

# bucket buoy



Dear Fellow Lifeguards:

May 19, 2007

The first lap isn't bad. The adrenaline alone can take care of that. At the flip you are still feeling great. This is what you worked all winter for. The second lap still feels great but the air is becoming a little more necessary. Still what is fifty yards compared to the thousands and thousands you put in since last season? Now comes that third lap. It's no longer fun. There's just not enough air out there and the arms won't turn as fast as you want them to. The ends of the pool seem so much further now and for some reason the guy next to you just doesn't seem to be tiring. But you know in your slightly panicked mind that this is the tough one and after this lap it's should be a cruise. Finally that third flip and now it's just 25 yards to the end and a summer on the beach. Your lungs are screaming and your arms want to stop. Your mind is telling them to go faster and, as if they had minds of their own, your triceps say "No, this is as fast as I can go." You start thinking, "I should have put in more yards. I should have rested more last night. I should have started earlier in the year." But the truth is you are almost done. Finally, you see the wall. You lunge for the touch pad and immediately raise your head to look at the clock. A big smile spreads across your face. You made it! Welcome Back!



Scenes from last year's rehire – The more things change...

## UNION UPDATE

For those of you who are not aware, the decertification victory that the Lifeguards had been awarded by the Administrative Law Judge last summer was overturned by the PERB's full board several months after it had been awarded. The Board ruled that the fact that two groups of individuals inside a unit had different rights as far as binding arbitration did not, in itself, mean that they could not exist in the same unit without, at least, proof that there was some conflict of interest more than the differences in arbitration rights.

The effect of that ruling was to stop the possible move of all members of NYSCOPBA's "Law Enforcement" group from NYSCOPBA into another unit. Thus the continuation of the decertification challenge was blocked for every group except for the lifeguards, who had challenged decertification on the additional grounds of failure to represent.

That set the stage for subsequent hearings held regarding those charges. We felt that it was a pretty open and shut case because of NYSCOPBA's sheer neglect of us including the fact that grievances filed last year have yet to even make it to Step 1 hearing that, according to contract, is supposed to be conducted within 20 days.

This winter when we arrived at this start of the hearings the Administrative Law Judge suggested that we make a motion to re-argue in front of, what is now, a newly appointed PERB Board and attempt to overturn the prior Board's erroneous determination. This certainly makes sense to us, NYSUT and Council 82, since every aspect of the prior decision seemed to be at odds with past case law.

NYSCOPBA, on the other hand, not wanting to take a chance on losing the free money they get from their "Law Enforcement" group, argued that such a request was not right because it could potentially delay the "Law Enforcement" contract negotiations. The State said they could not continue negotiations while this process of decertification was going forward unless all parties agreed and we would not agree unless NYSCOPBA agreed to let us go. When

NYSCOPBA tried to make the argument that it was the lifeguards that were delaying the outcome of the negotiations by waiting the brief period of time for the Board to look at the decision again, it was pointed out that NYSCOPBA had stalled the whole process for almost 3 years by the fact that NYSCOPBA could not decide who their attorneys were! However, as to not jeopardize our case with even what we deemed a specious argument, we consented to allow negotiations to continue regarding the contract that expired in April of 2007. Needless to say NYSCOPBA has still not been able to bring that to any sort of conclusion.

Where we stand at this point is waiting for the new full Board to rule on the correctness of the prior Board's decision. At this point we have no estimate on how long this is going to take however, even after that is decided and no matter how it is decided, it still will mean we will have to continue the decertification process, either alone or with the other non-interest arbitration employees.

It should also be noted that NYSCOPBA is having elections this summer and, although we are not permitted to vote, there is a good chance that their leadership will change to one that will adhere to their promise to let go any group that wants to leave.

Further updates and info from this winter's numerous meeting will follow in subsequent issues but check out Cary's excellent website, [www.jblifeguard.org](http://www.jblifeguard.org), for the latest up to date information.



And even more scenes from last year's rehire run

## EDITORIAL

Being mindful of the criticism of last year as to the amount of opinion in *Bucket and Buoy* articles I am trying to separate my rantings from the reporting aspect of this newsletter. It is for that reason I label this an editorial.

This year, for the first time in the history of the Jones Beach Lifeguards, the State determined that we must wear our issued uniform to take the rehire test. This edict was pronounced even though, 1) the State presently will not speak to us as a union, 2) past practice since the inception of the Lifeguard Corps has been to allow one to use our own personal swimsuit in the rehire test and 3) this exact issue was addressed in our last negotiations.

The State's logic behind this is that some suits make you so much faster that if you are wearing one it is not a true test of your lifeguarding abilities. They also claim that there is no quantitative measures as to what suits would fit in that criteria. Though it was explained to the State that every high school, every college, every AAU, every Masters program, every swimming program, every Olympic Committee in every country has already set out a criteria, the State of New York, with their myopia thinking, **continued to insist that there is no criteria!**

In order to justify this decision and in an attempt to excuse their unilateral change in our negotiated agreement, the State also claimed that they had polled municipalities throughout the region and were told that none of them allowed these type of suits for their rehire tests. However, a poll conducted of all municipalities in the area found this statement to be completely untrue. Not surprisingly, a letter to the State requesting this information in writing was never responded to. (Note to State - If you are going to tell a lie at least do it about something that is not so easy to check on.)

While it is true that lifeguards do not need any type of suit to pass the test the fact is that many people are more comfortable in

suits other than a speedo. Anyone who knows anything about swimming knows that in today's day and age most swimmers wear the swimsuits known as "jammers" to do their swimming. In fact it is often said that there should be a law that no one over fifty be allowed to wear a speedo. (Being over fifty, a law I would support.) So why not let someone wear the same suit they wear all winter to train, to pass the rehire? And if the State feels that these suits are so fast, why not issue them to use in rescues where someone's life could depend on it?

The answer is simple and obvious. This isn't about speed or money – this is just another way to stick it to the Lifeguards. And isn't it a convenient coincidence that the people that normally use these so called speed suits just happen to be the older lifeguards!

The truth of the matter is that this issue will end up in court costing the State not only credibility but thousands and thousands of dollars in attorneys fees. All because someone in the administration has a "hard on" for lifeguards.

I really thought that this type of nonsense would disappear with the Spitzer administration. How disappointing to find out it has not.



*Some of last year's Juniors listening to words of wisdom*

## JR. LIFEGUARD UPDATE 2006

*By Scott Reigel*

HELP WANTED - Our Jones Beach Junior Lifeguard program would not be the success it has been without the help of you, the Jones Beach Corps. Every year you step up on those Sunday morning and are there to help. So again, this year, I am asking for your help (in pay status), to make this work.

Tryouts will be at 8:00 am on the 9<sup>th</sup> and 16<sup>th</sup> of June at the WBP. We could use some timers and runners for the sign ups.

The first day of the program will be the Sunday of full opening, June 24<sup>th</sup>, at 8:00 sharp at the EBP and will run each Sunday until August 12<sup>th</sup>.

The Jones Beach Junior Lifeguard Tournament will be held on Monday, July 16<sup>th</sup> at the East Bath Ocean.

Every year we have former Junior Lifeguards that are now Jones Beach Guards and now it's your time also to give back and help out the kids. Besides all the group leaders from last year that are going to help me this year, I would like to see some new faces get involved. So thanks again for all the help and drop me an e-mail at [seafire124@aol.com](mailto:seafire124@aol.com) or call me at Field 6 or at 516-698-8104 to tell me that I can put you on the list



*One of the many Shop Stewards meetings held this winter*

## HEALTHY TIPS

It is amazing how many healthy little tidbits one can pick up on the internet. Here are a few of them: It turns out that the time that you stretch can be more important than the stretch that you do. Here's why - Static stretches; that is the stretch and hold technique we're all familiar with, can reduce strength and power when done **before** a work out according to a report in *Strength and Conditioning Journal*. It seems that stretching causes muscle fibers to relax, and thus inhibits the amount of force you able to produce.

For best results the following stretching schedule should be adhered to: **When you wake up**-stretch your hip flexors, quadriceps, and neck muscles. These muscles are often tight because of the way most men sleep with their legs bent and their shoulders rounded. **Before you work out** - stay clear of static stretches for one to two hours before you train. Try calisthenics instead. **After you train** - stretch all the muscles used in your work out and stay

consistent - gains and flexibility accrue only over time. Finally **in the evening before you go to sleep** - stretch hamstrings, lower back and glutes. Long hours at the desk often tighten in these areas. Remember, it is important when you do stretch to hold each stretch for 30 seconds to get maximum effect.

Another thing that depends on the time that it's done is **when you eat after a workout**. When it comes to growing muscles, in a new study 17 men drank two protein shakes a day, either immediately before and after their workout or at least five hours outside of their training sessions. After 10 weeks, the researchers noticed a stark contrast: men who sandwiched their workout with protein built nearly twice as much muscle as those who didn't. "Your body uses nutrients to build muscle most effectively in the hour on either side of the workout", says Alan Hayes, Ph.D.

And speaking of muscle, did you know that jumping can improve your running efficiency. Researchers at the *Australian Institute of Sport* had 15 expert distance runners add three 30 minute sessions of plyometrics to their workout each week. In just nine weeks they boosted their running efficiency by almost 5% meaning they ran 5% further using the same amount of energy. These exercises included side to side ankle hops, standing long jumps, double leg hops and single leg side jumps. So it seems the lesson here is, if you want to run faster, jump of more

Another route to running faster is to start out harder, according to the *Journal of Strength and Conditioning*. In this study 11 collegiate distance runners ran three 5K trial runs with a different pace for each of their first miles: The first trial was with the first mile at the average mile pace, the second trial was with the first mile at 3% faster than average, and the third trial was with the first mile 6% faster than average. The fastest early pace resulted in finishing times that with 32 seconds quicker than the finishing times on the average-pace starts. Slowest starters ran faster final miles but never made up for time lost at the start. The lesson here is if you go out quickly at the start you'll beat the guys who save the energy for the late kick

Finally when we're talking about health there has been a lot of talk about alcohol having some health benefits yet nobody seems to clear at where the point is that it becomes unhealthy. A recent study by Italian scientists has calculated the impact alcohol has on your risk of early death from all causes. It turns out one drink daily **decreases** your risk of death by 15%, two drinks daily **decreases** your risk by 9%, three drinks daily has no effect, four drinks daily **increases** your risk of an early death by 8%, five drinks daily **increases** your risk by 15% and six drinks daily **increases** your risk of an early death by an incredible 22%.

## THE COMICS

Mr. and Mrs. Smith are retired. Mrs. Smith insists that he go with her to Walmart. He prefers to get in and get out, but Mrs. Smith loves to browse. Of course, Mr. Smith gets bored while waiting for his wife and decides to take matters into his own hands. As a result here's a letter sent to her from the store.

Dear Mrs. Smith, Over the past six months, your husband has been causing quite a commotion in our store. We cannot tolerate his behavior and may ban both of you from our stores. We have documented all your husband's actions/incidents on our video surveillance equipment and have listed them below:

On June 15 he took 24 boxes of condoms and randomly put them in people's carts when they weren't looking.

On July 2 he set all the alarm clocks in Housewares to go off at 5-minute intervals.

On July 7 he made a trail of tomato juice on the floor leading to the restrooms.

On Aug 4 he went to the Service Desk and asked to put a bag of M&M's on layaway.

On Sept 15 he set up a tent in the camping department and told other shoppers he'd invite them in if they'll bring pillows from the bedding department.

On Sept 23 when a clerk asked if they can help him, he began to cry and asked, 'Why can't you people just leave me alone?'

On Oct 4 he looked right into the security camera; used it as a mirror, and picked his nose.

On Nov 10 while handling guns in the hunting department asked the clerk if he knew where to find the antidepressants.

On Dec 6 in the auto department, he practiced his "Madonna look" using different size funnels.

On Dec 18 he hid in a clothing rack and when people browsed through, yelled "PICK ME!" "PICK ME!"

On Dec 21 when an announcement came over the loud speaker, he assumed the fetal position and screamed "NO! NO! It's those voices again!!!!"

And last, but not least on Dec 23 he went into a fitting room, shut the door, waited awhile, then yelled very loudly, "There is no toilet paper in here!"