



# Melville Marlins

## Newsletter

August 2015

[melvillemarlins.myclub.org.au](http://melvillemarlins.myclub.org.au)



### IMPORTANT DATES

- September 3 Hearty Meal Night  
September 28 Sausage Sizzle Fundraiser (Bunnings, Melville)  
October 1 Hearty Meal Night  
October 18 Fremantle Liveliighter Club Challenge at Fremantle Leisure Centre

### VORGEE ENDURANCE 1000 by Pam Walker



The year is passing by very quickly and some of the swimmers are getting close to completing their endurance program. However, there is still plenty of time to do a short swim or more or one of the longer ones to obtain points. It is a great way to challenge yourself.

The total number of points to 20 August 2015 is now **5645**.

#### Endurance 1000 Sessions:

Sunday: Every Sunday at 8.30am

Thursday: Before the Marlin swim and the third Thursday of every month.

### FIRST AID TRAINING COURSE

Any club members wanting to do an accredited First Aid Training course should contact Peter Maloney on [randpmaloney@bigpond.com](mailto:randpmaloney@bigpond.com).

The cost is likely to be approximately \$100-\$150 depending on numbers.

### COACHING by Gail Bowden



#### September is T Shirt month.

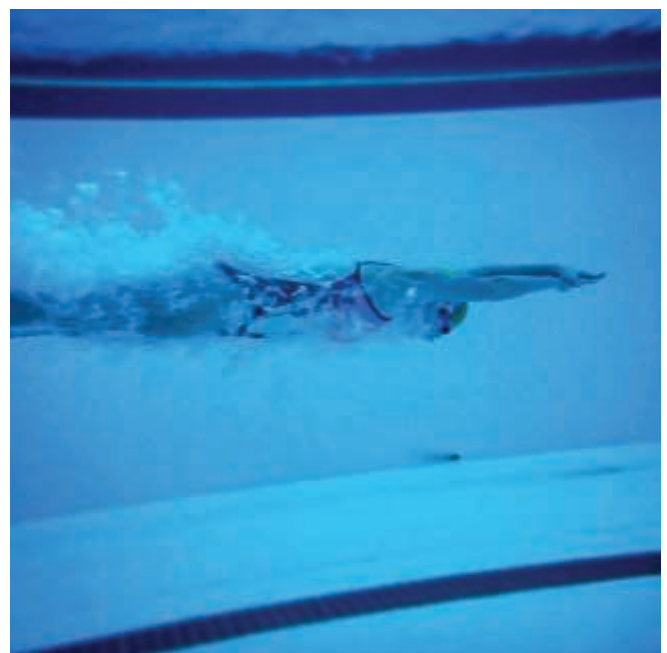
I would like all swimmers to my sessions (Gail's) to bring a loose t-shirt.

We are working on strength training for September.

Tuesday 9:00 am, Saturdays 9:00 am.

#### Streamlining

When your coaches say "**streamline**", this is what we mean:



Note how the hands are together. The top thumb 'locks' over the bottom hand. This keeps the hands 'glued together'.



You can see in the photo below how the hands/arms are streamlined. The water will flow over them. They offer little resistance to the water.



**(Not all the images provided by Gail were able to be uploaded. Further techniques and images can be found at**

<http://www.feelforthewater.com/2010/03/sunk-without-good-torpedo.html>

### **Lane Etiquette**

Advice from the coaches on lane usage during swimming training is located on the Marlins website. Please be considerate of other members when training as a group. At Swim Smooth (Claremont Pool) these are known as Squad Rules and 'enforced' by the Head Coach and 'lane nazi'!

<http://www.swimsmoothperth.com/#!etiquette/c20bh>

### **Swimming makes you happy!**



#### **Coaching sessions at Melville LeisureFit**

Tuesdays: 9-10 am  
Wednesdays: 7-8.15 pm  
Saturdays: 9-10 am

### **SAMOA SWIM SERIES – AUGUST 2015 by Peter Harvey**

Conditions were tough this year, as they were last time I swam here in 2013. This year it was harder, in particular, the currents that were head on. Nonetheless it's done and dusted with a higher sense of achievement for having finished I think.

The Opening ceremony is preceded by a march through town following the Police Band and carrying our countries banner. USA, Aust, NZ & Samoa this year. I think it's worth the trip just to be in this, don't ask me why, its irrational but I love it. Savaii was to be the island for the first two events then back to Upolu for the third swim.

Due to the conditions the first event was reduced to 3.1km, the short option event 2km, unchanged. Swam into the waves for 800 metres, much like the top half of Coogee on a rough day, turned hard left and straight down the beach till turning left again for 200 metres into the beach. The long stretch down the beach was hard, a sizable swell coming in from the right and rolling everybody about. Couldn't get my feet up and muttered a lot till the last turn. Then a short sprint to the beach finish. Bussed it to a resort for our lunch a short

distance away, BBQ & salads, really nice. Back on the buses and down to our Fales at Manase for the night and the start for day two. Dinner and a show in house, bed, listening to the sea just metres away. The only thing between the water and me was a mosquito net. This is the life!

Breakfast in house, onto the buses and down to the start. Same as yesterday swim out to the buoy turn left but this straight had a triangle in the middle for the 4km swimmers to negotiate, poorly marked though. Straight ahead when that was done. Turn hard left and straight into the rip coming out through the reef break. The last 100 metres were really, really hard. Onto the buses and back to near the Ferry terminal for lunch. Then the ferry and home to Upolu and the hotels on Beach Road. Tanoa Tusitala is the home base for the SSS and was again this year. Robert Louis Stevenson lived and died here in Samoa, Tusitala means 'story teller' in Samoan, as R.L.S was known locally.

Gathering at the Tusitala we were once again on to the buses and heading to the south side of the island on the appropriately named Cross Island Road. Unlike other years this swim was to be a straight-line swim. Similar to the first swim out turn hard left. After a couple of km turns left 45 degrees till near the beach and fly home on a strong current. Turning left at the first buoy we realized what we had already begun to suspect, from seeing which way the sea grass was leaning, that we were going to be straight into it. I estimated I was stroking 4 strokes to the metre all down this stretch. Progress was slow, got the following current home and I washed up on the beach, rather than swam to it. Woouooooohoo all finished! Lunch followed at the restaurant on the Jetty at Sinalei, right at the finish. The usual quality food, quickly presented in a lovely location.

Back onto the bus and drop off at the Tusitala to tub up for the closing ceremony and dinner. Peta Harvey, my niece, collected her trophy for winning the Pacific Open Water Challenge, two swims 10km one day on a 4 x 2.5 km triangle, then a 5km end to end swim up a river to the bottom of a waterfall, back out and down the coast in shallow protected water in a following current. These two swims occur a week before the SSS and can be added for a more complete

swim trip if you feel the urge. Swimming up to the waterfall was the highlight of all the swims for Peta.

That's the SSS, three swims in 3 days, an opening and closing ceremony/dinner and a lot of fun throughout. There are other unofficial swims on other days and side trips to points of interest that can be done. For me the opening parade, the bus travel in local buses and spending time with fellow swimmers chatting over food & drinks at the hotels is the real buzz. Completing the swims is simply a satisfaction. Doing 4km each day is hard, mentally I find, but certainly achievable for anybody. Tick the 4km box and you will do it, it's not a race, it's a swim, to me anyway. There is the 2km option each day with probably the same satisfaction.

There are problems that are frustrating. Not enough buoys are used and direction finding can be really annoying at times. Everybody has stories of going off course, a long way, being completely out of sight of buoys and paddlers. Not enough paddlers, particularly on the end-to-end courses, where it's necessary to use them for direction due to the lack of buoys. Risk management does not have a high priority.

Samoans are lovely people, you smile, they smile back, you wave, and they wave back and smile. The kids are sensational, absolutely delightful and have taken the word enthusiasm to a new level for me. It's safe, friendly and they drive on our side of the road. Together with the swims it's a real holiday experience.



The Champ, Peta Harvey, at the Tusitala Bar.





After training nibbles with the girls of Saoluafata village, coconut and banana.



## SOCIAL DANCE NIGHT



On Saturday 25 July 20 dance enthusiasts of our club met at the New Caledonian Society in Inglewood to learn the art of Ceilidh Scottish

dancing.

There were a lot of laughs and it was certainly an eye opener as to how much concentration was needed to do these dances but a lot of fun had by all. Andy came dressed in his kilt and showed us his skills at Scottish dancing.

Also thanks to Daniel Maloney for helping to organise this night.



You can also have a look at these photos by going to the Photo Gallery page on the Melville Marlins web page:

<http://melvillemarlins.myclub.org.au/4.htm>

## HUMOUR

Demetrius Syriopoulos Explanation of the Greek Bailout !!!

It is a slow day in a little Greek Village. The rain is beating down and the streets are deserted. Times are tough, everybody is in debt, and everybody lives on credit.

On this particular day a rich German tourist is driving through the village, stops at the local hotel and lays a €100 note on the desk, telling the hotel owner he wants to inspect the rooms upstairs in order to pick one to spend the night.

The owner gives him some keys and, as soon as the visitor has walked upstairs, the hotelier grabs the €100 note and runs next door to pay his debt to the butcher.

The butcher takes the €100 note and runs down the street to repay his debt to the pig farmer.

The pig farmer takes the €100 note and heads off to pay his bill at the supplier of feed and fuel.

The guy at the Farmers' Co-op takes the €100 note and runs to pay his drinks bill at the tavern.

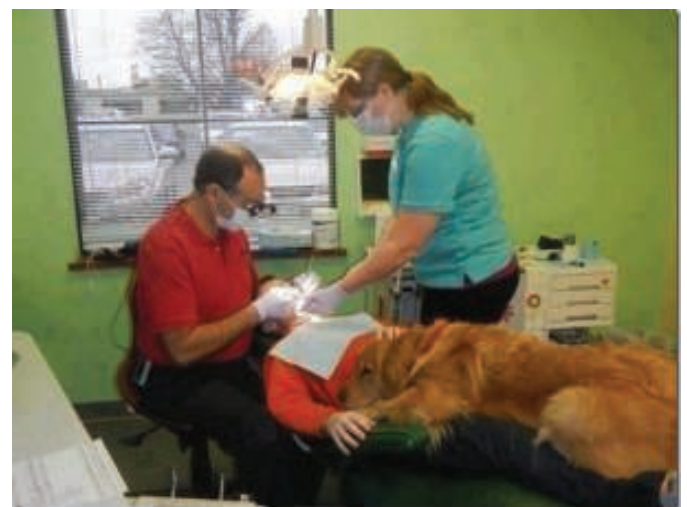
The publican slips the money along to the local prostitute drinking at the bar, who has also been facing hard times and has had to offer him "services" on credit.

The hooker then rushes to the hotel and pays off her room bill to the hotel owner with the €100 note.

The hotel proprietor then places the €100 note back on the counter so the rich traveller will not suspect anything.

At that moment the traveller comes down the stairs, picks up the €100 note, states that the rooms are not satisfactory, pockets the money, and leaves town. No one produced anything. No one earned anything. However, the whole village is now out of debt and looking to the future with a lot more optimism.

And that, Ladies and Gentlemen, is how the bailout package works!



## GRUMPY?!

*No matter how GRUMPY you may be right now ~ this should change your mood.*



## NEWSLETTER CONTRIBUTIONS

Again thanks for all the articles.

Please email newsletter articles to [Lynne.alguire@gmail.com](mailto:Lynne.alguire@gmail.com)

## SUPPER ROSTER



If you are unable to assist on the allocated date please organise a swap with another person and inform Pam McHugh.

### SHOPPING LIST

**Cheese:** 1 kg cut ready for serving

**Biscuits:** 3 packets

**Milk:** 1 x 600ml low fat

Sarah L and Ivan M	27 <sup>th</sup> August and 3 <sup>rd</sup> (HMN)September
Pam W and Aithne	10 <sup>th</sup> and 17 <sup>th</sup> September
Pam McHugh and Eddy	24 <sup>th</sup> Sept and 1 <sup>st</sup> (HMN) Oct
Charles R and Sean O'S	5 <sup>th</sup> Nov and 12 <sup>th</sup> Nov
Haydn and Murray	19 <sup>th</sup> and 26 <sup>th</sup> Nov
Peter Clark and Rebecca Y	3 <sup>rd</sup> (HMN)and 10 <sup>th</sup> Dec
Lynn and Cheryl	17 <sup>th</sup> and 24 <sup>th</sup> Dec

Please check supplies of Milo, Tea, Coffee, Sugar, Serviettes, and Detergent etc. and re-stock if necessary.

Please take tea towels home for washing.

Keep all sales docket for refund from Treasurer

### **HEARTY MEAL NIGHT (HMN) no cheese and biscuits** Duties

**Set up tables and chairs. Fetch Cutlery, tea/coffee, kettle and wash basin from storeroom and set up on table. Fill kettle with water and have a spare jug of water on hand.**

Marlins: Please wash and dry your own cup and place in drawer.