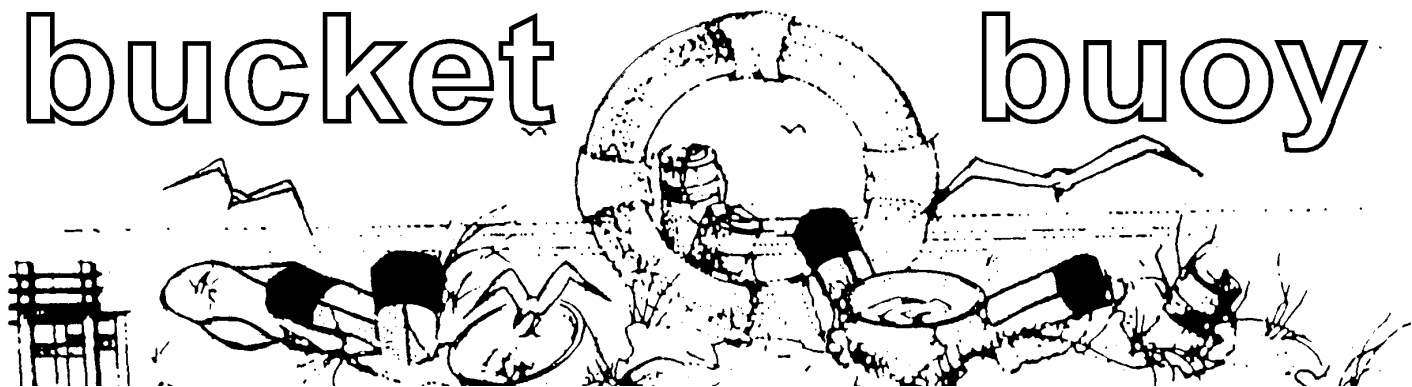


bucket buoy



Dear Fellow Lifeguards:

June 26, 2005

Friday evening I was on the Boardwalk in Long Beach when suddenly a Police Jeep went screaming down the beach lights flashing and sirens blaring. At the same time a couple of the fire department ambulances went rushing down the road parallel to the beach. I had that sick feeling that the ocean had claimed another.

Ironically and tragically earlier that day a 15 year old boy had drowned in the ocean off Long Beach. I thought it was going to be two in one day. Fortunately the evening victim, who had gotten washed into the jetty was rescued by a fireman and a second tragedy was avoided.

The common theme of both these incidents was the lack of lifeguard coverage. Lifeguards save lives. No if, and, or buts. Unfortunately there are municipalities that can't seem to get that message and it costs lives. Although I often disagree with the State when it comes to lifeguard issues I have to admit that most of the time they give more coverage to the public than any other agency and their safety record reflects that. As a parent I appreciate having lifeguards that my kids can swim in front of. And my kids know how to swim.

The State sometimes wonders why we fight so hard for additional lifeguards. People depend on us with their lives and the lives of their children. It is a responsibility we take seriously. When we are shorted on a beach or a pool, even for a day, someone's child is endangered. And it is always about saving money. When will they learn?

Quick notes: Congratulations to AJ and Suzanne Hepworth on the birth of their first daughter Leigh Rachel Hepworth. Leigh was born Father's Day after Suzanne went into labor on the Field 6's shack's deck. Another future lifeguard!!!

Although Frank Salino's "Fable" might be a little much for some of you the message is clear – You have about two weeks to get your CPR done or you can no longer work!!! How much clearer can we get. Please don't put yourself in that position.

Saturday morning 16 returning lifeguards took the rehire test. Since there are now unfilled lifeguard positions that were being kept on the board that created additional openings. Right now there are four (4) open boatswain positions (one at EBHP, one at WBHP and two at MD) that will create other open positions as they are filled. There is also one open full time ocean position at RM3. Remember any move will create other open positions including possible open ocean positions. If you want to be considered for ANY position or possible position, **part or full time**, any time this summer, please get your name in to the coordinators' office to be put on the list by the close of business Wednesday, June 29th. Their fax number is 516-679-7235. The list that will then be formulated will be the list used for all future transfers and promotions.

By the way, from all reports "Greekfest" was another phenomenal bust. Thousands of dollars spent on police protection year after year for a festival without people. What a shame.



AJ, wife and the brand new Father's Day Baby Leigh



Good Morning - There will be a 15 minute wait for coffee

JUNIOR LG's = ROOKIE LG's

By Cary Epstein

Eight (8) Jones Beach Junior lifeguards can officially scratch the "Junior" off their old uniforms. After successfully completing rookie training, these eight (8) former juniors are now just like you and me. During the past week while some rookie lifeguards twice their age and older were first learning how to open wing stands, move the flags, make rescues and operate the "Jones Beach way", our former Junior Lifeguards had taken charge in helping them as they had been doing it for a few years already. It was pretty obvious what a great job the Junior Lifeguard program had done training these kids. As a Junior Lifeguard instructor and a rookie training instructor, I couldn't have been more proud to see these great young kids come through our program and do so exceptionally well. I think they deserve some recognition for being the first of the Junior Lifeguards to come through the program and prove to us exactly what Junior Lifeguarding is all about...building lifeguards of the future. Congratulations to new lifeguards: *Matt Caines (WBHO), Eric Florio (EBHP), DJ Paulson (SM), Stacey Bohem (ZB), Marykate Sullivan (SM), Jared Adler (Heckscher), Thomas Oswald (SM), and Robert Curtin (WBHP)*



The youngest Norman gets ready to swim her rehire

USLA COMPETITION SCHEDULE

By Cary Epstein

Welcome back for full opening! Those of us who have competed before know that once full opening gets here, lifeguard tournaments rapidly approach. I wanted to let everyone know that July 13th, in Rehoboth Beach Delaware, the United States Lifesaving Association will be hosting the Mid-Atlantic regional lifeguard tournament. All lifeguards are welcome and encouraged to attend. Unlike some of the lifeguard tournaments later in the summer, this tournament allows for multiple entries per team in each event. In addition this year's run-swim-run has been renamed in honor of lifeguard Matthew Lynch of the WBHO who was killed while fighting as a Marine in Iraq this past October. It would be really great to represent Jones Beach and the spirit of Matthew Lynch. All competitors must be members of the JB chapter of the United

States Lifesaving Association in order to compete. Registration is \$30 and can be filled out online at www.jblifeguard.com. Any one interested in participating in this year's regionals in Delaware who would like to find out more information can contact Cary Epstein at the central mall ext 616.

Other USLA Lifeguard Tournaments are: July 20th USLA Regional Craft events Margate, NJ - July 27th USLA All Women's Lifeguard Tournament Sandy Hook, NJ - August 11th, 12th & 13th USLA National Lifeguard Championships-Virginia Beach, VA



The sisters Lundwall posing for a Field 6 shack shot

LIFEGUARD CREW PHOTOS

By Cary Epstein

This year photographer Dan Goodrich and I are trying to coordinate 2 projects. First is going to be individual lifeguard crew photos on the 4th of July. We will most likely be taking all of JB that day and RM will be scheduled at another time. Stayed tuned for more information but if you want to make your crew's photo start planning accordingly! Our 2nd project is to make Jones Beach Lifeguard Corp history by taking the largest lifeguard photo ever. At a date to be announced next week, we will be inviting all members of the Corp to assemble in one spot to take the largest lifeguard photo ever! Be a part of JB history. All crew and the Corp photos will be available for purchase online. More to come next week!



"How do I know it's a dummy – Take my word for it, I've had a lot of experience with dummies."

CPR/AED UPDATE (A FABLE)

By Frank Salino

Once upon a time, a long time ago, the evil empire sent many brave men and women to the stargazing shack to be knighted as instructors of CPR. It was a tough quest. Go back to your kingdoms and train ye crew, for if they have no training they are to be banished from the land by the sea. The knights fought for many years, tried to collect taxes for the cross of red, trained when possible and created lists that the evil empire hated.

The Gnome Emperor with four eyes and rotten fingernails sent his executioners to slay the knights. They claimed the cross of red's papers were a disgrace, the crew was untrained and many were banished. The Gnome and his henchmen giggled "We will rid ourselves of this CPR. The crew will need to certify on their own, we will no longer be in this CPR business." The knights would not quit, they fought to save the crew and to collect the taxes in a better way. They created the CPR/AED review class.

The Gnome gave them one year to make it work, whilst the executioners did giggle again "they will not make it work, we will hide the cathode ray tube or shrink it down to 13 inches, we will complain and write letters, we will give Princess Anne and her child and infant to the TROLL so he may lock them up in hiding." But the knights kept on fighting. A new Emperor was chosen to replace the gnome. He was proud of the knights and the crew. He gave them his blessing and told the executioners to give support. But then something happened that the knights could not predict.

The crew turned their back on the knights and stopped coming to the CPR/AED review classes in pay status. This puzzled the

knight in charge. Many brave knights fought to help the crew-arranged for 6 classes, gave up time and energy, fought sickness and traffic, had pets and families neglected. But the crew just did not come. Now the executions will begin. The executioners are giddy "we told you they could not do it, they are not smart, they think we are fooling around here," they chanted. But the brave knights gave one last battle...

Want to know how the fable ends? Want to have a job for the rest of this summer? Then read this very carefully. The CPR/AED review classes for this year are half over. Only 160 of you attended. So, approximately 300 of you still need to get re-certified. If you do not show up, you will be executed. The classes that are left are at West Bathhouse between 7 and 10 pm on Monday, June 27 and Wednesday, July 6 and at Sunken Meadow on Thursday, July 7 between 7 and 10 pm. To sign up call or e-mail Frank Salino (631)968-8808 or FASalino@aol.com.



"Are you ok? Are you ok?" – Of course she's not, Ino, half of her is missing!

Shop Stewards Meeting

Sunday, July 3, 2005 - 10:15 a.m. - WBH Meeting Room. Make sure your beach is there!

THE COMICS

A mild-mannered man was tired of being bossed around by his wife so he went to a psychiatrist.

The psychiatrist said he needed to build his self-esteem, and so gave him a book on assertiveness, which he read on the way home.

He had finished the book by the time he reached his house.

The man stormed into the house and walked up to his wife. Pointing a finger at her, he said, "From now on, I want you to know that I am the man of this house, and my word is law! I want you to prepare me a gourmet meal tonight, and when I'm finished eating my meal, I expect a sumptuous dessert afterward. Then, after dinner, you're going to draw me my bath. And then when I'm finished with my bath, guess who's going to dress me and comb my hair?"

"The funeral director," stated his wife.

* * * * *

An airline captain was breaking in a new blonde stewardess. The route they were flying had a layover in another city. Upon their arrival, the captain showed the stewardess the best place for airline personnel to eat, shop and stay overnight.

The next morning, as the pilot was preparing the crew for the day's route, he noticed the new stewardess was missing. He knew which room she was in at the hotel and called her up wondering what happened. She answered the phone, crying, and said she couldn't get out of her room. "You can't get out of your room?" the captain asked, "Why not?"

The stewardess replied: "There are only three doors in here," she sobbed, "one is the bathroom, one is the closet, and one has a sign on it that says 'Do Not Disturb!'"



Tim and Phil or is it Phil and Tim at the Central Mall