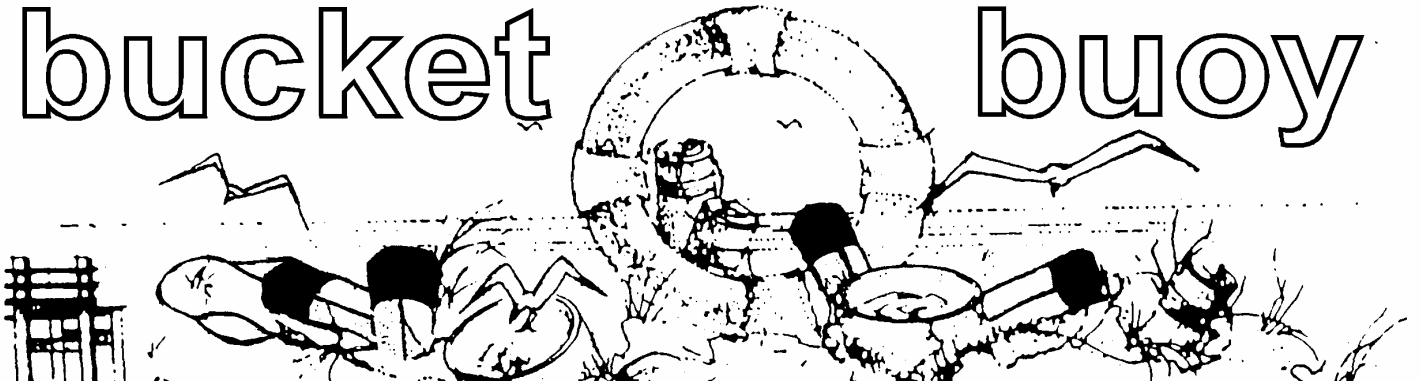


# bucket buoy



Dear Fellow Lifeguards:

May 29, 2005

Each week I wait for inspiration from an event, a news item or a thought to start the B&B with. Editing a weekly newsletter doesn't allow one the option of planning too far ahead of time. But each week, without fail something happens to provide the idea to start the paper with. This week was no exception.

This past Friday morning, the lifeguards that failed the swim at the rehire were given another opportunity to pass. Over the years we have had a lot of bad feelings about the restrictions the State has put on those that fail the initial rehire including the mandate that the subsequent try has to be at a slower outdoor facility and that no starting blocks be allowed even though the rehire standard was arrived at with those advantages in mind.

This year the Union was successful in negotiating the use of the Nassau facility as well as starting blocks for that retest. (As a sideline we wish to thank Chip Gorman and John Norbeck for the rational and compassionate approach they took towards that idea.) But the truth is that even with the use of the pool and blocks the rehire retest is a nerve wracking experience. Realizing that a career that has spanned a half century or more could come to an end because of a hundredth of a second can cause anyone to lose a lot more than a week's worth of sleep.

Although there were only a handful of lifeguards that had to retake the test, the effort and support that went into getting these guys to pass it was awesome. All through the week between the tests each retaking lifeguard had a personal coach assigned them for a daily workout/coaching session. Every aspect of the swim was investigated and diagnosed. Dives, turns, strokes, kicks, breathing patterns and paces were all broken down into incremental elements and critiqued. No stone was left unturned to get these guys back into the Corp.

The day of the test dozens of lifeguards took off from work or other busy schedules to come down and show their support. As lifeguard after lifeguard took and passed the swim, the atmosphere of the crowd changed from foreboding to festive. Although I can't say the success rate was 100%, almost everyone passed the second try.

The showing of camaraderie and brotherhood was overwhelming. This is really what the Jones Beach Lifeguard Corp is about. Although in any organization there will always be a few individuals with scab like mentalities bent on destroying the Union and its members, it is up to us to reject them and celebrate the true spirit of the JBLC. The spirit that says **both by actions and words**, you are my brother/sister and when you are down and need me I will be there for you. That was the spirit I saw so loud and clear this past Friday and another reason I am so proud to be a member of this Lifeguard Corp.

I wish to congratulate all those that passed this Friday and thank those who spent so much time and effort coaching to assure such a successful outcome. You guys really show the world what being a member of the JBLC is all about.



*Captains and other speedsters about to traverse a 1/4 mile*



*Confidence of youth – Smiling even before the rehire*

## REHIRE FACTS AND FIGURES

Every year we like to bring up outstanding accomplishments achieved at the rehire that show what talent we have in the Corp. Although this year there were several moments that still shine in our memory including Sharon Daly touch out of Chris Nellen with a 53.2, Shirley Manoogian's 53.8, Daniel Moreno's 51.6 and Eric Gonzales' and Nick Bedward's 51.8, what I find the most remarkable was Marvin Levenson's successive 39<sup>th</sup> year of swimming under a minute at the test. Marvin, who is now 54 years young swam an unbelievable 57.9 to assure his place in the record books for a long time to come.

One only has to look at Marvin's stroke to see how important technique is in today's swimming. Smooth strokes beat muscling through every time. Congratulation Marvin, you are an inspiration to us all. (And thank you Steve for the statistics.)



*Somewhere in the middle is a 2023 Lifeguard rookie of the year - Congrats & Best of Luck, Kristin & Scott*

## WELCOME TO THE WORLD

Seems that while the rest of us were busy trying to survive the winter, some of our fellow lifeguards were taking it upon themselves to make sure there will be an adequate supply of future guards to protect the upcoming generations of beach goers.

We wish to welcome into the world Max Ortoff, son of proud parents Robert and Liz Ortoff of the Central Mall and Rebecca Gail Konop, daughter of proud parents George and Carolyn Konop of Field Six.

While I am certain there are those that I have missed, just let us know and we'll be glad to share the good tidings with all.



Marc gives "thumbs up" after another successful rehire swim

## SWIM FOR WEIGHT LOSS???

A study finally came out on the Web that confirmed what we swimmers have known for awhile. Swimming is just not the best exercise for weight loss. While it may be true that swimming in cold water burns up plenty of calories, it also makes you ravishingly hungry. That makes you eat more. And that makes you lose weight less. See below for the reasons why:

"It's possible that individuals who exercise in cooler water may have an exaggerated energy intake following exercise, which may be a reason why they don't lose as much weight," explained lead study author Lesley White, an assistant professor in the College of Health and Human Performance. "So it may not be the exercise itself that causes the problem because you can match the exercise energy expenditure; rather it's the increased eating after the exercise is over."

**The study:** White tracked the energy used by 11 UF students as they rode a stationary bicycle submerged in water for 45 minutes. The students exercised in cold water of 68 degrees Fahrenheit and warm water of 91.4 degrees Fahrenheit. The same students, ages 21 to 31, also spent 45 minutes resting. After each exercise session and the rest period, the students' blood pressure and heart rates were measured. They were also allowed free access to a standard assortment of food with known caloric values--but the students did not know the researchers were watching what they ate.

**The results:** The students used a similar amount of energy during the exercises, specifically 517 calories in the cold water and 505 in the warm water. They expended 123 calories while resting. The students ate foods with significantly more calories, 44 percent higher, after exercising in cold water than after warm water exercise or rest. Specifically, the students consumed a mean 877 calories after exercise in cold water, 608 calories after exercise in warm water, and 618 after resting periods.

**Why does cold water make us eat more?** White suggests that the body temperature might influence post-exercise appetite. "This is a preliminary study, which suggests that environmental conditions during exercise may influence post-exercise appetite," White said. Still, individuals should consider the kinds of foods they eat after exercise.

*The study findings were published in the International Journal of Sport Nutrition and Exercise Metabolism.*



Melanie gets ready for a very impressive 100 yards

## NOTES AND HELP NEEDED

Hi there. I live in upstate NY and am getting married this October out in Sayville. We want to find a great location to take pictures on the beach. I found Heckscher Park and found your lifeguard newsletter and was wondering if you had any pictures from the beach you could share or at least some advice as to if the beach is good for a group of 2 limos with 20-30 people to take pictures in October. - I know it's kinda random...I appreciate it!! - Thanks, Josh Corwin <http://www.joshandnicki.com> (Maybe you Hecksher Guards can help him out – Editor)

\* \* \* \* \*

The Junior Lifeguards need your help. This year's tryouts will be held Saturday June 11 and 19<sup>th</sup> from 10 am-12pm at the East Bath Pool and your help is needed (in pay status). We will need a pool of about 30 guards just to insure we have about 20 every Sunday. This comes down to a safety issue. Even if you can only make a couple of weeks your help would be appreciated. Please call Scott at Field 6 or e-mail him at Sea-fire124@aol.com so he can start the list of guards. – Thanks

\* \* \* \* \*

Don't forget the dates, times and locations for CPR are as follows: June 11, 16, 21, 27 and July 6 at the WBH meeting room 7:00-10:00 pm and July 9 at Sunken Meadow east concession stand 7:00-10:00 pm.

\* \* \* \* \*

**Note:** We are proud to report that the ball field in Jericho has been renamed the Mathew Lynch Memorial Ball Field to honor our fallen brother and fellow lifeguard.



Airshow general consensus – Angels over Birds any day

## THE COMICS

### Today's Theme – Battle of the Sexes

While attending a Marriage Seminar dealing with communication, Tom and his wife Grace listened to the instructor, "It is essential that husbands and wives know the things that are important to each other."

He addressed the man, "Can you describe your wife's favorite flower?" Tom leaned over, touched his wife's arm gently and whispered, "It's Pillsbury, isn't it?"

The rest of the story gets rather ugly, so I'll stop right here.

\* \* \* \* \*

A couple drove down a country road for several miles, not saying a word. An earlier discussion had led to an argument and neither of them wanted to concede their position. As they passed a barnyard of mules, goats, and pigs, the husband asked sarcastically, "Relatives of yours?" "Yep," the wife replied, "in-laws."

\* \* \* \* \*

A husband read an article to his wife about how many words women use a day... 30,000 to a man's 15,000. The wife replied, "The reason has to be because we have to repeat everything to men."

The husband then turned to his wife and asked, "What?"

\* \* \* \* \*

A man and his wife were having an argument about who should brew the coffee each morning. The wife said, "You should do it, because you get up first, and then we don't have to wait as long."

The husband said, "You are in charge of cooking here and you should do it, because that's your job, and I can just wait for my coffee."

Wife replies, "No, you should do it, and besides, it is in the Bible that the man should do the coffee"

Husband replies, "I can't believe that, show me." So she fetched the Bible, and opened the New Testament and showed him at the top of several pages, that it indeed says "HEBREWS"



Army solves recruitment problem with GI Joe blow-up dolls