

Melville Marlins Newsletter

January/February 2013



ENDURANCE 1000 – by Pam Walker

Thanks to Eddie for keeping the Endurance swimming going while I was tending to my daughter in Singapore.

Up to 18 April our points total is **2282**.

Many of our Members have already started their Endurance 1000 program. In fact some have even done 1/2hr, 1500m and 1hr swims. It's good to get some of those out of the way early in the year.

The Monday sessions are going well and we haven't had too much problem with school swimming. There is a regular core of swimmers who come out on a Sunday and, of course, there are also Thursday nights available for Endurance swimming.

Up to 21 March the total points scored is **2090**.

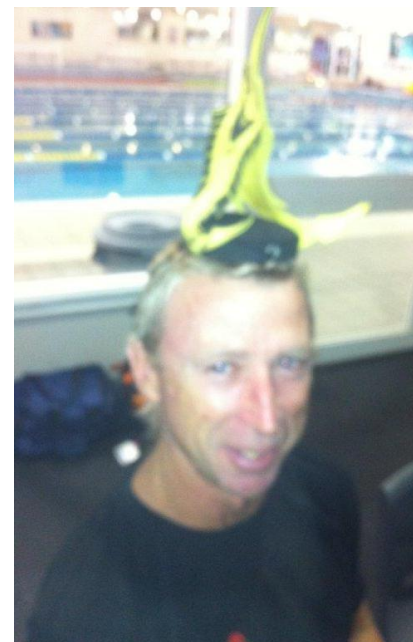
Just a reminder that you can check all your swims completed so far on the following link:
e1000.mastersswimming.org.au Select 'History' and use your name or membership no.

Sunday Sessions: Every Sunday except for LL Carnivals.

Monday Sessions: 8 and 22 April

Thanks Pam!

And remember.....just keep swimming!



**Congratulations to Carlene Davidson!
Marlin of the Month for February
and Greg Hitchen
Marlin for the Month of March.**

Melville Masters Live Lighter Club Challenge 2013

Once again Melville ran a very successful swim meet, due in no small part to all our helpers and volunteers, including both members and partners. Without mentioning too many people by name (which always means someone gets missed out) we should thank Peter Maloney as Meet Director for his efforts, and Rhonda M as recorder.

The new timing system, in the end, worked well for the swimmers and timers, even if it was a bit more chaotic behind the scenes! Many thanks to Sandra Mutch and Peter M, ably assisted by Nat Kirby. Peter Clark and Maree Hoban did their usual sterling job on the marshalling table, as did Carlene, Eddie, Kate, and others with the marshalling and check-starting duties. Even though unwell, Gail sat and time-kept all day. We then had Lynne, Jaki, Cheryl and others looking after the raffle and food/drinks for lunch. We even had some members who weren't swimming drop off food, or drop in to time-keep. Thanks to everyone. Apologies if I've not mentioned you by name but we do appreciate your help.

Another big thank you must go to the Masters Swimming WA Officials without whom we couldn't hold these events. Some of our own members both swam and officiated.

In the end we were pipped by 2 points! Just one more swimmer doing 3 events would have ensured us the win. Remember that for our Swim Meet next year J.

Well done to Somerset Masters who were the pippers to our pippees. Results can be found at: <https://assets.imgstg.com/assets/console/document/documents/WML%20LLCC%20Results%2020131.pdf>

Thanks once again to everyone for helping make our Club Challenge such a great event.

Cheers

Greg



INTERCLUB LUNCHEON

We were fortunate with the weather this year and were blessed with sunshine, luckily Sean was able to book the undercover outdoor area for us and we had our outdoor shade cover set up on the lawn to give us protection from the sun.

Many thanks to everyone who brought along food and thanks to all those who donated raffle prizes. Thanks to Lyn and Pam for organizing the raffle. Thanks to Ray who supplied the bottled water and thanks to Murray who took care of the hot and cold drinks. I would also like to thank the partners and family members of the club who came along to offer their support.

We had a very large crowd this year and we were not sure how we would manage without kitchen facilities, however, all our members rallied and we were able to set up a delicious spread with enough food to satisfy all appetites.



The Coogee Jetty to Jetty swim

...was held in almost perfect conditions this year. The event is held on the 1st Sunday in March following the Labour Day long weekend and is a very popular part of the annual OWS calendar because it takes place in the clear sheltered waters between Coogee Beach and Woodman Point.

It starts with a 1,500m walk along the beach (or 750m for the less ambitious) and then a swim back. This combined walk and swim event is one of those rare family and community events with competitors ranging from 8 years through to 85 years old. This year's swim saw competitors swim good Times and the breakfast as always was outstanding. Most had seconds and some ambitious souls went for thirds! One club, Perth City, dominated, taking out many of the age-group awards. Doug Maclean won his age-group for Melville in the 750m event. Well done Doug! Another great swim-thru and one that I would recommend to anyone wanting to do an open-water swim for the first time.



Just doing it for
the



One way to get your 30 minutes daily exercise (or Pam's adventures in Singapore!)

On Easter Sunday afternoon there was an amazing thunderstorm right outside our apartment building. One lightning strike set off the building's fire alarm and after it had been going for several minutes my son-in-law, Peter, said that we had better evacuate the apartment. This was no random decision as we were on the 21st floor. Jane and I took our mobile phones and Peter took his wallet while Jess took a book. I wondered if I should have taken my new computer! Going down wasn't too hard and the only people we met were an older couple who were sitting on the fire steps with suitcases as they were on their way to the airport. One of the yardmen was helping carry their cases down to the bottom floor. I can't remember if they were floor 5 or 8. Down at the bottom we seemed to have been the only people who evacuated. Eventually the siren stopped and we watched while the security guards were going in and out of the lifts pressing buttons to get them going again. Finally Peter said we might as well go up the steps again which we did. It was harder going up and I had to keep stopping to have a rest. Eventually we found the lifts were working again and we went out to the local food-hall for dinner. Goodness know what would happen in the event of an actual fire in the building.



And now for a bit of a chuckle....

Fifty-one years ago, Herman James, a North Carolina mountain man, was drafted by the Army. On his first day in basic training, the Army issued him a comb. That afternoon the Army barber sheared off all his hair. On his second day, the Army issued Herman a toothbrush. That afternoon the Army dentist yanked seven of his teeth. On the third day, the Army issued him a jock strap. The Army has been looking for Herman for 51 years.

A Polish immigrant went to the DMV to apply for a driver's license. First, of course, he had to take an eye sight test The optician showed him a card with the letters

'C Z W I X N O S T A C Z.' 'Can you read this?' the optician asked. 'Read it?' the Polish guy replied, 'I know the guy.'
(Thanks John!)



SUPPER ROSTER MELVILLE MASTERS

SHOPPING LIST

Cheese: 1 kg cut ready for serving

Biscuits: 3 packets

Other: (By choice) any savouries

Milk: 1 x 600ml full cream and 1 x 600 ml low fat

Please check supplies of Milo, tea, coffee, sugar, serviettes, detergent etc. and restock if necessary

Keep all sales dockets for refund from

Treasurer

HEARTY MEAL NIGHT (HMN) no cheese and biscuits

Duties

The Urn: Turn on before 7.30. Setting 3-4

Clean Up: Includes taking the used tea towels home for washing and returning them the following week.

Restock drinks esky from cupboard and take home to get cold.

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

The Supper Roster:

Anne & Carlene	Jan 3 (HMN), Jan 10
Greg & Murray	Jan 17, Jan 24
Natalie & Carlene	Jan 31, Feb 7(HMN)
Doug & Kris	Feb 14, Feb 21
Peter. C & Teresa	Feb 28, Mar 7(HMN)
Pam M &	Mar 14, Mar 21
Eddie & Lynne	Mar 28, Apr 4(HMN)
Rhonda & Peter	Apr 11, Apr 18
Maree & Declan	Apr 25, May 2(HMN)
Anne & Greg	May 9, May 16
Sean & Charlie	May 23, May 30
Margaret & Nancy	June 6(HMN), June 13
	June 20, June 27
Haydn & Murray	July 4(HMN), July 11
Ivan & Felicity	July 18, July 25
Martin & Jaki	Aug 1(HMN), Aug 8
	Aug 15, Aug 22



Swimming Trivia

Tracy Caulkins is the only swimmer in history to hold a World Record in every single stroke.

The belly button of a Blue Whale is about 8 inches wide.

Johnny Weismuller ('Tarzan' actor and Olympic swimmer) saved the lives of 11 people when a boat capsized in Lake Michigan so was a real life hero too.

Turtles can absorb water directly from the water around them.

The English are considered the first modern society to develop swimming as a competitive sport. By 1837 swimming competitions were being held in London and organised by the National Swimming Society.

Tuna swim at an average of 9 miles per hour and don't ever stop. So a 15 year old Tuna fish could have swum 1,000,000 miles in it's life.

The United States won every single event in swimming in the 1948 Olympic Games.

Captain Matthew Webb was the first man who swam the English Channel without a lifejacket but died trying to swim the rapids at Niagara Falls.

Elephants use their trunks as snorkels and can swim up to 20 miles a day.

In Las Vegas some hotels feature gambling pool tables inside their modern swimming pools.

Swimming became an Olympic sport in 1896.

Sharks can't take in water through their gills by themselves so when they stop swimming (such as for sleeping) they struggle breathing.

If you have blonde hair that goes greenish from swimming pool chlorine, you put ketchup on it and it balances the pigments out.

Greg Louganis hit his head on a dive board mid dive at the 1988 Seoul Olympic Games which required stitches but 10 minutes later he was back diving again. 2 days later he won the Gold medal in Springboard and Platform dives.

Benjamin Franklin invented swimming fins.

In a lifetime a human produces on average 25,000 quarts of spit which is enough to fill up 2 swimming pools – eugh!

It is illegal to swim in Central Park, New York.

Steve Genter suffered with a collapsed lung in the 1972 Olympic Games just days before his event.

Without permission from his doctors he swam in the Games and went on to win a silver medal in the 200m Freestyle and a bronze medal in the 400m Freestyle.

Titanic was the first ocean liner to feature a swimming pool onboard and a gym.

Bathers!



- Need some new bathers? Talk to Pam (McHugh) or Lynne. They have some of the older styles in larger sizes going cheap!