



**American  
Red Cross**

Cape Cod and Islands Chapter

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*Media Alert*  
**MEDIA ALERT**

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**American Red Cross to Honor Falmouth Life Guards Anne Desmond, Eric Gatchell and Erik “Gus” Nicholson at its 8th Annual Heroes Breakfast on March 4th**

***Tickets and Sponsorships Now Available at [www.cciredcross.org](http://www.cciredcross.org)***

Hyannis, Mass, February 15, 2010 - The American Red Cross, Cape Cod and Islands Chapter, is pleased to announce that Falmouth Life Guards Anne P. Desmond, Eric Gatchell and Erik “Gus” Nicholson will be honored as Swim Rescue/Life Saving Heroes at its 8<sup>th</sup> Annual Heroes Breakfast on Thursday, March 4, 2010 at the Resort and Conference Center at Hyannis, MA from 7:00-9:00 A.M. Tickets are available at [www.cciredcross.org](http://www.cciredcross.org) or by calling (508) 775-1540 ext. 21.

When Falmouth lifeguard Anne Desmond was patrolling the beach and spotted a body face down in the water, about 30 feet from shore, she sprang into action. She blew her whistle three times to alert other lifeguards and dove into the water. When she reached the victim, he was unconscious and in respiratory distress. Two women helped to drag him up onto shore where they were met by another lifeguard. The lifeguards started life-saving procedures. The victim had a pulse and was breathing, so they did not do CPR. As stated by the EMS Supervisor, “There is no question that the quick action and proper lifesaving technique demonstrated by Anne Desmond played a major role in the positive outcome for that swimmer that day.” The victim was likely to have gone into cardiac arrest if she had not pulled him out of the water.

When Falmouth lifeguard Eric J. Gatchell was on duty, he was told that a man was floating face down in Bourne’s Pond, an area outside of the responsibility of the lifeguards stationed on Menauhant Beach. He nonetheless rushed to the scene, alerting other guards on the beach to stand in for him while away from his post. After removing the victim from the water, it appeared as though he were beyond help. Eric immediately began CPR and continued until relieved by emergency medical personnel. Despite the valiant effort by Eric to save the man, he was pronounced dead at Falmouth Hospital. By all accounts, he did all the right things in a losing cause.

While on duty on Menauhant Beach, Eric “Gus” Nicholson was alerted that a woman was signaling that her airway was blocked. He jumped down from his stand at the beach and began immediately performing the Heimlich maneuver. Although initial thrusts were unsuccessful, he persisted in his efforts and ultimately was able to dislodge the food that was obstructing her airway. After three years as a lifeguard, he had never done anything more serious than hand out band aids or treat jellyfish stings. He knew what to do from his training as a lifeguard and his actions saved a life.

The Red Cross touches lives in our community every day through programs and services such as disaster relief and health and safety training. As an organization committed to helping the community, the Red Cross is honored to salute individuals who are making a difference through their actions at its 8<sup>th</sup> Annual Red Cross Heroes Breakfast.

Tickets are available online at [cciredcross.org](http://cciredcross.org) or can be obtained by calling toll-free (508) 775-1540, ext. 21. Different levels of sponsorship are also available. You can write to: American Red Cross, Cape Cod and Islands Chapter, 286 South Street, Hyannis MA 02601 or send an email to [heroes@cciredcross.org](mailto:heroes@cciredcross.org).

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