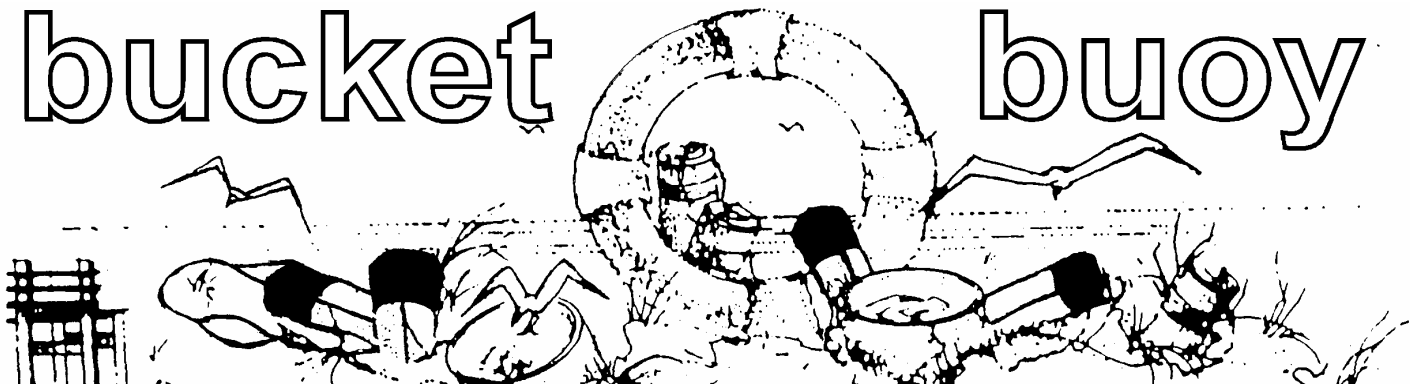


# bucket buoy



Dear Fellow Lifeguards:

July 17, 2005

It is a shame that I have to carry Frank Salino's resignation in this issue. Frank has done a yeoman's job with the CPR over the last few years and basically has gotten nothing but grief from the officers at his field. I don't understand why someone should get grief when they are going so far out of their way to help the entire Corp. His position is going to be hard to fill.

I don't think people realize the effort that goes into making this Corp work. So much of the time spent is volunteer time which often comes from people that have little time to spare. And year after year it is the same people that do all the work. The names are known to us all – Scott Riegel, Lee Hahn, Jay Liegey, Cary Epstein, Ed Peters, Tom Curtin, Bob Adler and Jim Figliuolo just to name a few. Our quality of life as lifeguards would suffer greatly without these people. Yet how often do they even hear a "Thank you"?

We work here because we enjoy the job yet we give grief to the people who work so hard to make this the best job in the world. Doesn't make sense. In fact it plays right into the hands of those that say the lifeguards can't run things themselves. Next time you want to give someone a hard time for being late for a sit because they were helping the entire Corp think about it first. And then maybe you can try volunteering yourself.



And they wonder why the EBHP got so popular this year

## MY LAST CPR UPDATE

by Frank Salino

This is it folks, my time as CPR guru for the Jones Beach Lifeguard Corps is over. I pass my hat to.....?

Whoever it is will have to deal with getting lifeguards to show up at the classes and getting the proper amount of instructors to each class, and making sure the equipment is in the right location (that means putting it there yourself), and dealing with missing TV's and equipment, getting doors locked and un-locked, getting paperwork to payroll and the water safety office within 12 hours and then getting the paperwork to Mineola on July 11 or 12. It also means leaving your beach to deliver equipment, getting shit from your officers about not being on the beach, getting requests for days and times so you can walk your dog before each class and still get there an hour early to set up and stay an hour late to clean up. (Just to let you know that I was scheduled to sit two hours after moving the mannequins back to the storehouse, cleaning them up, putting them in that tiny room upstairs, going to the water safety office to drop off the final paperwork, driving to Mineola to give the Red Cross all the paperwork and count out the cash, and fighting traffic back to Robert Moses and then they changed four of my requests for the next week's schedule).

But even worse is having your jacket ripped off on June 4 by some scumbag, or all the lifeguards who think their time is more valuable than yours, they show up late and forge signatures and are rude to the instructors (thanks West Bath Ocean), but the best is when pals that you have known for years lie to you or try to get you to give them a card. I do hope the next person is tough and well organized.

We have 485 or so lifeguards; 60 or so did not take our classes but had cards they showed the coordinators, 413 took our classes in pay status. **That left 5 who F@%ed UP**. Next year those 5 will remember to get certified.

One last note, The Red Cross gave us a discount this year. We have been such good customers for the past few years that they gave us a break on the \$15 price. I have no way to return money to you - so, we are making a donation to the Dennis Angermaier scholarship with the extra monies collected.



Part of WBHP crew – 2 pools (sort of) – no waiting

## LOCAL UNION ELECTIONS

We are about two (2) weeks away from the conclusion of the 2005 Union elections and the petitions are due in tonight. As of this printing we have the following people vying for the following positions: President; Bob Lenti and Bob Adler, 1st Vice-President; Ed Peters, 2<sup>nd</sup> Vice President; Steve Levy, Treasurer; Jay Lieberfarb, Secretary; Roy Lester, Trustee from Jones Beach; Cary Epstein, Trustee from Robert Moses; No Candidate yet, Trustee from the East End; No Candidate yet and Trustee at Large; Bruce Meierowitz. Remember the ballot deadline is Aug. 1, 2005.

Roy Lester has also been nominated for the statewide position of Chief Sector Steward but we are still waiting word back from NYSCOPBA as to the voting procedure.

We are still having a problem with obtaining addresses to send the ballots to. We have asked the State to release their list but they told us that NYSCOPBA has to request it from the Governor's office. We are currently waiting for NYSCOPBA to do this.

As far as the election committee - Andy Hlavac of Field 6 has volunteered to handle this year's election. Thanks Andy.

## Shop Stewards Meeting

Sunday, July 31, 2005 - 10:15 a.m. - WBH Meeting Room. Make sure your beach is there!



Jay Liegey helps show the Juniors some ocean skills



So maybe the chair's not the most comfortable but what a pool!

## COMPETITION NEWS

By Steve Levy

**Newport, RI Tournament (August 3, 2005)** - Tryouts will be held at RM2 on Friday, July 22 at 5:30 PM. Check [www.jblifeguard.com](http://www.jblifeguard.com) for event details. All lifeguards will be paid for participation in the tournament. Contact any member of the Competition Team Committee (Cary Epstein at CM, Steve Levy at F6, or Mike Scanlon and Greg Solnick at RM2) with questions.

**Jones Beach Junior Lifeguard Tournament (July 18, 2005)** - The Second Annual event takes place Monday at the East Bathhouse beginning at 10AM. We are still in need of lifeguards (who are off Monday) to assist with all events; contact Scott Riegel today at F6 (x618) if you are interested in helping.

**Jones Beach Lifeguard Interbeach Races (TBD)** - By the time you read this, the Executive Board will have decided the days of the Races. Shop Stewards will communicate the dates; information will also be available on [www.jblifeguard.com](http://www.jblifeguard.com).

**Smith Point Lifeguard Tournament (July 25, 2005)** - The team (12 guards and one alternate) was selected on Friday July 15. Yes, there were a few hiccups with the process but as with any culture change initiative there are bound to be a few bumps in the road. Thanks to all who showed up and offered their input as how to better the selection process in the future.

**USLA Regional Tournament - Rehobeth Beach, DE (July 13, 2005)** - The largest Jones Beach contingent at regionals in the past ten years and the inaugural Matt Lynch Memorial Run-Swim-Run highlighted this event. Even more impressive was that of the 17 Corp participants, four were Junior Lifeguards last year (Matt Caine - WBO, Eric Florio - WBHP, Stacey Boehm - ZB, Mary Kate Sullivan - SM). With ages ranging from 17 to 46, the team showed a high level of camaraderie and cohesiveness that even overcame the CM versus F6 race banter that permeated dinner the night before.

Ironman-of-the-meet Award goes to Scott Demarco, F6 who participated in every event *except* for the running relay (although it must be mentioned that all the women worked exceptionally hard). Special thanks to Cary Epstein and Brad Hepworth for tirelessly working to make the Matt Lynch Memorial a reality (especially Cary but Brad is a better public speaker).

Bill and Angela Lynch, on hand to present the award to the winner of the Matt Lynch Memorial Run-Swim-Run named in honor of their son, a former WBO lifeguard, who was killed in Iraq this past October, were in awe of the magnitude of the event but one could easily tell that they were honored by the sincerity of the lifeguards in preserving the memory of their son.

One final note: Jones Beach's team were the only participants in the entire meet who were not being compensated for competing. If Jones Beach truly wants to be a world class recreational facility then world class must also extend to lifeguards competing at competitions. *Is Park Management listening??*



**"Sound to the Cove - Swim to Fight Cancer IV"**  
Sat. August 20, 2005  
Morgan Park, Glen Cove, N.Y.

**Events:**  
10K Swim  
5K Swim  
1 Mile Swim

**Individuals and TEAMS**



Join "Team JONES BEACH" this August!

**Host Sponsors:**  
City of Glen Cove



For information, email: [gerry@swimacrossamerica.org](mailto:gerry@swimacrossamerica.org)  
Visit our website: [www.swimacrossamerica.org](http://www.swimacrossamerica.org)



Briana (13 y/o female Jr. LG - 5:11 miler) beats all the boys in Beach Flags (even in the last panel)

## SHARKS AND SWIMMERS

The recent spate of shark attacks in Florida has led to an increase in anxiety among us higher strung open water swimmers. Even though we all know that Jaws was a studio produced mechanical shark, the dose of reality we have received from the recent Florida attacks makes our ocean swims a little less relaxing. In search of some piece of mind I decided to do some research to assure myself that our oceans are indeed a very safe place. Surprisingly I found some facts I was not expecting.

Most of us that think of shark attacks usually first think of Australia. Large barrier reef, giant great whites and swimming nets lead one to the conclusion that swimming in the Australian oceans is akin to playing in a tank full of Piranhas. However the statistics from 1670 to 2001 show that 40% of all reported shark attacks **occurred in the United States with 63% of those occurring in Florida**. California was second with 14.7% and Hawaii third with 13.2%. New York, on the other hand had only sixth tenths (.6%) of a percent of all the attacks.

While true that Australia had the second most shark attacks, behind the USA, the truth is that Florida itself had 47% more shark attacks than all of Australia.

Recently lifeguards in Florida have been advising boogie boarders not to use white bottom boards because the image from under the water of a boogie boarder is the same as a turtle, one of the sharks favorite snacks. In fact seen from below, swimmers or surfboarders are often mistaken for seals or sea lions, whose fatty bodies are also a favorite treat for sharks.

Most shark attacks occur on the inshore side of a sandbar or between sandbars because fish congregate there and because sharks can become trapped at low tide. Sharp drop-offs also attract lots of fish and, therefore, sharks.

The most common type of attack is the so-called "hit and run" assault. The shark bites and then quickly releases the person and disappears. These attacks usually involve injuries to the leg below the knee and are not usually fatal. Humans are usually considered too bony to be a good meal for a shark.

Hit-and-run attacks are probably most often cases of mistaken identity. They usually happen near the surface and in poor visibility. Breaking surf, heavy currents, murky or cloudy water may make it hard for the shark to see its victim clearly.

Shiny jewelry that gleams like fish scales, multi-color swimsuits, and irregular tanning, especially on the bottom of the feet, could also confuse a shark into thinking a person is an animal. It's a fact that contrasts attract sharks.

Swimming at dusk or at night also attracts sharks because that is when they are most active. Another good prevention technique is to swim in groups as sharks prefer to attack lone victims.

However, before you abandon your open water training plans look at these statistics: In 1996 in the U.S. there were 18 reported injuries and deaths from shark attacks, but 198,849 injuries from working with screws, nails, tacks, and bolts; 138,894 injuries from ladders; 43,687 injuries from toilets; and 36,091 injuries while pruning, trimming, or edging plants.

## THE COMICS

One Day at the office, a man noticed that his very conservative co-worker was wearing an earring.

"I didn't know you were into that kind of stuff," he said to his friend.

"It's not a big deal," the guy said. "It's just an earring."

"How long have you been wearing it?"

"Since my wife found it in my car last week."