts. I am going to put the order in by New Year's. So if you are interested in ordering, I need to know by then. Please email me at gpostell@aacps.org so I can send you the link to the gear so you can choose your sizes. I hope to hear from you soon, and Happy Thanksgiving.

Local News

Major Boardwalk Renovations Underway

Submitted by: Lt. Ward Kovacs

Anyone who guards along the Boardwalk area from 27th Street to 15th Street and from the inlet to Somerset Street will be walking across all new wood on their way to work next summer. Not just the decking will be new, but everything that supports the decking will be new in most areas. Work has already begun from 27 to 24, with everything cleared from the sea wall to the decks of private properties in the area; nothing but sand remains. Work on the south end of the boardwalk is scheduled to begin on November 7th. The goal is to have that work finished by the end of February, while the north end finish date stretches on to May 1, working in six block increments at a time in that area. There was a big controversy last winter over what materials to use, concrete or wood, and whether to have a concrete train lane run the whole distance. They even conducted an on-line poll to find out what people thought. The final choice was to maintain an all-wood boardwalk in the areas where there is currently wood. All of the old wood is going to be recycled. The smaller 2x6 decking is going to be shipped to Florida where it will be cut into siding for buildings. The larger 4x8s will be sent away to be cut into fence poles. The remaining Somerset Street – 15th Street stretch will be replaced next winter. Hopefully all of the new wood and nails will cut down on the number splinters and cuts we deal with every year, both with our guards and with the public.

Jetty Tower and Foghorn to be Replaced

Submitted by: Lt. Ward Kovacs

For most of us who have lived and worked in the south end of Ocean City, there are two unmistakable sounds that we will always remember: the clanging bell that sounds each time the Rt. 50 Bridge is opened for boat traffic, and the foghorn that tones out from the tower on the Inlet jetty. I can still hear the clanging bell through my office window, but the foghorn has not been heard since it was washed away in Hurricane Irene along with the familiar jetty tower. For those of you who were still around during the storm, this is not news. But, what is new is that plans for a replacement tower and horn have been announced recently in the local papers. There had been some conjecture that there would not be a replacement due to all of the advances in GPS and electronic navigational aids that have become available since the original tower was built, but Coast Guard sources have said that a newer model of similar size will be built as soon as funding is approved. This is good news to those of us who miss the sound of the foghorn. It will also make the Inlet look like the Inlet again. It looks kind of bare without the tower out there.



All that remains of the jetty tower is it's concrete base.



Unit 8 Uncovers a Piece of Beach Patrol History

Submitted by: Sgt. Tim Uebel

Hello Beach Patrol family. Look what Unit 8 found while researching the internet. These articles are from the summer edition, dated 1986 of the **American Lifeguard** USLA publication. The Northeast Region features articles on the Ocean City, Md. Beach Patrol. The first article is on Ocean City's rotating surfing beaches. Yes, incoming rookies and veterans (most of you were not even born yet), Ocean City had 3 rotating surfing beaches back then too. The second article is one on the USLA Northeast Regional competitions. Ocean City, Md. and the OCBP hosted the non-craft land and water events in front of the Carousel Hotel. The third article is an interesting one, containing the following information: 1.) attrition rate of lifeguards, 2.) starting salaries of new and veteran guards, OH what a change today..., back then after-work complimentary buffets were the way we ate dinner. 3.) veteran recert. testing and skills, 4.) inventory of the OCBP's fleet of vehicles and watercraft, 5.) physical skills evaluation testing. Read on.

NORTHEAST REGION

Charles Hartl, President • P.O. Box #1 • Avon, NJ 07717

RETURN OF THE ROTATING SURFING BEACH

OCEAN CITY — As of May 24, the formal start of the summer season, one particular city ordinance that affects both residents and tourists is the rotating surfing beach.

The program, started last year by the Eastern Surfing Association in cooperation with the mayor and council of Ocean City, was a remedy to a problem that had plagued both surfers and swimmers during the summer.

The program will remain basically the same this year with a few minor changes. The town will still be divided into three sections: the Inlet to 41st Street, 42nd to 92nd streets and 93rd to 149th streets. Within these three areas, there will be a single block area of water that will be restricted to swimmers and open to surfers. Each day, the block of water will move north block by block on a rotating basis.

Each day the north and south boundaries of the surfing areas will be marked by a red flag and a sign designating no swimming.

By 11 a.m., a minimum of 12 surfers must be using the area or it will be open to swimmers. However, if there are 12 or more surfers on the beach at 1 p.m. ready to enter the water, the surfing area will be closed to swimmers. Up until June 21, the designated block will remain open to surfers, regardless of the number.

If there are enough surfers at 11 a.m. to keep the block open, but at 1 p.m. the number of surfers has dwindled, the block will be opened up for swimmers.



Posters designating the locations of the surfing areas for the summer are on display in hotel and condominium lobbies and schedules are available through the local surf shops, Convention Center, the Chamber of Commerce and City Hall.

REGIONAL REPORT SPRING '86

At the fall meeting held at Atlantic City, New Jersey, the following officers were elected:

President Charlie Hartl — Avon By the Sea, N.J.
 Vice President George Schoepf — Ocean City, MD
 Secretary Bob Kolonkowski — Jones Beach, N.Y.
 Treasurer Greg Farry — Bradley Beach, N.J.
 Area Delegates Frank Russell — Jones Beach, N.Y.-N.Y.
 Harry "Buzz" Mogck — Cape May, N.J.-N.J.
 Herb Maher — Virginia Beach, VA - Delmarva

Carl Martinez will continue as our certification chairman. The following certification officers have been appointed for areas within our region:

New York John Daly — Long Beach, N.Y.
 North Jersey Coast Dave Shotwell — Ocean Grove, N.J.

South Jersey Coast Buzz Mogck — Cape May, N.J.,
 Delmarva George Schoepf — Ocean City, MD.

The Mid-Atlantic Regional Championships will again be held on two dates at different locations. The Iron-Man and Dory Races will be held at Island Beach State Park, N.J. on July 16 and the remaining competition will be held at Ocean City, Maryland on July 23. Along with the competition scheduled at Island Beach State Park, there will be an educational symposium. Also, the 2nd Annual All-Women's Lifeguard Tournament will be held at Gateway National Park, Sandy Hook, N.J. Any additional information about this tournament can be obtained from Carl Martinez. The Cape May New Jersey Chapter has been awarded the honor of holding the 1988 USLA National Championships.

I have reached an agreement with Mr. Ralph Stevens of Carlisle Paddles, Inc., Grayling, Michigan. The Mid-Atlantic Region will receive a donation of \$1.00 per oar sold within our region. Mr. Stevens is planning to attend our National Championships in Galveston, Texas. Greg Farry and myself will be glad to introduce Mr. Stevens to anyone wishing information.

As newly elected president of the Mid-Atlantic Region, I am looking forward to helping the National Board of Directors in any possible way.

Submitted by: Charles H. Hartl, Jr.

OCEAN CITY — Every April, Beach Patrol Captain Robert Craig sends out letters inviting past lifeguards to return to the resort and join the 130-135-member Beach Patrol.

"We usually lose about 40 or 50 guards a year, who tell me it's time they found a 'regular' job," says Craig.

But he says that's still a good return level.

"It's a pretty good nucleus. The average lifeguard stays on for about three to 3½ years. If I get someone during their freshman year in college, they are likely to continue for four summers," he says, adding that the average age of Ocean City's lifeguard is 21 years old.

While the seasoned lifeguards are not tested as extensively as new guards, they are expected to be on the same level as they were the previous summer. "The older lifeguards know the time limits and can pretty much tell what they can and can't do. We haven't really ever dropped anyone from a failed re-test," says Craig.

While old lifeguards are only tested in swimming and running skills, new lifeguards are tested in other areas as well, including the use of land-lines, inflatable rescue boats, cardio-pulmonary resuscitation, first-aid and sending and receiving semaphore messages.

The starting salary for a new lifeguard is \$4.53 per hour. After a three-week probationary period the salary goes up to \$4.76. For seasoned guards, the salary varies depending on the number of years, going as high as \$5.77 an hour. Lifeguards work 40-hour weeks and average about a day and a half off a week.

This summer, the Beach Patrol has a new surf rescue boat, which was bought by private donors. "We hope to get others, as well as some more buoys," says Craig.

The beach has 20 telephones this year, which are rigged into the patrol office and are monitored by the crew chief. Other equipment includes three patrol cars with beach patrol radios, two of which are equipped with police radios; a 4-WD pick-up truck with a radio; and two four-wheel Honda motorcycles available with police scanners for patrol work.

Craig expects to go on duty with returning guards on May 24. The Beach Patrol will begin testing the new lifeguards on Monday, May 26, near the Inlet and Pier.

On May 17 and 18, Craig will accept walk-in applications for lifeguards between 11 a.m. and 4 p.m. at the Beach Patrol office on Worcester Street and the Boardwalk.

OFF-SEASON ACTIVITIES WITH THE OCBP

Dive Team Update

Submitted by Sgt: Jamie Falcon

Two weeks before the newsletter was put together, a few of us got together for an off-season dive. Andrew King, Steve Reddick and I dove for oysters in Eastern Bay. Eastern Bay is the body of water between Kent Island and the Eastern Shore.

We had the best possible weather. The air was seventy degrees with a bright, warm sun, and no wind or chop on the surface. Below the surface the temperature was 65. We had about ten feet of visibility, which was a pleasant surprise. The Conowingo Dam had been opened at least twice in September and early October due to Irene and the abundance of rain the region has experienced. This flooded the Chesapeake with debris and very cloudy water. Fortunately, we saw no remaining evidence of that. The depth in the area we dove was twelve feet.

It was a great time and we were able to bring home a painter's bucket of tasty Chesapeake Bay oysters.

During the same weekend, Paul Vassaloti, Ryan Grantham and Travis Sevier went to Lake Rawlings and completed their PADI Open Water Certifications. Reportedly, a great time was had by all. In addition to certifications already held, this brings the totals to 8 open water and 6 advanced certifications for 2011.



Upcoming off-season trips	
<u>Event</u>	<u>Date</u>
National Aquarium Feed Feeding	TBD
Oyster Dive, Eastern Bay	March, 2012
Possible Outer Banks wreck dive	TBD
Lake Rawlings, more certifications	TBD
Calvert Cliffs fossil dive	April or May, 2012
*Ft. Lauderdale, FL twilight and night dives	April 28, 2012

*This will coincide with the Fort Lauderdale Air and Sea Show. This is an opportunity to work for two days with another agency. OCBP SRTs who would like to go on this trip without diving are welcome to do so. For more information on the show visit <http://lauderdaleairshow.com>.

If you are interested in these trips, and you have not already let me know, please send an email to my personal account jfalcon465@yahoo.com.

OCBP in Bowling League

submitted by: Sgt. Jeff Brabitz

The Wyld Stallyns started off on the right foot for the Thursday night bowling league in Ocean City. The team consists of many beach patrol members, both current and retired. Led by the strong arm of Jake "Flex" Foy, other team members get inspired by his strong release and follow through. CC/Dr/Admiral Mark Muller and Brad Smith are improving their games with every ball flung down at the pins. Meanwhile Brabitz struggled to find his mark, but came out of nowhere with a 265 game. And whenever the Stallyns are down a man or two they can always count on the heat provided by Craig Southard (he's so hot right now) and the freakish style of Bobby Frey. With the season just starting up it's a long road ahead for the Wyld Stallyns.

History/Alumni

Lifeguard Legends

Submitted by: Kristin Joson

The Alumni from the early 40's and 50s are often referred to as "Legends of Lifesaving". I try to keep in touch with these former OCBP lifeguards. They are the only ones that can tell us what it was truly like to be a lifeguard in Ocean City during those times. Many of us reading this newsletter weren't even alive when they guarded the Ocean City beaches. Captain Craig is greatly missed. He was an invaluable resource and friend to me. He loved reading our Semaphore Newsletter and played a big part in helping with the editing and writing the history articles. I enjoyed visiting him and working alongside him in his den, learning what it was like in Ocean City in the beginning as it became a resort town and how lifeguarding in Ocean City evolved.



It's hard for many of us to imagine what Ocean City was like in the very beginning; It sure has gone through a lot of changes. If you are ever in the Dunes Manor Hotel, take a walk down the back hall where the pool entrance is. There are probably about 50 vintage photographs of Ocean City. If you look closely you might be able to find one of the original stands that looked like a box. A walk down this hallway is definitely worth the stop and will help you get an idea of what OC looked like back in the day of the lifeguard legends. Eells Boyd (OCBP 1951 -1955) is one of the lifeguard legends that has played a key role in keeping the alumni communication chain alive and well. Eells Boyd guarded in the early 1950s and currently lives in Whitehall, Maryland. I asked Eells how the term "Legends" came to be. He said, "When I was organizing the first reunion for the year 2000, I contacted Ed for suggestions. And in the conversations he said something similar to: 'It will be good to get all of the legends together again.' And this was mainly originally to be the 1950s guards and maybe early to mid 60s. And we had forgotten about the 1940s, so of course the reunion included them. So I guess originally the legends were the 1940s through mid 1960s. Now, as time goes on, I guess that should be increased!" I agree with Eells that as time goes on we can increase who goes into the "Legends" group. I know you all would agree that anyone that guarded in OC in the 40's, 50s, and 60s can definitely be considered a Lifeguard Legend.

Eells reports that he stays in touch with Chuck Austin, Jack Chew, George Feehley, Lucky Jordan (1945-1955), Jim Kelly, Art Miksinski, Clark Moran, Gerry Schuh and Ed Smith. Chuck Austin lives in Frederick, MD and helps his son with a business in Baltimore. Jack Chew lives in Ft. Lauderdale and is one of the few "legends" who remains there after joining the Ft. Lauderdale Beach Patrol years ago. He retired as a captain in the Ft. Lauderdale Police Department. George Feehley, "Mr. Ocean City," lives on 15th

St. and has been in O.C. over 50 years. Lucky Jordan lives in Titusville, FL, near the cape, and was one of the pioneers who started the migration to the Ft. Lauderdale Beach Patrol years ago. Jim Kelly lives in Berlin, MD and with Lucky and the late Bob Agnew, started the migration to Ft. Lauderdale. Art Miksinski lives in Towson, MD, and is a retired Baltimore County math teacher. Clark Moran lives near Towson and has retired from a successful career with Ferris Baker Watts and RBC brokerages. Gerry Schuh lives on Solomons Island, Southern Maryland, and retired as a successful insurance broker in Ft. Lauderdale. He too migrated to the Ft. Lauderdale Beach Patrol years ago. Ed Smith lives in Jacksonville Beach, FL. He and his wife, Barb, both retired from successful careers at Amtrack. Eells Boyd is retired from teaching at Towson University and is a free lance writer

I try to keep in touch with the OCBP guards from every era. I love to hear their perspective on serving on the Beach Patrol. Every year we get a small group of alumni guards that come out to participate in the Captain Schoepf Relay. They often share the impact OCBP had on

their lives as well as the impact they made on families whose members were saved from the sometimes treacherous Atlantic Ocean. No matter what era an alum guarded in Ocean City, after listening to some of the stories and reminiscing, it understandable why most of them end their stories and email communications with "OCBP Forever!"



Captain's note: There are now thousands of Beach Patrol alumni throughout the world. If you know any or happen to meet someone who tells you they once worked for us, please direct them to our website and have them contact Kristin. It is amazing at how varied and successful these past guards are and we want to keep in touch.



THE OCEAN CITY MARYLAND FISHING GROUNDS

Submitted by: Lucky Jordan, OCBP Lifeguard Legend 1945-55

I think it was during the second OCBP reunion that the question was circulated asking who remembered the fishing grounds offshore. There were very few answers in the affirmative. That was surprising to me because there were quite a few of the former OCBP members from my years there and I remember those grounds very well. Jim Kelly remembered them as he was born and raised in Ocean City and Bill Pacy should remember them as most of the 1945 patrol had swam out to them more than once during the summer as part of the weekly conditioning session.

For those who don't remember or were on the patrol in later years, you could see the fishing grounds from the south end of the beach on a clear day. They were approximately a mile off shore and you could see the poles within and around the perimeter of the grounds and the netting from one pole to the other. You could also see the fishing boats congregating around the grounds on a good fishing day. It's just a guess that the grounds were approximately 50 to 60 yards in diameter with deep water on all sides but only three to four feet deep within the grounds as if they were installed on a plateau. After the swim out, we would hang on the poles and rest prior to the swim back. Sometimes you could see the shadows of good size fish preying on the smaller fish hanging outside the netting of the grounds.

My last swim out to the grounds was in the late summer of 1945 with a group of other guards on a cloudy overcast day through two to three foot ground swells with a slight fog laying between the crest of the swells. I had taken a little bit longer to look around and the other guards headed back before me. Just as I let go of the pole I had a hold of, when I started back, I saw a good size dorsal fin cutting through the fog about 10 to 15 feet from me which helped me decide to stay very still for a very long time in the same place with a very pronounced pounding in my chest. Finally, after an unknown amount of time I started back with a very slow subdued breaststroke, very slow movements and maintained that pace until I was back on the beach at the high water mark. It took me three times as long to get back to the beach as it did to swim out to the fishing grounds and an equal amount of time for the pounding in my chest to subside. It certainly wasn't the last or only time I encountered a shark in my life having served time in the US Navy with open water experience and years of spear fishing in south Florida. But it was one of the scariest because it was the first time and it was easier to keep an eye on them in the clear ocean waters off the coast of south Florida and around the Caribbean islands.

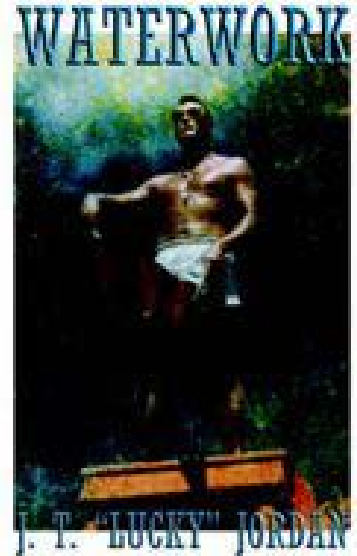
I have no idea when the fishing grounds off Ocean City were removed or how. When I returned to work on the patrol in the fifties, they were gone.

Lifeguard Legend and Author

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 path, from brick mason to aquatic pro-

fessional. Lucky brought some copies to the recent alumni reunion where he was able to autograph copies and sell them. I have a few that were left over for sale. He has also written other short stories that I personally have found 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. You can also download his, "The Boardinghouse", a mystery thriller with the e-book option on the Red Lead Books web.



Lucky's most recently published book is called Bogie's Rules. It should be of special interest to anyone reading this newsletter in that it is a story about Zachariah T. Bogen, an itinerant surf lifeguard who has the need to wander from one beach job to the next in the late 1940s through the 1950s. While working on this newsletter, I have not had the chance to read the entire book, but already there have been several times that the OCBP has been mentioned and a few lifeguards that I actually know by name. "Bogie" is a fictitious character who represents the true story of the two men who originated working east coast northern beaches in the summer and southern beaches in the winter in the early fifties. In this instance he finds himself working on the Fort Lauderdale Beach Patrol for the winter season where his personal philosophy of life and loyalty involves him in an adventure he would never have believed possible.

While trying to find out what happened to a spear fishing buddy who has disappeared, Zach ends up as a captive on a uncharted Caribbean island where an illegal drug operation is headquartered. Forced to work in the coca fields while waiting for an opportunity to escape, Zach is caught up in the middle of a deadly mutiny within the organization itself while his big brother and friends seek to locate him for a rescue attempt. In the meantime, Zach has to rely on all of his past training and experiences, especially his waterman skills to survive.

When I talked to Lucky as he was writing the book, the plan was for Bogie to show up in other beach resort towns in other plots as well as back in Ocean City. The story takes place in the era when Lucky was a guard. At one time I asked Lucky if he could make Bogie spend some time living in the old Beach Patrol barracks on Dorchester Street since he actually had a hand in getting it for the patrol in 1951 & 52. He said, "Absolutely!" so we will have to read the book to find out if that actually was included. It is interesting to note that 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.

Last fall Lucky Jordon was featured on an MPT (Maryland Public Television) special on the building of the Chesapeake Bay

Bridge. He was asked to be a part of the documentary because he was guarding the beach the day the bridge actually opened for the first time. He was warned by Captain Craig that Ocean City would see crowds like they had never seen before and he was right. It changed Ocean City forever. Lucky was also instrumental in establishing the Swimming Hall of Fame.

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. His memories and stories of lifeguarding and Ocean City are truly a treasure.

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

Captain Craig sees RED pink

Submitted by: Harvey Evans (OCBP 78'79'80'81'82')

The summer of 1982 I was Crew Chief of Crew 3 at the 7th street rock pile. I had a great parking lot behind me at the Majestic Hotel. It was the second best CC spot on the beach. When I started on the Beach Patrol our standard issue uniform was a blue tank suit/speedo by a company called Ocean Champion, two pairs of grey sweats and a green shirt (where the term Green Bean came from.. shortened to "BEAN") until you passed the semaphore test. Then you were issued two white T-Shirts with Beach Patrol on the front. The Sweats were screen printed with OCBP on the back of the shirt and on the left front leg of the pants. It was a great look and I loved the colors. We turned our gear in the same as today, at the end of the season (for me, it was Halloween weekend). In the mid 70's the guys worked until just before Thanksgiving.

So anyway it was the second or third week of the summer and rumor had it that the Captain (Craig) had ordered all new gear and it was late in coming in. I remember the day like yesterday. 602 and a truck 551 were headed up the beach stand by stand and handing out new sweats "Red". Bright Red sweats, t-shirts and suits. One by one they spent two days handing out all the new gear. The dilemma was lost kids. I never had to spell blue before, I just pointed to my trunks. So at the end of my first red day I went back to my house which I shared with other guards (Lt. Mark Warren, Sgt. Vic Velton, Chris Fisher, Hal Gamble, Dale Hodges, and other assorted guys). We all came home looking like "Big Red Pills". All the sweats were numbered now. What a nightmare to deal with at the end of the year. Well the first thing Mark Warren did was to gather all the sweats and shirts and put them in the wash, with extra hot water and a load of bleach. After putting them in the dryer, they came out nice and faded to a nice shade of pink/red.

Well at the next meeting my house showed up in our off red sweats. They looked a couple of summers old. Well Captain Craig was regaling about our new color and how to care for them. No Bleach, No hot water and as he panned the crowd saw us, the pink group. He stopped for a minute and continued his talk. Captain Schoepf could not hold back his tears. He knew what we had done and was in shock, but not surprised. That was the summer of all summers. The poor guys today have such strict rules because of that summer. We bent almost every rule as far as we could, without getting fired.

So I feel that I was lucky to guard when I did. I went from speedo and a metal buoy to the red and plastic buoys of today. Except for the hair styles and the shorter shorts, my pictures look just as the Beach Patrol of today.

(See page 33 to view an original suit in its box that was issued to Butch Arbin in 1973.)



Crew 3 in 1982 : from left to right
Jane?, Reid Roan, Harvey Evans, Mike Burke, Tom Yates,
Dave Gomer

GROWING UP BEACH PATROL

By: Dr. Sean Williams (SRT '83-'84, CC '85-'87, Sgt. '88-'90, Lt. '91-'93)

For most of us, the Ocean City Beach Patrol is something to be proud of; an accomplishment, an unforgettable experience, a family. These feelings stay with us long after our lifeguarding days are over (take it from someone who knows). Working the beaches of Ocean City helps to mold us into who we will become. It teaches us about responsibility, camaraderie, teamwork, and enhances our confidence and self-esteem. It is an experience that many of us have recommended to our friends, siblings, and for some, our children. I know at least a few of you have children (that you know about). Even those of you who don't will someday be able to relate to this.

Most of you currently on the Patrol probably don't know me; but, you've heard of my father, former Lieutenant Warren Williams. He's the guy for which the "Crew Comps" are named. My father worked on the OCBP for 40 years, until his sudden death in 2003. My parents actually met on the beach during my dad's rookie year in 1963. Being the only child of a life-long lifeguard, I got to "grow up beach patrol". Between the OCBP and his "real job" at N.A.S.A., I didn't get a lot of one-on-one time with my dad. However, to me, my life was pretty normal. I didn't mind spending almost every day of every summer on the beach from 10 to 5:30. In my world, it was pretty cool that I got a custom-made, 1/2 scale torpedo buoy with flags and a whistle for my fifth birthday. It wasn't weird that I was fluent in semaphore by the time I was eight years old, or that I made my first rescue in a rip when I was ten. This was my world with a father who loved the OCBP like a second family. Sure, we didn't get to spend much time playing catch together, or learning the fundamentals of football. Instead, I learned a knowledge, love, and respect for the ocean that most people will never know.

So, it came to no one's surprise (except, for some reason, my father's) when I tried out for the patrol at age 18. I guess, in my teenage years, my interest in the Beach Patrol waned a bit. I ran a beach stand and was quite comfortable sitting on my butt all day, chatting with friends, and reading the guard's semaphore. Plus, I waited tables at night, which helped to fatten my wallet. I suppose my teenage laziness helped to foster an apathetic attitude toward the OCBP. So, when I was finally old enough to take the test (18 at that time), I decided that I wanted to continue running the beach stand and waiting tables. My dad, although obviously disappointed, never pressured me to try out that summer. I'm sure it was hard for him to understand why his only son would not want to be a part of his "second family". He did, however, give me a subtle reminder the day before the first test of the season. I guess it must have been his "hail Mary" pass that got me out of bed early on that Saturday morning, and had me swimming a quarter mile in 56 degree water an hour later. I will never forget the look of surprise on my dad's face when I walked onto the beach that morning. Needless to say, I passed that test, and I thank God that I had that spontaneous change of heart.

During my early years of guarding downtown, I got to experience many dangerous, peculiar, and humorous situations... but, that's potential fodder for future articles. These were the unforgettable years that had the biggest influence in shaping me as a person. I worked my way up the ranks and eventually served as a lieutenant with my dad. Unfortunately, I had to eventually "retire" from the OCBP to enter the next chapter of my life. However, I will never forget many of the experiences, or the friends that I made during those years.

This brings me to the present. Now I am a dad, to two awesome kids; and I would love for them to be third generation Beach Patrol. But, at this point, neither of them shows the slightest interest in guarding. Not even Junior Beach Patrol (I wish they had that when I was a kid)! Granted, I'm no longer



Lt. Warren Williams , Sean's father with Sean's son Parker in 2000.

on the patrol. My kids aren't "stuck on the beach" every day through the summer. They don't get dragged to the Beach Patrol office or to meetings where they are surrounded by 150 other members of the "family". They only see the pictures on the walls of their home; pictures of daddy and pop-pop back in their glory days. Maybe those pictures will someday spark some interest. Like my dad, I know I can't pressure them; it will have to be their decision. All I can do is plant the seed, by telling them the stories, and teaching them the ways of the beach. Maybe someday they will choose to follow that path, or maybe they will run a beach stand, or wait tables. Either way, it will be their decision. Either way, their dad will be proud.

Captain's Note: For those of you who never had the good fortune of knowing Warren or Sean, I can assure you it is your great loss. These good men helped shape the lives of many of our Beach Patrol family over the years. As a Dad of one of our current SRTs (My little son Mike) I can tell you that I couldn't be any more proud of him and just like Sean's Dad, I was equally surprised when my son Michael showed up to test without even talking about it, much less working out or training. Sean is now a chiropractor with a practice in West Ocean City. He continues to help the Beach Patrol by volunteering as an official during Mid-Atlantics and other ways.

Living the Beach Patrol Way

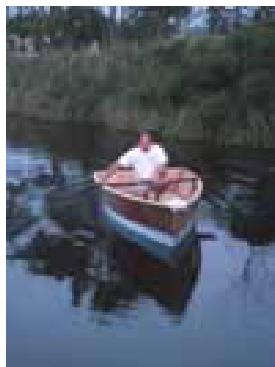
Submitted by: Sgt. Nick Thompson (OCBP 1998 - 2009)

With the holiday season approaching I just wanted to give a shout out to every one at the Ocean City Beach Patrol. It feels like just yesterday I was taking the test to become a rookie. That was the summer of 1998. Some of you may not even know who I am but one thing is for sure, you may relate to what I am about to write, some day in your near or not so near future. As my 12 years on the beach patrol came to an end in 2009 I came to a realization that I wanted to pursue other things in life. In order for me to pursue those things in life I just knew that I would not be able to give my all to do the job of Sergeant for the beach patrol. This is the beach patrol way that we all know and love. Believe it or not that is what I owe my current existence to. You see the beach patrol experience for me is a life-long experience that instilled in me many things from many people and continues to this day. Even though I am not wearing the uniform, the beach patrol way seems to be ingrained in me with whatever I partake in. If it is with my career as a physical educator, a husband, a father, a boat builder, or student I try to always do my best, learn and grow from my mistakes, help others succeed, and oh yeah always follow the "early is on time" polycys". There is not a day that goes by where I do not think about my many days in the sun in my OCBP uniform and the people who I shared those times with. Whether it was red, navy, or royal blue I was always proud to serve for such an honorable organization. As I look back it seems as though those days in Ocean City flew by and now I can see how much a gift they were for me and my future. "Thank You" Captain and the beach patrol family. I wish everyone Happy Holidays!



Editor's Note: Nick currently works for the Wicomico County School system where he is a Physical Education teacher. He has taught PE at Prince Street Elementary for 7 years. Nick is continuing his education and pursuing his Masters Degree in Administration. He is just 2 classes away from becoming certified in Administration, which will allow him to apply for a supervisory role in the school system. One of his hobbies and dreams ever since I have known Nick is boat building. Being away from the Patrol has allowed him to pursue this dream. In his spare time he is currently building a 14-foot flat bottom skiff. It is ironic that in the summer of 2009 when an ancient post beam from a boat washed ashore, Nick was the responding supervisor to help bring it in. It was the size of an 18-wheeler and had Roman Numerals carved in the side. He had the interest then. Who knows perhaps that is what sparked the interest now. (It's kind of like the recent story of Brent and the Sea Turtle). Nick is also a family man. He has a lovely wife, Lindsey and an adorable son, Colton. At a church event just recently, Nick was in charge of a fun run for children. This was an event that was held just before the big event for adults, very similar to what we do at crew comps with the kids before the guards do their run. So Nick is right, the beach patrol is a gift that is not only a part of his past but continues to be there daily as I am sure we can all relate.

Captain's Note: It always hard when our loyal and dedicated personnel have to make that very hard decision to back away from daily involvement with the Patrol. However, seeing someone who has grown up on the Patrol (I can tell you Nick is just one of many who I was blessed to watch become a man from the boy who showed up at the test) follow a dream and move on to multiple successes makes me personally proud of not only the person but also of our organization. Nick no longer wears the uniform of the OCBP, but his impact is still evident in several areas, most notably the Junior Beach Patrol. Thanks Nick!



Pictured above is Nick's 14ft flat bottom skiff. He is still working on it but plans to take it out in the Indian River Bay a lot this summer. He is naming it "Colton's Toy".

Iron Guard

submitted by: Sgt. Jeff Brabitz

This year's Iron guard was a first ever! We had our first ever tie, between Sakell and Steele. This was in part due to our new competition set-up, with having multiple heats instead of having one big race and not having teams involved. Doing the heats worked out really great and there was a lot of focus on the times rather than just beating the person next to you. So for those of you who thought you couldn't do it, or just want to get a team together, make sure you sign up for the Pizza Tugos Iron Guard for the summer of 2012. Again this is a FREE event to all OCBP personal and as always free slices of OC's best pizza will be provided by Pizza Tugos.



Aaron and Nick always make the Beach Patrol proud at any competition. They are both dedicated Beach Patrol employees that are in peak condition as athletes as well as Surf Rescue Lifeguards. I'm sure Aaron will tell you the Vita Coco plays an important role!



It is hard to believe, but Captain Arbin still has his suit issued in 1975 in the original box. Of course it is going in our museum.

Note: *His first year was in 1973 at age 15. Perhaps this will be a story for the spring newsletter.*

CLASSIFIED

Do You Want OCBP License Plates?

If you do, you must complete the following:

1. Obtain an application by requesting one
2. Complete the application form with vehicle information and owner information
3. Sign the application and send a check for \$50.00 back to Headquarters
4. The Captain must sign off on approval and mail to the MVA.



John P. Dunnigan Photography

Don't forget photographer John P. Dunnigan did our professional group pictures. <http://jpdphotography.com>. If you didn't get all the prints you wanted or would like other merchandise with your picture on it, its not too late. You can 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

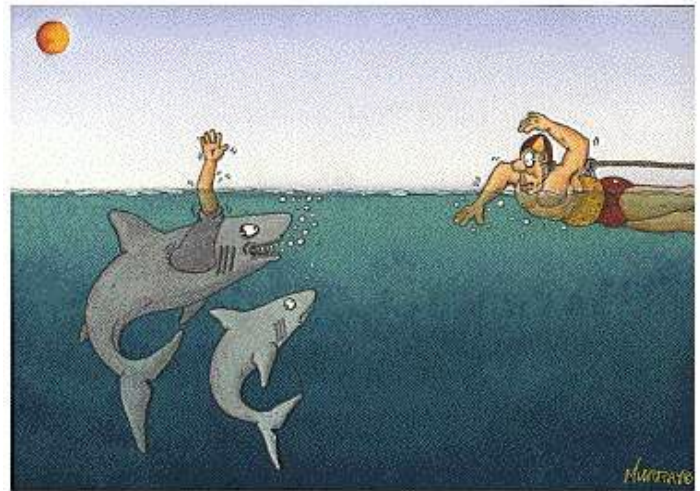


Jenny looks great in her individual shot. Individual shots are taken after all the crew shots

Announcements

Tom Shuster to Receive Award

Recreation and Parks Director Tom Shuster has been selected to receive the Distinguished Professional Award by the Mid-Atlantic Regional Network of the National Recreation and Park Association. He will be presented with the award on November 2nd in Atlanta. Mr. Shuster served as President of the Maryland Recreation and Parks Association in 2010-2011, and has held several positions with national and regional organizations. He has been our director since 1998, and has been working in the parks and recreation field for 40 years. Congratulations to Director Shuster!



"SEE SON....THIS IS WHY I SAVE THESE BITS."

Just a little bit of Lifeguard humor.

For Sale

New Skate Board Never used from Malibus surf shop The Skate Board is a "Lost" Brand skate board fun shape. Still has price tag on it...

Listed for 159.00 Aly will part with it for 100 or best offer. If interested please e-mail bra-bitza@yahoo.com



OCBP Chapter of USLA

An Unbelievable Summer for the USLA Chapter

Submitted by Sgt. Ryan Cowder

A few years ago, the officers of our USLA chapter created some goals to set a direction for our chapter. Those goals included an arsenal of equipment, organizing a major competition on our own turf, and putting our chapter on the map at the national level in terms of competition. After the summer of 2011, I'm proud to say that those goals have been accomplished!

Over the past few years, we have slowly but surely accumulated multiple pieces of competition equipment. We have an extensive array of paddleboards, fins, surf skis, and a boat and have done our best to keep them in good working condition. In fact, very soon the boat will be moved to storage for the winter inside a warehouse in West Ocean City to keep it out of the weather.

Also, for two years in a row, our chapter was fortunate enough to be able to host the Mid-Atlantic Regional Competition in Ocean City on 21st St. in front of the Grand Hotel. It gives me great pleasure when I get to inform beach patrons that we were the champs for both of those years. The last two years, we also sent a large team to the crafts event in NJ, which was historically underrepresented by our chapter in previous years. Our comp team was able to secure our victory as regional champs at those crafts events.

For those of you that follow the location of the National event, you're well aware that it changes coast from year to year. This year it was on the east coast in Cape May, NJ, a small ferry ride for our competition team. We sent the largest team to Nationals that I can ever remember and represented our chapter, our beach patrol and our town very well. When it was all said and done, we walked away in 6th place as a chapter and brought home several medal winners and even some national champions!

Some of you, especially our competition team, realize the significance of a sixth place finish. Many chapters throughout the country are setup so that the membership of the chapter is fed from multiple beach patrols. For example, the Sussex chapter in Delaware consists of a combined effort from all of the Delaware beach patrols. Our chapter is only fed from the Ocean City Beach Patrol, which makes performing well at a National level more difficult. It is also why a sixth place finish overall is so commendable.

I would like to congratulate our medalists from Nationals once again. Sam McElvaney was a National Champion in the Beach Flags. The Women's 4x100 team also took 1st place, which consisted of Jenny Webb, Kelly McGrath, Liz VanderClute, and Sam McElvaney. The Men's 4x100 team took 2nd place, which included Derek Snyder, Jack Stang, Ryan Grantham and Shane Neumann. Liz VanderClute took 2nd place and Rick Cawthern took 3rd (age group) in the 2 km run.

Again, we are more than pleased with our performance this past summer and understand that we have challenges ahead of us. With the economic status of our country and the people living in it, it becomes increasing difficult to get members to join as well as get sponsorship from local business. We do our best to put our sponsors in the best light possible so that they gain from our accomplishments.

I would also like to take this opportunity to wish each and every one of you a Happy Holiday season from the Ocean City Beach Patrol Chapter of the USLA. I also look forward to working with all of you again next summer! It will be here before you know it!

Captain's Note: Although the OCBP has been involved with the USLA since the 70's, the chapter has never been better organized or stronger. Winning the Mid-Atlantic regionals and placing so prominently in National competition is a far greater achievement than most of you realize. I have been involved in the USLA in Ocean City since we first formed a local chapter and have been a part of every Mid-Atlantic Lifeguard championship we hosted from the first one. I was even responsible for establishing the guidelines for several of the events, however as a Beach Patrol our focus has always been to hire "Lifeguards" first. Although other patrols look for "athletes" that can help them win races, we only hire personnel that can serve the citizens of Ocean City and meet the needs of our patrol. We have often turned away some awesome athletes because they did not have the type of availability that is needed to cover our beaches (often nationally ranked swimmers need to leave in early August). So what we have are legitimate "working" lifeguards who may wish to compete and we require them to take days off without pay if they are going to represent Ocean City. Therefore, when they are not competing they are working on a stand like every other SRT, which makes our strong finish even more incredible. GREAT JOB TEAM OCBPUSLA!



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



The OCBP Competition Team won the Mid-Atlantics Regional Championship for the 2nd year in a row.

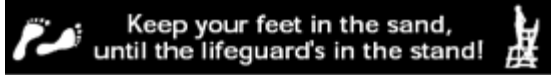
Calendar/Important Dates

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@ococean.com



We're on the Web
www.ococean.com/OCBP

OCBP WEB 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 [kjosen@oceancitymd.gov](mailto:kjoson@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.

- December 1– 8** Beach Patrol Budget Preparation
- December 26-28** Beach Patrol Budget Presentation to Director
- January 1** Penguin Plunge, Mayor's Open House
- March 3,4** Strategic Planning Weekend
- April 2** Mailing of Spring Newsletter
- April 27**—Employee Agreements due back
- May 19– 20** CC paper work
- May 13—19** Opening Set up
- May 20—27** SRA I
- May 20—25** Returning Drug Test
- May 23—25** Paper work Equipment pick up for veterans
- May 26** 7:00 am Prayer Service and First Day Guarding
- June 9** - Pre-Employment Ocean Test

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
- 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!
Ocean City Recreation & Parks