

Melville AUSSI Masters Swimming Newsletter Issue 2 - July 2003



CURRENT SWIM PROGRAM

CLUB NIGHT

THURSDAY 7 to 9 pm

AEROBICS (DISTANCE SWIMMING)

1st & 3rd SUNDAY of each month 9 to 11 am

TRAINING MONDAY 5:45 to 7:00 am & 7.30 to 8:45 pm

WEDNESDAY 5:45 to 7:00 am & 7 to 8.15 pm

SATURDAY 8 to 9.15am then coffee at café.

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Here’s the long awaited 2nd newsletter. I shall attempt to have the nest one out on time.
 Please send any info you would like included by 15/09/03 – that will give me 2 weeks to get my act together !?
 De Ed

SOCIAL OUTINGS: Cath Devereaux

Sunday 13th April – Picnic at Burswood Park

The weather turned perfect for a picnic, after days of heavy rain.24 people enjoyed a day in the sun, an interesting tour of the bronze sculptures, fun and games and good company. There was plenty of room for the Maloney and Reynolds children to burn up some of their

energy and for the Wards to beat the rest of us at Bocce. It was great to have Marie Davis, from the 'Fremantle Goldies, join us.

Dave Reynolds adds:

The Burswood picnic was a great day. The weather was perfect and the BBQs received a hammering from the weekend chefs (the men).

Those who went on the guided tour of the gardens were very impressed and well informed by the time they returned for lunch. Meanwhile, on the river, boat racing was great for the petrol heads like me and I reckon Noel Kirby could have learnt a few more radical manoeuvres to add to his repertoire.

Bocce followed lunch, with Jeanette and John Ward showing everyone how it was done. Even Pete "Warnie" Maloney, with his top spin lobs, backed handed at the left ear hole drop shots and famous googly, couldn't dislodge the Wards from their winning ways.

Everyone who went thoroughly enjoyed themselves. Thanks to Cath for organising it.

Saturday 3rd May – Pioneer Village Outing

I and myself spent the morning admiring the beautiful gardens, finding some good (and different) bargains, browsing through the 'antiques' (the likes of which I still own and use!), frequently being tempted and wishing I had more space and money – generally enjoying myself.

Friday 6TH June – Glow Bowling

We had 33 people at our bowling night – a great turn up! Everyone seemed to enjoy themselves and it was very pretty with the glowing balls and lights. We had bowlers of all abilities – even two who showed us how they could bowl backwards, aiming at their team mates instead of the pins. Don't worry Maxine and Dick, I won't tell anyone who it was. Rita came from behind to end up beating Dick, and Kelly was thrilled to beat her Mum. We didn't have winners or losers on the night – just good company and a lot of fun! It was great to see so many partners, friends, etc. join us. We hope to see you all again soon.

Saturday 5th July – 25 years of Melville AUSSI/Christmas in July

68 people of all ages had a great FUN evening at the Swan Yacht Club. The food, entertainment and fun and games were enjoyed by all. We had the pleasure of welcoming some of our past members, Yvonne McNab, Margaret Thomas, Marie Davis and Mike Campbell. Lorna Clark, our only Life member who was able to join us, blew out the candles and cut a 25th birthday cake . It was wonderful to see a whole table of well behaved children so enthusiastically joining in the competitions and entertainment. Sincere thanks to all those people who helped with the preparation and cleaning up afterwards.

HERE ARE A SAMPLE OF THE POEMS CREATED ON THE NIGHT – as a part of our mission of essentials to win prizes.....

**We're the AUSSI team from Melville
We are the mighty marlin team

We swim it fair, we swim it fast
We are the mighty Marlin team

**Come what may you'll find us striving
Teamship is the thing that counts
All for one and one for all
We are the mighty marlin team
(it's got me beat how this was typed up on the night-beforehand?????)

**Melville AUSSI is full of oldies
Lucky that they're not all mouldy
Thursday is swimming night
We make a lap with lots of might.
After that we meet to eat
All our friends we like to greet.

**In Melville shire there is a pool
Which is mostly warm but sometimes cool.
AUSSI masters meets each week
New members we will always seek
So if you want to have a swim
Thursday night bring goggles and fins
We swim for fitness and for fun
And we'll have a beer with anyone.

**Melville AUSSI is the best
We're above all the rest
Swimming is the way we play
Dawn to dusk – every day
Some are fast, some are slow
Melville AUSSI go, go, go!!!

**Well it's Melville AUSSI's birthday
We're here tonight to celebrate and say
It's 25 years we've been going along
Swimming night and day and long and strong
With friendship and a lot of laughs
We certainly don't do anything by halves
So sit back and have a think
Of all the good times while you have a drink

COMING EVENTS

Accommodation has already been booked for those attending the Margaret River swim in August.

Sunday 14th September – Belmont Iron Oldies

Sunday 28th September – Lunch at Tranby House on the Swan & a visit to their museum

VERY EARLY NOTICE

The State Swim is to be held at Geraldton 28th & 29th February next year.
I have booked the whole of the Freemasons Backpacker Hostel (34 beds) for 3 nights.
Cost \$45 per person for the 3 nights – think about it!

AEROBICS REPORT – Nancy Davies

The 2002 National Aerobic Booklet is out, it is with Secretary Lynne if you want to have a look at it and see how you compared with the rest of the Australian Master Swimmers in 2002.

In 2002 AUSSI Melville came 28th overall – “well done”

In the ‘Highest number of points per registered swimmer’ category the “Zoggs Aerobic Award” we came 24th overall – “excellent”

We had 21 swimmers participate in 2002, so you can all pat yourselves on the back I think we did very well.

So far this year 2003 we have 32 swimmers participating, which is excellent, we should get higher points this year.

Don't forget if you have started some 400 metre swims, you need to do at least one a month, so they all get completed, we have quite a few of the new members participating in the Aerobics this year which is great to see. You can still start your 400 and 800 swims up to August 2003 and have time to complete them by the end of the year. If you don't want to do short swims (400 & 800's) you can do the longer swims which you only do once, 1500 metres, ½ hour, ¾ hour and 1 hour in any stroke you prefer.

Aerobics are held the 1st and 3rd Sunday of each month, unless otherwise stated on Club Night from 9am to 11am at Melville Pool.

We also do them on Thursday Club Nights towards the end of the month.

Anytime you want to do a Aerobic Swim just take a form from the file or case and someone will time your, if I am not around.

Just a tip when doing your long ½, hour, ¾ hour and 1 hour swims, swim to the full time, don't stop if your time is within top points, as the times and distances you swim for the long swims automatically go into the Top Ten for the year.

Happy swimming

Nancy

AUSSI MASTERS NATIONAL SWIM – PERTH 2003

Congratulations to Bob Dunstan and his team for a very successful and well run program at Challenge Stadium and Leighton Beach 23/04/03 – 27/04/03.

De Ed would also like to thank Carlene and Lorna for their support in collecting and collating the results. Well done to all of the Melville Marlins who took part. We have some star swimmers in our club, let's see how we went!!!

<p>Event 1 800m Freestyle Dave Reynolds 7th Natalie Kirby 5th Maree Hoban 12th Andrew Litster 6th</p>	<p>Event 2 50m Freestyle Teresa Phillips 17th Lorna Clark 3rd BRONZE Natalie Kirby 9th Maxine Fitzpatrick 5th Karl Ross 18th Carlene Davidson 5th Ivan Martinovich 10th</p>
<p>Event 3 100m Butterfly Maxine Fitzpatrick 5th</p>	<p>Event 4 4 x 50m Mixed Relay 160–199yrs-Andy, Carlene, Maree, Ivan 7th 220–239yrs-Lorna, Teresa, Bob, Karl 9th</p>
<p>Event 5 400m Individual Medley Jan Dunstan 5th Nina Dyke 2nd SILVER</p>	<p>Event 6 100m Freestyle Lorna Clark 5th Anne Hitchen 10th Natalie Kirby 9th Maree Hoban 7th Carlene Davidson 9th Karl Ross 14th Ivan Martinovich 9th Nina Dyke 1st GOLD</p>
<p>Event 7 200m Backstroke Teresa Phillips 13th Bob Dunstan 4th Maree Hoban 7th Andrew Litster 3rd BRONZE</p>	<p>Event 8 100m Breaststroke Teresa Phillips 9th Anne Hitchen 7th Carlene Davidson 4th Amanda Smith 4th</p>
<p>Event 9 200m Butterfly Nina Dyke 2nd SILVER</p>	<p>Event 10 4 x 50m Mixed Freestyle Relay 120–159yrs-Ivan, Nina, Amanda, Karl 9th 200–9yrsIvan, Bob, Maxine, Teresa 18th</p>
<p>Event 11 200m Breaststroke Hilary Beck 6th Anne Hitchen 7th Rhonda Maloney 6th Carlene Davidson 4th Amanda Smith 3rd BRONZE</p>	<p>Event 12 50m Butterfly MaxineFitzpatrick2ndSILVER Nina Dyke 1st GOLD</p>

<p>Event 13 200m Freestyle Hilary Beck 11th Dave Reynolds 20th Maree Hoban 11th Maxine Fitzpatrick 5th Karl Ross 18th Rhonda Maloney 6th Nina Dyke 2nd SILVER Rebekah O'Brien 5th</p>	<p>Event 14 100m Backstroke Teresa Phillips 14th Hilary Beck 10th Bob Dunstan 5th Carlene Davidson 10th Maree Hoban 9th Rhonda Maloney 4th Andrew Litster 3rd BRONZE</p>
<p>Event 15 4 x 50m Women's Medley Relay 120–159yrs-Rebekah, Amanda, Nina, Carlene 4th</p>	<p>Event 17 400m Freestyle Jan Dunstan 10th Maxine Fitzpatrick 3rd BRONZE Dave Reynolds 12th Maree Hoban 12th Rhonda Maloney 6th</p>
<p>Event 18 50m Breaststroke Teresa Phillips 11th Jan Dunstan 8th Dave Reynolds 16th Carlene Davidson 3rd BRONZE Anne Hitchen 8th Amanda Smith 5th Andrew Litster 7th</p>	<p>Event 19 200m Individual Medley Bob Dunstan 10th Jan Dunstan 7th Rhonda Maloney 7th Andrew Litster 4th</p>
<p>Event 20 50m Backstroke Teresa Phillips 15th Lorna Clark 2nd SILVER Rhonda Maloney 3rd BRONZE Andrew Litster 2nd SILVER Bob Dunstan 8th Maxine Fitzpatrick 10th Carlene Davidson 9th Ivan Martinovich 7th</p>	<p>Event 21 4 x 50m Women's Freestyle Relay 120–159yrs-Nina, Rebekah, Amanda, Carlene 6th 240– 279yrs Lorna, Teresa, Maxine, Jan 3rd BRONZE</p>
<p>Event 22 4 x 50m Men's Freestyle Relay 160 – 199yrs- Dave R, Andrew, Bob & Ivan 6th</p>	<p>Event 23 Open Water Swim – Leighton Beach Nina Dyke 1st GOLD Rhonda Maloney 2nd SILVER</p>

NATIONAL SWIM VOLUNTEERS – Lorna Clark

Those volunteers who helped out at the recently held National Swim, and could make it to the Oxford Hotel, in Leederville on Sun. 22nd June, were amply rewarded for their efforts by the "Thank You" afternoon put on for them by the State Branch

Approx. 140 AUSSI members were present. Those from Melville were Teresa, Kevin, Lorna, Ross, Kelly and Peter - who was also the official

photographer.

From the 2.30p.m. start until the end there was a constant supply of large platters with delicious , hot finger foods, also platters of fruit, cheeses and savoury biscuits, to feed the hungry hordes. There was unlimited supply of coffee and tea all the time, except when they ran out of cups ! Stronger drinks were available from the bar.

The presentation of awards went smoothly and for not too long and among the many happy recipients were Nina Dyke and Rhonda Maloney. Sorry you weren't able to make the day, but congratulations to both. The MC did a great job in keeping the gathering in order and he concluded the afternoon by thanking all the sponsors, the volunteers and everyone connected to the event. It was another great AUSSI get together.

NEWS FROM AUSSI MEMBERS WHO ARE "AWOL"



News from
Broome.msg

Just a note to let you know that we were thinking of you all at the 25 Year celebration/Christmas in July. At the same time you were all enjoying yourselves, we were sitting on the lawn overlooking the beach, eating Italian Pizza, and toasting Melville AUSSI. We're having a great time in the sun and surf.

Best wishes from Noala, Gordon, Jeanette and John.

BOB AND JAN DUNSTAN – message from the Motherland....

A couple of photos attached for the newsletter 1) Jan and I with Renee): one at the beach here in Southampton (note fine white sand ,warm weather and the typical beach huts in the background - these are worth a fortune. The highest price paid for one in the UK was over 150,000 pounds) and 2) having a picnic in the Pyrenees (baguettes, cheese and wine - all French, cheap and delicious. Ask Renee!), while waiting for the Tour (d' France) to arrive.



Just Joking JUST JOKING:

Laurie Hunt:

This is just too funny not to share.

Excerpted from an article which appeared in the Dublin Times about a bank robbery on March 2.

Once inside the bank shortly after midnight, their efforts at disabling the security system got underway immediately. The robbers, who expected to find one or two large safes filled with cash & valuables, were surprised to see hundreds of smaller safes throughout the bank. The robbers cracked the first safe's combination, and inside they found only a small bowl of vanilla pudding. As recorded on the bank's audio tape system, one robber said, "At least we'll have a bit to eat." The robbers opened up a second safe, and it also contained nothing but vanilla pudding. The process continued until all safes were opened. They did not find one pound sterling, a diamond, or an ounce of gold. Instead, all the safes contained covered bowls of pudding. Disappointed, the robbers made a quiet exit, each leaving with nothing more than a queasy, uncomfortably full stomach. The newspaper headline read:

Are you ready for this????????????????

➤ > > IRELAND'S LARGEST SPERM BANK ROBBED EARLY THIS MORNING...

Lorna Clark:
AN AUSSIE LOVE POEM.

OF COURSE I LOVE YA DARLING.

Your a bloody top notch bird,
and when I say u r gorgeous
I mean every single word.

So ya bum is on the big side
I don't mind a bit of flab
It means that when I'm ready
There's somethin there to grab.

So your belly isn't flat no more
I tell ya I don't care
So long as when I cuddle ya
I can get me arms around there.

No sheila who is your age

has nice round perky breasts
they just gave into gravity
but I know ya did ya best.

I'm tellin ya the truth now
I never tell ya lies
I think it's very sexy
That you've got dimples on ya thighs.

I swear on me nann's grave now
the moment that we met
I thought it was as good as
I was ever gonna get.

No matter wot u look like
I'll always luv ya dear
Now shut up while the footy's on
and get me another beer.

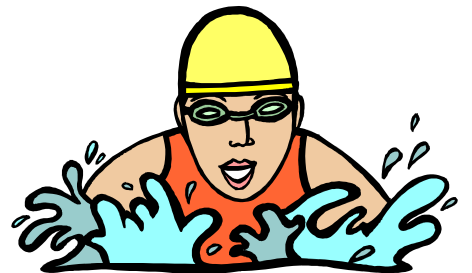
Author unknown.

MARLIN OF THE QUARTERS

April.....Jaki
Smith

MayNina Dyke

June.....Martin Smith



Well done - it seems the Smith Family has cleaned up
this year!