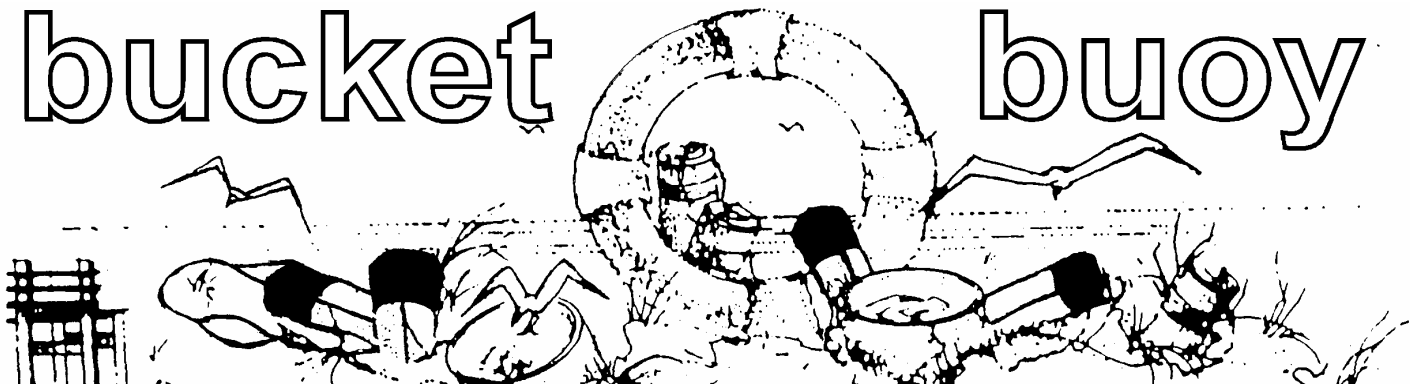


bucket buoy



Dear Fellow Lifeguards:

June 3, 2007

Well, here we are three days into the Hurricane season and we already have the second named tropical storm. Seems that "Barry" is heading up the coast but will only be giving us some rain and maybe a smidgen of surf. However, the prediction for this year is a very active season and possibly one that lasts for a full 6 months. A potential summer of surf; what could be finer?



Stu with the relaxed look before the 100 yard rehire

LINDA'S LEGACY & THE SUITS

It is with mixed emotions that I bring you the departure from the Parks' administration of Linda Spahr, the person in charge of LI Parks for the past few months. On one hand, she was the individual who had the final say on the ridiculous swimsuit issue, but on the other hand she was making much effort to open up a line of communication between the lifeguards and the State.

I have to admit I was very impressed by Linda coming down last week to Field Six to compliment the crew for the excellent rescue they had made of the individual with a broken neck. It is the first time in my 40 years at the beach that I remember someone in her position coming down to say thanks for a job well done.

It is unfortunate that Linda's legacy will be more her bizarre defense of the illogical swimsuit issue (the barring of the use of the swimsuits that so many people wear nowadays [jammers] to take the new or rehire) than her effort to communicate. Part of that has to be blamed on the disingenuous explanation that she had to put forth on the State's behalf to defend an issue that clearly is just an attempt to rid the Corps of older lifeguards.

When first questioned the State put forth the proposition that the reason they unilaterally changed the negotiated procedure of wearing the swimsuit of your choice for the rehire was because they wanted everyone to be equal when taking the test. They claimed that the only way to make sure the playing field was equal was by having everyone wear an officially issued suit (from any year). When it was explained to them that over the years there have been so many "officially issued suits" of so many different types that there was no equality in the suits, they then put forth the proposition that there are suits out there that are so fast that if a person passes the test wearing one of them he could endanger the public by not being able to swim as fast in an "officially issued suit."

Of course that statement made no sense whatsoever because if the swimsuit was that fast in the first place, why wasn't it issued to all lifeguards, as the Union had requested? The other place where that argument fell apart was the fact that if speed were such an issue why is it that NYS Lifeguards in all other regions only have to swim 200 yards in 4 minutes in order to qualify? (2:00 minutes per 100 yards as opposed to the Long Island's requirement of 1:20 for 100 yards) (for virtually the same pay). Are lives being saved up-state not as important as Long Island lives? Or is the State saying a person has to be a faster pool swimmer in order to lifeguard ocean water? Again that made absolutely no sense to anyone.

In a recent foil request for information regarding the decision

on the swimsuits it turns out that the State totally ignored information from sources that had studied this issue and had found no measurable differences in the suits. Instead what the State based their entire decision on Speedo advertisements! I couldn't make this stuff up.

This weekend, in order to see the uniformity that the State was claiming they were looking for in these areas, I traveled up to the Taconic Region to watch the new and rehire test being given by the NYS Department of Parks. To my great surprise (sarcastically speaking) I found that their talk of uniformity statewide was just more of their bulls_ it because the fact is **that upstate new and re-hire lifeguards can wear any suit they want to take the test!** (And they have unlimited tries to pass it.)

As you can see by yesterday's photos of the test upstate it is only on Long Island (which has, by some estimates, almost the entire State's contingent of over 50 plus lifeguards) where this has become an issue and it is more than a coincidence that the majority of people who actually were wearing their own suits were the older lifeguards (many of whom feel they look ridiculous in Speedo's).



Lifeguards prepare to take the test at Strang Middle School - Yorktown - Notice the Jammers he's wearing

THE THIRD TRY ISSUE

Last week the *Bucket and Buoy* carried a copy of the page of the State's meeting minutes where they had agreed to give a third test to anyone as long as it was done before the draft. An official request was put in to Linda Spahr to allow those that need it a third try. Unfortunately, as of today, that request has not been responded to and it seems that the State is stonewalling to get through the draft period and render this issue moot.

It is unfortunate that the new administration has decided to deal with lifeguards in this manner, but it seems that they would rather settle issues in court at the cost of thousands of dollars of taxpayer dollars rather than live up to their promises. Or perhaps they think that if they ignore an issue long enough it will just go away. They sure have a lot to learn about the JBLC.



Returning LG's at FDR Park with their rehire swimsuits



Paul and Tony waiting in line for their rehire swims

SWIMMING AND ASTHMA

Taken from the April 2007 issue of Triathlete Magazine titled "Bad Air"

Anybody who spends any length of time in the pool and has any type of asthma seems to suspect a correlation between the frequency of asthmatic attacks and the time spent in the pool. Although studies have shown that swimming improves the fitness level of asthmatics while reducing medication reliance, recent scientific information suggests that chemically treated pools may exacerbate health problems.

Even though pool water is disinfected it appears that the chemical disinfection of that pool water might be the cause of some of the reported health problems. New evidence is coming out that suggests that chlorine and its derivatives, chloramines or chloroform, may damage the airwaves resulting in an inflammation. These compounds are generated from the reaction of hypochlorite with ammonia and amino compounds that originate from the sweat and urine of swimmers.

Competitive swimmers who spend many hours in the pool with high ventilation rates are more susceptible to developing respiratory problems. It has been found that the concentration of chloroform found in the lungs and blood of competitive swimmers varies in direct proportion to concentrations found in the pool water and surrounding air, the length of time spent swimming and intensity of exercise. It is important to note that chloroform is not only a respiratory irritant but also a carcinogen. Therefore, the respiratory health of non-asthmatics as well as asthmatics may be at risk.

The advice, therefore, is that any time you can swim outdoors take advantage of it.



The rehire's survey the 1/4 mile parking lot run

JB JR. LIFEGUARD UPDATE

By Scott Reigel

LIFEGUARDS NEEDED - Our Junior program still needs help.

Just a reminder about the qualifying swim test dates June 9th and the 16th at the West Bathhouse Pool. We will start with the paper work around 8:00 am and get into the pool after the Lifeguard re-hire test. The first day of the season is Sunday June 24th at 8:00 am sharp. Everyone who is going to help out please contact me so I can put your name on the list to give the State per their request. The program will run from 8 am – 10 am. This year the State will have a sign in person for our hours so please be on time. Looking forward to hearing from all of you. - Thanks Scott



And yet another rehire photo – Will they never end?



Linda Spahr congratulates Eddie on a job well done

CPR/AED INFORMATION

By Frank Salino

CPR/AED for the Professional Rescuer has been updated for 2007. This year's classes will be new material, new video, new written tests, new skills. You must come for the full three hours or you will be turned away. Make sure that you schedule yourself to allow for travel time, finding a parking space and signing in. Expect that it will take the full three hours to complete the course.

All classes are dated 7/11/07-7/11/08. You must have a 7/11/07 or later expiration date to take these classes. If you have an earlier expiration date – **YOU MUST GET THE COURSE ON YOUR OWN.** We will not be giving any make-up classes this season.

Dates and Locations for CPR/AED

June 20, 26, 30, July 7 JB West Bathhouse

June 28 Thursday Robert Moses - Exact location TBA

July 9 Monday Sunken Meadow - Exact location TBA

Pick a class, Park in designated parking spots, show up before 7pm, bring cash, sign in with Frank Salino, watch the new video, take a new written test, perform the new skills, sign out with Frank Salino. The class will last 3 hours. If you are not cooperative you will be asked to leave.

DO NOT- call or email to sign up for a class. Just show up at one of the above dates. If you are smart-you will come to an early class-they are cooler and less crowded.

Instructors- I need 8 instructors for each session. Please contact me ASAP and let me know which sessions you would like to instruct. Thank you, Frank Salino



This is what the rehire is about – Renewing old friendships as we prepare for another season – By the way – A sideways caption – A B&B first

THE COMICS

The kids have been begging for weeks, so their mom finally gave in and bought them a hamster. But just as she had feared, she was the one who wound up taking care of it.

One evening, exasperated, she sat them down and asked, "Why did you even want that darn thing? How many times do you think he would have died if I hadn't been looking after it for you?"

"I don't know," her son said. "Once?"

* * * * *

I know I've gained too much weight. I was sitting in my living room last week, and my surround sound wouldn't work.

* * * * *

What did the number 0 say to the number 8? "Nice belt."

* * * * *

What did the number 2 say to number 3 about the unruly number 6? "Don't mind him. He's just a product of our times."

* * * * *

How do you make a tissue dance? You put a little boogey in it.