



# Melville Marlins

## Newsletter

September 2016

[melvillemarlins.myclub.org.au](http://melvillemarlins.myclub.org.au)



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### IMPORTANT DATES

October 6	Hearty Meal Night
October 15	Bunnings Sausage Sizzle Fundraiser – <b>no training or coaching</b> – please come to the store to purchase a sausage!
October 15-16	MSWA All Club Challenge
October 29	Halloween Themed Scottish Social Night
October 30	Fremantle Club Challenge
November 3	Hearty Meal Night
November 15	Lake Leschenaultia OWS


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### MARLINS FOR THE MONTH OF SEPTEMBER

Congratulations to Rhonda Maloney for earning 13 points. On 11 points were Pam Walker and Peter Maloney. On 10 points was John Musty.



### VORGEE ENDURANCE 1000 by Pam Walker

 Our point score was given a considerable boost with the return of Noela and Gordon from Broome. Their combined effort over the months was **389** points. Well done to you both and thanks for your continued support of the endurance program.

During one of our recent training sessions Peter gave the swimmers in Lane 2 the opportunity to swim a timed 800m freestyle. Well, we actually didn't have much choice but the result was another **50** points towards our endurance program total.

Last Sunday, three 1 hour swims plus some 400m swims accrued a total of **252** points.

Overall our total point score to date is **6582** points. So far 40 members have participated in 1 or more swims.

Sunday: Every Sunday at 8.30am.

Thursday: Before the Marlin swim, the third Thursday of the month and every 5<sup>th</sup> Thursday.

## COACHING by Gail Bowden



Swimmers,

The most important job of the coach is to finish the swim session with the same amount of swimmers they started with. Start with 15 & finish with 15 - good outcome. Start with 15 and finish with 14 - disaster.

If you are going to leave the pool for any reason - please let the coach know. Otherwise, they will be scouring the bottom of the pool for you!

The Lions Eye Institute in September 2016 issued the following media release:

### STUDY FINDS NO LINK BETWEEN SWIMMING GOGGLES AND GLAUCOMA.

Lions Eye Institute (LEI) medical researchers have found no link between the regular use of swimming goggles and glaucoma.

Reporting in the British Medical Journal, LEI Managing Director Professor David Mackey said previous studies had found a small but significant transient increase in intraocular pressure (IOP) – a risk factor in the development of glaucoma - in people wearing certain types of swimming goggles.

The studies found this increase was maintained while the goggles were on but returned to normal levels as soon as they were taken off.

“These past findings suggested that wearing goggles could represent a significant risk factor for developing or worsening of glaucoma in people who swim regularly,” Professor Mackey said.

“We performed comprehensive eye exams on 231 members of local swimming clubs and 118 non-swimmers.

“Their IOP and retinal nerve fibre layer thickness were measured, with the result that we did not detect any new cases of glaucoma in our cohort of frequent swimmers.

“We also found no difference in the thickness of the retinal nerve fibre layers between swimmers and non-swimmers.”

The research team concluded that frequent use of swimming goggles did not lead to an increased risk of



#### Coaching sessions at Melville LeisureFit:

Tuesdays:	9-10 am
Wednesdays:	7-8.15 pm
Saturdays:	9-10 am

### FUNDRAISER – SAVE THE DATE!



Thank you to the many Marlins who have volunteered their time to raise funds on Saturday October 15 at Melville Bunnings. Money raised supports club training and coaching sessions. All welcome to come along and

### SOCIAL GET TOGETHER



Get dressed up for our upcoming Halloween Themed Scottish Social night.

Enjoy a mixture of Scottish songs, dances and games accompanied by live band, Heel N Toe.

A buffet supper will be provided.

Saturday 29th of October, 7:30pm for an 8:00pm start.

\$20 for non-member / \$15 for members

Located at the Bob Daniel Community Centre, Inglewood

For more information please see the website at <http://www.caledoniansocietyofwainc.com/halloween-ceilidh.html>

Contact Rhonda at club night or at training if you would like to attend so that she has some idea of numbers.

## **BUNBURY SKINS 10 SEPTEMBER 2016 by Pam Walker**

Aithne and I went down to Bunbury for this fun event. A choice of 3 events could be swum from 50m freestyle, butterfly, backstroke and breaststroke. From the butterfly event the top 8 males and females were invited to participate in the Splash for Cash event. The top eight swimmers from the freestyle event went into the Skins event.

Aithne qualified for the Skins and had to swim in 50m freestyle heats until eliminated. She got into the final heat but I think she ran out of puff and came 4<sup>th</sup>.

Former member Rowena was in the Splash for Cash that involved swimming 50m heats of all strokes until eliminated. In the end she swam in 5 heats coming 3<sup>rd</sup> in the final.

Random relays were chosen and because of the number of entrants there were 7 teams with 7 members each. Each 50m leg was a different stroke drill with the last 50m being stroke of choice. Luckily I was able to swim the stroke of choice and by the time I dived in to do the 50m freestyle my team was well ahead. All members of the winning team received a gift. One of the members of Aithne's team finished his individual swims and got showered and changed and refused to swim in the relay. As they were then one member short their first swimmer swam twice and then competed in the Splash for Cash.

The afternoon tea was yummy with lots of food to choose from and when the raffle prizes were drawn and I won 4<sup>th</sup> prize. Aithne had done all the swimming and I got the prizes.

It was quite a change to compete with no worry about doing your best for the Team and I enjoyed cheering

## **MARLINS AT BICTON**

Tuesday Marlins training at the 33m pool at Bicton.



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### **HISTORICAL FACT**

**Who says building a border wall won't work?**

**The Chinese built one over 2,000 years ago and they still don't have any Mexicans.**

### **CHILDREN – WRITING ABOUT THE OCEAN**

**Thanks for Gordon and Noela for these gems.**

**This is a picture of an octopus. It has eight testicles. (Kelly, age 6)**

**Oysters' balls are called pearls. (Jerry, age 6)**

**If you are surrounded by ocean, you are an island. If you don't have ocean all round you, you are incontinent. (David, age 7)**

**Sharks are ugly and mean, and have big teeth, just like Emily Richardson She's not my friend any more. (Kylie, age 6)**

**A dolphin breaths through an asshole on the top of its head. (Billy, age 8)**

**My uncle goes out in his boat with 2 other men and a woman and pots and comes back with crabs. (Millie, age 6)**

**When ships had sails, they used to use the trade winds to cross the ocean. Sometimes when the wind didn't blow the sailors would whistle to make the wind come. My brother said they would have been better off eating beans. (William, age 7)**

**Mermaids live in the ocean. I like mermaids. They are beautiful and I like their shiny tails, but how on earth do mermaids get pregnant? Like, really? (Helen, age 6)**

**I'm not going to write about the ocean. My baby brother is always crying, my dad keeps yelling at my mummy, and my big sister has just**

got pregnant, so I can't think what to write. (Amy, age 6)

Some fish are dangerous. Jellyfish can sting. Electric eels can give you a shock. They have to live in caves under the sea where I think they have to plug themselves in to chargers. (Christopher, age 7)

When you go swimming in the ocean, it is very cold, and it makes my willy small. (Kevin, age 6)

Divers have to be safe when they go under the water. Divers can't go down alone, so they have to go down on each other. (Becky, age 8)

On vacation my mummy went water skiing. She fell off when she was going very fast. She says she won't do it again because water fired right up her big fat ass.. (Julie, age 7)

The ocean is made up of water and fish. Why the fish don't drown I don't know. (Bobby, age 6)

My dad was a sailor on the ocean He knows all about the ocean. What he doesn't know is why he quit being a sailor and married my mummy. (James, age 7)

## SUPPER ROSTER

Beck and Peter C	29 <sup>th</sup> Sept and 6 <sup>th</sup> Oct
Diane and Lynne	13 <sup>th</sup> Oct and 20 <sup>th</sup> Oct
Peter and Rhonda	27 <sup>th</sup> Oct and 3 <sup>rd</sup> Nov
Murray and Haydn	10 <sup>th</sup> Nov and 17 <sup>th</sup> Nov
Eddie and Doug	24 <sup>th</sup> Nov and 1 <sup>st</sup> Dec
Pam Walker and Eithne	8 <sup>th</sup> Dec and 15 <sup>th</sup> Dec
Pam McH and Cheryl	22 <sup>nd</sup> Dec and 29 <sup>th</sup> Dec

## SHOPPING LIST

**Cheese:** 1 kg cut ready for serving

**Biscuits:** 3 packets

**Milk:** 1 x 600ml 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 dockets 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.



*If you are unable to assist on the allocated date please organise a swap with another person and inform Pam McHugh.*

## NEWSLETTER CONTRIBUTIONS

Speedo ranks this as the best secluded pool – Hotel Merzouga, Morocco.



Thanks to everyone who contributed to this month's newsletter.

Please email newsletter

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