



Melville Marlins

Newsletter

July 2015

melvillemarlins.myclub.org.au



IMPORTANT DATES

August 6 Hearty Meal Night
September 3 Hearty Meal Night
October 18 Fremantle Livelighter Club Challenge
at Fremantle Leisure Centre

MARLIN OF THE MONTH



Congratulations to Graeme Cornish who earned 10 points and improved by 4.39 seconds.

Peter Maloney also earned 10 points and Murray Edwards earned 9 points.

VORGEE ENDURANCE 1000



I am back from Canada/Alaska where Cheryl and I had a wonderful time. Lots to see and do.

Thanks to Beck the Endurance Program went swimmingly and I had lots of work to do to record all the swims.

Last Sunday, 19 July, there were 9 swimmers including recent members Julie and Rowena. It was nice to catch up with them again. Sadly we couldn't claim their points.

To that date the total of points is **4582**. Not as many as the same time last year but still a pleasing amount.

Endurance 1000 Sessions:

Sundays: 8.30am – every week
Thursdays: Every club night Marlin swim
Third Thursday of the month
Fifth Thursday night of the 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.

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

COACHING by Gail Bowden



Gail has provided an interesting article about ocean water swimming in winter – see end of newsletter.

For a change here is a

tasty muesli bar (to be eaten in moderation!)

REAL MUESLI BARS

Preheat oven to 130C. Lightly grease & line a 35 x 25 cm tin.

Syrup:

In a saucepan place:

½ cup vegie oil

½ cup honey

¼ cup brown sugar

½ cup peanut butter

Gently heat till it bubbles. Be careful as it can burn easily.

Dry Ingredients:

In a big bowl place:

3 ½ cups rolled oats

½ cup wheat germ

¼ cup sunflower kernels

½ cup shredded coconut

½ cup flaked almonds

¼ cup sesame seeds

½ cup chopped dried apricots (or dried cranberries, blueberries or raisins)

Put the dry ingredients in bowl. Mix with hands.

Pour over syrup. Mix through with spoon to cool it down.

Then mix with hands.

Once it is clumping together pop into baking tray. Press down till firm. (Really press it into the pan using your hands)

Bake for 50 minutes.



Coaching sessions at Melville LeisureFit

Tuesdays: 9-10 am

Wednesdays: 7-8.15 pm

Saturdays: 9-10 am

HUMOUR from John Musty

Definitions that should be in a dictionary.....

ADULT

**A person who has stopped growing at both ends
And is now growing in the middle.**

BEAUTY PARLOUR

A place where women curl up and dye.

CHICKENS

**The only animals you eat before they are born and
after they are dead.**

COMMITTEE

A body that keeps minutes and wastes hours.

DUST

Mud with the juice squeezed out.

EGOTIST

Someone who is usually me-deep in conversation.

HANDKERCHIEF

Cold Storage.

INFLATION

Cutting money in half without damaging the paper.

MOSQUITO

An insect that makes you like flies better.

RAISIN

A grape with a sunburn.

SECRET

Something you tell to one person at a time.

SKELETON

A bunch of bones with the person scraped off.

TOOTHACHE

The pain that drives you to extraction.

TOMORROW

One of the greatest Labour saving devices of today.

YAWN

An honest opinion openly expressed.

And MY Personal Favourite!!

WRINKLES

Something other people have,
Similar to my character lines.

NEWSLETTER CONTRIBUTIONS

Again thanks for all the articles. I only have basic access to technology so please excuse any strange formatting etc. The jokes from Marlins kept a people mover of 6 entertained for 3 hours as we travelled from Moose Jaw (Saskatchewan) to Brandon (Manitoba).

Please email newsletter articles to
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 full cream and 1 x 600 ml low fat

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.

| | |
|----------------------------|--|
| Doug Mc and Graham Cornish | 30 th July and 6 th (HMN) August |
| Greg and Andrew | 13 th and 20 th August |
| Sarah L and Ivan M | 27 th August and 3 rd (HMN)September |
| Pam W and Aithne | 10 th and 17 th September |
| Pam McHugh and Eddy | 24 th Sept and 1 st (HMN) Oct |
| Charles R and Sean O'S | 5 th Nov and 12 th Nov |
| Haydn and Murray | 19 th and 26 th Nov |
| Peter Clark and Rebecca Y | 3 rd (HMN)and 10 th Dec |
| Lynn and Cheryl | 17 th and 24 th Dec |

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

The icy addiction of swimming in winter

Why some people can't start their day without a frosty dip.

By [Margaret Burin](#)

Updated Thu at 1:09am Thu 23 Jul 2015, 1:09am from ABC News (Australian Broadcasting Corporation)



Introduction

It's 5 degrees Celsius at 5:30am.

While most Melburnians are still wrapped up under a doona, members of the Icebergers swimming club are getting ready for their morning ritual.

Well before the sun rises, they begin to trickle in to the Brighton Baths.

Two of the earliest swimmers on this particular morning are former St Kilda players Stewart Loewe and Max Hudghton, who share the naturally icy waters as part of recovery.





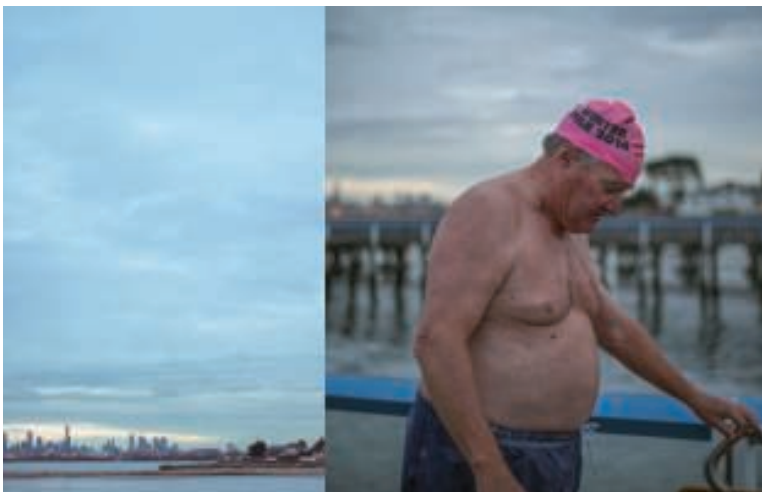
On this particular morning the talk of the steam room is the water temperature.

The reading comes in at 6am.

At this time of the year, the water temperature can get down to 7 degrees.

No matter how long they've been doing this, the walk along the pier offers time for apprehension about plunging into the water, cold enough to send a person into cardiac arrest.

A small splash is closely followed by a loud gasp for air.



The Brighton Baths offers a protected space minus the odd jelly fish and water rat.

It is the only remaining sea pool in Melbourne's Port Phillip Bay.

And when it comes to joining this cold water swimming club, there are no set rules.

Except, of course, a "no wetsuit" policy.



Each Iceberger has their own trick for getting in.

While some throw themselves beneath the water's surface before they have time to think about it, others like to stand in the water while they acclimatise.



Annette Dunphy is the club's oldest woman.

At 76, she has been cold water swimming here for more than 30 years.

Her trick to getting in each morning is to stand with her body and wrists submerged and wait until the coldness spreads through her blood.

"It's very icy today and I did feel it," she said.



Some question why sane people would put themselves through such discomfort every day.

So why do they do it?

"The reason I do it is, unfortunately, I don't know how to give up, it's addictive," Annette said.

"I always feel really great after a swim."

While most members admit it is the exhilaration, along with the feeling they have for the rest of the day, that keeps them coming back for more, the club's president Robert "Bardy" Dale admits that it can be hard to get back in at times, particularly after holidaying in warm waters.

"It's a mental challenge getting back in the water even after a few days off," Mr Dale said.

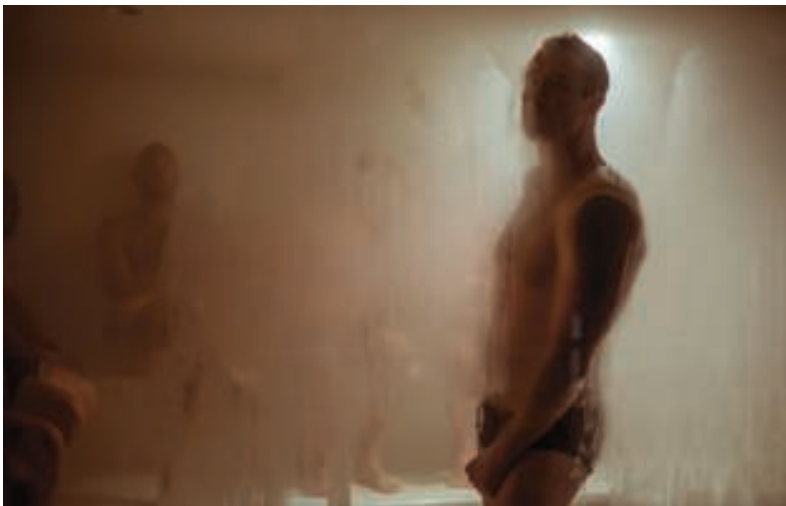
"The trick is to get straight into the steam room and then have a hot shower to bring your body temperature back up, otherwise you'll feel cold all day."





"You get your blood pumping, your brains working and you just feel alive," Mr Dale said.

"I go to an office where there are a lot of men 20 or more years younger than me, they daze and stare into their cup of coffee for a couple of hours, and I hit the ground running."

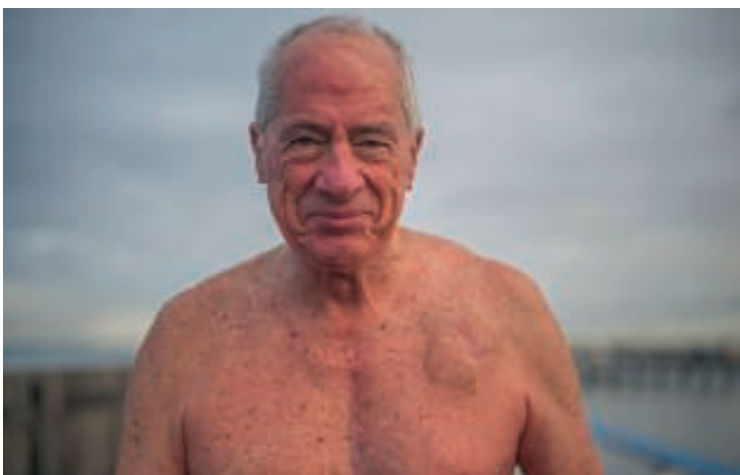


If you hop into the steam room for 20 minutes with some of these blokes, they will reveal enough gossip to sustain an Australian TV drama series.

There is also a sense of camaraderie among those united in this life-affirming activity.

It is the club's oldest member who is the biggest testament to the benefits of swimming across all seasons.

As the giant scar down his chest suggests, John, 82, had major heart surgery last year.



Cold water swimming was his secret tonic.

"Once I got down here the recovery was quick," he said.

"I've been doing this for 30 years, if I don't do it I feel bad all day."