

# LBLG ASSOCIATION FALL '23 NEWSLETTER



## LOBSTER SEASON

Lobster season is in full swing! If you're heading out to catch some bugs, remember the following:

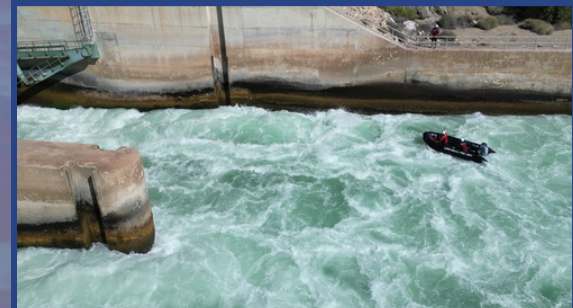
- Never dive alone! When free diving, one person should stay on the surface while the other dives
- Don't dive in areas you're unfamiliar with
- If boating at night, make sure you have working navigational lights, and watch the water closely for other divers while under way
- Make sure you have your spiny lobster report card and follow the Dept. of Fish & Wildlife regulations



## SWIFTWATER TRAINING

Marine Safety personnel have been busy over the last few weeks with 2 recent CA State Fire Marshal swiftwater classes - River & Flood Rescue Technician and River & Flood Rescue Boat Technician - taught by RBO Fletcher and RBO Reinheimer.

These courses are each 40 hours, with class taking place in-city, as well as in Blythe, CA at the Palo Verde Diversion Dam. This training allows personnel to refresh their swiftwater skills and remain ready for the upcoming winter season. A big thank you to RBO Fletcher & Reinheimer for their time and dedication to ensuring these classes were a success!



## BLOOD DRIVE

With the current national blood shortage, each donation goes a long way to help make a difference. With our last 3 drives, we've saved over 170 lives! Scan the QR code to schedule your appointment.

**WHEN: MONDAY, DECEMBER 18TH  
FROM 10:00AM - 4:30PM**

**WHERE: LONG BEACH LIFEGUARD  
MUSEUM (5291 E. PAOLI WAY, 90803)**

*Scan me*



## JG STATION FAREWELL

A group of former Junior Guard instructors, participants, and supporters got together for one last farewell to the original JG station earlier this month. This station was built in the late 30s, and was designated as the JG Program Headquarters in 1976, after the program moved its operations from Termino. The LBJG Program was started in 1969 by Pat Flynn and Dick Miller - who were also the program's first 2 instructors!

The JG Program has since grown to 17 instructors and nearly 850 participants (as of 2023). We are sad to see this station go, but it lacked the capacity for the increased interest in Junior Guards. We're looking forward to continuing to utilize the new station for the ever-growing program!



Want to see more? Scan the QR codes to check out our website and Instagram!



@longbeachlifeguard

longbeachlifeguard.org



# COMPETITION

Congratulations to **Austin Trinkle** & his rowing partner **Dale Adama** on their 2023 National Dorymans Association Race Series Championship title!



Photo by Skip Prosser

## DORY CLINIC

Speaking of rowing... want to learn how to row and properly use a dory?! Well NDA Champion **Austin Trinkle** will be holding a dory training / clinic on **Sunday, November 26th from 3-5pm.**

Austin will be going over proper set up, trailering, launching, recovery, and storage of a dory. If you're interested in rowing and want to learn more - please message Austin for additional details!



Join us for the annual

## LBLG HOLIDAY PARTY

**Anchor's Away (Marina Pacifica)**  
6274 E. Pacific Coast Highway

**FRIDAY, DECEMBER 8TH**  
7-10pm

As always, family and friends welcome! Food will be provided. Don't forget to bring an unwrapped toy for the Spark of Love Toy Drive!

## COMING UP..

- **Holiday Volunteer Opportunities** - keep an eye on your email for potential volunteer opportunities with the Spark of Love Toy Drive & other local groups!
- **Dory Clinic with Austin Trinkle** - Sunday, November 26th from 3-5pm
- **The LBJG Hall of Fame** will take place tentatively in Spring 2024. If you have any nominations for Lifeguard of the Year (2023) or meritorious awards, please reach out to Chris Gonzales.
- **MSO Test** - Application and testing dates TBA

## LIFEGUARD SPOTLIGHT: JAMES REINHEIMER

James Reinheimer - also known as JR - moved down to Long Beach from Modesto in 1986 to attend CSULB, and shortly after graduated the LBLG rookie academy in Spring of 1987. JR was in the Army from '88-'89, and then a member of the Army Reserves until '94. Throughout the 1990s, JR worked as an EMT Ride-a-Long and Deckhand, and was hired as a Marine Safety Officer in 2000. JR was promoted to Rescue Boat Operator in 2008, and currently works on Rescue Boat 1. JR has been an integral part of the division over the years as a Training Cadre Member, Dive Team Member, Swiftwater Coordinator, CA State Fire Marshal Instructor, as well as a previous LBLGA President and Board Member. After taking his first Swiftwater Rescue Course in 1997, JR developed a respectful passion for the river and flood water environment. Over the years he has gained valuable knowledge and experience in a variety of rescue disciplines. Earlier this year, JR was recognized as the "Dick Miller Waterman of the Year" by the Aquatic Capital of America. JR is an excellent teacher and mentor, and has led a number of swiftwater and marine rescue trainings within the division and across the state. Outside of work, JR enjoys surfing, road tripping, and camping in his Sprinter van with his wife, Aida.

