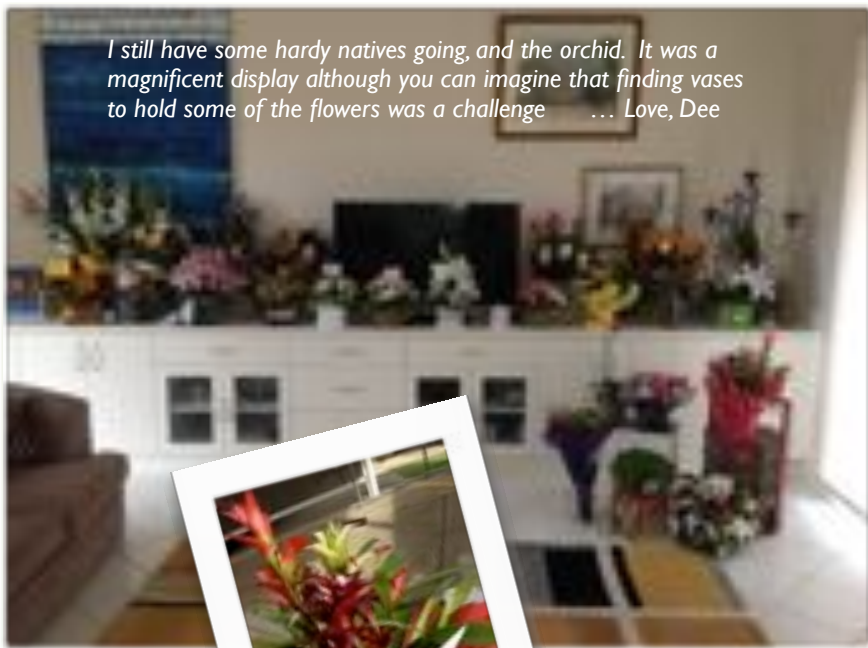


# CHALLENGERS' CHATTER

APRIL 2013

## Vale ... Pat Mooney

*I still have some hardy natives going, and the orchid. It was a magnificent display although you can imagine that finding vases to hold some of the flowers was a challenge ... Love, Dee*



'Tuesday' organisation and encouragement, Noosa members won the trophy for highest points score in this demanding yet inclusive competition for four years in succession. And 'won' by the proverbial mile in each case! One enduring tribute to Pat will be the ongoing determination of our members to continue winning this now-renamed 'Endurance 1000' competition.

Pat's sudden illness emerged just as Noosa Masters entered a 'purple patch'. Not only was the club attracting new members keen to contribute, we were also enjoying unprecedented success at competitive meets. In Pat's final months, as he determined to still join us at post-squad coffee, he was cheered by the display of

achievements – the trophies won at successive meets; the hordes of medals on display; the applause for yet another national record broken. Modest as Pat was, he surely would have seen all this – the record club membership numbers, the squad lanes filled to capacity, the unprecedented competitive successes – as the culmination of his Presidency.

Pat's presence at the pool and on other Masters occasions was special, often unassuming but always unmistakable, so much a 'part of the picture'. Now that he is no longer with us, it's hard to believe that Pat won't just turn up again at the poolside, encouraging and engaging as always.

Truly, he is missed.

... Brian Hoepper

This beautiful array of flowers – lighting up Pat and Dee's living room - is a vivid symbol of what we have lost. Among the flowers is the potted bromeliad, wrapped in red, sent by Noosa Masters Swimming Club. Special as it is to us, it is only one of the many tributes from individuals and organisations touched by both Pat and Dee in their cherished years together. Our love and warmest thoughts at this time are with Dee, Ryan, Darcy and their families.

Pat assumed the Presidency of our club in 2009, holding it – as he'd planned - until the 2012 AGM. As Pat's illness intensified, Bruce Warren deputized for him, but 'President Pat' was still there,

in person or in spirit, on the pool deck and at the café table.

Pat's Presidency was remarkable, but that was understandable. With his special blend of personable affability, practical wisdom and quiet determination, he encouraged members to pull together to create a harmonious, purposeful and efficient club. Noosa Masters was not just somewhere to keep fit, it was also somewhere to enjoy convivial and supportive friendships. And, as Pat insisted, this was a club for everyone – from champion to enthusiastic struggler.

In a distinctive achievement, Pat led Noosa to become the premier 'aerobic' force in Masters Swimming Queensland. Responding to his

# NATIONAL CHAMPIONSHIPS - SYDNEY 2013

A small contingent of Noosarians travelled south to Homebush during the week 17-20<sup>th</sup> April to contest the Masters Swimming Australia 2013 National Championships ... Jan Croft, Jacky Shields, Ian Robinson, Clinton Stanley, Bob Morse and second claim member Nic Pirie.

The Sydney 2000 Olympic venue at Homebush played host to a very well run program of events with our own Julie Robinson as the announcer/compare extraordinaire in charge of microphone and the music for the full four days. All days started at 8.00am and were generally finished by 4.00pm in time for discounted drinks at the local Homebush Hotel from 4 till 6pm (or legless ... as the case may be). The first day started at 11.30am to accommodate all those that like to punish themselves swimming a competitive 800 free.

As one would expect at a National event, the competition was fierce and the quality of swimmers was better than in previous years. Several National records were smashed - not by small amounts, but by big numbers. For example in my age group 60-64 Jon Rhysdon from Brisbane Northside set a new 800m backstroke record by beating the old time by 20+ seconds. Jon went through the first 200m in 2min 52secs, followed that by 2x200s in less than 3.00 mins and came home in the last 200m in less than 2min 55secs, awesome!!!



Clinton & James Magnussen

Jen Thomasson from Brisbane Southside set National records in event she swam in the 70-74 year age group.

*But let me assure you our group swam out of their trunks:*

Jan Croft achieved 2 National records and 2 Gold in the 50 and 200 fly, also Gold in the 100 fly and the 400 IM, plus Silver in the 800 free, 400 free, 200 free and 200 IM (thats 4 National Silver) and Bronze in 100 free, and *just* missed medalling in the 50 free (not her pet event)!

Clinton Stanley finished second in the 200 fly and set new World Down Syndrome age records in 100 fly, 200 free, 400 free and *just* missed the World record in the 200 fly. ... he is an absolute tiger in the pool, danced up a storm at the closing ceremony, and drank his celebratory beers with us all at the dinner to finish on Saturday night.

Jacky Shields and Ian Robinson - swimming in the toughest age group of all ( the 50's) - swam strongly but missed the medals . Jacky swam a huge program including 50 free, 50 back, 100 free, 200 free, 400 free, and 800 free and came away with a swag of PB's equalling her efforts in Riccone, Italy at the Worlds last year. Ian competed strongly in the 50 free, 50 back, 50 breast, 50 fly and 100 breast and *just* missed the medals in the last two events. The competition is awesome in that age group!!!

Nic Pirie swam the 50 free, 50 breast, 100 free, 200 free, 200 breast, 400 free and the 800 free and grabbed Gold in the last two. He does like the long distance ones! Bob Morse swam a restricted program of his favourite backstrokes 50, 100, and 200 and tried his hand at a 50 freestyle sprint. He swam a balanced and controlled 50 back to get the Bronze, and followed that the next day with a very good 100 back to secure another Bronze, with a PB equal to that achieved in his mid 50's 10 years ago. Could not replicate this in the 200 back and ended fourth ... *just* out of the medals. The 50 free was forgettable.

An old member and past Club Captain of our club, Paul Pettiford sat with us throughout the competition days and finished with 1 Silver and 2 Bronzes. He is a little more generously proportioned than I remember, and even though he assured me he was not doing much training, still can swim a fearsome breaststroke leg when he wants to.

... Bob Morse

## ... AND JAN CROFT SAID ...

Great results for Noosa -  
we placed 29 out of 101 clubs with only 6 swimmers....  
I thought that was pretty good !



# NATIONALS - SYDNEY 2013

Julie Robinson ... "what the ...?!!!"



Celebration dinner :  
L-R Paul Pettiford, Jan Croft, Ian Robinson, Julie Robinson,  
Front Bob Morse, Jacky Shields, Clinton Stanley, Sue Stanley



Nic Pirie + Tracy Dunn (QBB)



## **KERRY SPINKS AT THE NATIONALS WROTE ...**

*Just thought I'd take this opportunity to  
thank ALL of my Masters friends!*

This morning I raced in the 100m breaststroke. I did a small long course pb 1.17.1 but as per usual I was hoping to go faster!

A few weeks ago Noosa lost a great swimmer, Pat Mooney. He along with all of the Masters have been a huge inspiration and support for me, especially while pursuing my dreams!

Adelaide was an awesome opportunity and I'm thankful to everyone involved in getting me here ... especially the

Masters for setting the pave way!



# A POEM FOR ANZAC DAY 2013

He was getting old and paunchy  
And his hair was falling fast,  
And he sat around the RSL,  
Telling stories of the past.

Of a war that he once fought in  
And the deeds that he had done,  
In his exploits with his mates;  
They were heroes, every one.

And 'tho sometimes to his neighbors  
His tales became a joke,  
All his mates listened quietly  
For they knew whereof he spoke.

But we'll hear his tales no longer,  
For ol' Bob has passed away,  
And the world's a little poorer  
For a Soldier died today.

He won't be mourned by many,  
Just his children and his wife..  
For he lived an ordinary,  
Very quiet sort of life.

He held a job and raised a family,  
Going quietly on his way;  
And the world won't note his passing,  
'Tho a Soldier died today.

When politicians leave this earth,  
Their bodies lie in state,  
While thousands note their passing,  
And proclaim that they were great.

Papers tell of their life stories  
From the time that they were young  
But the passing of a Soldier  
Goes unnoticed, and unsung.

Is the greatest contribution  
To the welfare of our land,  
Some jerk who breaks his promise  
And cons his fellow man?

Or the ordinary fellow  
Who in times of war and strife,  
Goes off to serve his country  
And offers up his life?

The politician's stipend  
And the style in which he lives,  
Are often disproportionate,  
To the service that he gives.

While the ordinary Soldier,  
Who offered up his all,  
Is paid off with a medal  
And perhaps a pension, small.

It's so easy to forget them,  
For it is so many times  
That our Bobs and Jims and Johnnys,  
Went to battle in foreign climes.

It is not the politicians  
With their compromise and ploys,  
Who won for us the freedom  
That our country now enjoys.

Should you find yourself in danger,  
With your enemies at hand,  
Would you really want some cop-out,  
With his ever waffling stand?

Or would you want a Soldier--  
His home, his country, his kin,  
Just a common Soldier,  
Who would fight until the end.

He was just a common Soldier,  
And his ranks are growing thin,  
But his presence should remind us  
We may need his like again.

For when countries are in conflict,  
We find the Soldier's part  
Is to clean up all the troubles  
That the politicians start.

If we cannot do him honor  
While he's here to hear the praise,  
Then at least let's give him homage  
At the ending of his days..

Perhaps just a simple headline  
In the paper that might say:  
"OUR COUNTRY IS IN MOURNING  
..A SOLDIER DIED TODAY."

*A veteran is someone who, at one point in his life, wrote a blank cheque made payable to his country for an amount "up to and including my life".*

*Lest we forget*



# NOOSA ULTIMATE SPORT FESTIVAL



Daybreak Noosa River - some were on duty EARLY !!



Rewards came later !!  
Grant, Bob, Wendy, Robyn, Owen & Mary



**A great weekend was had by all - Volunteers and participants alike !!**

Robyn Selby & Bob Morse - who organised volunteers for the weekend would like to say a big "thank you" to all those who forsook their warm beds to rock up at 6am on 27 & 28 April - this is such an important fundraiser for our club - your sacrifice is truly appreciated !!

We were unable to catch all our vologies on camera this year!

Left: Janice, Owen & Mary  
Below Left: Lyn, Ken, Helen, Robyn, Sally  
Below Right: Brian Cairns with wife Joan, and Lyn & Mary



# NOOSA ULTIMATE SPORT FESTIVAL

## OPEN WATER SWIM RESULTS

Thanks, Jan for this information ...

### 1km swim....

Ian Robinson	2 <sup>nd</sup>	18.09
Viv Merrill	3 <sup>rd</sup>	24.03
Adele Tucker		30.41
jana Clancy.	21 <sup>st</sup>	24.51
Bruce Bate.	23 <sup>rd</sup>	26.51
Sally Johnson,	Gold	29.25

You will note I haven't. put a place beside Adele , they had her down as a male so the place was wrong

### 2km Swim.

Ian Tucker	17 <sup>th</sup>	41.28
Kerry Crisp	3 <sup>rd</sup>	40.09
Jeanette Doyle	6 <sup>th</sup> .	51.57
Gillian Benstead	9 <sup>th</sup>	53.47
Ann Besser	12 <sup>th</sup> .	1.00.13

### 3.8km swim

There was a bit of a glitch in the 3.8km swim They lost one of the buoys over at Ti Tree, it drifted quite a bit off course and the swim ended up being about 4.5km.

#### Results are

Jan	1 <sup>st</sup>	1.12.29
Bardie	1 <sup>st</sup>	1.23.52
Grindle Rudder	11 <sup>th</sup>	1.20.53
Nic Pirie	7 <sup>th</sup>	1.15.54
Brian Cairns	6 <sup>th</sup>	1.23.02
Phil Hubble,	1 <sup>st</sup>	58.18

(Julie Robinson's brother)  
John Havilah no time listed.but I saw him finish.

RACE	ENTRANTS	FINISHERS	1ST MALE	1ST FEMALE	AVG TIME	
3.8km Swim	411	325	00:47:41	00:49:21	01:17:34	
2KM Swim	527	425	00:24:58	00:26:06	00:43:17	
1KM Swim	403	343	00:13:25	00:15:07	00:22:55	
500 Metre Swim	123	98	00:07:53	00:07:23	00:11:58	
	<b>1,464</b>	<b>1,191</b>				

### When asked how he went in the Half Marathon, Bruce Bate said ...

"I had a strong run, but very hot on 2nd lap, broke 2 hours to run 1.58, one of my slower times, but had to back up from my 26 min 1 km swim on Saturday, saw a few of the masters ladies at the start and good to see you all along Gympie Terrace, I had family supporting me as well at the Weyba round-about where Bob was stationed. A solid weekend all round. I'll get back to the pool next week, taking it easy for a few days."

... Ed.

### When asked how she went in the 10 km, Rosemary Longstaff said ...

I came second in my age group (W60-69) - to Hazel Edmonds (a very good triathlete). I did 49 minutes and 16 seconds. It was about the time I expected to do. The past two years, I won the age group and a \$150 voucher for a pair of shoes, but I was expecting Hazel to turn up and beat me this year, so that was all good!

Thanks so much everyone for helping USM.

... Ed.



# MEET BRUCE BATE ...

## NOOSA MASTERS SWIMMING CLUB

Name: Bruce Bate

DOB: 20/07/1953

Date Joined: 10/01/2013

I have only started swimming regularly in the last 16 months. I have a Rugby League/ Tennis/Squash/Road Running sporting background and didn't pursue swimming at school or during my working life in Forestry, apart from body surfing and some recreational swimming. I could always swim a few hundred metres with freestyle or breaststroke and left it at that. I still Road Run and am also involved with the Yachtie Fishing Club as Vice-President and organise our Offshore Charter trips and social BBQ's.

In the 2011/12 summer I had a foot injury that prevented me running for 3 months.

Fran had already completed a Noosa Ocean swim and was a regular at the Aquatic Centre for Aqua classes and her own laps. I began to swim with her to help my injury.

We had also met Wendy I. at a BBQ with some fishing friends and she kindly lent Fran and me a John Konrad's DVD which we absorbed and started doing some of his drills.

By May 2012 I was swimming regularly, and also back running. I did the double at the Noosa Winter Festival in May 2012 completing the 1km Ocean Swim in a steady 33 mins on the Saturday and the Noosa ½ Marathon on Sunday in 1hr 56 mins.

I continued swimming at Main Beach and the pool over the remainder of the year and attended the Masters' 'try before you buy' day in December and decided to join to try to improve my technique.

By February I had managed to get under 25 minutes for 1 km in the pool and had started attending some of Jan's Thursday squads. I have recently swum a 23.40 for the 1km and posted a 2400m swim in the 1 hour swim in the Tuesday Endurance 1000 Sessions.

All the Masters people I have met have been welcoming and helpful, especially in translating some of the drills for me. I also provide some amusement when we do backstroke drills.

... Bruce



I have run 20 full marathons and count my 10 consecutive Gold Coast runs from 1989-1998 as my best sporting achievements. My fastest time was 3hrs 1min in 1990 and have recently run my 20<sup>th</sup> in 4.09 in 2011 at the Brisbane Marathon Festival.

My wife, Fran, and I are in our 5<sup>th</sup> year at Noosa after working in Maryborough, Gympie and Imbil for the past 21 years.



# WENDY IVANUSEC'S 70<sup>TH</sup> ...

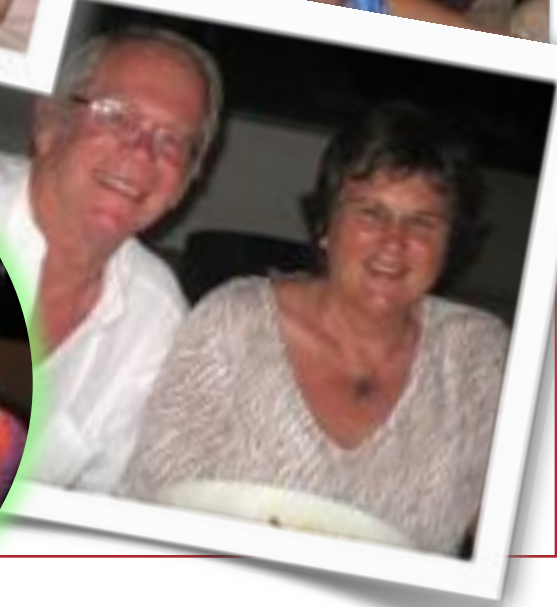
There was a huge turnout after squad on Sun 21st April to celebrate Wendy's big Seven-oh. Sally and Gillian each made a fabulous cake - the candles stood no chance against the overhead fans despite Robyn's valiant efforts. The cakes were soon demolished amidst many murmurs of approval. Robyn presented the birthday girl with a \$265 Gift Certificate for Gingers in Buderim which was the result of a collection from members. This took Wendy completely by surprise leaving her emotional and speechless, but absolutely delighted!! Roll on 80 !!

... Ed.





# WENDY'S 70<sup>TH</sup> DINNER AT ACURI



# GEOFF LANDER - 3 MILLION METRES !!



It was a quiet presentation at the pool for a quiet achiever.

In the absence of other office bearers, Wendy Ivanusec presented Geoff with his well-earned jacket, plaque and certificate.

This should inspire a few more of our members to keep track of how far they swim every time they get in the water - even your ocean swims count ...and it's surprising how quickly the metres mounts up !

Congratulations Geoff !



... Ed

Thanks to the efforts of Tony Frost, Noosa Today recently ran a very good little story, with these photos, about Karen and her Mum & Dad- It was a nice little bit of publicity for the Club as well as congratulating Karen for her own splendid efforts in earning the 2012 Club Trophy for Most Improved. Well done, Karen !!

... Ed





# 2012 MSX AWARD WINNERS ...

Just a few of our happy winners



# 2012 MSX AWARD WINNERS...





# 2012 CLUB TROPHY PRESENTATIONS

At the April Members Meeting, members were brought up to date with the state of affairs of their club, its growth and plans for the future. Reports were presented by all committee members and project officers, followed by the presentation of Club Trophies for 2012 - an event which is always eagerly awaited by members each year. Unfortunately, not all winners were able to be present to receive their trophies.

The recent death of our beloved President, Pat Mooney, made for an emotional meeting as he was closely involved in so many of the club's activities. It was a particularly poignant moment when Brian Hoepper (in place of Pat) presented Bob & Olga with the inaugural McCausland Medal award. It had been planned to

surprise him by Bob & Olga then presenting him with a McCausland Medal for his efforts over several years in encouraging members to participate in the E1000 programme. This has resulted in the club being awarded the John Hughes Trophy for top points in Queensland for the last 4 consecutive years.

Another highlight was Jan Croft receiving the MSQ Queensland Coach of the Year Trophy". - none more deserving in our humble (but somewhat biased) opinion.

The opportunity was also taken to present some outstanding MSX Awards to those present.

... Ed



## COACH'S CORNER ... BY JAN CROFT



### **Backstroke basic body position**

1. Head back
2. Hips up.
3. Fast shallow kick, almost straight legs, pointed toes, emphasis on up beat kick.

### **Freestyle Hand Entry..**

Hand enters water flat not thumb first, slightly wider than shoulders , use black line on bottom of pool as a width reference to good spacing...

# 2012 CLUB TROPHY PRESENTATIONS

2012 Most Improved

Karen Martin

2012 Aerobic Champion (F)

Irene Symons

2012 Aerobic Champion (M)

Rob Lucas + Geoff Lander + Brian Hoepper

Inaugural McCausland Medal

jointly to Bob & Olga McCausland  
& posthumously to Pat Mooney

2012 Challenger of the Year (M)

Bruce Warren

2012 Challenger of the Year (F)

Marcia Kimm

2012 Presidents Trophy i.e.  
Special Award for Service to the Club

Brian Hoepper

10 years continuous membership badge  
(i.e. since joining in 2002)

NIL





# NATIONAL RECORDS ...



National Records set at the State Short Course - River City-  
CONGRATULATIONS to Stephanie & Kerryn!!

## Natural Enzymes Can Improve Your Digestion & Increase Your Assimilation of Nutrients...

### Why Digestive Enzymes Might be Helpful for You?

Enzymes are protein molecules in the body and can be thought of as the “worker bees” in charge of everything from food digestion and assimilation to healing and repair.

Digestive enzymes, protease, amylase, and lipase in particular, are the 3 enzymes needed to break down protein, carbs, and fats respectively.

### Don't You Get Enzymes from Food Anyway?

Digestive enzymes (any many other enzymes) are abundant in live, uncooked foods, but with our modern diets that include mostly cooked foods, many people lack essential digestive enzymes to break down and assimilate their foods.

Your body can make digestive enzymes, but it's believed that your body's ability to do so is limited, and it almost certainly puts undo stress on your digestive system, simply by eating.

### Is this Why You Always Recommend Live Foods?

There are a number of reasons why live, uncooked vegetables and fruits are so important, but yes, living enzymes is a huge factor. Unfortunately, very few people I know are able to eat fresh produce all the time, and for those who are recovering from years of bad eating habits, digestive enzymes can make a huge difference.

### How Do You Take Them?

I recommend you take 2 capsules with your bigger meals of the day. It's not required that you take them every day, and if you're eating a big salad, you might skip taking them. Whenever you're eating a meal higher in protein or fat, particularly if it's cooked, digestive enzymes can be a huge help.

### Do I Have to Take this For the Rest of My Life?

No, not at all. When I was first starting my healing journey, I used digestive enzymes every day, and they made a huge difference in healing my body. Now, I use them as needed, for example, if I'm traveling and am eating more cooked foods than normal.

### Is this Safe?

Yes, these are 100% plant-derived digestive enzymes in a vegetable-based capsule. They are extremely safe for everyone.

### Is Enzyme-Deficiency Related to Nutritional Starvation?

Yes, I often talk about how it's possible to be overweight and “starving” for nutrients at the same time. In most cases, that is directly related to your digestive health. If your body lacks the essential enzymes needed for digestion, it's possible to be overeating and still starving—which is a vicious cycle leading to more and more food cravings.

# ENDURANCE 1000



April was another very successful month.

With postal swims to do for our own swim meet and Albany Creek., there was much mayhem on a couple of days. Fortunately everyone who wanted to complete a swim was able to do so.

Sixty swims were completed for the month as postals and these will be entered into the Endurance 1000 portal some time after the swim meets are completed.

In total the points for swims completed should be approximately 1,000

19 x 1500m swims worth approx 720 pts

21 x 800m swims worth approx 180 pts

20 x 400m swims worth approx 90 pts

Rodney Alfredson completed his first 800m Free last week and then this week swam a 1/2hr Free. Karen Martin gained top points for her 1500m Breaststroke - a great effort by both swimmers.

The mornings are starting to get cooler but the water temperature is still great. We are coming into the 5th month of the year now, but it's not too late to come along and get into the Endurance program.

All are welcome!

... Marcia  
20,000 in 2013

<http://www.whathappenedinmybirthyear.com>

## May Birthdays

<b>Adele Tucker</b>	<b>12/5</b>
<b>Rodney Alfredson</b>	<b>15/5</b>
<b>Stacey Phillis</b>	<b>19/5</b>
<b>Hazel Lyons</b>	<b>20/5</b>
<b>Karen Martin</b>	<b>23/5</b>
<b>Grant Scotcher</b>	<b>31/5</b>

**HAPPY BIRTHDAYS TO ALL  
FROM ALL OF US**

**DIARY DATE - 25 MAY 2013**  
**The annual Mad Hatters Party**  
**at Bruce & Sandy Warren's home**  
**6pm @ 30 Allambie Terrace**  
**partners welcome**

**"If a life of wine, women and song becomes too much, just give up the singing..... "**

## SOCIAL EVENTS

### CRAFTERS MEETING

Tue 7 May @ 1pm

Venue TBA

RSVP: Marcia

0407 034 095

Every Sat.. 7.30 am -  
Main Beach -Ocean Swimming

VISIT OUR WEBSITE ...

[www.noosaaussichallengers.com](http://www.noosaaussichallengers.com)

## Challengers Chatter

PO Box 21, Noosaville 4566

Editor: Wendy Twidale

Tel: 5448 1291