



Marlins e-Newsletter

PATRON : Russell Aubrey
Mayor of City of Melville

NOV 2008

Number 58

MELVILLE AUSSI MASTERS SWIMMING CLUB

COMING EVENTS

16th November 2008
7th December 2008

Melville Aquatic - Aerobic Swim
Melville Aquatic - Aerobic Swim

Sun 9th Nov 2008
Sat 15th Nov 2008
Sat 29th Nov 2008
Sun 30th Nov 2008
Sun 16th Nov 2008
Sat 6th Dec 2008
Sat 13th Dec 2008
14th Dec 2008

22nd Lake Leschenaultia Open Water Swim – Lake Leschenaultia, Chidlow
Water Corporation OWS #2 Rockingham Foreshore (1.25kn, 2.5km, 5km)
West Coast 1000 – World Record Swim – Cottesloe Beach
Koombana Bay Open Swim Thru -Koombana Bay, Bunbury
Somerset BACC at Aqualife Centre
Rottnest Swim-thru
Fremantle Ports Swim Thru (& BE ACTIVE Novice Ocean Swim)– South Beach, South Fremantle
Water Corporation OWS #3 Mullaloo Beach (1.25kn, 2.5km, 5km)

Sun 21st Dec 2008

BBB Swim

2009
4 Jan 2009
24 Jan 2009
25 Jan 2009
10-18th Oct 2009

Nationals to be held in Queensland
Water Corporation OWS #4 Leighton Beach (1.25kn, 2.5km, 5km)
Water Corporation OWS #5 Day 1 Sorrento Beach (1.25kn, 5km)
Water Corporation OWS #5 Day 2 Sorrento Beach (2.25kn, 10km)
World Masters Games in Sydney www.2009worldmasters.com

MARLIN OF THE MONTH FOR September was Peter Maloney with 10 points! Well done Peter! Runners up were Greg with 9 points and Amanda, Evelina, Ivan and Carlene on 7 points.

The AGM was held on 9th October and the following committee members were elected:

President	Maree Hoban
Vice President	Ivan Martinovich
Secretary	Carlene Davidson
Treasurer	Natalie Kirby
Club Captain	Alan Potter
Vice Captains	Anne & Greg Hitchen
Coach	Gail Bowden
Membership/website	Peter Maloney
Publicity	Rhonda Maloney
Recorder	Evelina Paraschivoiu
Newsletter Editor	Michelle Lanigan
Social Organiser	Jaki Smith
Aerobics Co-ordinator	Pam Walker
Safety Officer	Sean O'Shaughnessy
Committee Person	Ray Mottram

Thank-you to all committee members for their contribution to the club and to those members who have kindly offered their time again this year - Natalie, Rhonda, Peter, Anne, Jaki, Alan, Gail, Ray, Sean and Pam.

I would also like to thank Cath for her contribution to the committee. Cath has been a long serving committee member for 17 years and has stepped down this year. We thank-you for her effort and we will miss her at Committee meetings. Apologies if I have forgotten anyone.

**Alice Springs Masters Game
11th -18th October**



Congratulations to Noela and Gordon Medcalf and Cheryl Gommers who competed at the Alice Springs Masters Game and brought back a bucket full of medals – Awe inspiring.

Noela won 3 silver and 2 bronze in the pool and being a lady of many talents also won 3 silver and 1 bronze in the field athletics. Gordon won 8 gold, yes that is not a typo. 8 gold in the pool and 1 gold and 3 silver in the athletics. Cheryl also had a successful meet but I do not have details of her medal count.

Rottnest Accommodation

We still have some vacancies for the Rottnest Swim-Thru weekend, Friday 5 December and Saturday 6 December. For just \$40 each you can have 2 nights accommodation in a 13 bed cottage at Governor's Circle, Kingstown Barracks. Family and friends are welcome. The swim is optional, but highly recommended. Please email Rhonda (randpmaloney@bigpond.com) or add your name to the list on club night.

HELLA River Swim, Bicton Bay and Back

The BBB is to be held on Sunday 21 December. Thanks to Natalie, we have a naming rights sponsor so it should be a Hella's swim (thanks to Nat for that one too). This is a day when we need 100% participation from club members. For those that have a boat or a paddle craft, we would love to have you out on the water as safety craft. We also need help with setting the course, arranging the start and finish lines, registration, timekeepers, results, handing out finish biscuits, giving out water, cooking the sausages.....

But most importantly we need swimmers. We encourage you to swim on the day - please don't think you can't swim and help as well. Also encourage other swimmers to enter. For those that visit other pools, please take some entry forms to put on display - we will have these available soon.

Not only is the swim an opportunity to promote Melville AUSSI, it is a major fundraising event for the club. A successful swim will mean that the club can continue to pay the lane hire fees for training sessions, subsidise entry fees to events, subsidise courses for coaches and other members, and maintain our equipment.

See the Melville AUSSI website (melvilleaussi.com) for entry details and forms. See Peter or Ivan if you can help on the day.

AEROBICS by Pam Walker

DATES FOR YOUR DIARY:

There are only 9 Sundays left until the end of December.

November:

2	Aerobics
9	Lake Leschenaultia OWS
16	Aerobics / BACC Somerset
23	
30	

December	7	Aerobics
	1	
	21	Aerobics / BBB River Swim
	28	

Time is running out to gain Aerobic points for finishing the 5 swims in the 400m and 800m distances. I am happy to hold Aerobic swims on any of the Sundays except for 9, 16 Nov and 21 Dec. Just let me know if you are interested.

Attached is a list of the Aerobic Swims up to the 26 October.

Progressive Dinner 18th October Hurray for Hollywood!

The Marlin Academy Award was won by Gilligan & Mary Ann (Rhonda & Peter Maloney) for their rendition of "Gilligan's Island". Tarzan (Grant) accompanied by Jane (Jane) won the best male costume and our own Dolly Parton (Marie) won the best female costume award. The party was attended by many colourful characters, Captain Hook (Dean), Columbia from the Rocky Horror Show (Amanda) and Kylie Mole (Carlene).

We were entertained by Charlie Chaplin (Lorna & Nancy), with Egyptian dancing by Cleopatra (Kelly & Debbie), the Wiggles (Greg, Declan, Noel, Dave) sang their hit Hot Potato. We had a medic onboard Dr. House (Ivan) to sedate the red M & M (Natalie) who was fearful of being eaten during sweets. Steve Irwin (Steve) saved us from a strange animal however, he will be reported to the RSPCA for cruelty to animals after dipping "snakes alive" into hot chocolate sauce. Unfortunately, we never did get to drink the port as Minnie Mouse (Ann) decided she wanted her kitchen floor to match the colour of her red shoes. Fred & Wilma Flintstone (Roland & Christina) Wilma led us into the time warp dance and Snow White (Jen) attended without the dwarfs.

Other guests were Senjor Vi & Senjorita Evelina, Mrs. Henderson (Pam), Richard & Hyacinth Bucket (Kevin & Theresa), McLeods Daughters (Margaret) & Hubby Harry, Mary Poppins (Cath), Isadora Duncan (Sandy) . Isadora was an American Dancer (1877 – 1927) considered to be the mother of modern dance. She was killed in a freak car accident when her long flowing scarf became entangled in the wheel of the sports car she was a passenger in. Johnny Cash (Alan) and Felicity from Austin Powers (Felicity). We were privileged to have her "Majesty" (Jaki) to reign over us and keep her subjects in order.

Thanks everyone for taking the time to prepare your costumes. Thanks again to our hostesses Natalie, Carlene & Ann for their hospitality and to all those who helped during the evening serving meals and cleaning up. Special thanks to Ian and Nancy for the lovely main meal and for all their work setting up the alfresco dining area. Our chefs Indiana Jones (Ian) & Kojak, (Martin) with lollipop and revolver on standby just in case anyone got "out of hand, cooked the meat to perfection.

Thanks to our bus drivers Amanda and Alan for getting us home safely despite all the heckling of the back seat drivers. All our talents combined led to an enjoyable evening. Jaki

Thanks again to Jacki, for organising a great event. Also I must thank Natalie, Nancy, Carlene and Anne for opening up their homes. The bus driver Alan and Amanda did a great job putting up with all of the back seat drivers. Lots of photos and even a video of the night are available on the website. Check it out at <http://www.melvilleaussi.com/> Rhonda

NEW YEAR'S DAY BREAKFAST 2009 – COTTESLOE BEACH

It is an Melville Aussi tradition to welcome in the New Year with a swim and breakfast at the Cottesloe Surf Club. This event is organized by Ozzie our "starter" and it provides the opportunity for new members to meet some of our past club members. Bacon, eggs and toast will be provided so please come along and join us for breakfast between 8.00a.m – 11.00 a.m. JAKI

News from the Coach

Making constant appearances at training (after long absences!): Carlene Davidson. Kris Lund. Renee Goodall. Steve Park. It is great to see Mighty Marlins (MM's) swimming. Well-done MM's.

Training Times:

Wednesday with the PM (Peter Maloney) **7:00 pm till late** (the pool is back to "normal" hours). For exciting programs & interesting workouts, get to "Wednesday with the PM". One Wednesday we had 16 x 50. 16 x 50 of each stroke!!! E.g. Freestyle, Backstroke, Breaststroke and Butterfly. That was a killer. My butterfly ended up being 4 strokes of 'drowning moth'. My arms had no strength. Peter's Programs work you like you have never worked before! They improve your fitness, strength and (at the moment) distance.

Thursday: Club Night 7:15 pm (ish) *Do some sprints and get some times. We can then work at getting those times down. E.g. getting you to swim faster!*

Saturday with Gail 9:00 – 10:00 am *Gail is off to coaching courses. She will bring back with her more drills and programs to improve your strokes. Just wait and see what she has install for you!!*

Aerobics: 1st and 3rd Sunday's. This month 2nd & 16th November @ 9:00 am. (Please check dates and times with Pam Walker). With the Open Water Season upon us the Aerobics sessions are ideal. Aerobics gives you the opportunity to swim greater distances (greater than 400 m) than we can achieve in 'training'. Give aerobics a go and build your fitness.

Additional Training especially for the BBB

We will be training in the river on Sunday mornings (7:00 am – daylight savings time) to practice for our own swim, the **BBB**. As a club we organize an Open Water Swim the **BBB held on 21 December 2008**. This is a 1.6 km and a 5 km swim. This is a great swim and is terrific practice for all of your Open Water Swims – especially Rotto. The tide can challenge us as swimmers. If you want to add real variety to your training, come and train with us in the river. Go to our 'new look' web page <http://www.melvilleaussi.com/> and click on 'river swim'. More details of our practice swims for the **BBB** to come!

If you are **missing from training**, I may send you an email. I do this to encourage you to train. Please see the email as 'motivational', not harassment!!!

We are **not just talented swimmers**. I have seen Maree Hoban and Anne Hitchen running through the Melville Aquatic and Fitness Center Car Park (that must be at least 200 m!). Joan DeCastro and Amanda Smith tell me they run about 10 kms before they swim! (This is the reason given for *always* being late to squad!!) I saw James Debenham running a *half* marathon at Port Beach (he didn't look *half* bad!!). Pam Walker works-out at the gym and plays tennis!! I hope you enjoy all the sports you partake in. Remember: **swimming is a low** (or is that 'no') **impact sport**. Low impact is great for reducing injuries.

Cheryl Gommers has been to "Alice" for the Masters Games. She was very happy with the medals and times she achieved. Well-done Cheryl.

The **Open Water Season** is underway. It is a good idea to **practice** in the body of water you will be swimming in. Acclimatise your body to: - Water temperature. Depth and clarity (or not) of the water. Currents and tides. Land marks – to help you follow the course. The 'inhabitants' of the water. E.g. jelly fish, stingrays, leeches. (All those lovely things associated with Open Water!) I hope you enjoy your open water swims.

Rotto is about 111 days away!!! I am looking forward to seeing **More Mighty Marlins** at training.

Gail
Coach

JOKES

A school teacher was arrested recently at the John F Kennedy International Airport as he attempted to board a flight while in possession of a ruler, a protractor, a set square, a slide rule and a calculator. At a morning press conference the Attorney General said he believed the man is a member of the notorious Al-Gebra movement. He did not identify the man who has been charged by the FBI with carrying weapons of math instruction. "Let there be no doubt, Al-Gebra is a problem for all of us" the Attorney General said. "They desire solutions by means and extremes and sometimes go off on tangents in a search of absolute value. They use secret code names like x and y and refer to themselves as unknowns, but we have determined they belong to a common denominator of the axis of medieval with coordinates in every country. As the Greek philanderer Isosceles used to say, 'There are three sides to every triangle.' When asked to comment on the arrest, President George W. Bush said "If God had wanted us to have better weapons of math instruction He would have given us more fingers and toes." White House aides told reporters they could not recall a more intelligent or profound statement by the President.

I halve a spelling checker - it came with my pea see. It plainly marks four my revue mistakes I dew knot sea.
Eye strike a key and type a word and weight four it two say weather eye am wrong oar write - it shows me strait aweigh.
As soon as a mist ache is maid it nose bee fore two long and eye can put the era rite - it's rarely ever wrong.
I've scent this massage threw it and I'm shore your pleased too no its letter prefect in every weigh - my checker tolled me sew.

Eccentricities of the English language!

Some reasons to be grateful if you grew up speaking English:

- o The bandage was wound around the wound.
- o The farm was used to produce produce.
- o The dump was so full that it had to refuse more refuse.
- o We must polish the Polish furniture.
- o He could lead if he would get the lead out.
- o The soldier decided to desert his dessert in the desert.
- o Since there is no time like the present, he thought it was time to present the present.
- o At the Army base, a bass was painted on the head of a bass drum.
- o When shot at, the dove dove into the bushes.
- o I did not object to the object.
- o The insurance was invalid for the invalid.
- o There was a row among the oarsmen about how to row.
- o They were too close to the door to close it.
- o The buck does funny things when the does are present.
- o A seamstress and a sewer fell down into a sewer line.
- o To help with planting, the farmer taught his sow to sow.
- o The wind was too strong to wind the sail.
- o After a number of Novocain injections, my jaw got number.
- o Upon seeing the tear in the painting I shed a tear.
- o I had to subject the subject to a series of tests.
- o How can I intimate this to my most intimate friend?
- o I spent last evening evening out a pile of dirt.

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 if necessary.

Keep all sales docket for refund from treasurer (Natalie)

November 08 - MAR 09

Carlene & Natalie	6 Nov (HMN-German)
Lynne & Evelina	13 Nov & 20 Nov
Alan & Kristina	27 Nov & 4 Dec (HMN)
James & Sean	11 Dec & 18 Dec
XMAS & NEW YEAR	25th DEC & 1ST JAN
Rhonda & Peter	8 Jan & 15 Jan
Doug & Barry	22 Jan & 29 Jan
Felicity & Amanda	5 Feb & 12 Feb
Michelle & Sandy	19 Feb & 26 Feb
Ann & Greg	5 Mar & 12 Mar
Jaki & Martin	19 Mar & 26 Mar

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

OPEN WATER SWIMS 2008

Sun 9 Nov 10.00 am Start	22nd Lake Leschenaultia Open Water Swim – Lake Leschenaultia, Chidlow	1600 m	Maida Vale Masters	Claire Ware 0428 695 427 claireware@aapt.net.au
Sat 15 Nov 8.00 am Rego 8.30 am Briefing	Water Corporation OWS Series #2 - Rockingham Foreshore	*1.25 km/2.5 km/*5 km	Swimming WA	Andrew Ridley 9328 4599 (Wk) www.wa.swimming.org.au
Sat 29 Nov 9.30 am Start	West Coast 1000 – World Record Swim – Cottesloe Beach	1000 m	Vintage Events	Niall Warren 9384 3137 www.wc1000.com.au
Sun 30 Nov 10.00 am Start	Koombana Bay Open Swim Thru - Koombana Bay, Bunbury	1600 m	Bunbury AUSSI Masters	Edwin Kordt 9791 8971 (Hm) edwin.kordt@me.com
Sat 6 Dec 1.30 pm Start	32nd Swim Thru Rottnest - Rottnest Island	1600 m	Cottesloe Crabs	David Cummins 0419 468 230 www.swimthrurotto.com
Sat 13 Dec 8.30 am Start	Fremantle Ports Swim Thru (& BE ACTIVE Novice Ocean Swim)– South Beach, South Fremantle	1600 m (& *400 m)	Fremantle Masters (& Masters Swimming WA)	Yolande Joubert 0400 313 426 www.freofins.com Wendy Holtom (Novice 400m) 9387 4400
Sun 14 Dec 8.00 am Rego 8.30 am Briefing	Water Corporation OWS Series #3 – (includes Carolyn Burke Memorial Fundraiser) - Mullaloo Beach	*1.25 km/2.5 km/*5 km	Swimming WA	Andrew Ridley 9328 4599 (Wk) www.wa.swimming.org.au
Sat 20 Dec 8.30 am Start	TISLSC "Tower to Tower" Swim Thru - Scarborough Beach to Trigg Beach	1800 m	Trigg Island SLSC	David Holt 0438 913 664 www.triggisland.com
Sun 21 Dec 8.00 am Start	BBB River Swim – Bicton Baths at East Fremantle Foreshore	1600 m/*5 km	Melville AUSSI Masters	Ivan Martinovich 0407 086 386 www.melvilleaussi.com

OPEN WATER SWIMS 2009

Sat 3 Jan 8.00 am Start	Sunset Coast Ocean Swims - Scarborough Beach	2 km and *5 km	Scarboro SLSC	David Thomson 9341 1011 (Club Office) www.scarboro.com.au
Sun 4 Jan 8.00 am Rego 8.30 am Briefing	Water Corporation OWS Series #4 - Leighton Beach	*1.25 km/2.5 km/*5 km	Swimming WA	Andrew Ridley 9328 4599 (Wk) www.wa.swimming.org.au
Sat 10 Jan 8.30 am Start	Cottesloe Classic Mile ® - Cottesloe Beach	1600 m	Cottesloe SLSC	Richard Olsen 0421 371 749 www.cottsurf.com
Tues 13 Jan 6.30 pm Start	"Eating Your Way to Rottnest" – Dept of Sport & Recreation 246 Vincent St, Leederville	(Presentation)	Perth City Swim Club	Jon Haines 0411 591 699 jhaines@inet.net.au
Sun 18 Jan 9.30 am Start	The 2009 Xstrata Nickel Swim Thru Perth - Barrack St to Matilda Bay, Swan River	4 km solo/*2.2 km solo & teams	Claremont Masters	Elena Nesci 0415 314 082 www.claremontmasters.org
Sat 24 Jan 8.00 am Rego 8.30 am Briefing	Water Corporation OWS Series #5 (includes SWA State Champs) - Sorrento Beach	1.25km/*5 km	Swimming WA	Andrew Ridley 9328 4599 (Wk) www.wa.swimming.org.au
Sun 25 Jan 7.00 am Rego 7.30 am Briefing	Water Corporation OWS Series #5 (includes SWA State Champs) - Sorrento Beach	2.5km/*10 km	Swimming WA	Andrew Ridley 9328 4599 (Wk) www.wa.swimming.org.au
Sun 25 Jan 7.00 am Rego 7.30 am Briefing	Rottnest Channel Swim Association "Rotto Rehearsal" (part of Water Corp OWS Series #5) - Sorrento	*10km	Swimming WA	Andrew Ridley 9328 4599 (Wk) www.wa.swimming.org.au
Mon 26 Jan 8.00 am Start	Australia Day Swim - Scarborough Beach	2 km	Carine AUSSI Masters	Max Wannell 9448 4625 (Hm) carineaussi@yahoo.com.au
Sun 1 Feb 8.30 am	SunSmart Albany Open Water Swim – Middleton Beach Albany	*1.25 km/2.5 km/*5 km	Albany Swimming Club & Albany SLSC	Brendan Robb 9844 4606 brendan.robb@gstafe.wa.edu.au
Sat 7 Feb 8.00 am Start	24th Annual Cottesloe to Swanbourne Ocean Classic – Cottesloe to Swanbourne Beach	2200 m	Swanbourne Nedlands SLSC	Deb Hendrie 0403 561 802 dhendrie@yahoo.com www.swannysurfclub.org.au
Sun 8 Feb 8.00 am start	Busselton Jetty Swim 2009 – Busselton Jetty, Beach & Foreshore	3.6 km (solo & *teams)	Busselton Allsports Inc	info@busseltonjettyswim.org.au www.busseltonjettyswim.org.au
Sat 14 Feb 8.30 am Start	Swim Thru Leighton – Leighton Beach	*400 m/1600 m	Fremantle SLSC	Sue Collins 9317 3306 (Hm) www.fremantlesurfclub.com.au
Sun 15 Feb 9.00 am Start	Mandurah Canal Swim – Hall Park, Mandurah	2400 m	Mandurah Masters	Wayne Cable 9582 7954 aca27693@bigpond.com
Sat 21 Feb 6.45 am Start	2009 Rottnest Channel Swim – Cottesloe Beach to Rottnest Island	*19.2 km (solo, duo & teams)	Rottnest Channel Swim Association	Matija Franetovich 9287 2550 www.rottnestchannelswim.com.au
Sat 7 Mar 3.00 pm Start	27th Barrett Bunbury Swim Thru – Leschenault Inlet, Bunbury	1.6 km	Bunbury Surf Club Old Boys	Errol Barrett 9721 4311 (Wk) info@barrettfunerals.com.au
Sun 8 Mar 8.30 am Briefing 9.00 am Start	Coogee Jetty to Jetty – John Graham Reserve, Nyyerbup Circle, Coogee	*750 m and 1.5 km	Cockburn Masters & Cockburn Rotary	Bevan Goodreid 9337 1713 (Hm) www.cockburnmasters.org.au
Sat 14 Mar 9.00 am Start	3L Real Estate Jurien Bay Ramp to Boullanger Island Swim – Jurien Bay	1.3 km or 2.6 km (Solo & teams)	3L Real Estate	Admin Staff: 3L Real Estate 9652 1233 admin@rrealestate.com.au www.3realestate.com.au
Sun 15 Mar 9.00 am Start	Geraldton Ocean Mile – Pages Beach Geraldton	1609 m (Solo, duo & Quattro)	Geraldton AUSSI Masters	Stephen Smith 0417 185 914 ssmith@legallaid.wa.gov.au
Sat 21 Mar 7.00 am Start	Freo to Rotto Big Splash - Leighton Beach to Rottnest Island	*20km (solo, duo & teams)	Fremantle Charity Trust	John Guilfoyle 0419 996 434 www.freotorottobigsplash.com.au