

# bucket buoy



Dear Fellow Lifeguards:

July 1, 2007

As I write this week's edition I am on my way back from the National Age Group Triathlon Championships that were held this Saturday in Portland, Oregon. I have to admit the hills and the competition were two hard slaps of reality. Being raised on the South Shore my idea of a hill is someone's driveway. Uphills that stretch for miles are foreign (and painful) to me.

However, the real story was the level of competition demonstrated by the older competitors. 70 year olds were flying up hills like they were twenty. The winning times in some of the older age-groups would have been enough to take first overall just a few short years ago.

The entire experience sure put a different slant on what is considered old these days. And seeing an exhibit like that also once again points to the absurdity (and the total disregard for safety) of the State's attempt to rid itself of older experienced lifeguards and replace them with younger untried rookies.

For those younger lifeguards who think they will never get old, or won't want to work the beach when they do, take my advice. You are wrong on both counts.

Many of us still remember when the State decreed that no one over 35 years of age could work the beach. While they may have lost that battle they never gave up the war. The only thing that stopped them from implementing that rule was the Union.

Remember that when you vote for your Union representative this weekend. Question the motivation of the candidates for Shop Stewards. Are they motivated by a genuine desire to improve the lot of the lifeguards? Do they have a history of pitching in or does their contribution just consist of whining and criticizing? Ask yourself that question when they ask for your vote. While it might be true that a Union isn't important to you now, look down the line. When a job or position finally become precious to you it is always better to have a Union to protect it.



*The 70 and over winners at the USA Nationals*

## DAVE SCOTT'S 25 TIPS FOR HEALTHY AGING

*Dave Scott is a six-time Ironman world Champion*

**Strength train.** Studies have shown that strength training aids in maintaining muscle mass and joint and connective tissue integrity. Plus, strength training revs up your body's metabolism, which will help you maintain or loose weight. Maintaining a healthy body weight and body-fat percentage (male 8 - 15%; female 11 - 22%) is the foundation for a healthy body.

**Practice belly breathing.** Take a slow, deep methodical inhale and release; the three to five second exchange (inhale/exhale) will relax your mind and body. Take 10 to 20 deep power breaths two times per day.

**Eliminate all trans fats.** Read the labels of all processed foods. Heated fats are the worst kind of fats for your body. Hydrogenated Palm, palm kernel, soy, coconut and others are just plain rotten for your body. You can buy a healthy cookies,

cakes, crackers and processed foods without hydrogenated oils. Be discretionary in your buying and consumption.

**Take a yoga, or Pilates or stretching class** to invigorate all four facets of your health. A session one time per week is good, but a daily stretch for your large muscle groups is brilliant

**Start all physical activity with the slow warm-up in the morning.** Be careful with any back stretches for 45 minutes after rising from bed. The spinal fluid needs to circulate before beginning any vigorous strength work or stretching.

**Eat frozen vegetables if you cannot find seasonal fresh ones.** Frozen vegetables retain their nutritional content.

**Back to strength training;** increase the load or resistance after six to 12 week buildup. Take the muscles to near fatigue with six to 12 reps of each exercise.

**Do not eat or drink anything that contains high fructose corn syrup.** This refined additive is found in sugary drinks, cookies and ketchup. It's a leading cause of our obesity epidemic.

**One to two cups of coffee is okay for most folks.** Do not fret over the amount – particularly if you are an active person.

**Stay in touch with your friends.** E-mail is okay, but a note or phone call is even better.

**Take a daily nutritional supplement consisting of:**

- Vitamin B12 (400 mcg).
- Add a B50 daily vitamin. The B's helps your mental state and also enhances your blood.
- Vitamin C (250 – 1000 mg). Err towards the higher end of this range of you do not eat six to eight servings of fruits and vegetables per day (a serving is ¾ a cup).
- Vitamin E (200 to 600 IU).
- Alpha-lipoic Acid (50 mg). Alpha-lipoic Acid is a scavenger of antioxidants.
- Omega-3's (1000 – 3000 mg). This one is a must. It reduces inflammations of muscles and joints.
- Vitamin D to enhance calcium uptake. Men and woman should get 1000 1200 IU's per day, including food sources. To ensure you do, take 400 IU per day as a supplement.
- Selenium (100 – 200 mg).

**Take a vitamin-like compound called phosphatidylserine** (100 mg per day) to support your cognitive potential. Aging can cause a decline in brain function, especially if you don't exercise your mind regularly.

**Eat organically.** Google John Reganold's name, soil scientist, to learn why organic foods are healthier than conventionally grown foods.

**Eat breakfast.** This includes protein source equal to 15 to 25% of your total caloric intake. Orange juice and bagels are not ok. Add some peanut butter or yogurt.

**Gravitate toward cold water fish:** Salmon, halibut and Albacore Tuna. If you enjoy beef, eat grass fed. The grass fed animals are off the chart in Omega-3's in comparison with grain fed animals.

**Drink a glass of red wine and a cup of green tea daily.**

**Buy a powdered amino acid called glutamine.** It is the most abundant amino acid in your body, found in your lungs and skeletal muscle. Take five to 15 grams daily.

**Eat one to three small handfuls a day of almonds and walnuts.** Add a small handful of pumpkin seeds, dried cranberries, Brazil nuts, flaxseeds (ground), peanuts and sesame seeds. This mixed - nut concoction is loaded with calcium, magnesium, fiber and protein.

**Eat a protein and carbohydrate food 30 minutes before exercise** or take a carb/protein drink 10 min. before exercise.

**After a long or hard workout refuel with carb-protein drink** within 15 to 45 minutes post exercise. Burning fat and

maintaining lean muscle is elevated by refueling properly, not by starving yourself.

**Take glucosamine and chondroitin** (1000 – 1500 mg per day) to aid joint function.

**Take a 15 to 20 minute nap each day.** Put your feet up on the desk, turn off the phone and schedule a quick nap or meditation session.

**Eat one to two servings of berries** three to four times each week. Blackberries, blueberries and raspberries are loaded with antioxidants. Buy frozen ones (organic) and mix into a shake.

**Eat leafy greens three times a week.** They are high in vitamin A, folic acid, magnesium and Vitamin K.

**Ride, run and swim faster this year.** Drop the aging excuses and show the younger kids a thing or two about your wisdom and experience.



*The new rookies getting first aid instruction at CM*

## VOLLEYBALL MIXER

*By Scott Davern*

Once again, there will be an additional Jones Beach Lifeguard volleyball tournament at Robert Moses Field 4 on Wednesday, July 18<sup>th</sup> (rain date Thursday, July 19<sup>th</sup>). Start time is promptly at 9:00 AM.

This year the tournament has been dubbed "The First Annual Volleyball Mixer" because your partner for the day is drawn from a hat. The fee is only **\$10** and that **includes a T-shirt** and some prizes.

You must pay the fee to Scott Davern at RM Field #3 in order to hold your spot. First come, first served. Limited to the first 40 players that pay. Please note – you must have the day off in order to play in this tournament (that includes the rain date).

Please also note: This is a **BRING YOUR OWN FOOD, BEVERAGE, AND ICE EVENT**. A barbecue will be available. Please do not bring any guests (unless they are in the JBLC).

For any further info contact me at [scottdavern@yahoo.com](mailto:scottdavern@yahoo.com). This tournament is reserved for JB Lifeguard Corp lifeguards only.



*Fixing the nets for what promises to be a memorable event*

## THE CALENDAR

*From [www.JBlifeguard.com](http://www.JBlifeguard.com) – Thanks Cary*

**7/7/2007:** CPR Recertification-JB WBH Meeting Room-6:45pm

**7/9/2007:** CPR Recertification-SUNKEN MEADOW-6:45pm

**7/11/2007:** USLA Regional Lifeguard Championships (Non-Craft Events) Rehoboth Beach, DE

**7/11/2007:** Shop Stewards Meeting

**7/16/2007:** Jones Beach Junior Lifeguard Tournament!

**7/18/2007:** USLA Regional Lifeguard Championships Craft Events Belmar, NJ

**7/23/2007:** Junior Lifeguard Regional Tournament Sea Girt, NJ

**7/25/2007:** All Women Lifeguard Tournament (location TBA)

**7/25/2007:** Shop Stewards Meeting

**8/8/2007:** Shop Stewards Meeting

**8/9, 10/2007:** USLA National LG Tournament in Myrtle Beach,

**8/22/2007:** Shop Stewards Meeting

*-Till next time - Roy J. Lester - e-mail [BucketBuoy@AOL.Com](mailto:BucketBuoy@AOL.Com)*



*Fld. 6 circa 2001 – Don't forget July 4<sup>th</sup> is picture day*

## THE COMICS

Still groggy from an operation, the patient was in an agitated state. "Nurse," he moaned, "I heard the surgeon use a four-letter word, and it caused me great distress."

"What did the surgeon say?" asked the nurse.

"Oops," replied the patient.

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Why were the elephants kicked off the beach?

They were walking around with their trunks down.

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Visiting France on a wine-tasting trip, a woman drank too much, fell from her hotel window and ended up in a body cast. She swore never to get plastered in Paris again.

\* \* \* \* \*

During a revival meeting, the evangelist invited people in need to the stage. "Brother," he said to the first respondent, "what is your need?"

"My hearing," the man answered.

The evangelist stuck his finger in the man's ear and prayed.

"How's your hearing now?" he asked.

"I don't know," the man replied. "It's not till next Tuesday."



*Did you think back then you would still be here today?*

**FOR SALE:** Surfboard. 9'0" Donald Takayama. Mint condition. 2+1 fin. Pin tail. Tuflite by Surftech. Contact John Aurrichio at 631-748-5301 or Field 6 Lifeguard Shack.



*And what would a July Fourth Edition be without a picture of Jonesy and the Red, White and Blue*