

**OBITUARY**

**Mair Mamrock**

Mair Mamrock, age 87, of Smyrna, Tenn., passed away on June 24, 2011, at Stonecrest Medical Center in Smyrna.

She was born in Wales, United Kingdom, and lived in Fairport, before moving to Tennessee.

Mair was a member of the Baptist church.

She retired as a teacher's aide from BOCES #1 in Fairport.

Mair was preceded in death by her parents, Philip Arthur Job and Alice Charles Job; husband, Joseph P. Mamrock; and three brothers from the U.K.

She is survived by her son, Rick Mamrock of Smyrna, Tenn.; daughter, Patricia A. (Allan) Cairns of San Diego, Calif.; sister, Ruth Clements of Swansea, Wales, U.K.; two grandchildren and three great-grandchildren.

There are no services planned.

Arrangements are by Jennings & Ayers Funeral Home, Murfreesboro, Tenn.

To express condolences online, please visit [www.jenningsandayers.com](http://www.jenningsandayers.com).

**YOUR QUESTION ANSWERED**

**Staying safe in the pool this summer**

**The question**

With the weather heating up and schools already on summer break, this is always a popular time for many families to open up their pools for the summer. How can we keep children safe in and near the pool this summer?

**The answer**

Design Pool & Spa in Fairport offers several suggestions for pool safety. First, always watch your children when they are in or near a pool or spa. Never take your eyes off children in the water. Designate a pool watcher and practice "touch supervision" with

children under the age of 5. This means that an adult is within arm's length of the child at all times.

Learn how to swim and teach your child how to swim, but don't rely on swimming lessons, life preservers or other equipment to make children safe in the water. Nothing replaces adult supervision.

Don't leave items out, such as toys, which might attract a child into the pool and pool area.

Install a fence around the perimeter of the pool that is at least four feet in height. Use self-closing and self-latching gates. Install alarms that can be heard inside the house and other areas away from the pool that will sound

when a child has entered the pool perimeter. If a child is missing, always look in the pool first. Seconds count in preventing death or disability.

Never use a pool with its cover partially in place, since children may become entrapped under it. Always remove the cover completely.

**HOW TO SUBMIT**

If you are looking for an answer to a question, we want to help. Call Erinn Cain at (585) 394-0770, ext. 281, or e-mail a question, name and contact information to [ecain@messenger-postmedia.com](mailto:ecain@messenger-postmedia.com).

**IN BRIEF**

**ROCHESTER**

**Nominees sought for awards**

The Monroe County Federation of Social Workers is seeking nominations for their seventh annual Human Services Worker of the Year Awards. Nominations are being sought from members of the Rochester community in five categories: Human Services Worker of the Year from the Private Sector (employees at non-governmental agencies or organizations); Human Services Worker of the Year from the Public Sector (employees at governmental agencies or organizations); Bertina Forde Rising Star

Award- Any human services worker with less than two years of experience. (Presented in memory of Bertina Forde, a member of the Monroe County Federation of Social Workers who was killed while on the job in 2006.); John L. Seebach Volunteer of the Year- For a volunteer of any group or organization. This is the first year the award will be given in honor of John Seebach who passed away earlier this year. John worked for Child Protective Services of Monroe County for 39 years, and was a volunteer for multiple organizations and programs throughout the Rochester area; Volunteer Organization of the Year - This award is new this year and will recognize businesses and organi-

zations that make exceptional contributions of service to the community.

This year's Lifetime Achievement Award honoree will be U.S. Rep. Louise Slaughter, D-Fairport.

The awards are recognition of those in a variety of professions who perform exemplary service to those in need in our community. Previous award winners have come from the fields of health-care, education, government and law enforcement, as well as social work. Awards will be presented at a luncheon Thursday, Nov. 10 at the Rochester Riverside Convention Center.

Anyone can fill out a nomination form at [www.fsw-union.com/hswoy.php](http://www.fsw-union.com/hswoy.php). The

deadline for nominations is Monday, Sept. 26.

**Toastmasters welcome guests**

If you need to polish your speaking skills for presentations or interviews, the Toastmasters may help in a friendly learning environment. The group meets on every first and third Thursday of each month in the Seneca room at Strong Memorial Hospital. The meetings run from 7:30 to 9 a.m. and newcomers are welcome. No reservations are required, but the group does start at 7:30 a.m. sharp. For more information, call Joan Halstead, 467-0963.

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