



The Flag and Whistle
Newsletter of the South Bay Soccer Referee Association
(Also known as Soccer South Bay Referee Association)
- Serving the Soccer Community for over 46 Years -

November 2019
PO Box 1613, Redondo Beach, CA 90278

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www.sbsra.org

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Treasurer: Bruce Ashton
Training & Mentoring: Taidgh Simpson

Vice-President: Steve Morgan
Member-At-Large: Chris Nevil

Referee Coach: Taidgh Simpson
Secretary: Jonny Joseph
Assignor: Gabriel Goldsman

Notes from the President

I would like to end the year by thanking each and every member for all your hard work in 2019 which has resulted in another great year. The Association continued to grow in 2019 by adding several new clients and increasing the work from existing clients. In fact, the Association grew more in 2019 than ever resulting in SBSRA members covering more matches in 2019 than we have covered in one year before.

I'm also pleased to report that the City of El Segundo has decided to make SBSRA their Referee Association of choice starting in 2020. With the start of the City's new season in January, SBSRA will be providing referees for both the "A" and "B" leagues. This is a direct result of the great work our referees provided the City's soccer community in 2019. Based on this agreement, SBSRA will see a 400% increase in the number of City of El Segundo matches from 3 matches on Friday nights to 12 matches on Fridays.

In 2019, SBSRA continued to provide every member with the opportunity to attend advanced referee education and work on their physical fitness by hosting ten (10) Cal South Referee Professional Development (RPD) courses in 2019 at North High School. We have already worked with Cal South and NHS to ensure RPDs will again be held in the South Bay in 2020.

In 2019 we have also taken several steps in our process of updating our name to South Bay Soccer Referee Association. We have registered the new name with the California Secretary of State to ensure we retain our non-profit status. We have designed our new logo and updated the website with the new logo and name, while keeping the old URL, which forwards visitors to the SBSRA site, which maintains a reference to our legacy name. We also worked with Cal South to update all the different references to SBSRA. As discussed at the October GMM, we are now working on the remaining steps required to complete the conversion. We have worked with the Credit Union and our next order of checks will show the updated name which means the only remaining actions can be grouped into logo related steps/actions. These steps include replacing the SSBRA badges with the new SBSRA badges, getting new SBSRA coins made and distributed, and getting new membership shirts with the new SBSRA logo. We are also looking to replace the old SSBRA shirts for the Board which we wear when meeting with clients and for official SBSRA business. We have already purchased, received, and at the November GMM, handed out new SBSRA pens and business cards. We will continue to bring these items to the GMMs providing every member with the opportunity to get their pen and cards.



We are still looking for a more referees to join the Association, so if you know of any good referees please encourage them to join. You could get your dues for next year covered via the NMI if they join and remain a SBSRA member through the annual membership period.

As discussed at the November GMM, Taidgh Simpson our Director of Referee Coaching, is working to establish a Referee Coaching/Assessing plan for the association. If you are interested in helping develop the plan or be considered as part of the referee coaching committee to help your fellow referees, please contact Taidgh.

Thanks, again and I look forward to working with you all again in 2020, starting with our first General Membership Meeting at North High School at 7:30 on Tuesday, January 28, 2020!



**SBSRA General Membership Meeting Minutes
November 26, 2019
North High School, Torrance, California**

Board Members in Attendance: Michael Hinz (President), Steve Morgan (Vice-President), Jonny Joseph (Secretary), Bruce Ashton (Treasurer), Chris Nevil (Member-At-Large, Gabriel Goldsman (Assignor), Taidgh Simpson (Referee Trainer and Coach)

1. Meeting Called to Order – 7:38 pm.
2. Approval of October minutes – Kiku Anon proposed acceptance of the minutes as presented, Tim Martinez seconded and approved by acclimation.
3. New members – one new member introduced himself and was warmly welcomed.
4. Cal South Monthly Training
 - a) Instructor – Chris Nevil, Topic – 2019 law changes (final changes). Major topics included dealing with misconduct of team officials, quick restarts and effect on misconduct, misconduct by players off the field of play.
5. Financial report – BA presented the Balance Sheet and Income & Expenses Quarterly Reports as of and for the nine months ended September 2019. The reports, together with the narrative, will be made available on our website.
6. Cal South
 - a) 2020 recertification must be completed by December 31, 2019
 - b) No assignments after December 31, 2019 without 2020 certification, i.e., inclusion on Cal South's 2020 ROL.
 - a) SBSRA will continue to host RPDs in 2020 – the 2020 Cal South requirements for returning Regional Referees are 3 RPD Education and Physical Fitness training courses and 5 courses are required to upgrade to the Regional level. SBSRA encourages all referees to attend to continue maintaining their fitness and learning.
7. SBSRA Business
 - a) Great season, great year – Thanks to the members for extending ourselves to do more games with a similar number of members as in 2018/2019
 - b) Since January we have completed ~5,600 matches with ~9,400 assignments
 - c) Since September we have completed 2,567 matches with 5,184 assignments
 - d) Don't double dip in Tournaments – Cal South has stated that referees are limited to 3 games per day for older ages or 4 games per day for younger ages in Cal South sponsored tournaments. Referee Associations follow these requirements in their assigning. Referees should not attempt to work more matches in a day by accepting matches from more than one referee association on the same day.
8. League Updates/Reports
 - a) New Aspire Fees - \$29 (18 minute halves) and \$31 (20 minute halves). Referees will be paid by SBSRA.
 - b) SBPSL – We are still having referee issues
 1. Not pulling ID Cards for Red Cards,
 2. Not sending in completed line up cards with game scores,



3. Wrong report being used for Red Cards.
 4. Referees sending match reports to the SBPSL President instead of the SBSPL designated representative listed on the SBSRA website.
- c) El Segundo – Season just ended and the Association has received feedback that the City is happy with our services. SBSRA will be meeting with the Rec and Parks Department in regards to next season, with a view to expanding our services to their “B” League.
- d) Mar Vista – League wants us to control the matches, in particular coaches and spectators. Zero tolerance for non-compliance with league rules. Utilize all the tools in your referee tools box including Yellow and Red cards.

A question about wearing jewelry resulted in a short discussion that ended with a clear decision. While players do not have to remove their jewelry - they cannot play with jewelry on.

- e) What's next
1. Thanksgiving Showcase in Norco.
 2. Mid December Tournament in Orange County – 14th and 15th December.
 3. State Cup and National Cup – January, February 2020.

9. Board speaks

- a) TS informed the membership that he is working on the specifics of a program to identify assessors and put an assessment plan in place for the Association. Following the Board's approval of the plan, TS will identify appropriate Assessors within the organization and members wanting or needing assessments.
- b) BA announced that he had checks for members who had done games in October and the Aspire League.
- c) CN emphasized the need for supplemental reports to be prepared electronically, using the Cal South report format – no handwritten reports please!!!!

It is important for reports to be submit timely to CN in his role as Member-At-Large before sending the report to the league. Reports need to be prepared **ASAP** but within 24 hours, please.

10. A raffle was conducted and members left very happy at 9:00 pm.

Next Meeting: Tuesday, January 28, 2020, at North High School in Torrance starting at 7:30 pm.



The New York Times

Staying on Guard Against Skin Cancer

A version of this article appears in print on Oct. 15, 2019, Section D, Page 5 of the New York edition with the headline: Staying on Guard Against Skin Cancer.



By Jane E. Brody
Oct. 14, 2019

“If you see something, say something,” a catchy warning from the Department of Homeland Security about possible terrorist threats, applies as well to skin lesions that, if ignored, could become fatal.

Susan Manber, now a 55-year-old from Cortlandt Manor, N.Y., knows this well. She credits her astute daughter with having saved her life nearly six years ago when Sarina, then 13, remarked, “Mom, what’s that thing on your nose?”

That “thing” was a tiny white nodule on the rim of one nostril, a weird place, Ms. Manber thought, for a pimple.



In a few weeks this seemingly innocent pimple had developed a tiny purple center, prompting her to see a dermatologist, who thought it wasn't anything to worry about but sent her to a specialist to have it removed and biopsied.

The report that came back on New Year's Eve 2013 could not have been more shocking: a very rare and aggressive form of skin cancer called Merkel cell carcinoma. It's a diagnosis made only 2,500 times a year in the United States, and until recently had a life expectancy of five months from diagnosis.

Ms. Manber endured seven surgeries, including removal of the left side of her nose (which was rebuilt using ear cartilage) and cancer-containing lymph nodes in her neck, combined with radiation and chemotherapy.

Treatment with immunological agents available since 2016 has improved the prognosis for this cancer, though it is still three times more deadly than melanoma.

Ms. Manber, who was finally able to return to work as a health communications specialist two years ago, now advocates for the Skin Cancer Foundation's new, simplified campaign to get people to take skin cancer more seriously. In honor of the foundation's 40th anniversary, it has a new alert message: "The Big See" — "see" as in look, and "C" as in cancer. If you see something anywhere on your skin that is new, changing, not healing or doesn't seem right to you, Dr. Deborah S. Sarnoff, the foundation's president, urges you to get it checked out as soon as possible.

While all forms of skin cancer, including basal cell carcinoma, can be fatal if ignored long enough, the most common life-threatening form is melanoma, which is diagnosed 192,000 times a year in the United States and claims 9,000 lives. For many years, the "ABCDE" test for worrisome lesions was used to alert people to this dangerous disease: A for asymmetry, B for irregular border, C for color (tan, brown or black), D for diameter (usually larger than ¼-inch) and E for evolving.

Perhaps, the foundation realized, the alphabet warning was too complex and limiting. "Many melanomas and most nonmelanoma skin cancers don't fall under the ABCDE pattern," the foundation reported recently in its journal. "When we educate people about the warning signs of skin cancer, we often hear from them, 'Mine didn't look like that.'"

The Big See message can alert people to all forms of skin cancer, often unnoticed for many months or years and dismissed as "no big deal." Last year, for example, I had a small sore on my leg that never healed, but waited six months to find out it was a basal cell carcinoma that required surgical removal.

More than five million nonmelanoma skin cancers are diagnosed annually in America, and every hour more than two people die from skin cancer even though it is the cancer everyone can see. No scans or special or invasive detection tests are required, just your eyes or those of a friend or companion who, if they see something, should say something.



Complementing the foundation's new The Big See message is a "What's that?" alert and a talking mirror being placed in retail locations nationwide in which a lively comedian tells people about skin cancer.

As Ms. Manber said in an interview, "Most people don't realize that just five sunburns can double your chances of developing melanoma. They don't know that one person in five will get skin cancer." Now determined to raise awareness about detecting this disease, she joins skin cancer specialists in urging people to install a full-length mirror in their home to facilitate frequent skin checks. By standing with your back to the full-length mirror and holding a hand mirror, I've found that even a person who lives alone can do a full body self-exam.

Ms. Manber is equally passionate about the importance of protecting one's skin from the damaging rays of sunlight, which can penetrate all windows (except windshield glass in cars), pass through cloud cover and be reflected by water, sand and concrete. Thus, shade is not completely protective. The damage to DNA caused by ultraviolet A (UVA) and ultraviolet B (UVB) rays starts within minutes of sun exposure, and the body's immune defenses do not repair all of it, which can result in cancer-causing mutations over time.

UVB causes sunburn, and UVA, in addition to causing sunburn and tanning, ages and wrinkles the skin, creating what my husband called elephant hide.

People with fair complexions, blue eyes, freckles or a family history of skin cancer are especially susceptible to the cancer-inducing rays of sunlight. They and anyone spending many hours outdoors in daylight are advised to always use a broad-spectrum sunscreen with an SPF of at least 30 and reapply it every two hours and after swimming. They are also urged to wear protective clothing and a hat when out during the day, and be particularly careful about avoiding sun exposure when it is most intense — between 10 a.m. and 4 p.m.

Protecting babies and children is especially important. Before 6 months of age, they should be kept out of the sun by using clothing, hats, blankets and stroller shades; after 6 months, add sunscreen to the mix. And don't forget sunglasses for toddlers on up.

Needless to say, tanning beds are a major no-no for everyone; their use before the age of 35 can increase the risk of melanoma by 75 percent, the foundation reported.

But as you might guess, extreme sun avoidance can have its own risks: a decrease in the body's ability to form biologically active vitamin D, which is critical to bone health and, [according to a Swedish study](#) that followed nearly 30,000 women for 20 years, is tied to a small but significant increase in deaths from cardiovascular disease and other noncancer-related disorders. Compared to the women in the study who were most exposed to sun, the life expectancy of sun avoiders was 0.6 to 2.1 years shorter. Also, as you might expect, [not every expert](#) endorses this finding.

Jane Brody is the Personal Health columnist, a position she has held since 1976. She has written more than a dozen books including the best sellers "Jane Brody's Nutrition Book" and "Jane Brody's Good Food Book."