

CHALLENGERS' CHATTER

AUGUST 2014

WORLD GAMES .. GOLD !

Noosa's "Magnificent Eight" triumphant !!



All hail our conquering hero!
Jan Croft ...
2 Gold, 1 Silver, 1 Bronze, 1x 4th



TEAM NOOSA L-R: Wendy Morse, Bob Morse, Jacky Shields, Eulah Varty (Can), Jan Croft, Adele Tucker, Robyn Selby, Ian Tucker, Bardie Gruber

2014 WORLD MASTERS - MONTREAL

FINA's World Masters Swim Championships in Montreal proved to be an unforgettable experience for 8 Noosa Club swimmers.

Attending were : Jan Croft, Bardie Gruber, Robyn Selby, Jacky Shields, Adele Tucker, Eulah Varty, Bob Morse and Ian Tucker.

Not unexpectedly, Jan was able to match it with the world's best in her age group, despite battling a virus.



RESULTS:

Jan	200m Free	3.13.99	4 th
	400m Free	6.52.04	2 nd
	800m Free	14.01.78	1 st
	400m IM	8.13.72	3 rd
	3km OWS		1 st

Doing the hard training yards for months prior, paid dividends for Bardie, registering personal bests in 100, 200 & 400 m freestyle events.

Bardie	200m Free	3.15.16	
	400m Free	6.48.98	13 th
	800m Free	13.59.55	15 th
	3km OWS	59.07.80	11 th

2014 MASTERS WORLD GAMES -

RESULTS cont'd

Jacky Shields for months has wanted to crack 40 seconds for 50 metres freestyle, and in Montreal succeeded.

Jacky	50m Free	39.56	
	200m Free	3.21.24	
	400m Free	13.59.55	
	800m Free	59.07.80	20 th

Bob Morse, closely shaven and an alcohol free preparation, gave himself the best chance, with two top 10 finishes, surely, surely must be satisfied:

Bob	50m Back	39.44	8 th
	100m Back	1.24.73	8 th
	200m Back	3.10.09	11 th

Ian	100m Free	1.16.48	
	200m Free	2.46.53	
	400m Free	5.49.77	
	800m Free	12.10.00	

Eulah	100m Fly	2.57.61	4 th
	200m IM	5.01.27	2 nd
	400m IM	10.37.92	2 nd

Robyn Selby's trip half way around the globe was not in vain, shaving 3 seconds off her 50 metre freestyle event, massive for her. "We'll worth the air fare," said Robyn.

Robyn	50m Free	48.85	
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Adele, with her smooth stroking backstroke recorded PB's in 50 & 100 metre backstroke events. Well done Adele, the world surely isn't that daunting after all, there's just more officials watching you than there are swimmers in a race.

Adele	50m Back	47.57	
	100m Back	1.43.22	

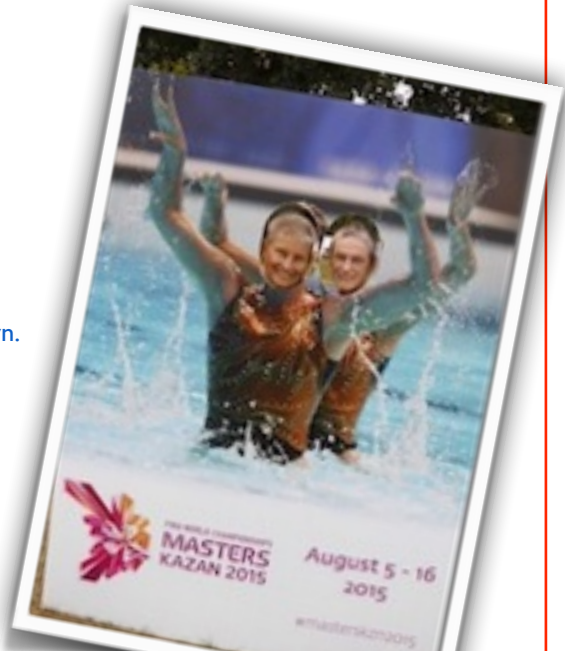
Jan & Bardie have arrived home safely via NYK and have related to fellow Noosa Masters swimmers what a wonderful trip it was. The others have gone their separate ways throughout North America and some will be venturing to Europe. With the next World Champs in Mexico, some have had their appetites whetted for 2016.

... Tony Frost

Club Mascot "Naccers" had a ball in Montreal !!



Jan & Bardie have always wanted to try Synchronised Swimming !!



Breaking news from Robyn that she has, in fact, found her Mountie. He's a big bear of a bloke but she looks very smitten with him

"The last supper" - team get together in Montreal.



MISQ 2014 CALENDAR

Date	30	Club	Code	Region	Sanction	Venue
SEP						
13	SC	Toowoomba Tadpoles	QYW	South	21/14	Glennie Pool, Toowoomba
OCT						
4	SC	Redlands Bayside	QRB	South	22/14	Ormiston Pool
18	LC	Long Tan Legends	QLT	North	23/14	
11-18		Alice Springs Masters Games				Alice Springs
NOV						
11-18	LC	Whitsunday Warriors	QWY	North	24/14	Proserpine Pool
6-8	LC	Pan Pacific Masters Games			25/14	Gold Coast Aquatic Centre
9	OWS	Pan Pacific Masters Games			26/14	TBA
15	SC	Cairns Mudcrabs	QCN	North	27/14	Gordonvale Aquatic Centre
29	LC	Aqualicious	QAL	Sunshine	28/14	Centenary Pool
29	SC	North Mackay Sinkers	QNS	Central	29/14	North Mackay High School
30	OWS	North Mackay Sinkers	QNS	Central	30/14	Pioneer River, Mackay



Enjoy your [August B-mail](#), the monthly e-newsletter for Backyard Buddies. This month, B-mail is about Funny Buddies! It features:

[Some favourite Aussie larrakins](#) who will have you in stitches.

[A slight rude character](#) who likes to stick his tongue out at you.

COACH'S CORNER ... BY JAN CROFT



Fly training:

Do lots of fly kick to improve efficiency. Low hands and low recovery. Do flat butterfly. Soft hands, don't smash hands into the water. Keep feet low, just under water. Breathe every two strokes if you are not a good kicker. Kick is very important in fly, Do fly kick front, back and side.

Breastroke:

Aerobic fitness has to be there first.

Breastrokers do lots of other strokes

Be cautious with the amount BR you do .

Limit kick and do lots of BR pull. Some elite Breastrokers only do 30% of their mileage breaststroke

Happy swimming.

Cheers, Jan

BRISBANE NORTHSIDE SWIM MEET ...

Brisbane Northside Masters Swim Meet - Saturday 23 August 2014

How can a team of 8 swimmers win the trophy for the Champion Club in very cold and wet conditions?

Easy ... Big hearts ... Gutsy efforts, humour and, of course, sugar - plus our resident pharmacist !!!!!

The team comprising Jana, Linda, Mary, Wendy, Bruce, Geoff, Rod and Studley swam out of sight with Linda making her carnival debut! Another virgin gets the feel !!

We won 6 medals:

Gold to Geoff Lander; Silver - Bruce and Jana ; Bronze to Wendy, Linda and Studley

Well done to our "gallant 8" for a mighty effort !!!!!

Huge thanks to Lorna Lander and Elizabeth Alfredson for timekeeping all day in appalling conditions !!



Linda's first swim meet = Linda's first medal !!

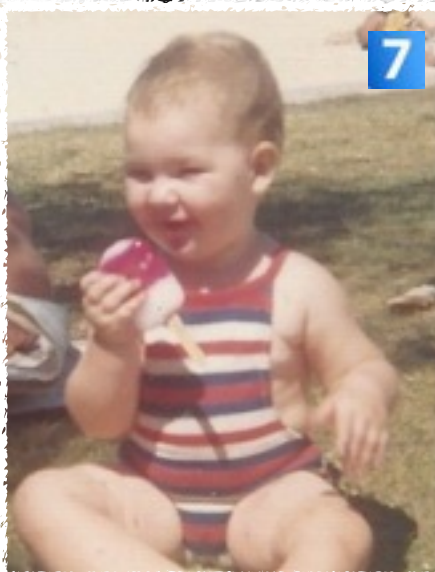
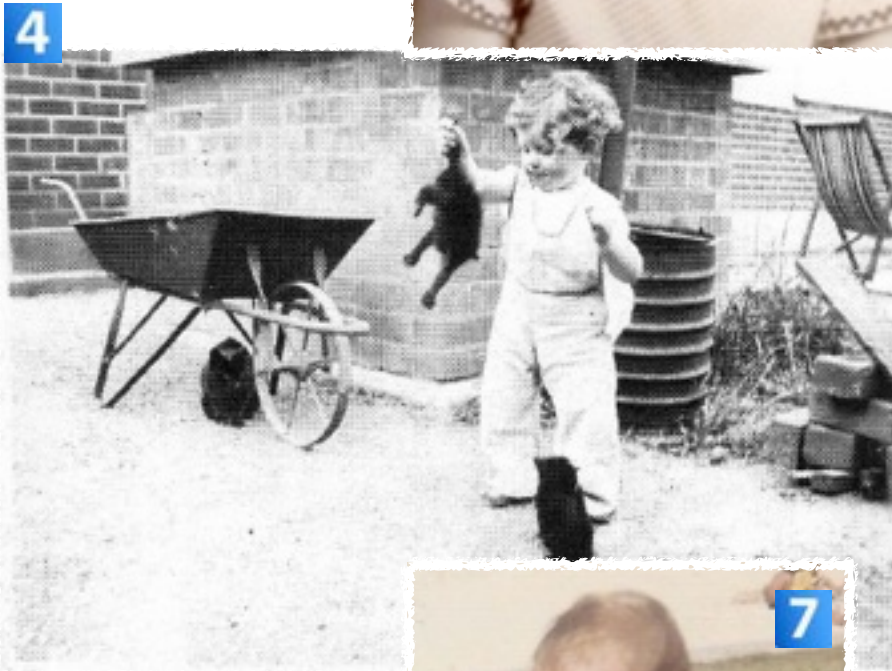
... Bruce Warren



Team Noosa !!



Trophy - Highest Average Pointscore - large clubs & with only 8 swimmers !!



Who do you think they are ??

Some people change from childhood to adult much more than others. These are early childhood photos of some of our members. See if you can guess who each one is. Can't wait until next month for the answers? Go to page ...9

Many thanks to all those members who submitted photos

THE THINGS YOU SEE



Spotted at the NAC recently, Karen Martin having just "shaven off" seconds from her PB in an aerobic swim.

Perhaps her "barber's swim cap" made the difference!

Any Challenger who wishes to have a close or not quite so close cut can find "Barber Karen Martin" at 6/28 Sunshine Beach Road, Noosa Junction. (next to Ipazzi Restaurant, opposite the Noosa 5 Cinema complex).

...

Tony Frost



The Gilbert clan gathered last month at the Spirit House, Yandina, together with their children,

Christopher, Penny, Ross & Sean and their respective partners, seven grandchildren & four great grandchildren.

As if 21 family wasn't enough, two grand daughters are expecting additions in September and October of this year.

Joy and Joe's lifetime commitment started at St. Andrews Presbyterian Church in Sydney's harbourside suburb of Longueville, on 24 July, 1964.

To add icing to the cake at the Spirit House, eldest son and his wife, Joanne, announced that they will be relocating from Boston, USA, to Australia. Guess where to? Joy & Joe will soon have new next door neighbours, much to the delight of Mum & Dad.

Congratulations from all friends at Noosa Masters Swim Club.



GLUTEN ...

Thursday, July 17, 2014 by: Jonathan Landsman (NaturalNews)

Once considered an 'unusual' way of eating by a small group of people with coeliac disease, gluten-free diets have become mainstream and quite popular throughout the United States. In the past, avoiding gluten was considered a 'sacrifice' - but, now, with so many choices people are taking a second look at its potential health benefits.

What's the importance of a gluten-free diet? For the 3 million plus people suffering with coeliac disease, a serious autoimmune condition, it's very important to completely avoid gluten. But, does that mean everyone should be this strict? On the next NaturalNews Talk Hour, Jonathan Landsman talks to Susan Smith Jones, Ph.D. about the true value of a gluten-free diet; how to naturally improve digestion plus some stunning (new) research.

Find out if a gluten-free diet is really right for you. Visit: <http://www.naturalhealth365.com> and enter your email address for show details + FREE gifts!

Why have gluten-free diets become the hottest food trend in recent years?

According to NPD, a leading global information company, "a third of U.S. adults say they want to cut down or be free of gluten in their diets." In terms of financial growth, according to Mintel - a market research company, the sale of gluten-free products is expected to bring in over \$15 billion annually by 2016. The popularity of gluten-free diets has been fuelled by the growing need to improve digestive [health](#), brain function, immune deficiencies and emotional well-being.



With millions of people suffering with celiac disease plus many other immune-related health problems, it's no wonder that [gluten](#) has become 'public enemy' #1 in the minds of many Americans. For individuals sensitive to gluten, symptoms can include gas, bloating, diarrhea, constipation, headaches, trouble concentrating and fatigue. But, the most troublesome effect of gluten intolerance is the damage done to the intestinal walls - which make it difficult to absorb essential nutrients from the food we eat.

Are you suffering from gluten intolerance? On the next NaturalNews Talk Hour - you'll learn how to naturally fix digestive disorders plus much more.

Visit: <http://www.naturalhealth365.com> and enter your email address for show details + FREE gifts!

The connection between gluten and chronic disease

Even if you're not 'officially' diagnosed with celiac disease, which can only be done by a biopsy and certain blood test, gluten sensitivity can cause inflammation of the digestive system and, eventually, a

condition called leaky gut syndrome. A damaged digestive system can allow undigested food particles to enter the bloodstream creating health problems like brain fog, memory loss, chronic fatigue, depression and an increased risk of cancer. Simply put, gluten intolerance can compromise the function of every cell in the body.

Keep in mind, if your symptoms don't go away by eating a gluten-free diet - then other health issues must be considered. The main point here is to NOT accept poor health as a 'normal' way of life. Obviously, if you've been struggling with unresolved chronic health issues, you may want to test for vitamin D deficiencies, heavy metal toxicity, thyroid dysfunction plus food allergies.

Is gluten threatening your health? Eating gluten, found in many grains like wheat, spelt, rye and barley, can trigger a negative immune response; body aches and pain; irritable bowel syndrome; brain disorders and food cravings. Gain greater control over your health through education!

Visit: <http://www.naturalhealth365.com> and enter your email address for show details + FREE gifts!

MARYBOROUGH SWIM MEET...

by Brian Hoeppe



Noosa Masters sent four swimmers to the Maryborough Masters Meet on Saturday, 9th August.

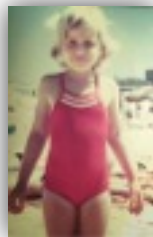
The most noteworthy result was Wendy Ivanusec's silver medal – a long-awaited reward for Wendy, who has previously been so close to the medals.

Geoff Lander chipped in with his customary, nonchalant gold medal, while Brian Hoeppe also won silver. Mary Lester, despite two fine firsts in butterfly, was swamped by a large field in the freestyle events and missed out on a medal.

It was so good to see the Maryborough Meet go ahead, after initial fears that it might be cancelled. In the end, clubs rallied and there were sixty competitors enjoying a glorious sun-drenched event. Noosa, with one of the smaller teams, finished a creditable eighth. The host team won the overall competition.

Of interest ... Alan Carlisle, the brilliant breaststroke stylist, just missed a state record in the 200m. He swam for 'The New Gold Coast Masters', suggesting there has been a bit of a shake-up at our old rivals Miami!

Thanks to Mary Lester's thoughtfulness in baking a delicious carrot cake ... Noosa members celebrated Brian's birthday in some style! and the team extended its hospitality to Christian Thiess and Nick O'Reagan.



WHO ARE THEY ANSWERS

1. Kerryn Spinks
2. Bardie Gruber
3. Grindle Rudder & Jess Tye
4. Grant Scotcher
5. Brian Hoeppe
6. Adrian Wilson
7. Grindle Rudder

TRAVELLING CHALLENGERS ...

John & Leslie Hordyk are indulging in our own backyard, reporting from the Kimberleys, WA, visiting the ancient 'China Wall', near Halls Creek and Geiki Gorge, just out of Fitzroy Crossing. Earlier stopped off at Mataranka Thermal Springs in NT. An amazing part of Australia !!



Helen Malar caught up with Dyanna Benny and Anne Besser in Edinburgh's Princess Gardens only a stones thrown from the Edinburgh Castle.

QUIZ ...

This is a quiz for people who know everything!

I found out in a hurry that I didn't. These are not trick questions.

They are straight questions with straight answers..

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.

2. What famous North American landmark is constantly moving backward?

3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?

4. What fruit has its seeds on the outside?

5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?

6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.

7. There are 14 punctuation marks in English grammar. Can you name at least half of them?

8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.

9. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'

Answers To Quiz:

1. The one sport in which neither the spectators nor the participants know the score or the leader until the contest ends: Boxing.;

2. North American landmark constantly moving backward:

Niagara Falls ..The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.

3. Only two vegetables that can live to produce on their own for several growing seasons:

Asparagus and rhubarb.;

4. The fruit with its seeds on the outside: Strawberry.;

5. How did the pear get inside the brandy bottle?

It grew inside the bottle. The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.

6. Three English words beginning with d Dwarf, dwell and dwindle...;

7. Fourteen punctuation marks in English grammar:

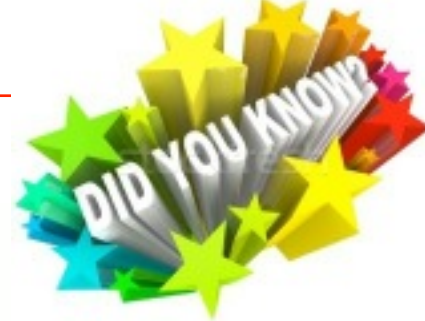
Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses.

8. The only vegetable or fruit never sold frozen, canned, processed, cooked, or in any other form but fresh:

Lettuce.;

9. Six or more things you can wear on your feet beginning with 'S':

Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.



Repel ticks with this natural oil

Saturday, August 09, 2014 by: Heidi Fagley

With summer approaching and more and more cases of Lyme disease being reported, many are searching for ways to repel ticks without having to resort to harsh chemicals. Luckily, there is one sweet-smelling alternative that is proving to be quite powerful in the fight against this growing concern.

It's summer and time to experience the great outdoors, yet many are opting out in order to avoid the feared tick bite that could possibly lead to a host of health challenges. The good news is that something as simple and natural as rose geranium essential oil has been found to help ward off those pesky little parasites.

Ticks operate mostly by using their sense of smell. Ticks don't jump or fall from trees; instead, they do something called "questing." That is, they climb to the top of a blade of grass or plant and stick their front legs up in the air, waiting for the scent of a victim to walk by. If you find one on your head, then it crawled there. Their front pair of legs have what are called *Haller's organs*, which detect smell, temperature, movement and carbon dioxide. This is how they know that you are coming. And since it is well known that they like warmth and moisture, they are waiting for a warm, moist environment to call their home. The best part about this is that, for some reason, they are not attracted to the scent of rose geranium essential oil.

There are two varieties of rose geranium oil. In order to get the most bang for your buck in repelling ticks, you want to find the one with the botanical name *Pelargonium capitatum x radens*. The more popular [rose geranium](#) oil under the name *Pelargonium graveolens* is from the same family, but not the same species.

... Natural News

COMMONWEALTH GAMES ...

... *Edinburgh, Scotland*

Whilst Australia was basking in the glory of dozens of medals achieved in swimming, cycling, athletics, hockey & netball, our boxing team ended the Commonwealth Games in Glasgow with the best ever results at this level of competition.

Our own Noosa Masters member, Viv Merrill - together with her daughter, Sarah - watched all bouts that Australia had boxers fighting for a medal.

Viv and Sarah attended as visitors, Mum's interest stemming from her position as the Administration & Finance Officer for the Australian Boxing Association.

The highly talented Viv, with a masters Degree in Sports Administration, was the Chief Timekeeper for our Club's swim carnival last May.

Viv reported the boxing success in Glasgow:

GOLD medals to Shelley Watts & Joseph Goodall, and a SILVER medal to Andrew Moloney.

... *Tony Frost*



Here's a photo of Viv in her Commonwealth Games shirt

ROBINSONS ON THE MOVE ...



Good and bad news from Ian Robinson. Ian has accepted the role as HEAD COACH at the Sam Riley Swim School in Brisbane. A swim tragic, Ian's passion for swimming has been demonstrated by his success as a swimmer (in particular breaststroke) and as a coach, where many of our members have benefited from his Sunday sessions and as the successful coach of Clinton Stanley, where he took Clinton to another level , breaking numerous world records in the Down Syndrome category.

Ian joined our Club in 2004 with his wife, Julie, and brother in-law, Phil Hubble -fine people and wonderful exponents of all swim strokes,

Julie, European masters champion and Phil, silver medalist at Mosow Olympics, 1980, and Multi medalist at Brisbane's 1982 Commonwealth Games.

Ian has indicated that he wishes to remain a member of our Club, for which we are all honoured.

Good luck Ian, we are confident that you will meet the challenge and that your pupils at the Sam Riley swim school will be the beneficiaries of your expertise.

Ian and Jules, we are missing you already, hope to see you on the pool deck in the near future.

... *Tony Frost*

Don't Forget

Upcoming events

- [Alice Springs Masters Games - October 11-18. Alice Springs, NT. Entries closed September 3.](#)
- [Pan Pacific Masters Games\(1/11/2014 - 9/11/2014\)](#)



Laptop Recalibration

As a laptop gets older, it starts to slow down a little. You may notice that pages load slower, videos take longer to start playing, and general slowness of the machine. Unfortunately, thousands of people a year replace their laptop batteries without performing any monthly recalibration on it at

all. If you want to get the best performance out of your laptop, here are a few steps to follow ...

- Charge your laptop's battery all the way to 100%.
- Once the laptop is fully charged, unplug it and let the battery drain. Feel free to use the laptop during this period, as it will help it drain more quickly. Once you see that the battery is almost empty, save your work and close any open pages. Then let the laptop shut itself off.
- Let the dead battery sit for about 5 or 6 hours, or overnight. This will help eliminate any leftover charge the battery may have, and lets the battery start over from zero.
- After you've let your laptop sit, plug it back in and let it charge all the way to 100% before using it again.

Battery maintenance is an important process that many people neglect. Recalibration should be done monthly if possible to ensure best results. If done on a regular basis, you should notice greatly extended battery life on your computer, and hopefully postpone the purchase of any replacement parts.

Old Time Dancing

Saturday night monthly Old Time dances are a lot of fun. The address is approx. 11 km along the Kenilworth Road from the Eumundi turnoff. There is a 5 piece band called 'The Sunshine Swing'. They have a great sense of humour

Admission is \$14.00 and it starts around 7.45pm till midnight. The supper (included in the price) put on by the local country ladies is delicious.

Dance Dates 6 Sep (Belli), 11 Oct (Belli), 15 Nov (Belli), 31 Dec (Belli)

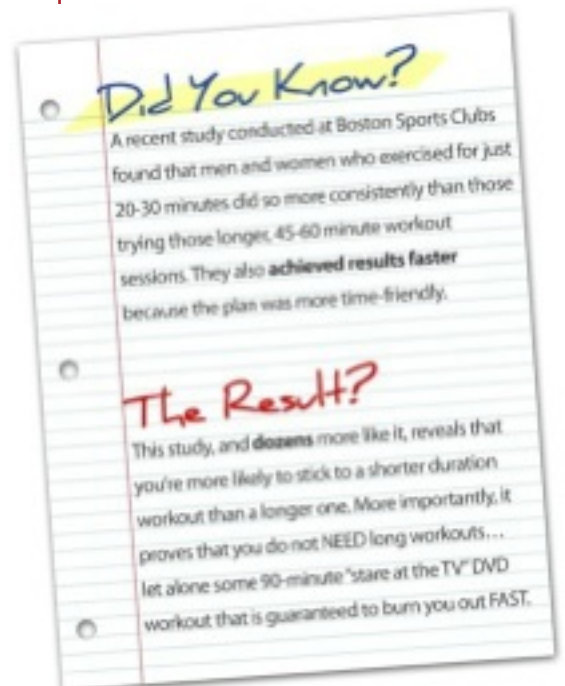
Volunteers -

Please note these dates in your diaries

The Noosa Triathlon Multi Sport Festival 2014 will be held from

Wednesday October 29th –
Sunday 2nd November 2014

Mark Besford (Mob 0420 360 277) is offering to housesit for anyone who needs their place cared for while they are away. He is also looking for any sort of handyman jobs - gardening, painting, cleaning gutters, washing windows - you name it, he'll do it for you. Mark plans to resume his travels next January.



ENDURANCE 1000

AUGUST 2014 REPORT

At the time of writing we have amassed 15,035 points. However we are still capable of bettering last year's all time record of 25,000.

So with Winter on the way out, it's time for all of us to SPRING into action !!!

So come one, come all and do a swim or four.

Some have already heeded the call ... Bruce Warren - doing it on his back as usual, Rod Alfredson from Lane 0 made his 30 minute swim look easy, Gillian Bensted - in training for the Tri - is knocking over the big swims in fabulous times, medal-winning Wendy Ivanusec is always putting in, and the ever smiling Rob Ellis is doing the big ones too ... and that's just to name a few.

AND remember that any postal for, or swim at a Masters swim meet (including National and International) that is of Endurance length is counted for the Endurance 1000 Program - so no need to swim them again.

Look forward to seeing you all at pool deck.
Tue 7.30-9.00 am
Sat 2pm

Keep swimming for fitness, fun and friendship !

Mary Lester
on behalf of Marcia Kimm -



Kerryn Spinks



<http://www.whathappenedinmybirthyear.com>

September Birthdays

Studley Martin	3/9
Russell Krause	5/9
Kerryn Spinks	13/9
Irene Symons	14/9
Mary Lester	22/9
Bob McCausland	25/9
Val Bedding	26/9
Gillian Bensted	26/9
Karen Barton	30/9

SOCIAL EVENTS

Monthly Club Breakfast
after squad Sun 28 Sept

CRAFT AFTERNOON

1-3pm - Tue
Date & Venue TBA

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

VISIT OUR WEBSITE ...
www.noosaussichallengers.com

Challengers Chatter

PO Box 21, Noosaville 4566
Editor: Tony Frost
Tel: 5447 5667