

bucket buoy



Dear Fellow Lifeguards:

June 5, 2005

Well the summer season seems to have finally arrived. 80 degree weather and waves. What more could one ask for? (For you literalists out there, that is a rhetorical question – I do not need a list.)

From the current forecast this could be a good summer for waves. We are scheduled to get about 9 hurricanes this year. Let's just hope they stay off shore and just generate a swell.

Next week arrives two more sure signs of summer – the lifeguard draft and the new hire. As to the draft - Please pay attention to the following because once a move is made in the draft it is very difficult to undo. (Ever try to unscramble an egg?) **If you are looking to be promoted or make a move it is up to you to make sure you are not overlooked or someone with less seniority is moved before you!!!**

This year we hope to have the "board" projected onto the wall so that everyone in the room can see it. If your card is reached you should have made up your mind already. That fact alone should move the draft along faster than it has been in recent years and maybe we can get out of there at a decent hour.

What is also new this year is that the Union and the Captains will be running the draft. Each Captain has been assigned a duty. This is our opportunity to show the State how it should really be done. Please help us out by paying attention.

We are also planning a new procedure for post-draft moves. The plan, as it stands right now, (notice all the qualifiers) is to have any opening published for one week in the *B&B* and on the website. Anyone interested will be given a telephone number or an e-mail address to contact and within 7 days the move will be made in seniority order. Hopefully that will solve what some consider the subjective nature of post draft moves.

There are still some draft issues that have to be worked out and we are meeting with the State on Wednesday to try to resolve them. Until then what follows is the proposed (as I understand it to be) order of the draft with the usual caveats and qualifiers as to how, on a sandy beach, **nothing is in stone**.

Draft Procedure: 1. Captain and Lieutenant openings and moves are announced and made prior to the draft. 2. Lifeguards with more than five (5) years wishing to change status (full/part time or part/full time) within a complex can change if an opening exists. If no openings they are expected to attend the draft to seek a position at another facility. 3. Current Boatswains can move to any open Boatswain positions. 4. New Boatswain positions are filled, only LG II's will be considered at this time. 5. Any change of status, full time to part time and part time to full time on any open positions throughout the region. 6. All LG II's move according to seniority. 7. 1 year Outback lifeguards with more than eight (8) years can fill any open positions. 8. LG I's move according to seniority. 9. Outback lifeguards with less than eight (8) years can fill any open positions.



A wise move not dropping in on Paul Franco (Circa 2004)



Oh-Oh! Do I lose points if the head pops off?

CPR/AED UPDATE

by Frank Salino

It is happening again. Only a handful of lifeguards are signing up in advance for the CPR/AED courses. I need to know how many instructors to have at each session so that you can get out of there in a reasonable amount of time and so that we are able to get paperwork and testing done. So make sure that you e-mail or call me. Leave your name and a phone number. I will only call you if there is a problem.

Now, on to the problem children. **ALL OF OUR PAPERWORK IS DATED FOR 7/11. That means, if you did not take CPR/AED with us last year in one of our 6 classes, you most likely will need to get CPR/AED on your own!** For four years, we have begged you to keep your CPR/AED up to date by taking our classes. Almost 400 of you have. Approximately 50 of you have not. Some are certified on their own every year-good job-but some of you have let your certification slip and then come crying to me asking if I can fix it. **NO, I CAN'T!!!** You must now find someone to certify you on your own. I cannot, and will not make special trips to the Red Cross in Mineola, from my home in Bay Shore or from my school in Bayport to hand in your paperwork so you can work before 7/11. So, please, no matter when your card expires or even if you just got a new card-take the course with us-in pay status-and get on the 7/11 date. The classes this year are scheduled for June 4, 16, 21, 27, July 6 at Jones Beach West Bathhouse meeting room and July 9 at Sunken Meadow East. All classes are 7pm-10pm and remember to bring \$15 cash only, a stamped, self addressed envelope (if you want your card mailed directly), and park in marked spaces only.

P.S. We might have a problem with the last date-keep reading the *Bucket & Buoy* to see if any changes are made.



Forget Atkins – We have the new Dunkin Donut Diet

WHAT A WEB WE WEAVE

By Cary Epstein

Hey everybody. Hope you are all enjoying pre-season thus far (if you're working...which I'm not!) This winter we have worked hard on trying to make some changes to our lifeguard

website. Over the last few months we have been brainstorming on how to come up with a whole new website, with a new look and that hopefully will serve a better purpose to what we are trying to do. The new site is officially up and I encourage you to use it to your advantage. By next week pre-season assignments will officially be posted online. CPR dates and information can be found online and of course the copy of the *Bucket and Buoy* along with many other things. Our newest and most important feature is our online forum. Register for the forum and post messages on the lifeguard message board. This also will allow us to build a master e-mail list of the entire Corp and will enable you to keep in touch throughout the winter. So without hesitation I give you the new www.jblifeguard.com.

Special thanks to Adam Kofod of Fld. 2 for all his hard work and support. As some minor things may change, we encourage you to send us your ideas and or thoughts. You can email me at Cary@jblifeguard.com.



Scott and his Juniors at the start of the 2004 season

BE BRIGHT - BLOCK BETTER

Copied From the Web – www.polkadotmittens.co.uk

If you're in the sun, skin must be protected. Why? Because the sun gives out harmful rays: Ultra Violet radiation. It doesn't matter that it might not be hot - we still get the rays.

UVA, UVB or UVC? – What's the difference? UVA (alpha) rays are quite a long (solar spectrum-320-400 nanometers) which enables them to penetrate and thus harm our skins more deeply: this is why they are the greatest factor in ageing skin. UVB (beta) rays are shorter (290-320 nanometers) and are partially absorbed by the Ozone layer. UVC rays are almost wholly absorbed by the Ozone layer - as yet. Good job, as these would be the most harmful rays. As is known, this protective layer is being steadily depleted at certain points of the Earth's atmosphere. If you can't be urged to be environmentally aware for the purposes of the future inhabitants of the planet, do it so you look less haggard in 40 years time.

Ageing and sun exposure: Of all the UV light reaching Earth, 90-95% is UVA. Thus it is thought these rays are the main culprits in ageing - they wrought deep tissue damage the direct result of which is premature ageing. They are also involved in the first stages of tanning - their deep action on the skin prompts it to form its protective melanin coat. UVB are the rays which burn us, however these do play a role (along with escaped UVC) in ageing.

While the desire to stay unhaggard is a motivating factor in caring for our skin & staying all of its harmful blast, sustained exposure to its rays can bring about much more serious harm in forms of skin cancers.

The 'good' things we get from sun exposure - freckles, tans are symptomatic of skin damage. Further damage can be seen in skin given sustained sun exposure - loss of elasticity, coarse texture and premature wrinkling. The things we consider 'bad' - burn, peeling skin, redness are the immediate effects of unprotected sun exposure - as the skin forms its protective coat (tan) we think we're safe, but while this may give a small degree of protection, it is essentially a defense mechanism - the skin putting up its arms screaming 'stop!' at the onslaught of harmful rays battering it.

Some little known facts: UVB rays cannot harm you through glass, but UVA rays can. - Tanning salons are as bad as sitting in the bright sun, unprotected. - Having darker-toned skin gives you NO added protection from skin damage.

Sun block?: You've to factor in two discrete protection factors - that for UVB (the SPF rating system) and that for UVA (the star rating)[not common in America]. The best option is to go for the highest of each: I use SPF40 with 5-star protection. Anything over SPF20 is recommended for us pasty ones - for daily use. Look for 5-stars if possible in addition to the SPF rating - remember it is the UVA rays which do the most damage. The SPF value relates to time spent in the sun - it gives X times (where X is the SPF factor) the length of time in the sun before burning as opposed to unprotected skin. As this rating protects only against UVB rays it is imperative to look for something with the anti-UVA star rating.

Key phrases to look for when buying sunblock: broad-spectrum: a sun protection product which should protect you from the whole UVA and UVB spectrum - filters or blocks?: An UV filter AB-

SORBS rays whereas an UV block forms a layer over the skin that physically scatters and reflects UV rays. Filters are called 'chemical sunscreens' while blocks are 'physical sunscreens'.

Blocks or physical sunscreens, as they are composed of minerals tend to be heavier. Filters are lighter and are more easily absorbed.

WELCOME TO THE WORLD

I knew last week, when we did the article, that we would be missing some new additions to the lifeguard family. Well more names and proud parents keep coming in. So without further adieu, we wish to welcome into the world: Stephen McDonald, son of proud parents Brian (West End II) and Catherine McDonald and Jayden Lee Finkelstein, son of proud parents Julie Hahn and her husband Brett. Jayden Lee arrived on April 27, 2005 weighing in at 8 lbs 5 oz, 21 inches. He will be joining the lifeguard corps in 2023.



Grandpa Lee and Mom with Jayden – Hey, where's his shirt?

NOTES AND HELP NEEDED

The Junior Lifeguards need your help. This year's tryouts will be held next Saturday June 11 and Sunday the 19th from 10 am-12pm at the **West** 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 Seafire124@aol.com so he can start the list of guards.

* * * * *

John Hanc, Newsday reporter extraordinaire is writing a book about the history of Jones Beach. He will have a whole chapter in it devoted to lifeguards and is looking for stories. The stories don't have to be funny or deep, just true. Just think, if your story is chosen, you will live forever in the pages of a book. Not a bad price for immortality. We will carry John's e-mail address next week.



No wonder they want to hold the 2012 Olympics in NY

THE COMICS

A woman gets home, runs into her house, slams the door and shouts, "Honey, pack your bags, I won the lottery."

The Husband says, "WOW!" That's great! Should I pack for the ocean or should I pack for the mountains?"

She says, "I don't care. Just get the hell out."

* * * * *

A priest dies and is waiting in line at the Pearly Gates. Ahead of him is a guy who's dressed in sunglasses, a loud shirt, leather jacket, and jeans.

Saint Peter addresses this guy, "Who are you, so that I may know whether or not to admit you to the Kingdom of Heaven?" The guy replies, "I'm Joe Kahn, taxi-driver, of Noo Yawk City."

Saint Peter consults his list. He smiles and says to the taxi-driver, "Take a silken robe & golden staff and enter the Kingdom of Heaven."

The taxi-driver goes into Heaven with his robe and staff, and it's the priest's turn. He stands erect and booms out, "I am Father O'Brien, pastor of Saint Mary's for the last forty-three years."

Saint Peter consults his list. He says to the priest, "Take this cotton robe and wooden staff and enter the Kingdom of Heaven".

"Just a minute", says the priest. "That man was a taxi-driver and he gets a silken robe and golden staff. How can that be?"

"Up here, we work by results," says Saint Peter. "While you preached, people slept, while he drove, people prayed."