



# Marlins e-Newsletter

PATRON : Russell Aubrey  
Mayor of City of Melville

June 2008

Number 53

## MELVILLE AUSSI MASTERS SWIMMING CLUB

### COMING EVENTS

Sun 15 June 2008	Mandurah BACC at Mandurah Aquatic Centre
Sun 20 July 2008	Belmont/Maida Vale BACC at Belmont Oasis
Thurs 21 <sup>st</sup> Aug	Shivering Shags Visit - Club Night please bring a plate to share
23-24 <sup>th</sup> Aug 2008	State Swim – short course event at Challenge Stadium
11-18 <sup>th</sup> Oct 2008	Alice Springs Masters Games
Sat 1 <sup>st</sup> Nov 2008	Heart Swim at Challenge Stadium
Sun 16 Nov 2008	Somerset BACC at Aqualife Centre
2009	Nationals to be held in Queensland
10-18 <sup>th</sup> Oct 2009	World Masters Games in Sydney <a href="http://www.2009worldmasters.com">www.2009worldmasters.com</a> (Sorrento Supa Swim has been cancelled for 2008)

**MARLIN OF THE MONTH FOR APRIL** was Rhonda Maloney with 16 points! Well done Rhonda! Finishing second with an equal 12 points was Carlene and Ray. Remember to look on the notice board to see how you are going for Marlin of the Year!

### New from the Coach

#### **June is our goal setting month.**

What goals will you set this month? They can be for the month of June or for the next training session. What would you like to achieve over the next six weeks or this year?

You may like to come along to one more training session. Training is on Wednesday 7:00 pm or Saturday 9:00 am.

Or come early to a session to stretch those muscles. Flexibility is an asset.

Perhaps you would like to go to one or two, Aerobics sessions a month. We hold Aerobics on the first and third Sunday of the month. Aerobics are distance swims using different strokes. Aerobics are 400 m, 800 m & 1500 m distances – your choice of stroke. Or you can choose to swim 30, 45 or 60 minutes. What else would you do with your day on a wet, cold Sunday morning? Go to our web site for a detailed description of Aerobics. [www.melvilleaussi.com/aerobics](http://www.melvilleaussi.com/aerobics)

How about keeping track of the kilometres you swim? Have a note book, or a computer, to record your distances. Or use the Logbook from the AUSSI Masters web site: [www.mastersswimmingwa.asn.au/docs/LogBook.xls](http://www.mastersswimmingwa.asn.au/docs/LogBook.xls). For ease of use, keep a running total.

Have you swum a Million Meters yet? There are prizes for swimming! Go to [www.aussimasters.com.au](http://www.aussimasters.com.au) to find out what prizes you can win for swimming:

1 million, 2 million, 3 million, 5 million, 7 million and 10 million kilometres.

What about your swimming times for the up-coming swim meets? Will you better your Fina Masters swim time??? We have two short course events (25 m pool) and with very good turns, you will be able to get very good times!

November there is a 2.5 km, 5 km and 10 km open water swim.

December we have our very own BBB. Try swimming in the river. The tide provides a great work out. It is fun going with the tide; you swim so fast!! And, boy, is it hard work against it. Great for building strength.

January 2009 we have the 10 km Rotto Rehearsal.

I know a Mighty Marlin (MM) hoping to break 5 minutes for 400 m. Another Marlin has set their sights on 22 minutes for 1500 m. A couple of MM's are hoping to improve their fly stroke. My goal, is to swim twice as far as I have ever (officially) swum!!! 10 kilometres by November.

If you like, share your goals. We can encourage each other to get to where we want to be. Write down your goal/s and strive to achieve...Gail

### AEROBICS by Pam Walker

Aerobic swims are held on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays of the month. Up to the end of May, 27 members have swum one or more Aerobic swims.

Thought should now be given to completing the five swims in the 400m and 800m distances to earn points or to make a start so as to have time to complete the swims. Only one of 1500m, ½ hour, ¾ hour or 1 hour in all strokes except butterfly is required to earn points towards the National Aerobic Trophy. The 2007 Aerobic Results are now available. The points scored by the Melville members who took part in the Aerobic swims are attached to the Newsletter.

Aerobic swim dates for June: 1<sup>st</sup> and 22<sup>nd</sup>.

The 15<sup>th</sup> June is the BACC at Mandurah.

### News for Noela and Gordon

We received a photo/post card from Noela and Gordon who are on their annual 'Broome Winter Getaway'. On it they are posing with a huge fish they had caught with the fishing rod Gordon won at a quiz night we had at Alan's school last year. The rod was donated by Ivan (Taylor Marine) and so it is good to know that it is being put to good use. The weather is beautiful of course and they are busy doing their aerobic swims and send best wishes to us all... Cath

### MASTERS SWIMMING WA Annual Awards Function 18th May

Seven of our members attended this very pleasant function overlooking the Swan River. Ivan Martinovich once again did a fantastic job as MC - Debbie Martinovich helped organise the drinks and Peter Maloney, hobbling around on crutches, managed to be photographer for the morning. Presentations were made to age group and overall winners of the OWS series, key volunteers for the World Swim, the Coach and the Official of the Year and also the winner of the Masters Swimming WA Service Award which this year went to Peter Maloney. Congratulations Peter...Cath

### CHEESE AND BIKKI ROSTER

**Cheese:** 1 kg cut ready for serving; **Biscuits:** 3 packets

**Milk:** 1 x 600 ml full cream and 1 x 600 ml low fat.

(Cheese & biscuits are not required on Hearty Meal nights.)

**The urn** needs to be turned on before 7.30 pm - Setting 3-4.

**Clean up** is part of the roster including taking the tea towels home for washing and returning the following week.

**Please check:** Milo, tea, coffee and serviette supplies and restock if necessary.

**Keep** all the sales docket/tax invoices to claim money back from the Treasurer (Natalie).

**Key** is to be handed to the next roster person/s at the completion of clean up and lock up at the end of your roster.

#### Mar - July 2008

Ivan & Debbie	29 May & 5 June
Marie & Evelina	12 & 19 June
Amanda & Felicity	26 & 3 July (Italian Food Night)
Sean & Ray	10 & 17 July
Michelle & Sandy	24 & 31 July

If you are unable to do the roster on the date shown, please change with another club member and mark up this roster accordingly.

Many thanks,  
Social Organizer (Jaki)

## Help Needed!

**Peter Harvey has brought to my attention a good cause for any old swimming aids that are not being used.**

Attached are some photos of the Pool in Apia, Samoa. Currently my son Ben is working there for a year as an Australian Youth Ambassador, supported by the Australian Govt. to raise the profile of swimming in Samoa. The pool is several years old and was built by the Chinese, for I believe about \$7 million, and has been used for the Pacific Island Games. The opening hours are 12 noon to 5 pm daily except Sunday when it is closed.

This is the first facility of its kind on Samoa so there isn't a culture of swimming there, no learn to swim, no swimming clubs, no Diving club and so on. There is a Masters Swimming Club but they do not meet as a group, restricted by the opening hours. Ben is charged for one year with putting in place the people and the infrastructure to begin these clubs if interest is sufficient, train the future coaches & conduct learn to swims. Whatever he can to start the ball rolling.

I visited for a week, leaving there 3 weeks ago. At that time he had a squad of a dozen who attended regularly training sessions available each week day. Two of the swimmers were adult and were keen to learn coaching and being involved the nucleus of a Club committee. Also local schools were about to begin attending for learn to swim and have since begun to do so. All indications are that there certainly is plenty of interest.

The reason I am contacting you is that there is a total lack of any training aids for any of the children. Swim goggles, fins, kick boards, pull buoys, noodles and so on. To buy a pair of goggles amounts to about one third of the average weekly income I believe. It got me wondering if any of the Melville Members have any old equipment, such as the above that is still serviceable that they would be willing to part with. I would get it to Samoa. I would be happy to talk to you, or whoever, on this subject if it will help these lovely, friendly people out....Peter Harvey



## 2007 AEROBIC TROPHY AWARD

### CHAMPION CLUB

Melville AUSSI 16<sup>th</sup> out of 82 clubs with 2607 points

### AEROBIC AWARD

Melville AUSSI 20<sup>th</sup> out of 82 clubs with 38.91 points per swimmer

### INDIVIDUAL POINTS

<u>Men's 30-34 years</u>	10 Competitors	
15 pts	Malcolm McLennan	6 <sup>th</sup>
<u>Women's 35-39 years</u>	58 Competitors	
28 pts	Evelina Paraschivoiu	25 <sup>th</sup>
25 pts	Amanda Smith	27 <sup>th</sup>
<u>Men's 35-39 years</u>	32 Competitors	
80 pts	Steve Park	6 <sup>th</sup>
<u>Women's 40-44 years</u>	60 Competitors	
110 pts	Anne Hitchen	15 <sup>th</sup>
26 pts	Kristina Lund	38 <sup>th</sup>
<u>Women's 45-49 years</u>	78 Competitors	
330 pts	Julie O'Connor	6 <sup>th</sup>
300 pts	Rhonda Maloney	8 <sup>th</sup>
80 pts	Maree Hoban	32 <sup>nd</sup>
<u>Men's 45-49 years</u>	81 Competitors	
277 pts	Peter Hau	10 <sup>th</sup>
195 pts	Colin Jefferson	13 <sup>th</sup>
71 pts	Greg Hitchen	20 <sup>th</sup>
53 pts	Peter Maloney	26 <sup>th</sup>
6 pts	Andrew Toogood	73 <sup>rd</sup>
<u>Women's 50-54 years</u>	103 Competitors	
52 pts	Beth Trainer	42 <sup>nd</sup>
18 pts	Pauline Southall	64 <sup>th</sup>
6 pts	Lynne Alguire	91 <sup>st</sup>
<u>Men's 50-54 years</u>	91 Competitors	
22 pts	Laurie Hunt	63 <sup>rd</sup>
9 pts	Ivan Martinovich	84 <sup>th</sup>
<u>Women's 60-64 years</u>	70 Competitors	
14 pts	Jaki Smith	61 <sup>st</sup>
<u>Men's 60-64 years</u>	77 Competitors	
47 pts	Sean O'Shaughnessy	39 <sup>th</sup>
6 pts	Martin Smith	72 <sup>nd</sup>
<u>Women's 65-69 years</u>	70 Competitors	
310 pts	Nancy Davies	10 <sup>th</sup>
200 pts	Pam Walker	19 <sup>th</sup>
66 pts	Teresa Phillips	40 <sup>th</sup>
12 pts	Cath Devereaux	63 <sup>rd</sup>
<u>Men's 65-69 years</u>	44 Competitors	
53 pts	Douglas McLean	22 <sup>nd</sup>
<u>Women's 70-74 years</u>	47 Competitors	
130 pts	Noela Medcalf	15 <sup>th</sup>
<u>Men's 75-79 years</u>	19 Competitors	
60 pts	Gordon Medcalf	8 <sup>th</sup>

<b>2008 FINA WORLD MASTERS</b>		
<b>800m Freestyle</b>		
Rhonda Maloney	11.17.69	17/40
Julie O'Connor	13.25.60	31/40
Rick Cummings	12.33.30	14/26
<b>200m Backstroke</b>		
Rhonda Maloney	3.12.23	15/24
Pam Walker	4.03.67	10/26*
Noela Medcalf	5.23.07	21/22
<b>100m Freestyle</b>		
Felicity Smith	1.13.61	32/39
Jane Loveday	1.08.66	17/44
Julie O'Connor	1.17.00	30/53
Maree Hoban	1.19.31	37/53
Anne Hitchen	1.24.45	48/53
Natalie Kirby	1.26.44	34/48
Nancy Davies	1.48.90	35/47
Ivan Martinovich	1.13.34	56/78
Rick Cummins	1.13.32	30/53
<b>100m Breaststroke</b>		
Jane Loveday	1.32.59	14/28
Amanda Smith	1.33.44	15/28
Anne Hitchen	1.46.75	45/54
Julie O'Connor		
Evalina Paraschivoiu		
Peter Maloney	1.38.42	35/46
Rick Cummings	1.36.55	26/41
<b>200m Freestyle</b>		
Rhonda Maloney	2.42.12	22/45
<b>50m Butterfly</b>		
Peter Maloney	37.77	39/46
Gordon Medcalf		
<b>50m Freestyle</b>		
Jane Loveday	29.75	9/56*
Carlene Davidson	34.81	35/61
Julie O'Connor	34.00	33/61
Maree Hoban	34.21	34/61
Natalie Kirby	39.46	44/58
Pam Walker	42.47	19/52
Nancy Davies	47.69	36/52
Dan Machin	29.45	64/105
Peter Hau	30.98	65/101
Greg Hitchen	34.04	89/101
Ivan Martinovich	32.85	63/80
Doug McLean	39.19	49/66
Gordon Medcalf	38.94	9/24*
<b>50m Breaststroke</b>		
Jane Loveday	40.35	13/36
Amanda Smith	40.69	15/36
Carlene Davidson	48.03	34/49
Evalina Paraschivoiu		
Dan Machin	39.79	44/53
Peter Maloney	41.36	39/57
Rick Cummings	42.14	37/54
<b>200m Breaststroke</b>		
Amanda Smith	3.18.91	10/19*
<b>100m Backstroke</b>		
Pam Walker	1.53.34	13/30
Noela Medcalf	2.20.59	19/24
<b>50m Backstroke</b>		
Felicity Smith	39.86	15/16

Carlene Davidson	42.29	18/29					
Rhonda Maloney	39.85	11/30					
Pam Walker	50.93	9/31*					
Noela Medcalf	1.03.49	20/25					
Dan Machin	34.72	18/34					
Ivan Martinovich	42.25	28/28					
Gordon Medcalf	48.29	5/16*					
<b>400m Freestyle</b>							
Rhonda Maloney	5.34.88	14/31					
Pam Walker	7.46.96	30/38					
<b>3km Open Water Swim</b>							
Amanda Smith	54.38	27/29					
Rhonda Maloney	48.30	13/43					
Julie O'Connor	1.01.57	38/43					
Pam Walker	1.11.54	12/18					
<b>Mixed Medley Relay</b>							
120-159	2.19.02	17/28					
Dan	35.67 bk	Amanda	40.70 br	Steve	33.66 bf	Jane	28.99 fr
160-199	2.45.56			40/41			
Carlene	?42 bk	Evalina	? 52 br	Peter H	38.61 bf	Ivan	32.25 fr
200-239							
Rhonda	39.60 bk	Greg	43.51 br	Peter M	36.83 bf	Nancy	48.17 fr
<b>Mixed Freestyle Relay</b>							
160-199	1.59.35			16/44			
Jane	28.60	Julie	33.28	Dan	29.38	Steve	28.09
200-239	2.15.85			20/36			
Maree	34.07	Natalie	38.30	Ivan	31.75	Peter H	31.73
280-319	2.54.30			13/16			
Pam	41.62	Noela	54.79	Doug	37.82	Gordon	40.07
<b>Women Freestyle Relay</b>							
160-199	2.11.00			11/21			
Jane	28.81	Amanda	34.56	Julie	33.39	Carlene	34.24
200-239	2.34.16			17/21			
Anne	37.76	Evelina	41.39	Pam	41.11	Maree	33.90
240-279	2.56.91			7/14			
Natalie	39.28	Nancy	47.28	Noela	55.01	Rhonda	35.34
<b>Men Freestyle Relay</b>							
160-199	2.01.87			20/28			
Dan	29.26	Greg	32.79	Peter H	31.46	Steve	28.36
240-279	2.28.19			20/22			
Peter M	35.15	Doug	40.04	Gordon	40.15	Ivan	32.85
<b>Women Medley Relay</b>							
160-199	2.32.79			11/25			
Carlene	42.78 bk	Amanda	41.33 br	Jane	34.58 bf	Maree	34.10 fr
200-239	2.53.11			15/22			
Pam	51.84 bk	Anne	48.03 br	Rhonda	39.31 bf	Julie	33.93 fr
<b>Men Medley Relay</b>							
160-199	2.20.24			18/26			
Dan	35.67 bk	Peter M	40.79 br	Steve	31.78 bf	Greg	32.00 fr

\*top 10 medal

## **INSTRUCTIONS FOR GIVING YOUR CAT A TABLET**

1. Have one of your children sit on the sofa and cradle the cat in the crook of their left arm, as if holding a baby.
2. Take a new tablet from the foil wrapper.
3. Position your left forefinger and thumb on either side of the cat's mouth and apply gentle inward pressure to the outside of the cheeks.
4. As the cat opens its mouth, pop the tablet into its mouth.
5. Let the pressure off the cheeks to enable the cat to close its mouth and swallow the tablet.
6. Retrieve the tablet from the floor and the cat from behind the sofa.
7. Repeat Step 3 to Step 5.
8. Retrieve the cat from the bedroom and throw the soggy tablet away.
9. Take a new tablet from the foil wrapper.
10. Have your assistant cradle the cat firmly in their left arm, holding the front paws tightly with their left hand.
11. Force the jaws open by pressing the thumb and fingers of the left hand firmly into the outside of the cat's cheeks.
12. Push the tablet to the back of the mouth with your forefinger.
13. Hold the cat's mouth shut and count to ten.
14. Retrieve the tablet from the goldfish bowl and the cat from the top of the wardrobe.
15. Ask your spouse to come in from the garden.
16. Kneel on the floor with the cat wedged firmly between your knees.
17. Have your son or daughter hold the front and rear paws tightly.
18. Ignore the low growls emitted by the cat.
19. Have your spouse hold the cat's head firmly with one hand while forcing a wooden ruler into its mouth.
20. Drop the tablet down the ruler and rub the cat's throat vigorously.
21. Retrieve the cat from curtain rail.
22. Abandon the search for the tablet.
23. Make a note to buy a new ruler and repair the curtains.
24. Carefully sweep up the Royal Doulton figurines and put them to one side to glue together later.
25. Take a new tablet from the foil wrapper.
26. Wrap the cat in a large towel, leaving its head showing.
27. Have your spouse lie on the cat, with the cat's head just visible below their armpit.
28. Put the tablet into one end of a drinking straw.
29. Force the cat's mouth open with a pencil.
30. Put one end of the straw into the cat's mouth and blow down the other end.
31. Check the label of the tablet packet to make sure they're not harmful to humans.
32. Drink a glass of water to take away the taste.
33. Apply a Band-Aid to your spouse's forearm and remove the blood from the carpet with cold water and soap.
34. Retrieve the cat from the neighbour's shed.
35. Take a new tablet from the foil wrapper.
36. Place the cat in a cupboard and close door onto its neck, leaving its head showing outside the cupboard.
37. Force the cat's mouth open with a dessert spoon.
38. Flick the tablet down its throat with an elastic band.
39. Get a screwdriver from the garage and put the cupboard door back on its hinges.
40. Apply a cold compress to your spouse's cheek and check the family records for the date of the last tetanus booster.
41. Throw your T-shirt in the bin and get a new one from the bedroom.

42. Ring the fire brigade to retrieve the cat from the tree across the road.
43. Apologise to the neighbour who crashed while swerving to avoid the cat.
44. Take a new tablet from the foil-wrapper.
45. Tie the cat's front paws to its rear paws with garden twine and bind it tightly to a leg of the dining room table.
46. Put on the heavy duty pruning gloves from the garden shed.
47. Force the cat's mouth open with a medium size spanner.
48. Push the tablet into the mouth.
49. Hold the cat's head vertically and pour 600 ml of water into its mouth.
50. Have your spouse drive you to the hospital emergency room.
51. Sit quietly while the doctor stitches your fingers and forearm, and removes the remnants of tablet from your right eye.
52. Stop at the furniture shop on way home to order a new heavyweight table.
53. Arrange for the RSPCA to find and keep the cat.

The Washington Post's Mensa Invitational once again asked readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supply a new definition.

The winners are:

1. Cashtration (n.): The act of buying a house, which renders the subject financially impotent for an indefinite period of time.
2. Ignoranus: A person who's both stupid and an asshole.
3. Intaxication: Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.
4. Reintarnation: Coming back to life as a hillbilly.
5. Bozone (n.): The substance surrounding a stupid person that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.
6. Foreploy: Any misrepresentation about yourself for the purpose of getting laid.
7. Giraffiti: Vandalism spray-painted very, very high.
8. Sarchasm: The gulf between the author of sarcastic wit and the person who doesn't get it.
9. Inoculatte: To take coffee intravenously when you are running late.
10. Hipatitis: Terminal coolness.
11. Osteopornosis: A degenerate disease. (This one got extra credit.)
12. Karmageddon: It's when everybody is sending off all these really bad vibes, and then the Earth explodes, and it's a serious bummer.
13. Decafalon (n.): The grueling event of getting through the day consuming only things that are good for you.
14. Glibido: All talk and no action.
15. Dopeler effect: The tendency of stupid ideas to seem smarter when they come at you rapidly.
16. Arachnoleptic fit (n.): The frantic dance performed just after you've accidentally walked through a spider web.
17. Beelzebug (n.): Satan in the form of a mosquito, that gets into your bedroom at three in the morning and cannot be cast out.
18. Caterpallor (n.): The color you turn after finding half a worm in the fruit you're eating.

The Washington Post has also published the winning submissions to its yearly contest, in which readers are asked to supply alternate meanings for common words.

And the winners are:

1. Coffee, n. the person upon whom one coughs.
2. Flabbergasted, adj. appalled by discovering how much weight one has gained.
3. Abdicate, v. to give up all hope of ever having a flat stomach.
4. Esplanade, v. to attempt an explanation while drunk.
5. Willy-nilly, adj. impotent.
6. Negligent, adj. absentmindedly answering the door when wearing only a nightgown.
7. Lymph, v. to walk with a lisp.
8. Gargoyle, n. olive-flavored mouthwash.
9. Flatulence, n. emergency vehicle that picks up someone who has been run over by a steamroller.
10. Balderdash, n. a rapidly receding hairline.
11. Testicle, n. a humorous question on an exam.
12. Rectitude, n. the formal, dignified bearing adopted by proctologists.
13. Pokemon, n. a Rastafarian proctologist.
14. Oyster, n. a person who sprinkles his conversation with Yiddishisms.
15. Frisbeetarianism, n. the belief that, after death, the soul flies up onto the roof and gets stuck there.
16. Circumvent, n. an opening in the front of boxer shorts worn by Jewish men.



## Court Out

These exchanges are from a book called Disorder in the Court, taken down verbatim by court reporters.

Lawyer: Now doctor, isn't true that when a person dies in his sleep, he doesn't know about it until the next morning?  
Witness: Did you actually pass the bar exam?

Lawyer: This myasthenia gravis – does it affect your memory at all?

Witness: Yes

Lawyer: And in what ways does it affect your memory?

Witness: I forget?

Lawyer: Can you give us an example of something you've forgotten?

Lawyer: Did you blow your horn or anything?

Witness: After the accident?

Lawyer: Before the accident.

Witness: Sure, I played for ten years. I even when to school for it.

Lawyer: The youngest son, the twenty-year-old, how old is she?

Lawyer: She had three children, right?

Witness: Yes.

Lawyer: How many were boys?

Witness: None.

Lawyer: Were there any girls?

Witness: Are you kidding me? Your Honour, I think I need a different attorney. Can I get a new attorney.

Lawyer: How was your first marriage terminated?

Witness: By death.

Lawyer: And by whose death was it terminated?

Witness: Now whose death do you suppose terminated it?

Lawyer: ALL your responses MUST be oral, OK? What school did you go to?

Witness: Oral.

Lawyer: Was it your younger brother who was killed in the war?

Lawyer: You were there until the time you left, is that true?

Lawyer: Did he kill you?

Lawyer: Are you qualified to give a urine sample?

Lawyer: You were shot in a fracas?

Witness: No I was shot midway between the fracas and the navel.

*Thank-you to all those who contributed this month – Cath, Pam, Sandy, Rhonda, Peter, Evelina and Teresa.*

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