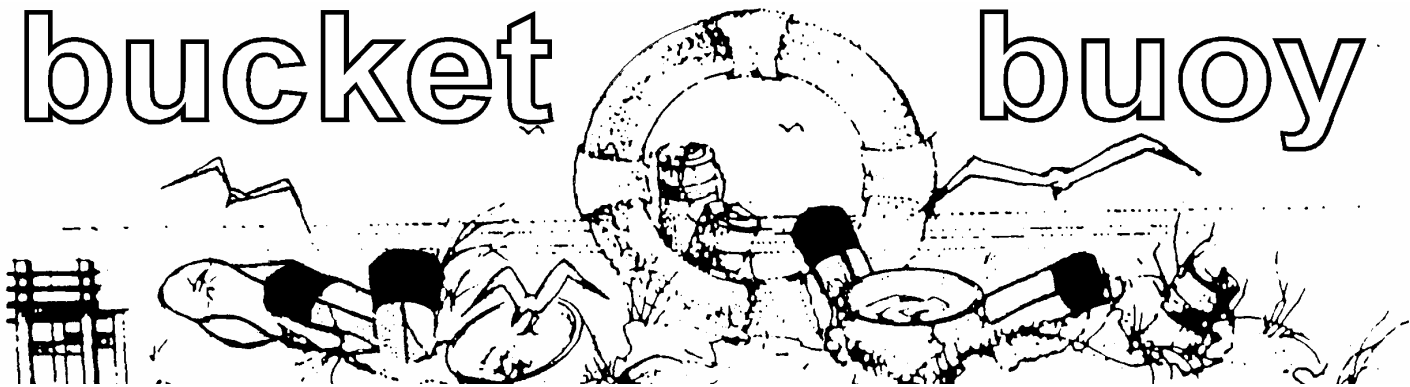


bucket buoy



Dear Fellow Lifeguards:

June 25, 2006

Yesterday was the ceremonious launching of Frank Russell's boat. The torrential rains ended just before the ceremony (Frank still has some pull here, even from above) and the 200 plus guests were treated to a series of stories about Frank and the life of lifeguarding. So many "old-timers" showed up that, even with my 39 years, I felt like a rookie. But the showing truly gave meaning to the expression "Lifeguards for Life."

Anybody who witnessed the ceremony could not help but be moved. Speaker after speaker spoke of the lifeguarding brotherhood and how much we all meant to each other back then. They were friendships that lasted a lifetime.

Al Magil spoke more eloquently than I have ever heard him about Frank and his long tenure with the Corps. His description of Frank teaching him to ride waves in the boat ("hooked for life," said Al) was priceless.

After the speeches, we all moved down to the ocean to launch the boat dedicated to Frank's memory. His son David had organized a collection by many of Frank's friends in order to purchase the boat and donate it to the lifeguard corps. It was lifted off the trailer and carried down the last few yards to the ocean by a host of "Who's Who" of lifeguarding legends.

As someone mentioned "A measure of a man are the friends he leaves behind." Judging by those present yesterday, Frank Russell was a man beyond mortal measurements. We miss him.



At the ceremony, George Marth (star of 6-24-06 Newsday) points out to his former rookies including Ed Wanser & Jay L

CPR UPDATE 2006

By Frank Salino

Just when I thought I was out of it....I'm dragged back in! Sorry about the Godfather III quote (or misquoted?). Here is the info about this year's CPR/AED classes and a little story too.

CPR/AED Recertification classes are scheduled for the following dates, times and places. As of now, this is the dilly-yo, but things could change and I suggest that you get in a class ASAP. Stuff could explode soon. - All classes are from 7:00 to 10:00 pm.

Thurs. June 22, Tues. June 27 and Sat. July 8 at West Bath House

Thurs. June 29 - RM - exact location TBA - bring a beach chair.

Mon. July 10 Sunken Meadow - exact location TBA

You must: bring \$15 in cash, sign in with me, watch the video, perform the skills, take the written test (and score an 85 or better) and you must sign out with me.

If you took the class with us last season- you are a genius and have a 7/11 expiration date. If you did not take the class with us last season, I have no idea what your expiration date is and I don't care to figure it out - you need to know your date.

If your card expires before 7/11/06- you must let me know at the first class, so that I can get you on the list and get your paperwork in to the Red Cross before you begin working.

If your card expires before 7/11/06- and you did not take the 6/22 or previous 6/13 class-sorry you will not be working until 7/11/06 unless you get certified on your own. If you don't tell me that you need to be on the special list - you will not be able to work until 7/11/06 - that is the date that all of our cards will be dated for.

If you are not on the 7/11 date and wish to be- you must pay for two cards, \$30, and you will never have to worry about "what date am I" again- you will be on 7/11.

Instructors are needed for all classes - call or email me with your availability. - (516)459-2401-cell - (631)968-8808-home or FASalino@aol.com.

Get the word out to all of your pals - take the first class that you can. This could all fall apart soon. I can not tell you more, needless to say this is a huge Cluster-F--k and I am stuck in the middle of stuff that I don't want to be involved with anymore. But for the good of the members I will get this done. Many will be mad at me, many will be happy that classes are now scheduled and announced. I don't know where I stand on the politics of the whole thing, and I don't even want to know more about it. Just get to a class, get to a class soon, pay your money, do what you are supposed to do at the class, don't be an ass (I am in no mood for it this year). If all goes well- we will be certified for this season and will deal with the other stuff before next season starts.



Ron Mugavin, Jack Pazz & Bill McGroaty at Frank's ceremony

NOTES FROM CARY

By Cary Epstein

Competition Team 2006: Any lifeguard that is interested in trying out for the competition team, tryouts will be on Saturday, July 1st, 2006- at 8:30 am at the Central Mall. All lifeguards wanting to compete at Smiths Point, Newport and Rhode Island should attend. Be ready to run, row, pull, swim, paddle and flag (beach flags) for your spots. Any questions, please contact Brad Hepworth or Cary Epstein at the CM ext 616 or you can email them through the lifeguard message board on www.jblifeguard.com.

A Special Thanks and the Lifeguard Website: I just wanted to take the time to let all the new hires and anybody else who hasn't already discovered our website the chance to do so!!! Go register at www.jblifeguard.com. Chat on the lifeguard forum, get up to date information, stay in contact with your friends, post pictures, see the *Bucket and Buoy* in color and much, much more! A special thanks to lifeguard Adam Kofod who has worked hard all winter long with me to update the site. Without him, the website would not be possible. Next time you see the quiet 6 foot 7 Adam Kofod, stop him and say "thanks" for all his hard work. Personally Adam, you are the man. Thanks a lot for making it all happen!



You had to have been hired pre-1965 to help carry Frank's boat



Ralph Heineman and Ed Wanser listening to Al Magill's stories

USLA SPOTTING ARTICLE

AKA "RECOGNITION AND OBSERVATION OF POTENTIAL RESCUE VICTIMS IN AN OPEN WATER ENVIRONMENT" by William J. Richardson - 1997 (Part 1)

In order to effectively prevent injuries and successfully intervene before a drowning occurs, one of the primary skills a lifeguard must learn is the recognition and assessment of potential rescue victims, often before the victims themselves are aware they are in danger. Experienced lifeguards can frequently predict which persons will need assistance long before an emergency arises and sometimes even before they leave the parking lot.

This is possible by observing visual clues as defined in this portion of this paper. While some of the information may appear to contain bias, the information is based on statistical evidence based upon years of evaluating rescue records and accounts of seasoned lifeguards.

Dry Land Observations: The observation of patrons as they arrive and "set-up" at the beach front will many times provide specific clues as to the possible aquatic abilities or beach sense of various individuals.

Age -- Very old or very young individuals should be watched carefully. They may lack the physical ability or strength to fight an unexpected current or to quickly move away from a dangerous situation. These individuals usually incur injuries very near the shoreline requiring quick recognition and immediate response.

Body Weight -- Persons who are overweight or extremely underweight each have their own specific problems in an aquatic environment, but both may be out of shape and not capable of struggling for longer periods of time as compared to individuals who have stayed in some physically inclined condition. Overweight persons may become easily exhausted and are hampered in their ability to move quickly to avoid danger, while those who are underweight can be adversely affected even by moderately cold water.

Pale or Extremely White Complexion -- Individuals who look as though they just stepped out of a mayonnaise jar often are making their first visit to the beach this season, or for that matter their first trip ever. These persons should be watched carefully to ascertain their swimming ability once they enter the water. They should also be contacted about the hazards of the sun.

Intoxication -- Alcohol and water don't mix. Most beach facilities do not allow alcoholic beverages, and for good reason. Statistics indicate a high degree of drowning incidents in the United States are related to alcohol consumption. Individuals are impacted in two general ways that will contribute to the probability of their getting into trouble in the water. 1. The impairment of their normal physical abilities. 2. The impairment of their ability to act responsibly.

Improper Equipment & Flotation Devices -- Some individuals who have limited swimming skills often rely on flotation devices to bolster their ability to access deeper water. Many times these devices become separated from the swimmer by wave action, or the apparatus simply deflates because of a leak, leaving the swimmer to their own basic ability. Many individuals get the "right kind of gear" but fail to follow simple safety rules like using leashes and swim fins with bodyboards.

Improper Attire -- Persons entering the water wearing clothes, other than those meant for swimming are also at risk. The weight and the restrictive nature of wet clothing can cause a person to tire more quickly.

Disabilities & Ethnicity -- While persons with physical impairments generally know their limitations and often use swimming as a means of exercise, the addition of currents, waves, variable water temperatures and other environmentally driven factors, may cause them great difficulty. They should be watched carefully and warned of these types of hazards.

There have been studies that identify significant differences in the drowning rates of various racial and ethnic groups. However, these statistical trends vary somewhat on a regional basis and there appears to be an association with socioeconomic factors. However, varied, lifeguard agencies should evaluate their own statistics to identify at-risk populations in their own areas of operation.

Once the above visitors enter the water, additional clues will aid the guard in evaluating their condition. The pre-entry clues simply allow the guard to key on individuals who MAY be a problem. When they hit the water, either the suspicions are confirmed or negated.

Water observations: Once in the water there are a number of signs and symptoms that are essential clues the guard must watch for:

Facing Toward Shore -- Swimmers generally face toward shore when they are concerned about how to get there. Body surfers and body-boarders usually face the waves to prevent them from being pummeled and to catch waves. The less experienced individuals are looking toward shore as their haven of safety.

Head Low in the Water -- Competent swimmers remaining in a stationary position usually hold their head high. They tread water, breast-stroke, swim on their back, but generally they keep their chins well out of the water.

Low or Erratic Stroke -- This key usually accompanies the subjects head being low in the water. The swimmer may display erratic stroke with the elbows dragging.

Lack of Kick -- Under normal circumstances, the weaker swimmer displays little or no kick. Stronger swimmers will often propel themselves solely with their legs and feet.

Waves Breaking Over the Head -- Most people who are competent swimmers will dive under waves to prevent themselves from being hurt.

Hair in the Eyes -- The natural instinct for most people in control of themselves in the water is to sweep the hair out of their eyes.

Glassy, Empty or Anxious Eyes -- It is said that the eyes are a window to our emotions. Depending on the distance and the quality of optical equipment, the lifeguard can read fear, anxiety and fatigue in the eyes of a distressed swimmer.

Heads Together -- Swimmers who suddenly converge and remain together may be attempting to assist one another. Persons who congregate together in the water for no other apparent reason may be attempting to assist another person who is in difficulty.

Hand Waving -- Self explanatory. The guard must be alert to it as an indicator.

Being Swept Along By or Fighting the Current -- The first sign of distress for a swimmer caught in a current is that they are being swept laterally or being pulled offshore by the current.

Erratic or Unusual Behavior -- Watch for hyper-active motions, such as flailing or for total immobility in the water..

Classic, obvious signs that a person has gone beyond being in distress to the imminent danger of drowning are: • **Double Arm Grasping --** Which resembles an in-effective butterfly stroke when the individual slaps as the water with both arms simultaneously.

Climbing the Ladder -- Simply stated, the victim looks as though they are climbing an imaginary ladder in the water and further looks as though they are attempting to crawl up out of the water. Either one of these usually requires instant action. (Continued next week)



Andy Burke, George Munnich & Bill Foxen – 1965 WBHO crew

THE COMICS

Do you know why Cinderella was so bad at sports? What do you expect for someone who has a pumpkin for a coach and keeps running away from the ball?

* * * * *

I used to drive an Eclipse. It was a nice car, but I couldn't look directly at it.

* * * * *

Lost in the desert for three day, a man suddenly hears, "Mush!"

Looking up, he sees what he thinks is a mirage: an Eskimo on a sled, driving a team of huskies. To his surprise, the sled comes to a stop at his feet seconds later.

"I don't know why you are here, but thank goodness," the man says. "I've been lost for days."

Panting, the Eskimo replies, "You think you're lost?"



Reggie mesmerizes the crowd with his unique brand of memories