

CHALLENGERS' CHATTER

APRIL 2021

Noosa Masters ... back in the swim !!

Noosa Masters are back in the swim, and among the medals!

With three days of intense competition ahead, Noosa Masters swimmers approached their State Championships with a heady mix of excitement, celebration and anxiety. Excited to be celebrating a return to competitive swimming after COVID ravaged the 2020 swim calendar; apprehensive about the long haul back to race fitness in the past months.

For most, the anxiety evaporated with the first race, as they realised that their speed and fitness had both returned to surprising levels. Indeed, the three days were punctuated by numerous personal bests (the elusive PBs) by young and old alike. Every heat was contested with the 'fun, fitness and friendship' that is the masters' motto – one which attracts so many to the sport.



rear: LiQun Hussey, Brian Hoeppe, Jacky Shields, Ian Tucker, Rob Jolly
front: Wendy Nothdurft, Linda Hogg, Dianne Scott-Davies, Lois Hill,
Jan Croft, Trevor Mathews and Helen Malar.

The drenching rains of the previous weeks had ceased by day one, and the Kawana Aquatic Centre was bathed in brilliant sunshine. [For the Queenslanders, the only 'dark cloud' was the 'invasion' by the 12-strong Malvern Marlins (Melbourne) who managed to snatch the meet's major trophy. They were forgiven!]

Twenty Noosa swimmers competed. They amassed a staggering total of

102 medals (39 gold; 26 silver; 37 bronze).

Most jubilant were the two 'virgins' who, competing at their first State Championships, both won gold ... Congratulations Trevor Mathews and Dianne Scott-Davies.

There were heart-warming cheers for Noosa's local hero Clinton Stanley as he returned to competition. Clinton famously still holds seven world records in swimming's multi-class division.

A special claim for the 'older and fitter' was staked by the men's 4x100m Freestyle relay in the 280+ category

(average age 70+). *They smashed the State Record by a whopping 41.88 secs*, taking the title from arch-rivals Miami Masters. Well done Rob Jolly, Brian Hoeppe, Trevor Mathews and Ian Tucker!!

Masters swimming is back, and not a minute too soon! Buoyed by their performances, the Noosa contingent is already training for next month's Great Barrier Reef Games in Cairns.

... Brian Hoeppe



Ian Tucker, Jan Croft, Brian Hoeppe, Rob Jolly



Trevor Mathews, Helen Malar, Jan Croft (coach)



LiQun Hussey, Jan Croft, Brian Hoeppe



Helen Malar, Rob Jolly (Club Captains)

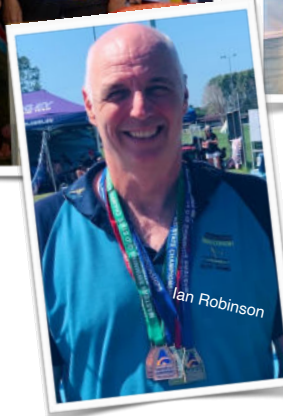


Clinton Stanley, Jan Croft, Helen Malar



Lois Hill - Club tent

Back in the swim ... cont'd



A great day of swimming and competition on Day 1 ... 9/4/2021

Gold medals to Ian Robinson & Rob Jolly in 100m Breaststroke, Jo Matthews & Ian Tucker in 400 IM & Wendy Nothdurft in 200m Free.

Gold Medals to both the Women's & Men's relay teams in the 4 x 100m Free - Jan Croft, Diane Scott-Davies, Liqun Hussey, Wendy Nothdurft.

Brian Hoepper, Rob Jolly, Trev Mathews, Ian Tucker. (Awaiting confirmation on a record!!!!).

Silver medals to Wendy Nothdurft in 50m Free, Ian Robinson in 50m Back, Peter Fidler in 100m Breast, Brian Hoepper & LiQun Hussey in 400m IM.

Silver Medals to Womens 4 x 50m Medley Relay - Lois Hill, Helen Malar, Jo Matthews, Jan Croft.

Bronze Medals to Greg Bott & Jacky Shields in 50m Back, Jan Croft, Rob Jolly & Trev Mathews in 200m Free, Ian Robinson in 50m Free, Helen Malar in 100m Breast.

Bronze Medals to Mens 4 x 50m Medley Relay - Greg Bott, Studley Martin, Ian Robinson, Ian Tucker. Also, Mens 4 x 100m Free Relay - Peter Fidler, Gerry Little, Ian Robinson, Studley Martin.

Swimming Day 2 ... 10/4/2021

Gold Medals to Ian Robinson & Helen Malar in 50m Breast, Clinton Stanley & Brian Hoepper in 100m Fly, Rob Jolly in 200m Breast, Jan Croft & Clinton Stanley in 400m Free.

Silver Medals to Felicity Hawkins, Wendy Nothdurft & Jan Croft in 800m Free, Rob Jolly in 50m Breast, Jo Matthews in 100m Fly, Ian Tucker in 200m Back, Brian Hoepper in 200m Breast, Felicity Hawkins & Wendy Nothdurft in 400m Free.

Bronze Medals to Ian Tucker, Trev Mathews & Diane Scott-Davies in 800m Free, Studley Martin in 50m Breast, Liqun Hussey in 100m Fly, Greg Bott in 200m Back, Helen Malar in 200m Breast, Trev Mathews, Diane Scott-Davies & Lois Hill in 400m Free.

Great racing from Linda Hogg & Jacky Shields in 800m & 400m Free. Both swimming way under their nominated times.

Swimming Day 3 ... 11/4/2021

Gold Medals - LiQun & Jo in 200m Fly, Clinton in 100m Free, Wendy N in 100m Free, Brian, LiQun & Jacky in 400m Back, Clinton & Jo in 50m Fly, Ian T & Brian in 400m Breast, 4 x 50m Mixed Medley Relay Team of Jacky, Rob J, Helen & Trev, 4 x 50m Mixed Free Relay of Trev, Helen, Jan & Gerry.

Silver Medals - Jo in 200m IM (age group PB), Ian T in 400m Back, Linda Hogg in 400m Breast, 4 x 50m Mixed Medley Relay of Lois, Studley, Brian & Jan.

Bronze Medals - Greg in 100m Back, Trev & Jan in 100m Free, Greg & Brian in 200m IM, Greg in 400m Back, Ian R in 50m Fly, LiQun & Helen in 400m Breast, 4 x 50m Mixed Medley Relay of Greg, Ian R, Jo & Wendy N.

Congratulations to all 20 swimmers who swam their very best over 3 hot days. Outstanding swims by many with Ian Tucker & Brian Hoepper recording the highest points. Huge last day for LiQun swimming her first ever 200m Fly for a Gold Medal as well as a 400m Back & 400m Breast.

Gutsy swims from Lois & Wendy N who both swam with shoulder injuries.

Great to see Gerry Little, Ian Robinson & Peter Fidler swim & support Noosa. Congratulations to all swimmers who competed in the 400m swims and all of them dropped their Endurance times by many seconds (10, 20, 30 & 40 seconds!!!!). I think we must organise more competitive swims on our Endurance days, we have obviously been swimming them at a too leisurely pace!!

Big thank you to Rod, Tricia and Wendy I who supported us with timekeeping and also to Liz Alfredson for supporting Noosa & QMS with Official duties.

Thank you to Rob Jolly for his amazing & enthusiastic work over the last few weeks, organising our large team of swimmers.

Thank you to Jan Croft, our fabulous coach who has the best training programmes for us all.

At the end of the day our swimmers enjoyed a BBQ & presentations, one of the first of which was presentation for our Queensland Endurance Award from 2019.

Viv Merrill was also presented with her Queensland Volunteer of the Year Award. Congratulations to Viv!

A very well run meet, we all had lots of laughs, especially when our swimmers were competing in the same heats. Tussles between Rob J & Brian H were such fun to watch.

A great 3 days of fitness, fun & friendship.

... Helen & Rob Club Captains

CARNIVAL CORNER

Diary dates of meets can be found on the MSQ & MSA Websites

Results and Upcoming Meets

- **Hervey Bay Masters Swimming Postal Meet** closed on 31/03/2021
14 QNA members participated. Awaiting results
- **MSQ Preparation Meet hosted by Palm Beach Masters**, 21st March.
Ten QNA members competed. A Tewantin RSL bus was hired to transport members and equipment to the Gold Coast. The meet start was delayed due to a storm and torrential rain and continued through the harsh weather. QNA swimmers performed well under the conditions. Highlights - conviviality on the bus trip and getting back to Noosa safely!
- **MSQ State Championships** 9-11/04/2021 Kawana Aquatic Centre.
Twenty swimmers competed against some strong competition achieving very good results, including a Qld State relay record by the Men's 4x100m Freestyle relay team. Total QNA medals won including relays = 102.
- **Fly/Breaststroke Clinic.** On Sunday, April 18th Ian Robinson conducted a very informative and helpful clinic demonstrating Fly and Breaststroke techniques.

Upcoming Meets

- **Great Barrier Reef Masters Games** May 20th-22nd Tobruk Memorial Pool, Cairns. Max of 9 events Individual events Plus relays. Meet guide and event details:- www.gbrmg.com.au
Closing date 13th May. To date 16 QNA entries, 2 maybe's.
Now that the borders are open, we can expect visitors from all over to make this competition competitive and lively.
- **Brisbane Southside Masters Short Course** Meet 19th June, Chandler Pool
Meet Flyer http://bsmswimming.asn.au/swim_meetdetails.htm
Who cares about the weather? See your name in lights!
The venue is equipped with a new high resolution colour LED score board also modern timing and recording equipment. For the swim meet timing pads will be installed at both ends of the pool and semi-automatic back up timing will be displayed beside your name on the score board. Where available reaction and split times will be published in the results on the BSM website.
- **The Belgravia Masters** are proposing to have a sanctioned 800m-1500m meet early August. To date 13 QNA members have registered interest.



They smashed it !!!



At the recent Queensland State Masters Swimming Championships, held at Kawana, a special claim for the 'older and fitter' was staked by the men's 4x100m Freestyle relay in the 280+ category (average age 70+).

They smashed the State Record by a whopping 41.88 secs, taking the title from arch-rivals Miami Masters.

*Well done Rob Jolly, Brian Hoegger,
Trevor Mathews and Ian Tucker!!*

They have been heard singing
in the showers ...

"We are the Champions ..."



2020 FINA Top 10 achievers



L-R (back)

Ross Kee (3), Stephen Foot (1), Brian Hoeppe (1), Rob Jolly (3)

L-R (centre)

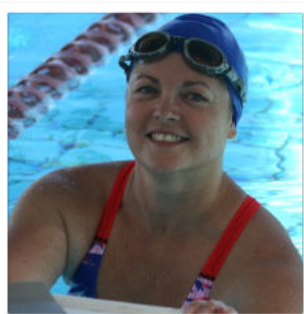
Lois Hill (2), Helen Malar (2), Stephanie Jones (7)

L-R (front)

Wendy Nothdurft (3), Jo Matthews (3), Jan Croft (5)

Missing:

Annie Collins (2), Greg Armitage(2), Jennifer Watson (1)



~ Karen Martin is turning **50** Yippee ~ 😄

On Sunday 23rd May I will be celebrating being on this planet for half a century and as this swimming club has been a big part of my life for the past ten years I would love to share the start of the day with my fabulous swimming friends.

To mark this occasion and create a memory I am going to swim **50** lengths of **50m**. This distance is a little ambitious for me so I'm going to cheat by wearing flippers and I'm only doing the strokes that are my favourite. This will comprise of kicking, breaststroke and backstroke maybe. I intend to do this while squad is taking place, please could someone help me by counting my lengths. Afterwards we can share a massive cake yum yum. I'm excited!



The 2022 Alice Springs Masters Games are locked in for 1-8 October next year, so start planning (and training!) now. If you deferred your flights and accommodation from last year, make sure you rebook for 2022. We'll be in touch again to let you know about our confirmed Sports Program and when entries open. In the meantime, visit www.alicespringsmastersgames.com.au to find out more.



Denise helped one of our members get an appointment for a Covid vaccine using HotDoc. HotDoc can be used via a website (ie; a PC) or a mobile phone. Website is HotDoc.com.au. Several people have mentioned they haven't been able to get a vaccine via their own doctor due to no supply. Denise is happy to help anyone make an appointment if they are not computer savvy and/or don't have a family member to help them. Also - Sunny Street Medical Clinic. Earl St, Tewartin. Tel. 5313 7778



Sunday 23 May. After squad, we'll be celebrating 130 years of lives well lived ... for Grant's 80th and Karen's 50th birthdays. Karen has set herself a Challenge for that morning in the pool, and selected the cake ... Grant just wants a party!

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
MAY							
20-22	LC	Great Barrier Reef Masters Games	MSQ	North	Q1/21	Yes	Tobruk Memorial Pool, Cairns
23	OWS	Muddies Annual Crater Lake Classic	QCN	North	Q7/21	n/a	Lake Barrine Cancelled
JUNE							
19	SC	Brisbane Southside Masters	QSM	South	Q9/21	Yes	Brisbane Aquatic Centre, Chandler
JULY							
1-31	Postal	Toowoomba Tadpoles 1500m	QTW	South	Q10/21	n/a	Any 25m pool
17	SC	Rum City Short & Sweet Meet	QBB	Central	Q8/21	Yes	Bundaberg Swim Academy
AUGUST							
21	SC	Brisbane Northside Masters	QBN	Sunshine	Q11/21	Yes	The Valley Pool
28	LC	Long Tan Legends	QLT	North	Q12/21	Yes	Long Tan Memorial Pool, Heatley
SEPTEMBER							
4	LC	BRALC Long Course Meet	QCD	Sunshine	Q13/21	Yes	Burpengary Regional Aquatic Centre
18	LC	Noosa Masters	QNA	Sunshine	Q14/21	Yes	Noosa Aquatic Centre
OCTOBER							
9	LC	Rackley Masters Meet	QRL	Sunshine	Q15/21	TBA	Centenary Pool
9-11	LC	Australian Masters Games		Perth		Yes	Perth
23	LC	Maryborough Masters Meet	QMB	Central	Q16/22	Yes	Maryborough Aquatic Centre
NOVEMBER							
7	OWS	Sinkers OWS Balnagowan	QNS	North	Q17/21	n/a	Pioneer River, Balnagowan
11-13	LC	Pan Pacific Masters Games	MSQ	South	Q19/21	Yes	Gold Coast Aquatic Centre
28	OWS	Big Barrine Bash	MSQ	North	Q18/21	n/a	Lake Barrine
DECEMBER							
-							

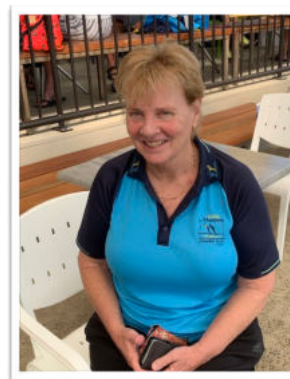
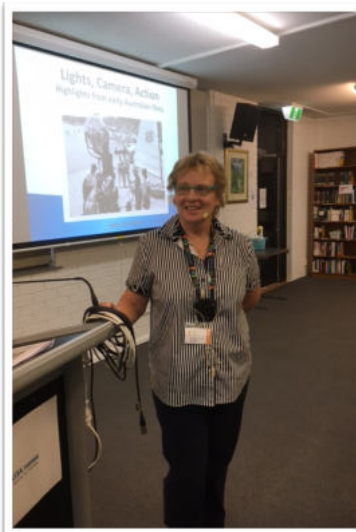
Legend:

MSQ Swim Meets
MSQ Postal Events
MSQ Co-sanctioned Swimming Australia Meets *

* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SAL) hosted swim meets and have their results published in the MSA Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia. A number of SAL Meets have been co-sanctioned by MSQ for this purpose and are colour coded.

Introducing ... Zana Dare

Retired from teaching, Zana lives in Noosaville and when not swimming with Noosa Masters, studying French or helping with Noosa Parks, she loves sharing her passion for history and the arts.



Growing up in Manly Sydney, where body surfing was 'de rigueur', Zana didn't even swim in pools with lanes until she moved to Melbourne for six years in her twenties.

When younger, she enjoyed scuba diving and once completed a dive with two decompression stops to explore a sunken WW2 troop carrier.

In 2016 Zana co-authored a book with Erica Aronsten, 'The Creative Pulse – 5 steps to stretch your imagination'. Now sold out in Australian bookshops, it's available in selected libraries including Noosa and on line through Amazon books.

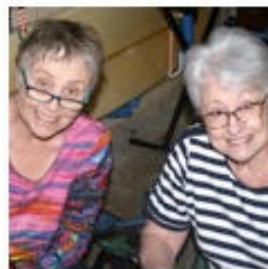
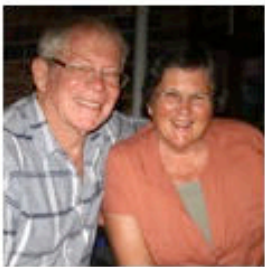
Back in the days when you could go 'cruising', Zana joined Royal Caribbean's *Radiance of the Seas* as a guest lecturer providing talks on culture and history. She also worked with Oceania Cruises in 2016 and 2012, co-presenting art and writing workshops on cruises in the Mediterranean and the Caribbean.

More recently with cruising off the agenda, Zana has enjoyed giving her talks at U3A.

Earlier this year she presented 'Lights, Camera Action; on Australia's early film industry and coinciding with Anzac Day 'ANZACs Brothers-in-Arms'.

Barnesy's Bash

no captions ... you all know who you are !!



BOOK REVIEW

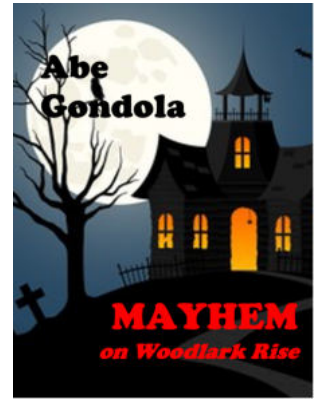
“The scorching bestseller!”

Fans of Abe Gondola's Pulitzer-Prize-winning *Dark Secrets of the Pool* - will be elated by his latest masterpiece *Mayhem on Woodlark Rise*.

Once again, Gondola has smashed the serenity of suburbia with this tale of unexpected drama and extraordinary characters. This time, he's cleverly inserted the recurring motif of 'music' into the compelling narrative.

We've asked noted critic Iva Bontapik to provide a chapter-by-chapter précis of the action.

Spoiler alert ... secrets are revealed ...



Chapter 1: Road rage

The scene is set for disaster. Members of rival gangs arrive simultaneously – The Stompers; the Lappers; the Plunkers. There is a murderous competition for parking spots. Insults are hurled. Fenders are crushed. Garden beds are trodden to oblivion. One Stomper triumphs, creating carnage with her Mack truck fitted with a bulldozer blade and water cannon.

Chapter 2: A kingdom divided

An uneasy truce prevails inside 18 Woodlark Rise. Each gang claims a corner of the room. Stompers swig from Jim Beam bottles, beating time with their scuffed Doc Martens. Lappers, most in track suits, sip on sports bottles of lemon/lime Endura. Plunkers form a tight-knit circle, nervously humming unfashionable tunes.

Chapter 3: Laying down the law

'Big Jim' makes the first move. He brandishes his guitar like a weapon, silencing the crowd, and sings. No-one dares sing along, although a few mouth the words to 'Walk the Line'. Some Stompers start throwing coins, underwear and indecent proposals in Big Jim's direction. Enter Chris, wailing like a Banshee and grabbing Big Jim's body with an unmistakable message of ownership. The Stompers, downcast, smooth their leather mini-skirts and retreat, muttering. Big Jim and Chris sing in awesome harmony.

Chapter 4: Scooting Uber Alles!

To the deafening fanfare of 'Thus Spake Zarathustra', the Stompers take the floor. *Ubermistress* Sue calls them to attention, straightening their posture with a few emphatic cane blows to random buttocks. A martial tune blares. Amazingly, the Stompers 'scoot' their way around the room in a menacing procession resembling a cross between a lifesaver drill and Napoleon's march on Moscow. The watching Lappers are awestruck. The Plunkers are fearful!

Chapter 5: 'Imitation is the sincerest form of flattery!'

Call it what you like ... kidnapping; dragooning; shanghaiing. Whatever the term, it involves 'Sue and the Stompers' dragging random Lappers and Plunkers onto the floor, and inducting them into the arcane choreography and shouting-in-unison that are the hallmark of their passion. There are missteps aplenty, collisions galore and many tears. Sue runs out of encouraging words and threatening expletives. No-one learns anything. No-one smiles. But there is a surprising denouement (which I shan't reveal!).

Chapter 6: Trouble comes in threes

Next to appear is the trio of **B**rian, **O**wen and **K**athleen who – because none of them can spell – go by the name '**BOG**'. Very apt, as it turns out. They commit an act of treachery worthy of Benedict Arnold. Like Dylan at Woodstock, they promise they'll play acoustic but turn up with amplifiers and six-metre-high speakers. It doesn't help! The effect is loud, overpowering, intrusive ... everything except 'musical'. The variety of fruit and 'helpful advice' hurled their way is staggering.

Chapter 7: 'Out of Africa'

Courageous Carola, inspired by *Tales of the Impossible*, tries to get the crowd to sing an African song as a three-part 'round'. Impossible indeed. The Plunkers can't remember the words.

The Lappers can't count to three. And the Stompers just want to march around the room. Carola gives up and sings all three parts herself, simultaneously. The Stompers, amazed, stop marching!

Chapter 8: The thin blue line

They stand in an unwavering line. Defensive ... as if expecting a sudden assault by Visigoths. A plucky group of Plunkers. Instead of musical instruments, each clutches a tiny contraption that appears to be made of a deformed shoe box, a chair leg and a single, forlorn length of string. The brave band plays a medley of twenty-eight songs, each one consisting of the note 'A' repeated with increasing intensity until wine glasses shatter and local dogs wail feverishly in fear. The word 'UKE' adorns the Plunkers' tee-shirts, but no-one knows what it means.

Chapter 9: A touch of class

Just as everyone is losing the will to live ... a musical lifeline. The duets of Adrian and Fran hold everyone spellbound with a succession of musical theatre classics. Fran is utterly engaging, but her familiarity with window washing, mops and head scarves suggests that she shoulders the household chores while Adrian fritters his time away in that illegal poker den in Coolum. The duo sings an improbably clever version of 'Show me the way to go home', using incredibly long words. No-one understands ... but they nod and smile as if they do. The soulful culmination is the David Gates song 'If'. The whole crowd joins in with resounding enthusiasm ... not one of them sings in tune! Fran weeps unconsolably.

Chapter 10: An embarrassing memory

Adrian does a double act with Mick. They sing a cruel critique of the Billy Cyrus hit 'Achy, Breaky Heart'. A few 'tired and emotional' people sing along, oblivious to surrounding jeers and jibes. Everyone else declares loudly that 'I always hated that Billy Cyrus song', while secretly recalling how they queued for concert tickets, bought the CD and sang 'Achy' in the shower.

Chapter 11: Not waltzing Matilda

A talented Stomper recites the dramatic tale of the hapless Matilda. Everyone is held spellbound by the unfolding narrative. But, on hearing the disastrous ending, most of the Plunkers collapse in a snivelling heap.

Stompers shout 'wuss' and 'wimp' in their direction.

Chapter 12: Bacchanalia!

A gastronomic orgy (aka 'supper') ensues. The wanton gluttony defies description. Shameful!!

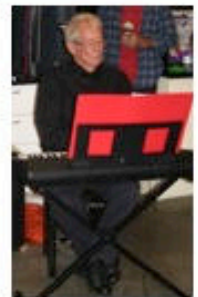
Chapter 13: To the (end) point

A darts board and sets of fearsome darts appear. Some look like souvenirs from the New Guinea Highlands. The scoring system is so convoluted that only teetotallers can fathom it. Anyway, no-one aims at the board. The 'gangs' draw lines in the sand. It's time for old scores to be settled! In the end, the carnage exceeds the medical skills of even those trained in first aid. Ominously, sirens are heard approaching and there's a helicopter hovering overhead. Big Jim and Chris call time!

Abe Gondola *Mayhem on Woodlark Rise*, NAC Press, Sunshine Beach.

Barnesy's Bash

there's a few ring-ins amongst this lot !!



A night of fun in the Barnes' garage



Well, that was a hoot!

We danced, we sang, we strummed, we laughed, we chatted, we ate, had a drink or two and threw a few darts.

Who'd have known there was such hidden talent in our midst. Thanks and well done to those brave souls who took on the challenge of providing us with entertainment and laughter.

Courageous Barnsey got the ball rolling with a terrific rendition of an acoustic ballad ... Good on you Jim Then joined by Christine, they kicked into a good old Creedence number. Adrian and Fran stunned with an amusing selection and Carola starred with her management of the "Pub Choir" in which everyone participated with great enthusiasm. The Sunny Coast

Bootscooters showed us their stuff and got us too tapping and wanting more. Brian, Owen and Kathleen added a bit of class to the whole event with "The Swimmers Lament". Tax dodgers, Mick and Adrian, gave us some insight into their past with their very recently acquired love of the ukulele. To top it all off, the QNA Ukers led a few well known, singalongs demonstrating just how endearing the unassuming uke (loved by none other than George Harrison) can be.

As an inaugural event, we hope this will become a feature of the QNA social calendar, giving those "closet divas" an opportunity to shine!
Chris Cooper

Future Social Events ...

It's always hard to find dates to suit everybody for holding an activity. Here's some proposals for future events.

Feedback and suggestions always welcome. Chat to Chris at the pool sometime.

Using the **Google survey form** has made gathering information much easier. All members can participate even if they don't come to the pool regularly when paper response sheets have been circulated. It would be great to catch up at a social event with members we don't see that often.

I'll continue to use this by sending out a link to complete a survey in the email giving details about the event.

A date for **Curry Night** at Robyn Selby's place is planned for the end of May or early June. More details to come.

Pizza and Pétanque at Pomona. Hosted by Carola Henderson, this is proposed for either Saturday July 3 or 10. More details to follow.

The **Sup and Paddle** activity at the Lions Park will be reactivated now that the weather is moving into the stunning season. Watch for details.

Plans for the big **Birthday Bash** are in train -

The sub committee consists of: Ian Tucker, Helen Malar, Robyn Selby, Wendy Ivanusec and Chris Cooper

Proposed date: Thursday September 23rd, after the QNA Swim Meet

Format: 3-4 hours, starting at 5.00pm

Finger food, music, BYO drinks, casual seating, high bars and chairs, cost to be kept to around \$35.00 per person with the club making a contribution to reduce costs.

Chris is gathering info on options for venue

Wendy is organising an historical photo montage to run on the big screen throughout the evening and is also meeting with older members to get input.

If you have suggestions to make the event memorable, talk with one of the sub-committee members.

COACH'S TIPS



Basic tips for good freestyle !!

1. Keep hands soft ... you can't feel anything with tight, tense hands.
2. Think tall and long. Streamline off every wall. The faster you want to go, the more you have to relax. Speed is all about relaxation.
3. Catch and pull with the entire surface of the hand to elbow - same pattern as a surfboard pull.
4. Hand moves in a straight line to hip.
5. Apply force at beginning of stroke, don't cross the centre-line - there is no power if your hand crosses the centre-line of your body.
6. Most power and leverage is just outside of shoulders.
7. Rotation comes from hips and core, not from your shoulders.
8. Do not bend the wrist.

Happy swimming - Cheers, Jan



Ten Year Membership

On Sunday 18 April, Noosa Masters President, Ian Tucker, presented Gillian Bensted with her 10 year membership badge. It feels just like yesterday since Gillian started swimming with Noosa Masters ... Congratulations on reaching this significant milestone Gillian !!!

A Chapter in Coral's Capers ...

11/4/21

After Uluru headed up to Kings Creek Station just before Kings Canyon intending to end up at west tip of Macdonnell Ranges. However, 160km of the track has not been fixed up after rain, so backtracked 60km to Ernest Giles Road East. It was 100km of sometimes very challenging road due to flooding. Troopy never faltered despite mud and sand. Then discovered the Henbury meteorite craters - five in all. Quite incredible. Never seen one up close before, only from the air. Am now back in Alice for 2 nights, then will do the West ranges before camel trip now delayed until 20th. Big day today, but do-able as temps have gone down to 30deg.



Thursday medals

Lots of medals were collected by Club Captain Rob Jolly after the conclusion of the State Championships. Thursday coffee after squad provided an opportunity for Rob and President Ian Tucker to present a couple of well deserving swimmers with their just rewards.

Greg Bott's Silver Medal for his efforts in the 4 x 50m Medley Relay.
and
Brian Hoepper's Bronze Medal for his 200m Individual Medley.

DID YOU KNOW?

Feral Peach-faced Lovebirds (*Agapornis roseicollis*) have learned to cope with the intense heat of the Arizona desert by camping out near the air conditioning exhaust vents on the sides of buildings. Arizona State University studied this new behaviour and found that on the hottest days many lovebirds take advantage of these man-made sources of relief.



Kung-fu Kagsey

by Karen Martin

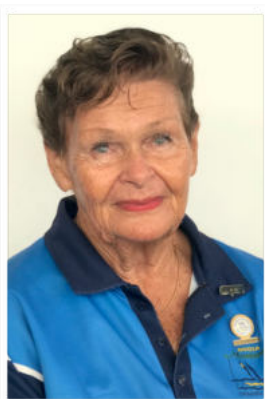


My journey with Self Defence continues ... just graded up to Blue Belt, still a way to go, about another 2 years before reaching Black Belt.

The grading was tough, we have to show fitness, discipline and precise actions.

Lessons are based on principles eg. intent and awareness and we learn about targeting pressure points so that, if an attacker was bigger or stronger than me, I would know where to target were it hurts.

I love the fitness side and the friendships and it helps with confidence.



Wendy Ivanusec celebrated her birthday on Sunday 18/4 after squad by bringing along a 'small' sweet offering as well as a gluten free option to share with her swimming buddies over coffee. An enthusiastic rendition of 'Happy Birthday to you' by those present shook the very rafters of the Aquatic Centre!!

... Ed



Birthdays of the Month

May

Jennifer Watson	10/05
Adele Tucker	12/05
Rod Alfredson	15/05
Karen Martin	23/05 (Big 5-0 !)
Jim Barnes	27/05
Grant Scotcher	31/05 (Big 8-0 !!)

Age only matters if you are a cheese !

"The Saturday Mob"

Just a bit of nostalgia ...

Rob Martin tells me that Irene has sold her shop and is moving to Brisbane which makes her the last of the Saturday afternoon mob.

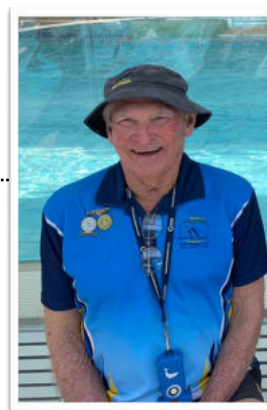
Olga and myself inadvertently started these aerobic sessions on the 29th May 2008 when time beat us on the club's normal Tuesday morning aerobic sessions and we decided to do our own thing/swims on Saturday afternoon. Well, word soon got around that you could be timed on Saturdays if you so desired.

So over the ensuing 12 years there were countless aerobic swims completed with all the points achieved helping to our club's success in the National Aerobic Program and, through being the aerobic recorder during most of these years, I had all the necessary gear, stop watches and everyone's swim sheets. Of course there was no after hours book in those years.

Some Saturdays there were up to 12 swims completed and 10 or 12 members present. My personal diaries tell me there were 352 swims recorded, but with the years 2009 and 2010 missing completely, and many entries simply stating Olga timed aerobics from 1:30 to 4:30, as well as many entries saying '9 members present' with no details of swims they may have completed!

So, I would like to say "thank you" and acknowledge all those who met their personal challenges and won and who have happy memories of swimming over this period with "the Saturday mob".

... regards, Bob McCausland



ENDURANCE 1000 REPORT

APRIL 2021



We continue to get strong participation with the Endurance program on Tuesdays. We now have 45 swimmers participating which is 63% of the club membership. Every swim earns team points, so stop on by for an Endurance swim. Water temps are dropping. Must be time for some longer swims! And now that we have received some great swimming tips on butterfly and breaststroke, maybe it's time to try an IM??

The swimmers who have Endurance points for the first time this year are: Felicity Hawkins, Lois Hill and Adrian Wilson. Welcome back to Endurance – great to have your participation!

The Endurance story this month is about me. I do not like talking about myself, but I think this is worth sharing. In April, for the first time EVER, I swam a “proper” 400IM with two-arm butterfly. I had shoulder surgery in 2007 (labrum tear) and my surgeon said I would never swim butterfly again. So, I believed him until I started to get second opinions recently from physios and an exercise physiologist who has worked with me to strengthen my shoulder and build confidence. Moral of the story, never give up on the possibility of doing something that is important to you. If you persevere, you just may reach your goal. It is great to have goals. What are your Endurance goals???? I am proud of what I achieved and worked really hard to do it. Reaching goals, no matter how small, are especially important to our mental and physical health.

Postal meets – We have been doing postal swims along with Endurance swims on Tuesdays and this is working out well. We will continue to coordinate these two important activities throughout the remainder of the year.

Stop Watches –

We have purchased six additional (black) stop watches. They are a different brand to our existing black stopwatches but operate the same way, therefore, they are easy for timers to use. Most timers have not even noticed they are new watches. This enables us to use the silver watches as “overflow” as these watches can be confusing to operate.

Procedures Manual –

A comprehensive Endurance 1000 Program and Postal Swim procedures manual was emailed to members recently. Thanks to the Club Captains, Club Recorder, President and the Deckies for their contribution and review. Please have a read as these procedures are important to a well-run program.

Deckies Needed –

From May to October each of the deckies is planning to take several months to travel (because we can!). Linda Hogg and Rod Alfredson have already offered to assist, but more help will be required to staff the Endurance program sufficiently. Denise is looking for two additional Deckies to run one Endurance session per month for 3 months. It's a great way to give back to the swim team – and encourage all your mates to have a swim! If you're available to assist between June-October please let Denise know – but again – you'll only need to be deckie three times (unless you'd like to do more!) Thanks in advance for your assistance. I will bring a gift back from the US for any deckie that helps – and I promise the gift will not be Covid!!

... Denise DeCarlo
Endurance Coordinator



Once again Noosa Masters Swimming has been dominant in achieving the John Hughes trophy for Highest Aerobic Points Score, 2019 in Queensland.

No trophy was awarded in 2020 due to the COVID-19 restrictions.

Noosa Masters has been the continuous recipient of this award for the last 12 years and requires one more year to equal Sunshine Coast Masters, the last club to hold it for 13

consecutive years from 1996 to 2008. Noosa Masters Swimming took over the reign in 2009.

On the back of the State Award, Noosa Masters has won The National Vorgee Endurance 1000 Champion Club – Top scoring Club (Trophy) on a continuous basis since 2013, another outstanding achievement and commitment to the program.

Winning the National Award had special significance for the club. Following the sad passing of our Club President Pat Mooney in 2012, the Club decided to ‘chase’ the top National Award as a way of honouring Pat, who had been a tireless organiser of the Endurance program. Noosa succeeded in toppling the long-standing Tasmanian National champions and have held the trophy ever since.

The achievements don't arrive without the energy and enthusiasm of the Club members and management over a sustained period. Special mention is made of club stalwart, Bob McCausland, his wife Olga, Past President Pat Mooney, and consistent achievers earning maximum total points year after year, including Geoff Lander, Irene Symons, Brian Hoepper, Barrie and Val Bedding, Mark and Jane Powell, Rob Lucas and many others who turn out on “Tuesdays” to keep the points rolling in, ably supported by the various program coordinators including Pat Mooney, Mary Lester, Marcia Kimm, Quentin Lee, Rod Alfredson and Denise DeCarlo, as well as the official recorder Tricia Chalmers and all the Deckies who assist in coordinating swims every week.

Regards ... Ian Tucker - President



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