

Santa Clara Valley IPSSA Newsletter



Next General Membership Meeting
Thursday, May 18, 2017

santaclaraipssa@gmail.com / scvipssa.org

San Jose Club House:
15480 Union Ave., San Jose 95124

6:30 pm

Volume #26, Issue #6

Board of Directors

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PRESIDENT'S MESSAGE

I want to thank every who showed up for our nuts & bolts at the last meeting. I want to thank Joe McVeigh for a wonderful BBQ meal that I know everyone enjoyed. Thank you Joe !!

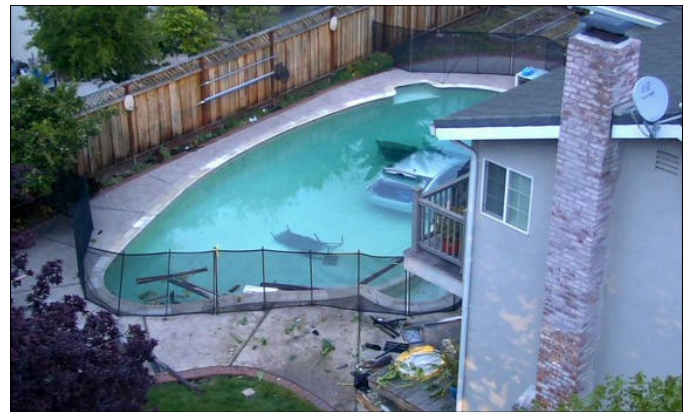
I also want to thank Nancy Currier and Dave Allen for all the help with setting up the tables. Also thank you Brent and Nigel for helping with keeping up with the chapter supporters gifts and overall everything needing to be done.

Once again we are still short on all the blue cards being turned in. As we all know blue cards being on file is an important part of being an IPSSA member. We need your help in getting them in so we are prepared if any of us may need to use this benefit.

I hope all of you are preparing for a busy season. I keep hearing time after time from everyone I run into on how busy they are already.

Don't forget to keep hydrated with plenty of water. Remember a person can become dehydrated within 1 to 2 hours in hot weather. So keep the water flowing!!

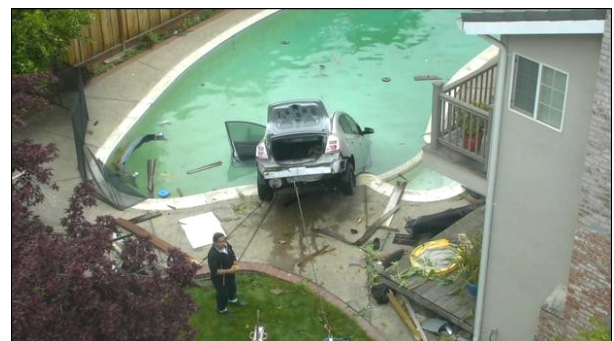
This months guest speaker is Jade Nichol from Zodiac I am looking forward to getting some great information from him as which I think we all could use and put to good use.



Teenage Driver Plows Through Fences, Plunges into Backyard Pool in Santa Clara

A dozy driver mishandled a turn early Tuesday and plowed into a backyard pool in Santa Clara, according to fire officials.

The bizarre crash happened around 3 a.m. near Warburton Avenue and Calabazas Boulevard when the 19-year-old driver said he lost control of his sedan, smashed through metal and wooden fences and then plunged into the deep end of the backyard pool, Santa Clara fire officials said.



Ideal Water Balance Levels*
*Per ANSI standards

Chlorine 1.0 - 3.0ppm	pH 7.4 - 7.6	Alkalinity 80 - 100ppm	Calcium hardness 200 - 400ppm
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10 Great Ways To Stay Hydrated In Hot Weather

By Matthew Cenzone. May 7th 2016

Keeping yourself hydrated under hot weather conditions is very important to avoid heat-related illness. Proper hydration becomes even more important when performing strenuous, physical activity in high temperatures. The more your body sweats under such conditions, the more fluid you need to replace. If you ever suffer from dehydration in hot weather, you are subjecting yourself to the following health risks:

- Heat stroke
- Heat exhaustion
- Heat cramps
- Heat rash

Here are 10 ways you can stay hydrated in hot weather to avoid heat related illness:

1. Drink Before You Feel Thirsty

According to the [CDC](#), it is important to drink fluids before you even begin to feel thirsty. Your body uses thirst to indicate that you are approaching dehydration. Rather than drinking to quench your thirst, it is healthier to continuously replenish fluids, even if you don't feel thirsty.

2. Go with Water Instead of Sugary Beverages

While a sugary beverage can help quench your thirst, it also carries excess calories that can be detrimental to your health. Since you have to hydrate your body with fluids more frequently under hot weather conditions, you'll be taking in more calories than you usually do if you look towards sugary beverages for hydration.

3. Keep a Water Bottle with You

Invest in a reusable water bottle and always keep it handy. You can replenish the water bottle's contents anytime you are near a sink, [water](#) dispenser or fountain. Even if you don't plan on doing any strenuous activity outdoors, having a water bottle on hand will allow you to drink your fluids regularly and before you feel thirsty.

4. Use Natural Flavoring in Your Water

Sometimes people have trouble drinking enough water to stay hydrated because they prefer something with flavor, and/or it's difficult for them to drink water when they aren't feeling thirsty. A little natural flavoring from a slice of fruit like lemon or [strawberries](#), or some fresh cucumbers is a great way to add a little flavor to your water, without adding as much calories as drinking a soda.

5. Drink Sparkling Water

If the carbonation from soda is what makes it so appealing, you can get that same fizzy feeling from a [bottle](#) of sparkling water. It has all the bubbles and fizz of a soda, minus the calories. You can also opt for sparkling water the next time you are trying to [eat healthy at a restau-](#)

[rant](#).

6. Avoid Alcoholic Beverages

Having a couple of frosty beers from the cooler sounds like a great idea after a fun-filled day of activities at the beach or by the pool, but it's not a good idea if hydration is your goal. While you might feel more refreshed at first, you're likely to feel dehydrated soon afterwards due to the [effects of alcohol](#) from all that beer. Alcohol is a diuretic and will cause you to urinate more frequently, so it's best to either limit yourself or not drink any at all.

7. Have a Sports Drink During Vigorous Exercise

Outdoor activities under hot weather can be quite common, especially during the summer. Biking, hiking, mountain climbing, white water rafting, beach [volleyball](#) or just a day playing recreational sports at the park are all common summer activities. There is a chance that your body will produce [excessive sweat](#) due to all these activities, compounded by the temperatures outside. Under such circumstances, a [sports drink](#) might be more useful than water since it can also replenish any nutrients lost in your sweat, plus it is one of the best ways to stay hydrated. Just keep in mind the calories.

8. Drink Cool Fluids

You can plan ahead for a day out under the sun by freezing some water bottles the night before; just make sure the bottles are freezer-safe. According to [Healthfinder.gov](#), cool fluids can help encourage you to drink more during activity in hot weather. A cold bottle of water will not only help you stay cool, it will also help you to stay hydrated and entice you to drink before you even feel thirsty.

9. Track Your Water Intake

It can be very easy to forget to hydrate, especially if you're working outdoors and are more focused on the task at hand. Try setting an alarm on your watch or phone to help you remember when it is time to hydrate. This is why having a reusable water bottle handy is important for staying hydrated.

10. Eat Your Water

Try adding more fruits and vegetables that are high in water content to your meals and snacks on the days you plan on being outside in hot weather conditions. You can even chill or freeze these hydrating fruits and veggies as a [frozen treat](#) or a [cold snack](#). Here is a list of healthy, water-filled foods to choose from:

- Watermelon
- Oranges
- Grapefruit
- Spinach
- Zucchini
- Celery
- Coconuts
- Radish



There's Probably Diarrhea Residue In Your Public Swimming Pool

By KASANDRA BRABAW

Here's a fun fact as we head into summer: about 1 in 4 adults say that they would go swimming in a public pool while they have diarrhea.

The (disgusting) stat comes from a new survey of more than 3,000 adults on behalf of the [Water Quality and Health Council](#), which in combination with the Centers for Disease Control and Prevention (CDC) and the National Swimming Pool Foundation wants to warn pool-goers of the health risks that come from swimming in, and swallowing, contaminated pool water.

The survey also found that more than half of adults rarely or never shower before jumping in the pool, and

that about 60% admit to swallowing pool water.

While the first two numbers are a bit concerning, we can't say we're shocked by the number of people who swallow a little water now and then. If you're having a good time at the pool it's basically impossible not to get a little water in your mouth.

The real risk, here, is the people who choose to get into a public pool even though they're sick and those who don't think to rinse themselves off before they get in the water — public pools have showers for a reason, and it's not just so you can rinse off the chlorine when you get out.

Taking the extra step to rinse yourself down before you get in the pool, even just for one minute, washes away a majority of the dirt and bacteria that you'd otherwise be introducing to the water, according to the researchers.



September 28-30, 2017 Thursday - Saturday

American Leak Detection	Bill Webb	408-729-5325	ald114@garlic.com	Leak Detection
Baby Barrier	Ben Fiscalini	408-806-2223	kpkicking@yahoo.com	Removable Pool Safety Fence
BCS Rep	Rodney MacDowell	925-222-8557	rodmacsales@gmail.com	Thornburg Enterprises
Blake Sales	Ron Eger	360-970-3233	ron.eger@blakesales.net	Manufacturers Rep
Burkett's Pool Plastering	Jason Steenburgh	209-595-6016	burkettjsaason@gmail.com	Pool Remodeling
ChemQuip Inc.	Chris Sanders	510-887-7946	csanders@chemquip.com	Distributor
Davin Cahn Associates	Nate Womack	415-830-1201	nate@devincahn.com	Zeobrite
Easy Care	Jacklin Kitchen			
Elm Distribution	John Kies	916-853-2600	john@elmdistribution.com	Solar Panel Distributor
Fiber Clear	Mark Dunlop	800-594-5120	fiberclearpoolandspafiltration.com	Filtration
Gull Industries	Mike Kennedy	408-293-3523	mike@gullsolar.com	Solar Panel Manufacturer
HASA, Inc.	Kirsten Tates	925-432-3866	ktates@hasapool.com	Pool & Spa Chemical Manufacturer
Hayward Industries, Inc.	Paul Cruddas	415-515-9982	pcruddas@haywardnet.com	Pool Equipment Manufacturer
Leisure Supply	Matt Anderson	408-727-8100	maanders@kellersupply.com	Distributor
Life Saver Pool Fence	Mark Hinkle	408-779-7922	mark@garlic.com	Removable Pool Safety Fence
Natural Chemistry	Pat Smith	916-899-0915	psmith@naturalchemistry.com	Chemical Manufacturer
Paramount Pool & Spa	John Andersen	925-595-7516	JAndersen@1paramount.com	Pool Equipment Manufacturer
Peninsula Leak Detection	Ryan Arterberry	650-716-9777	ryan@peninsulaleakdetection.com	Leak Detection
Pentair Pool Products	David Lagrimas	209-627-6356	Dave.Lagrimas@pentair.com	Pool Equipment Manufacturer
Pool Covers, Inc.	Cheryl MacLennan	707-386-9106	cmacLennan@poolcoversinc.com	Swimming Pool Safety Covers
Precision Leak Detection	Kevin Brady	925-776-7588	pldinc@comcast.net	Leak Detection
Purity Pool Products	Rich Gross	530-472-3298	rich@puritypool.com	Pool Equipment Manufacturer
RayPak Inc.	Rick Witt	916-715-3470	rwitt@raypak.com	Pool Heater Manufacturer
SCP Distributors		408-327-4900		Distributor
Scuba Pool Repair	Drew Andersen	408-866-1945	drew@scubapoolrepair.com	Underwater Pool Repair
SunTrek Industries, Inc.	Scott Miner (cell)	925-260-2008	scott@suntreksolar.com (925-372-8983)	Solar Pool Heating, Electricity, Hot Water
Tom's Tile Cleaning	Tom Allen	408-307-3196	ta@tomstilecleaning.com	Tile Cleaning/Glass Bead Blasting
United Chemicals	Jeff Moscoe	707-533-5136	J.moscoe@unitedchemicalscorp.com	
W R Meadows	Patrick Raney	916-806-8924	praney@wrmeadows.com	Deck-O-Seal Manufacturer
Zodiac Pool Systems, Inc.	Nick Woodson	925-357-7731	Nick.Woodson@zodiac.com	Pool Equipment Manufacturer
Zodiac Pool Systems, Inc.	Jade Nicol	408-250-7000	Jade.nicol@zodiac.com	Pool Equipment Manufacturer



Sun Block!

IPSSA Santa Clara
scvipssa.org
(largest chapter in Bay Area)
June 15 , 2017