



Marlins e-Newsletter

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Mayor of City of Melville

FEB 2009

Number 61

MELVILLE AUSSI MASTERS SWIMMING CLUB

COMING EVENTS

2009	
8 th and 15 th February	Aerobic Swim
8 th March	Coogee Jetty to Jetty Swim
1 st and 15 th March	Aerobic Swim
5 th and 19 th April	Aerobic Swim
Sun 5 th April	Melville AUSSI BACC
10-18 th Oct 2009	World Masters Games in Sydney www.2009worldmasters.com

Aerobics by Pam Walker

Happy New Aerobic Year!!

Now is the time to set your Aerobic goals for the year. There is a great choice from 4 x 400m swims to completing all 62 swims. The choice is yours.

Contrary to my last newsletter item re no aerobic swims in January, 10 members have already started their aerobic program. When will you start yours?

As in previous years there will be plenty of opportunity to do aerobic swims on Club nights.

National Aerobic Trophy – I am looking forward to our Club improving on our point score of 1780 for 2008 which was a bit less than the 2607 achieved in 2007.

Good swimming.

Social News

NEW YEAR'S DAY 2009

What a great way to welcome the New Year! 25 past and present club members enjoyed a relaxing swim at Cottesloe Beach followed by a delicious breakfast of bacon and eggs, cooked to perfection by chefs Ivan & Ozzie. After breakfast we all had a bit of fun trying to crack the pretty white donkey Pinjata. The little donkey was quite stubborn but eventually Declan and Carlene were able to burst it open, then we all gobbled up the sweets it bore. Jaki

GOLF DAY

The 2009 Melville AUSSI annual golf day will be on

Sunday 29th March at Fremantle Public Golf Course
Montreal Street, Fremantle

Time : **2.30pm** arrival for **3pm start**.
Cost : **\$20.00 per player** (Must have their own set of clubs)
Format: **9 holes Ambrose competition played in teams of 4 players**

This is a fun afternoon for "wannabee" golfers. Each team has a captain who knows and plays the game. Everyone gets to have a hit, then the best shot is selected and played from where the ball lands, so you don't have to be a good golfer. Come and have a hit and giggle. The entry fee includes green fees and money towards great prizes for the winning team, and novelty prizes such as nearest the pin, longest drive, & longest putt. Not forgetting there is a winners and a NAGA trophy to strive to get your name on!!!!

Prizes will be awarded straight after play in the undercover area near the proshop.
Please bring a plate of finger food / nibbles for everyone to enjoy and your own drinks.

Past members are most welcome.
Contact Anne Hitchen on 93541191 or ahitchen@westnet.com.au ASAP as numbers will be restricted.
PS : Some of us golfers have spare sets of clubs. Please let me know if you need a set.

Anne

REMINDER

If you use swim equipment at training can you please put away at the end of training session.

Melville AUSSI Masters – Marlin of the Month

The first swim on each Thursday night club swim is timed and points are allocated. These points are added up each month to determine the “Marlin of the Month” and annual club points trophies, including the “Marlin of the Year” perpetual trophy. Other events on club night is not recorded, and is timed for interest only.

The first swim of the night rotates through:

Week 1 **free 50** Week 5 **free 100**
Week 2 **back 100** Week 6 **back 50**
Week 3 **breast 50** Week 7 **breast 100**
Week 4 **im 100** Week 8 **fly 50**

The system works as follows:

Initial Baseline Times: Set to your best time swum in a Marlin Swim for the stroke / distance during the previous year. New swimmers will get a baseline time after completing their first swim for each stroke / distance.

How points are awarded after each swim:

- **1 point** 1st swim or greater than 5% slower than best (base) time (approx. 2+ seconds slower for 50m swim)
- **2 points** 2.5 - 5% slower than best time (~1-2 seconds slower for 50m)
- **3 points** Less than 2.5% slower than best time (within ~1 second for 50m)
- **4 points** Equal or improve best time by up to 2% (~1 second for 50m)
- **5 points** Improve best time by > 2% (approx. >1 second faster for 50m)

New Baseline Time: If your Marlin Swim Time is faster than your Baseline Time, the Baseline is reset to the faster time.

Where 2 or more swimmers finish on the same number of points for a month or year, the winner is determined via a count-back of the cumulative time improved for the month or year (swims slower than Baseline are counted as 0 improvement, not negative).

Marlin of the Month can only be won once per calendar year. Points are still accrued toward the annual club trophy.

JOKES

A pastor concluded that his church was getting into very serious financial troubles. While checking the church storeroom, he discovered several cartons of new Bibles that had never been opened and distributed. So at his Sunday sermon, he asked for three volunteers from the congregation who would be willing to sell the Bibles door-to-door for \$10 each to raise the desperately needed money for the church. Jack, Paul and Louie all raised their hands to volunteer for the task.

The minister knew that Jack and Paul earned their living as salesmen and were likely capable of selling some Bibles. But he had serious doubts about Louie who was a local farmer, who had always kept to himself because he was embarrassed by his speech impediment. Poor Louis stuttered badly. But, NOT WANTING TO discourage Louis, the minister decided to let him try anyway.

He sent the three of them away with the back seat of their cars stacked with Bibles. He asked them to meet with him and report the results of their door-to-door selling efforts the following Sunday. Anxious to find out how successful they were, the minister immediately asked Jack, 'Well, Jack, how did you make out selling our Bibles last week?' Proudly handing the reverend an envelope, Jack replied, 'Using my sales prowess, I was able to sell 20 Bibles, and here's the \$200 I collected on behalf of the church.' 'Fine job, Jack!' The minister said, vigorously shaking his hand. 'You are indeed a fine salesman and the Church is indebted to you.'

Turning to Paul, 'And Paul, how many Bibles did you sell for the Church last week?' Paul, smiling and sticking out his chest, confidently replied, 'I am a professional salesman. I sold 28 Bibles on behalf of the church, and here's \$280 I collected.' The minister responded, 'That's absolutely splendid, Paul. You are truly a professional salesman and the church is indebted to you.'

Apprehensively, the minister turned to Louie and said, 'And Louie, did you manage to sell any Bibles last week?' Louie silently offered the minister a large envelope. The minister opened it and counted the contents. 'What is this?' the minister exclaimed. 'Louie, there's \$3200 in here! Are you suggesting that you sold 320 Bibles for the church, door to door, in just one week?' Louie just nodded. That's impossible!' both Jack and Paul said in unison. 'We are professional salesmen, yet you claim to have sold 10 times as many Bibles as we could.' 'Yes, this does seem unlikely,' said the minister who didn't want to appear to be greedy. 'I think you'd better explain how you managed to accomplish this, Louie.'

Louie sh rugged. 'I-I-I re-re-really do-do-don't kn-kn-know f-f-f-for sh-sh-sh-sure,' he stammered. Impatiently, Peter interrupted. 'For crying out loud, Louie, just tell us what you said to them when they answered the door!' 'A-a-a-all I-I-I s-s-said wa-wa-was,' Louis replied, 'W-w-w-w-would y-y-y-you l-l-l-l-l-like t-t-to b-b-b-buy th-th-th-this B-B-B-B-Bible f-f-for t-t-ten b-b-b-bucks ---o-o-o-or--- wo-wo-would yo-you j-j-j-just l-like m-m-me t-t-to st-st-stand h-h-here and r-r-r-r-read it t-to y-y-you??'

Melville AUSSI Supper 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.
(No cheese & biscuits on Hearty Meal nights)**

The urn: To be turned on before 7.30 pm. Setting 3-4.

Clean up: Includes taking the tea towels home for washing and return them the following week.

Key: Please hand to next person on roster at the completion of clean up.

Please check: Milo, Tea, Coffee and Serviette supplies and restock if necessary.

Keep all sales docket for refund from treasurer (Natalie)

FEB - JULY 09

Rhonda & Peter	5 Feb (HMN) & 12 Feb
Michelle & Sandy	19 Feb & 26 Feb
Ann & Greg	5 Mar (HMN) & 12 Mar
Jaki & Martin	19 Mar & 26 Mar
Maree & Evelina	2 nd April (HMN) & 9 th April
Lorna & Margaret	16 th April & 23 rd April
Natalie & Carlene	30 th April & 7 th May (HMN)
Theresa & Kevin	14 th May & 21 st May
James & Sean	28 th May & 4 th June (HMN)
Pam & Julie	11 th June & 18 th June
Doug & Ray	25 th June & 2 nd July (HMN)
Kristina & Lynne	9 th July & 16 th July

If you are unable to do the roster on the date shown, please change with another person on the roster and mark up accordingly. Many Thanks. JAKI