



Marlins e-Newsletter

DECEMBER 2007

Number 4

MELVILLE AUSSI MASTERS SWIMMING CLUB

MARLINS NEWS SHEET DECEMBER 2007

A very merry Christmas to you all

MARLIN OF THE MONTH FOR OCTOBER was Ray Mottram with 10 points. Well done Ray. Peter Maloney, Greg Hitchen and Rhonda Maloney were right up there but because they have all won Marlin of the Month badges this year they were ineligible.

COMING EVENTS

- Thurs 6th Dec - Our AGM
- Sat 8th Dec - Rotto Swim Thru www.swimthrurotto.com
- Sun 16th Dec - Our BBB Swim – keep this day free to swim and/or help!
- Sat 22nd Dec - Club Christmas Swim & BBQ at Coogee Beach (see below)
- Tues 1st Jan 2008 - Traditional Swim & BBQ at Cottesloe Beach – 8am
- Sun 27th Jan 2008 - Melville AUSSI annual Memorial Swim at Rockingham – keep this day free
- Sun 10th Feb 2008 - Melville AUSSI's 30th Birthday Party at Swan Yacht Club (see below)
- Sat 29th March 2008- Dale Alcock State OWS to be held at **COOGEE**
- 5-13th April 2008 - Port Pirie State Masters Games www.portpiriemastersgames.com
- Easter 2008 - Nationals to be held in Melbourne
- 17–25th April 2008 - World Masters Swim in Perth www.2008finamasters.org or phone 9441 8361 for more details
- 23-24th Aug 2008 - State Swim – short course event
- 11-18th Oct 2008 - Alice Springs Masters Games
- Sat 1st Nov 2008 - Heart Swim
- 2009 - Nationals to be held in Queensland
- 10-18th Oct 2009 - World Masters Games in Sydney www.2009worldmasters.com

NOTICE OF AGM

Our AGM will be held in the club rooms at **8pm** following a short swim program on **Thursday 6th December**. Please move to the meeting as soon as possible because, as you know, we have a strict time limit on the use of the room. We have nominations for most positions now. Thank you.

21st LAKE LESCHENAULTIA SWIM THRU – 11th November (from Pam Walker)

On this sunny day three Melville swimmers took part in this swim, the first Open Water Swim of the season. In her age group Julie was third but won the prize for nearest to her nominated time – difference of 18.65s. Colin also won in his age group and also was closest to his nominated time – a 8.21s difference. Pam won her age group. Peter was also there in his capacity as Open Water Swimming referee.

OSBORNE PARK BACC -25th November (from Pam Walker)

Seven Melville Marlins took part in this swimming carnival at Tuart Hill College 25m pool. Those swimming were Lorna, Ivan, Doug, Gordon, Noela, Alan and Pam. Out of the eight competing clubs Melville came 6th with 64 points. The prospective World Masters Medley Team of Noela, Doug, Pam and Gordon came together in the 280+ Mixed Medley and managed a win in 3m53.68. The 240+ Mixed Freestyle team of Lorna, Pam, Alan and Ivan swam to second place in 3m18.41.

As well as swimming Noela, Doug and Pam put in some hours on pool deck as trainees. Even though Teresa did not swim she went along to log some timekeeping hours.

The weather started off being overcast and cool but the sun came out just in time to get in the eyes of the backstrokers. Lunch of a sausage sizzle, salads, fruit and cakes was enjoyed by all. In the raffle draw Alan won a major prize of a well stocked basket, Ivan won some wine and Teresa chose a vase.

SEASONS GREETINGS FROM JEAN LUCAS

Jean rang to wish you all a Merry Christmas. She and Don are still swimming in the ocean every morning and they are still travelling to Sydney quite frequently.

BBB SWIM – 16th December

Lots of prizes are needed so please bring suitable items to club ASAP. There will be a clean up of the area and a practice for paddlers this Sunday 2nd Dec beginning at 9am. Come along and help if you can.

CHRISTMAS CLUB NIGHT – Thursday 20th December

Club is providing a light supper and drinks after swimming. Get into the Spirit of Christmas and wear your Christmas gear if you like.

CHRISTMAS BREAKFAST BBQ – Saturday 22nd December

Come along to Coogee Beach at 8am and enjoy a swim followed by a BYO everything BBQ or picnic breakfast. Bring along a gift to the value of \$5 to pop into Santa's bag.

NEW YEARS BREAKFAST AT COTTESLOE

As usual, Ossie has kindly organised for us to use the BBQ and facilities at Cottesloe Surf Club for our traditional New Year BBQ and Swim beginning 8am. Meet on the beach in front of the Surf Club at 8am for an informal swim (if you are up to it after celebrating) followed by a BYO everything breakfast. This is a chance to start the year off with your club mates, and families are very welcome. It would be nice to see some of our newer members join us.

MELVILLE AUSSI ANNUAL MEMORIAL SWIM – Sunday 27th January

Swim starts 10am sharp at Rockingham Jetty beach followed by lunch at the beach home of Gordon and Nola Medcalf. For our newer members this 800m fun swim is always held on the Australia Day long weekend. Just turn up at the jetty, find the Melville AUSSI crowd on the beach and have your nominated time recorded. If weather permits, there are some fun (cheating!!!) relays after the swim. Afterwards we drive to Shoalwater and enjoy ourselves under the trees with Gordon and Nola and hear the results of the swim followed by a presentation ceremony complete with trophy, medals and flowers! We have 1 minute silence to remember those members who have passed away. Bring everything e.g. chair, blanket, food, cold drinks etc. (Tea & Coffee provided) This is a very friendly, family day and everyone is made very welcome.

MELVILLE AUSSI's 30TH BIRTHDAY CELEBRATION – Sunday 10th February

We are celebrating our 30th birthday at Swan Yacht Club with drinks and nibbles, a delicious BBQ and salads, sweets and a birthday cake, tea and coffee. Time: 7pm Cost: \$25 plus drinks. Please add your name to the list at club to give Lynne an idea of how many are coming. Tickets will be given to you on receipt of your money which must be paid by 1st February. If you know any past members who you think may like to attend please let me know their details and I'll send them an invite.

WORLD SWIM VOLUNTEERS

If you would like to volunteer for the numerous positions that need to be filled, go to the Website www.2008finamasters.org or phone 9441 8361 for details. There are also Expression of Interest forms available for those interested and qualified officials. Ask me for one.

STRETCHES WITH NANCY

Nancy is kindly conducting stretching exercises near the diving pool at 7pm each Thursday.

NEWS FROM THE COACH (Gail Bowden)

Open Water Swims: The last Open Water Swim for 2007 is our own BBB - Sunday 16 December. 1600 m or 5 km. The 5 km course is a good swim. The tide will be a challenge, but one most will be able to swim against. 1600 m is effected by the tide too, but the shorter distance makes it quite achievable.

The last two BBB practice swims will be in the river on Sunday 2 & 9 December. 7:00 am at the corner of Braunton and Blackwall Reach Parade, Bicton.

Coaching is now aimed at distance, endurance and strength. Just what you need for your Open Water Swims.

Enjoy your swimming and drink water before, during and after training.

CHEESE AND BICKIES ROSTER

Please bring: 1 kg cheese, cut ready for serving; 3 packets of appropriate biscuits; 1 x 600 ml full cream milk and 1 x 600 ml low fat milk. (Cheese & biscuits are not required on Hearty Meal nights.)

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

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.

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.

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

Carlene & Anne

6th & 13th December

Lynne & Cath

20th & 27th December

SOMETHING TO SMILE ABOUT

A gossip is someone with a great sense of rumour.

At a hearing aid centre: 'Let us give you some sound advice.'

Cinderella was thrown off the basketball team because she ran away from the ball.

I went to buy some camouflage trousers the other day but I couldn't find any.

I'm on a seafood diet. Every time I see food, I eat it.

Miracle of the blind carpenter who picked up his hammer and saw.

One good thing about getting old is that your secrets are safe with your friends because they can't remember them, either!!

Cath Devereaux

cathdev@bentleyparkestate.com.au

Ph 6250 0407