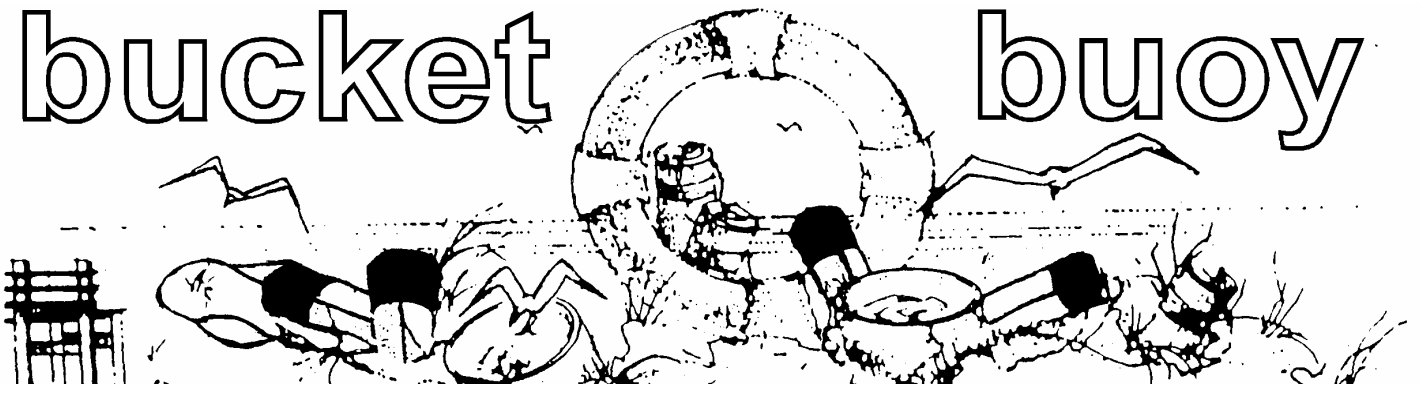


bucket buoy



Dear Fellow Lifeguards:

June 10, 2007

Another one of those summer passing milestones today - the new hire test. Numerous lifeguard wannabees showed up for a chance to become a member of the Jones Beach Lifeguard Corps. Of course the usual nonsense ensued with the State (like making everyone wait in the rain rather than in the covered entrance of the pool) but that has come to be expected. The guys were forced to change out of their "jammers" into something else (surfing shorts, briefs or anything else but "jammers") while the women were allowed to wear fastskin suits. I can't wait to hear their explanation why fastskins are okay for women and not men. And all this so the State can try to cover their butts on their absurd decision that just about everyone knows was solely to get at a group of older lifeguards who traditionally wear jammer type swimsuits.

It seems the harder the State tries to cover up the true motivation for this ridiculous rule the deeper they get themselves into it. It turns out that a memorandum we discovered from Joe Scalise to George Gorman, dated September 5, 2005 (and not disclosed in our FIOL request) states: "The floater/buoyancy type one-piece bathing suits for the Rehire Procedure should not be allowed. Such suits give a 4% to 6% increase in buoyancy and account for four to five seconds that are timed in the 100 yards." However, contrary to that statement, the data that the State turned over under the FIOL request, on which they say they based their decision on claims: There is *"No statistically significant differences in hydrostatic weight"* and *"The Fastskin swimsuit provides no buoyancy advantage."*

Not surprisingly their data also states that many are disappointed with the hype that the manufacturers gave the suit and that any improvements seem to be psychological. In fact it is virtually impossible to find anywhere in their data support for Joe Scalise's statement that the suits *"account for four to five seconds that are timed in the 100 yards."*

What I don't understand is why the Mr. Gorman, who has access to the same data, blindly accepts that statement as fact, even though there is no evidence to support it. I guess the State will say and make up anything to support their ridiculous and ill motivated decisions.



Yup, for the first time ever its anything but Jammers

UNION UPDATE

I have to admit a certain sense of frustration with the speed in which the wheels of justice grind when it comes to getting our status resolved. The LI Parks people are in no rush because, as Sue Guliani put it when she refused to allow union observers on the deck during the rehire (another one of those rights we negotiated and put in writing), **"I don't see any union here."** NYSCOPBA is in no rush because they are collecting our dues and not giving us even the most basic service. NYS is in no rush because they don't want to give any raises because the 4 years of retroactivity would be costly and as people leave the service they save money because they won't have to pay them the retro pay.

In the meantime one by one our rights are being taken away.

Let's list just this year alone: We negotiated that we could use any swimsuit to take the rehire - They took that right away without negotiating. We negotiated a third try for rehires as long as it was done before the draft - Even though they admit they agreed to that they refused to honor it (coincidentally it only affects 3 older lifeguards). We negotiated a medical leave policy with certain criteria - They unilaterally changed it so, coincidentally, it excluded certain older lifeguards. We negotiated Executive Board observers at any rehire - This year, for the first time ever they were not allowed on the pool deck. And now did you know that if you have a cold or an upset stomach and you call in sick the procedure says you have to get a doctor's note to return to work?

At a certain point there will be nothing left. Are we going to wait for that time and then lament what we have lost? John Fitzgerald Kennedy, in a speech shortly after he became President set forth the following: *"And when at some future date the high court of history sits in judgment on each of us, recording whether in our brief span of service we fulfilled our responsibilities ... our success or failure ... will be measured by the answer to four questions: First, were we truly men of courage ... Second, were we truly men of judgment ... Third, were we truly men of integrity ... Finally, were we truly men of dedication?"*

I hope when the time comes in the future, to judge the actions of the Jones Beach Lifeguard Corps during these difficult times, the answers to all of those will be an unquestionable YES!



She sews sea shells sitting in a shack by the sea shore

JR. LIFEGUARD UPDATE

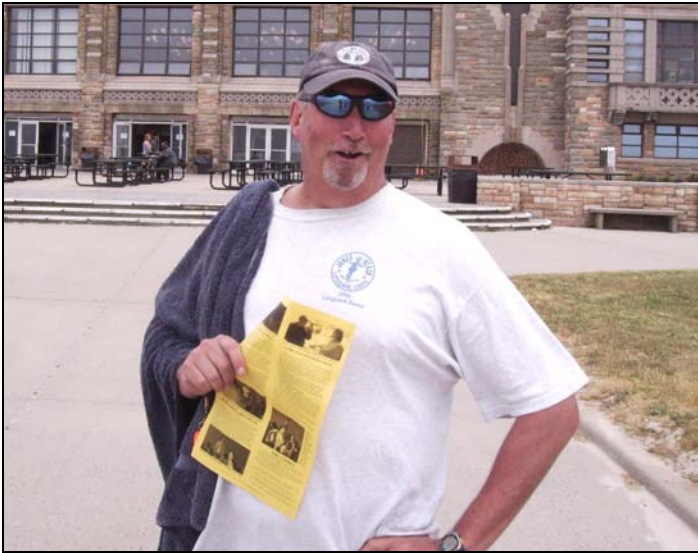
Yesterday saw the first tryouts for the Junior Lifeguards. The competition was fast and fierce. There is nothing more discouraging to a swimming adult than seeing an 11 year old go under a minute in the West Bathhouse Pool. Based on what I saw Bob Adler should have a World Class Competition team this year.

As usual, Scott, Tom, Bob and their volunteers did a phenomenal job organizing and moving the tryouts along and the promise for this year's program looks like the best ever.

Next tryouts are next Saturday, June 16th at 8:00 am at the West Bathhouse in case you know anyone who is interested.



This is how it all starts - Lining up to take the Jr. Test



Tommy Levine, FKA "The Common Denominator"

TRIATHLON TRAINING TIPS

Taken by an article by Dave Scott – 6 times Ironman winner

GENERAL TIPS: Save your knees. Wear tights while running and cycling when it is cooler than 60 F.

Count and record your total minutes and hours, not yards or miles.

Get yourself videotaped one time per month and critiqued by a professional.

Take a warm shower for only five minutes on race morning to elevate skin temperature.

Exercise lightly (10 to 25 minutes) the day before your race in all three disciplines.

Set concise, attainable short-term goals for the next 10 to 14 days, and tell your training partner and/or spouse so they understand.

Don't worry about the weather, work, or time. Get in at least 20 minutes - you'll feel better.

Take a longer, slower warm-up (10 to 12 minutes) and include an easy cool-down (five minutes) during the cooler months.

Keep a log that records the basics - how you feel and other stresses in life.

Stretch every day, even if it is only five to eight minutes.

Eat 60 percent of your total daily calories before 1 o'clock.

Spread out your protein intake evenly over three meals.

Have three main meals and a mid-morning and mid-afternoon snack.

RUNNING TIPS: Warm up slowly - four to five minutes slower per mile than 10km pace.

Stop and stretch after running a warm-up of 10 to 12 minutes.

Walk backwards for five minutes after your runs to benefit your knees.

Relax your lower abdominals and lean slightly forward with your upper body. This eliminates lower back tightness.

Watch your leg swing on video or a treadmill. Make sure your feet track straight through without rotating hips outward or swinging foot wide.

Ice your knees after your long run - up to 20 minutes.

Look at the horizon, not down at the ground when running.

Don't squeeze shoulder blades together and relax your arms.

CYCLING TIPS: Lower your seat 1 to 3 millimeters in the early season to enhance concentric circles and triggering gluteals at the top of your stroke.

Keep your toes "light" when pushing down. Use the balls of your feet to initiate power on the downstroke.

When standing, keep hands light on the brake hoods; don't wear out your triceps.

Concentrate on six smooth circles with your right foot (relax your left), then switch to your left side. Repeat six times per leg.

Pull lightly on the brake hoods when standing and don't release the pull until your foot is at the bottom of the stroke.

Flatten your bike seat. Tip to back of saddle should be perfectly flat.

SWIMMING TIPS: Include 30 percent of total workout time doing other strokes (fly, backstroke, and breast-stroke).

Include 200 to 400 yards of flutter, dolphin and back flutter every swim workout to enhance body position.

Practice alternate breathing at different speeds.

Use one paddle on one hand to correct catch and finish - for example, 3x50 with paddle on right and 3x50 with paddle on left; then 3x50 both hands.

Paint your fingernails a fluorescent color and get your stroke videotaped (you can see your fingers under water).

Practice sculling with hands out in front in prone position.

Count your stroke number when you're fresh and when you're tired, try to reduce it throughout the year by lengthening your stroke.

Keep your mouth open under water. Start to exhale as hand finishes underwater extension.

Learn to do double arm backstroke with flutter kick to stretch shoulders. Tip your head back and push hips up.

Stretch your ankles with a partner. Leg extended, partner presses down on the top of the foot (push on big toes). This will enhance flutter kick and ultimately body position.



A rare shot at the Flanagans without any of the kids

THE DRAFT

Not much to say about the draft. It seemed to be well run although most people couldn't see or hear what was going on. Congratulations to Kevin Woods and Jimmy Yodice on their new Captain's positions. As usual, there was not much movement to the ocean beaches but, as of yet, I have not heard any complaints and as they say in flying "Any landing you walk away from is a good landing." As far as the draft goes, if people are happy with the procedure (not necessarily the results) it's a good landing.



Last night's lifeguard draft—Hot, quick and crowded

THE COMICS

I know this is a silly joke so I'll apologize ahead of time- Read at your own risk

Passengers on a plane are waiting for the flight to leave. The entrance opens, and two men walk up the aisle, dressed in pilot uniforms. Both are wearing dark glasses. One is using a seeing-eye dog, and the other is tapping his way up the aisle with a cane.

Nervous laughter spreads through the cabin, but the men enter the cockpit, the door closes, and the engines start. The passengers begin glancing nervously, searching for some sign that this is just a little practical joke. None is forthcoming.

The plane moves faster and faster down the runway, and people at the windows realize that they're headed straight for the water at the edge of the airport.

As it begins to look as though the plane will never take off, that it will plow into the water, screams of panic fill the cabin. But at that moment, the plane lifts smoothly into the air.

Up in the cockpit, the co-pilot turns to the pilot and says, "You know, Bob, one of these days, they're going to scream too late, and we'll all be really screwed."