

CHALLENGERS' CHATTER

AUGUST 2013

BRISBANE NORTHSIDE SWIM MEET



Left :Team Noosa

Below: Siesta time



24 August 2013 - Brisbane Northside. A stunningly beautiful day greeted the ten Noosarians that traveled to the Brisbane Northside Noahs Swim Meet Last weekend.

Geoff and Bruce arrived for the early session with Geoff doing an admirable 1500 breast stroke and Bruce a cruisey 800 Backstroke.

The rest of us arrived at about 9.30 am and from then on had a pretty full day with little time to recover between events. We took up a position on the grass in the filtered sunlight and casual breeze and apart from the occasional snoring from one of the early arrivals the day was quiet and enjoyable.

Sadly there was only some 102 entrants and there were several "no shows", the most notable of these being Jen Thomassen and Christian Thies, long time regulars of this meet. The pool

seemed to have been modernised since I was last there and the surroundings were very comfortable. The hosts put on a well run meet and the atmosphere was friendly as always.

We came away with some great results as follows - Gold to Geoff, Bruce and Bob, Silver to Dee, Clinton and Studley, Bronze to Mary. Robyn and Wendy were always chipping away at their events but on the day there were just too many starters in their age group. Clinton was just outside two world records in his events and this was in a period when he is not training with any seriousness. He certainly is a tiger and a great inspiration to us all.

Rodney swimming in his first meet went up and down the pool like a scalded cat and in the 25m backstroke actually posted a faster time than Bob Morse - "Dunno how that happened", Rodney was heard to say to Bob by way

of explanation, "-- but those drop down starts that Bruce showed us on Thursday certainly helped".

We finished the meet in second position overall beating Miami again into the third spot but being beaten out of the first position by Sunshine Coast. Sadly we had 2 no show competitors in our team and because the average point score for the overall winners on the day is calculated

by the total points scored divided by the number of entrants for each club, we were beaten out of the first place by only 1.92 average points. Sunshine Coast 40 points, Noosa 38.08 points and Miami 33 points (hey, hey!). See you at the pool - remember to breathe in only when your mouth is out of the water !!!!!

... Bob Morse



NATIONAL
CHAMPIONSHIPS
2014
ROCKHAMPTON

MASTERS SWIMMING AUSTRALIA
NATIONAL CHAMPIONSHIPS

Date: 23—26 April 2014 - Pool Events
27 April 2014—OWS

Venues: Rockhampton (Pool)
Yeppoon (OWS/Ocean swim)

Pool Address:

Southside Memorial Pool
Corner of Lion Creek Rd & North St,
South Rockhampton

OWS/Ocean Swim:

Ocean Parade Beach, Yeppoon

Entries Open: Monday, 2 December 2013

Closing Date: Friday, 14 March 2014.

Distance from Rockhampton to Yeppoon:
State Route — 4: 36km: 30 minutes



Hosted by Masters Swimming Queensland

Supported by Rockhampton City Council and Caribee Rocky Cross Masters Swimming

Email: nationals2014@mastersswimmingqld.org.au

Phone: 07 3245 1571

Website: www.mastersswimmingqld.org.au



FINALLY! 2012 PAN PACS OWS GOLD MEDALS



With a report time of 7.00am Sunday morning at Lake Hugh Muntz, conditions were far from inviting. Only the brave survived with Dyanna Benny succumbing to a severe migraine condition. Swims were over 3 distances: 1.25km, 2.5km and 5.0km, with all Noosa members choosing 2.5km - thus enabling Noosa also to compete as two teams.

Tactician, Jan, co-opted a replacement for Dyanna with Joan Patterson from Surrey Park Seahorses Masters (Victoria) joining our ladies' team of Jan, Bardie and Stephanie.

Our other team (Mixed) was made up of Grindle, Wendy, Trevor and Tony.



Both teams won Gold. However, it has taken almost 9 months to extract the medals for the mixed team from the event organisers - and they are truly lovely medals, so - "better late than never", as they say ... and so well deserved by our heroes!

... Ed

GREETINGS FROM THE HAPPY HORDYKS!

Hi from Texas : Hi Wendy and the Masters team ... Sorry for not writing sooner but, as you can imagine, we've been busy with daughter, grand kids and a few repairs around the house that had accumulated since our last visit. We leave for Scotland tomorrow for 2 weeks, then off to Holland (my birth place) for 3 weeks. We've done a little swimming - but nothing serious (need Jan to push me harder!). Still having shoulder pain at times. It's nice to read the news from you on our travels. Must go now, will write again soon.

Regards, Lesley & John Hordyk. (24/8/2013)

PS. Had to go to Yahoo address as we can receive Big Pond but not send.



2013 MSQ Calendar of Events

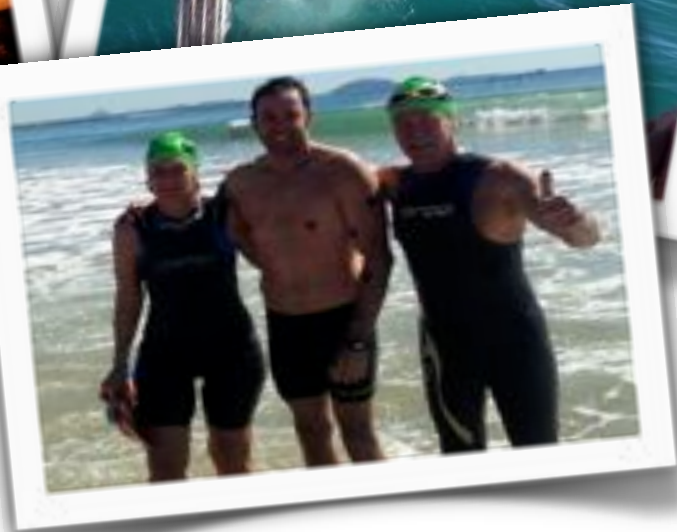
Month	Club	Course	Region	Sanction#	Venue
September					
1 Sept - 31 Oct	Aqua Jets	Postal	South	19/13	
7	Toowoomba	SC	South	20/13	The Glennie Aquatic Centre
21 Sept - 3 Nov	Albany Creek	Postal	Sunshine	21/13	
21	Atherton	LC	North	22/13	Atherton Centenary Pool
21	Lismore Games	LC	South	23/13	Lismore Memorial Pool
October					
5 - 12	Masters Games				Geelong, Victoria
5	Maryborough	TBA	Central	24/13	TBA
19	Long Tan Legends	LC	North	25/13	Long Tan Memorial Pool
19	Redlands Bayside	LC	South	26/13	Cleveland Aquatic Centre
November					
2	Caribee Rocky Crocs	LC	Central	27/13	Rockhampton Grammar S.
TBA	Caribee Rocky Crocs	OWS		28/13	
9	Cairns Mudcrabs	SC	North	29/13	Gordonvale A C, Cairns
17	Ipswich Masters	LC	South	30/13	Ipswich Grammar School
30	Aqualicious	LC	Sunshine	31/13	Centenary Pool
30	North Mackay Sinkers	SC	Central	32/13	North Mackay High School

Note:

LEO'S LATEST RIDE!



ISLAND CHARITY SWIM 2013 ...



The Island Charity Swim is a fundraising community event for the Currumundi and Nambour Special Schools in it's 13th year.

It consists of an ocean swim from Mudjimba Beach out to sea around "Old Woman Island" and then south to Mooloolaba Beach.

The swim is not a race and can be done as a solo event or as a relay of up to 6 swimmers . Check www.islandcharityswim.org for details.

At my current workplace " Nicklin Way Veterinary Surgery" I developed a plan to use the opportunity of the 2013 Island Charity Swim as a team building exercise and to raise community awareness for the good work done by the teams at the Special Schools.

We raised \$3000 through donations raffles and support sponsorship from our veterinary wholesalers.

The week before the swim was absolute chaos with a perfect storm of problems besetting our team preparation. The weather looked bad ,our boat pulled out and two of our three swimmers were struggling with severe flu then in the 24 hrs just before the swim everything came together. We got a great new boat crew , our respective health issues resolved sufficiently and the weather improved significantly.

The morning of the swim saw Jane and I at Mudjimba Beach surf club along with 40 or so other team and solo swimmers. We unloaded the kayak Jane was going to paddle in support and did the necessary sign in and briefing. My brother Ian met us there and drove our vehicle to Mooloolaba.

Sunrise had shown us a glorious calm sea with a slight off shore breeze - perfect conditions for the start of the swim.

After a half hour delay we started a minute or two apart leaving the beach to the cheers of a small but enthusiastic crowd of supporters. I was able to make my way through the small shore break and find Jane waiting patiently and shivering in the cool still early morning air.

Heading out to the island the water was clear and I could see the sandy ocean floor much of the way out to the turnaround point that is the north east corner of the island. It was here that I picked out our support boat "22" with a big banner along the side "Vote I Bill Gissane LABOR for Fisher".

Just south of the island I was able to pass the baton to our second swimmer Regan and take my rest in the now sunny and warm cockpit of Bill Gissane's lovely yacht "Rendezvous". Bill and his deckie Ray and our support Veterinary Nurse Simone made up the crew .We took turns every half hour to swim south towards Mooloolaba.

We swam together the last 1500 metres in to the beach a bit tired but elated to be part of such a worthwhile event. My thanks to Jane , Ian ,Bill ,Ray , Simone Rita and Regan for their help on the day and to all our donors for the fundraising.

... Mark Powell

“BODY READY” SEMINAR

When: Saturday, 28th September, 2pm – 4.15pm

Where: Albany Creek Leisure Centre, Cnr Old Northern Road & Explorer Dr.

Cost: No Charge for Members of Albany Creek Masters Swimming Club
& Albany Creek Health Club
Other guests - \$10 payable on entry

Register: email gacmasters@gmail.com (Limited seating available)

**“Nutrition – Fuel for Training,
Competition and Recovery”**



Presenter – **Sally Garrard** – Sports Dietitian

**“Exercising Safely, Preparation for
Competition and Recovery Methods”**

Presenter - **Vicky Graham** - Exercise Scientist / Physiologist

Organised by Albany Creek Masters Swimming Club Inc.

Next Seminar scheduled for Saturday 23rd November 2013

“THE MIND SET”

“Training the Mind for Performance”
- Julie Robinson - Clinical Hypnotherapist / Neuro-linguistic Programmer

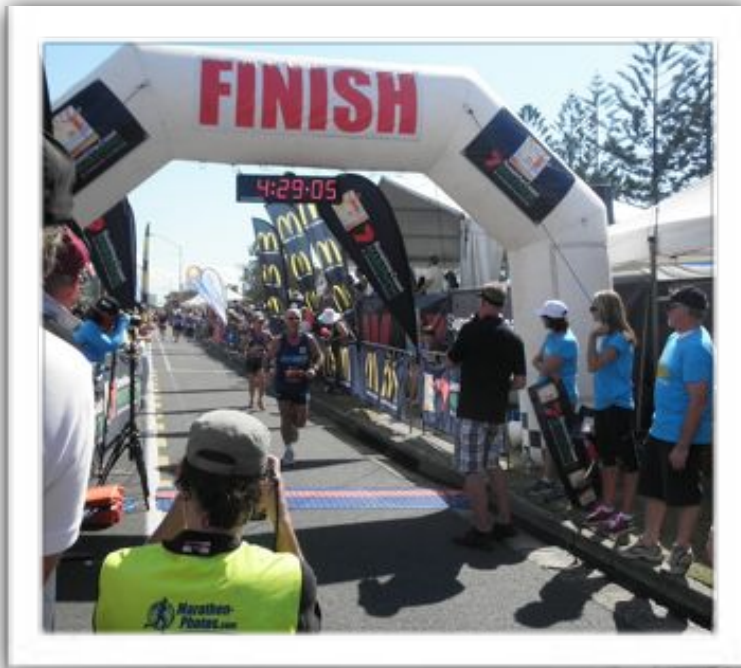
“Setting your Goals - be SMART”
- Richard Sleight - Head Coach, Albany Creek Swim Club.

Seminars to come in 2014 -

“TECHNICAL MATTERS & TECHNIQUE MATTERS”
“NO BLACK LINE – OPEN WATER SWIMMING”

Enquiries: gacmasters@gmail.com or contact Heather Butler 0417 634 006

SUNSHINE COAST MARATHON ...



At finish -42.2kms -my 21st marathon

I survived the Marathon on Sunday at Alex Headland. I ran a nett time of 4 Hrs 28 Mins, had hoped to break 4.20, but very warm and tough going on the 4th lap of 10kms, very happy to finish in one piece & no injuries. I saw Rosemary running in the 10 km race when I was going out on my 3rd lap.

Hope to get back to the Endurance sessions next week, will have an easy recovery swim tomorrow, still a bit sore. I've attached 2 photos Fran took of me, one as I finished. See you at the pool.

... Bruce Bate



WELCOME TO THE 21ST CENTURY ...

- *Our Phones ~ Wireless
- *Cooking ~ Fireless
- *Cars ~ Keyless
- *Food ~ Fatless
- *Tires ~ Tubeless
- *Dress ~ Sleeveless

- *Attitude ~ Careless
- *Wives ~ Fearless
- *Babies ~ Fatherless
- *Feelings ~ Heartless
- *Education ~ Valueless
- *Children ~ Mannerless

In fact we are ~ Speechless
Everything is becoming LESS
but still our hopes are ~
Endless !!

- Youth ~ Jobless
- *Leaders ~ Shameless
- *Relationships ~
Meaningless

FAST RETURN OF LOST MOBILES ...

Replacing a phone/iPod/iPad/tablet can prove expensive and stressful, not to mention the frustration of losing all your information with it. But here's a tip that could help ensure your device is returned quickly, saving money and stress!

Recently, when my husband and I went to Melbourne, we both turned on our pass code locks on our devices and then wrote a 'note' saying 'This device belongs to ***, if found please contact ***** on ***** and you will be rewarded for your honesty and its return. Thank you, much appreciated!' We then took a screenshot and loaded it as the lock screen. I know there are apps that can help you find your phone but this way there is more likelihood that it will be returned quickly!

A TALE OF TWO BIRTHDAYS ..



Brian Hoepper ...

Jess Tye was not about to let Brian Hoepper's birthday slip by unnoticed ... so she got up really, really early and baked him a beautiful birthday cake - watched intently by her children. They were only prevented from devouring it on the spot when it emerged from the oven by the promise of being allowed to come to the pool and share it with the rest of us as we sang and cheered enthusiastically to wish him the happiest of birthdays - with many more to come !! Thank you so much Jess, that was a very thoughtful and kind thing to do for Brian and we could see that he really appreciated it.



... Ed



Mark Besford ...

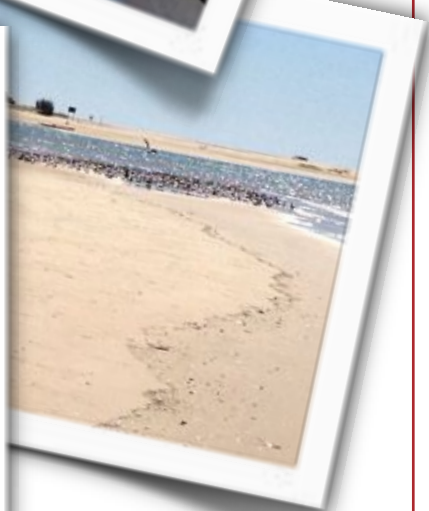
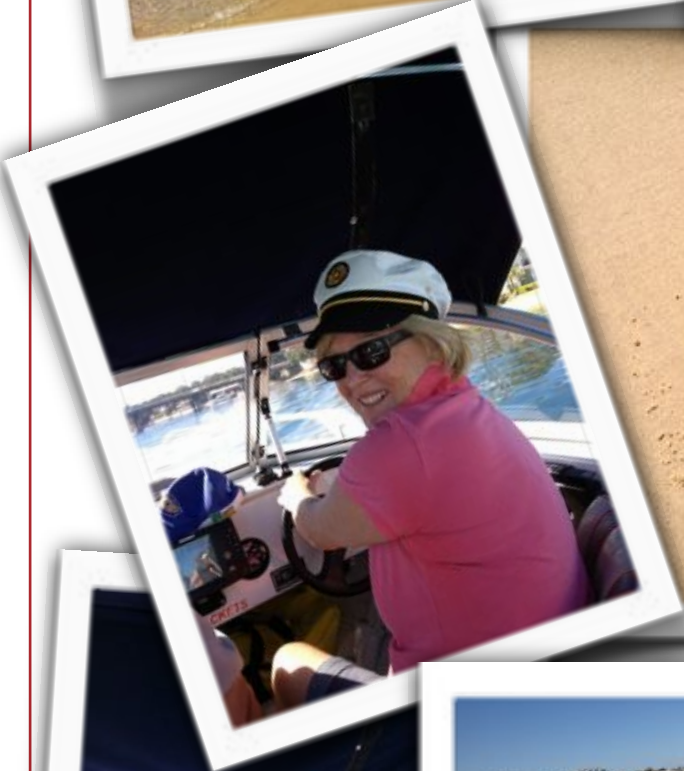
Meanwhile - in another part of town - Mark had completely forgotten it was his birthday and had turned up to do some work for Wendy & Ivan. Wendy arrived home from the pool with a piece of cake each for Ivan & Mark. She found a candle and, as you can see, Mark was delighted with his "birthday cake".

... Ed



UP A LAZY RIVER ...

Mary, Adele, Robyn & Wendy enjoyed a wonderful morning, relaxing on the Noosa River



MICHELLE'S MUSINGS ...



Hi everyone -

*At the time of sending this we are at Cape York – Top of Australia
Who would of thought that we would here in our boat!! The only problem in the future - getting back south again
We hope the wind will be in our favour.
I have sent an extract of my journal from couple days ago, as this is one of the best places to visit, apart from Lizard Island of course
We have had top weather, motor sail some days – no wind – warm of course
Hope all is well with you all
Love xxx Hugs () () Smiles JJ
Shel*

August 20 2013 Margaret Bay

The moon is bright & peeking through the porthole, the stars in their brilliance. I am out of bed early to watch the sun come over the hill & the moon settle in the horizon. Wind 15kn SE; calm seas. Now that the 'chores' have been done, that included cleaning the boat, Rick putting his bits away its time for the day's adventures. We both go ashore whilst the tide is running out; in some places the sand is very soft & spongy. The crab pots are checked, nothing today so they are cleaned out of old bait & folded up & into the dinghy. Rick is out with the cast net: we have 12 whiting 'elbow slappers' in no time. We also get good size herring & mullet, bony bream which we toss back, & 1 small sand crab. Run the bait net in one of the close gutters another 6 whiting. All the fish are in a bucket (holes around the top & rope secured to both & tied to the big boat to keep fresh. Unfortunately those pesky black tip sharks are on the prowl. After lunch, its low tide: so we go back to shore this time oyster hunting. Not my favourite food, don't mind shucking them though. These are big black tipped oysters, Rick wants to try them in breadcrumbs so we gather a jar full & take back to the boat. Late in the afternoon when the sun has lost some power it's time to process the whiting. Sitting on the back deck of the boat is not that good; having to keep a

constant lookout for crocs. Will have to get a proper bait board sorted out for Neriki! With all the scraps go overboard, unfortunately the black tip sharks are about again, trying to get into the fish bucket, so are the gummy sharks. We have a piece of rope that we have threaded the whiting back bones to & leave it floating out the back of the stairs, in no time the gummy sharks come around.

Not much of a tasty meal, so I get one of the mullet we caught that morning & tie it on, they came to the stairs sucking on the fish, I put my hand out & rub along his/her back, what an experience, this happens a few times more. The processing of the whiting is taking ages as I am having more fun with feeding & patting the sharks. We saw this black shadow approaching under the sharks, couldn't believe it – a grouper about 150kgs. Huge! With a mouth the size of a medium saucepan! Fed this one also! Lots of small trevally around too! All too soon the bait was finished as was the fish processing, plus it was getting dark & time for dinner & showers. What an enjoyable day what an experience with the sharks.

August 21

Not going today, we are having too much fun. Yesterday afternoon another boat came in, they didn't acknowledge our radio call so let them be. During the night a trawler came in, they are anchored very close to the reef, obviously been here before & know the area. Seems a bit funny they are not sleeping during the day. They off load their dinghy & start to explore around the place. At least they waved. The other boat left early this morning heading north.

Today, so far is calm weather 10kn SE breeze, no wind. The moon is settling over the hills & the sun is coming over the opposite hill in the east. What a sight. Today Rick is giving the boat an oil change & filters & checks all is ok. We tidy up the boat & put other bits away as we are definitely leaving tomorrow. The boat is in order so it's off to shore. Too early for the whiting, too much tide so back to the boat for some brekky, wait another hour & try again.

The second time in Rick gets lots large mullet & herring & 4 whiting; we will give the sharks & grouper a decent feed before we leave. Rick wasn't doing as well as yesterday with the deeper tides. We walked the beach for a bit, I was in charge of pulling the boat from one location to the next. The water is clear &

the sand under foot has bubbles coming up & is very soft & white. I had been wearing my dive boots most of the time, today I left them off to see if my foot was any better walking – no. The swelling has gone down considerably, although the toes hurt when I pull them back. Anyway it was soothing to walk in soft sand. Eventually the tide dropped more, Rick found another gutter close to the rocks, this was proving successful, another 12 large whiting. It was 13:30 by the time we got back to the boat & had lunch. We had been on shore for 3 hrs. Lazy afternoon, it was hot & still. The trawler men were still out exploring. It was nice to sit in the cockpit scoffing sand crabs, crackers & cheese & a cuppa to down it with book in hand. Rick was sleeping off the morning activity. By 5pm it was time to process the whiting. The gummy sharks & grouper came in for their feed. Unfortunately one of the sharks got its mouth hooked around a hook we had put the whole fish on. What a lot of thrashing, it was a struggle, such an unfortunate accident. Anyway we got the shark onboard & released the hook, it went away with a very sore mouth indeed, although some time later it did come back looking for another feed. The grouper – well that was an experience. This time I put the fish on the hook keeping it close to the surface, when the grouper came up & gobbled the fish it sounded like a vacuum cleaner. We got used to its tactics, take the food, swim around the under the boat, back to the stairs for the next mouth full. I was so close into touching it. I did get game & hold the fish by its tail & just when the grouper opened its mouth I dropped it in, I was worried it could take my hand with it. When its mouth closed the water splashed over me. In the end the sharks missed out & the grouper finished off the rest of the fish. It was dark by the time I processed the whiting. I laughed so much at this unique experience. Tonight is full moon. I watch it creep over the hill in all its glory, this huge glow in the evening skies, the glow that shimmers on the water, of course I am out with my camera at every opportunity this is no exception. Dinner is late. Any wonder stopping the fish processing to feed the fish – very time consuming! I will miss Margaret Bay, the endless silica sand beach & hills, clear waters in shore, the uniqueness of shark feeding, the grouper, beaching Neriki on the sand, discovering the creek, watching the shipping traffic in the channel, the setting of the orange sun over the hill, the isolation.

MICHELLE'S MUSINGS ...



. Here is another photo of Neriki boat on the sand at Margaret Bay 125Nm (about 232kms) south of Seisia. We purposely did that to clean the hulls of weed & barnacles. The waters were very clear in the shallows & warm, the sand – mainly silica (very white), soft & mushy. Interesting to see that most of the coastline north of Cape Flattery is silica sand. It's not until you get closer to Albany Passage that the bauxite begins to show through.

Sunday, 25 August 2013

This morning in uptown Seisia, few folk have come down to the sea for a spot of fishing from the jetty, the wind is blowing about 22knots gusting 25kn, the sky is blue with cloud (usual) its dry, hot, the air is thick with smoke as its burn off season, the seas are blue/green sparkling & clear with creatures that have plenty of teeth attached – buggger no swimming here, plenty of indigenous people

terrorising the sailing fraternity speeding past in their dinghy's, the ever present blow fly is going nuts in the boat, the shopping is twice the price you pay at home, so nothing bought here apart from fuel \$2.50 diesel.

Afternoon session. That damn blowie is still annoying us, I think its bought its mates, the wind has become stronger as the boat is pulling on anchor, the smoke is thicker, the jetty is quiet, the Trinity Bay (supply freighter from Cairns) is docking. Our other sailing mates whom we met again at Lizard Island were here for a visit, the dinghy's have gone home as I think they are out of fuel, (to me this is where my tax payer \$'s go????!!)

We have had a call from some friends to say they are coming to Bamaga next Thursday to join us for 2 weeks. They have scheduled their return flight from Weipa so we are off to Weipa for a jaunt – 110Nm (204kms). We seem to be getting around a bit!! Might as well go, as the wind will be beam on, off shore breeze(wind) from SE. Besides we have to stay up here until the winds turn into the North to get back home. That is so far from here in a nautical sense.

Once you reach & sail around the 'Pointy Bit' - 'Top of Australia' especially by boat, you start to understand how big our country is; we have only scratched Queensland – well part of it - missed out on a bit to the south, & we haven't sailed into the Gulf very far!

So much for having the boat just for a few years – ha, will take many more years of exploring to see what else is out there!!

Actually when we sailed around 'The Tip' we could see all these people clambering over the rocks to have the photo session with the sign. I wonder what they were thinking when we sailed around & dropped anchor in Shallow Bay (that's around the corner & yes its shallow)?

Hope this letter finds you both very healthy & very happy. Miss my swimming: At Margaret Bay I did do a quick splash in ankle depth - Rick was the lookout!!

*That's it for this letter
Hugs () () & Smiles JJ
Shel*

****Crikey the dinghy people have refuelled, terrorising us again. I get this feeling they don't want us here!**

COACH'S CORNER ... BY JAN CROFT



Freestyle - catch and pull

1. Catch & pull with entire surface hand to elbow. Do not bend wrist.
2. Apply force at beginning of stroke, hand moves in a straight line to hips.
3. No power if hands cross centre line of your body
4. Most power & leverage is just outside of shoulders pull from surface .
Rotation is from hips & core not from the shoulders.

Swim well !

ENDURANCE 1000

Endurance 1000 Report for August

Report should be available for AGM



AS IT WAS ...



<http://www.whathappenedinmybirthyear.com>

September Birthdays

Studley Martin	3/9	
Kerryn Spinks	13/9	
Irene Symons	14/9	
Mary Lester	22/9	
Ian Mitchell	23/9	
Gillian Bensted	26/9	
Val Bedding	26/9	Big 70!!!
Debbie Tancredi	28/9	
Bob McCausland	29/9	

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

SOCIAL EVENTS

CRAFTERS MEETING

TBA @ 1pm-3pm

RSVP: Adele
5412 2980 or 0417 069 229

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

VISIT OUR WEBSITE ...
www.noosaaussichallengers.com

Challengers Chatter

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