

CHALLENGERS' CHATTER

AUGUST 2015

WELCOME TO



WAYNE'S WORLD

Sunday, 9th August 2015

This was an opportunity for our members who wanted to "look, listen and feel" the imparting of knowledge from two of the best in the business.

Sports Scientist, Wayne Goldsmith & his wife, Helen Morris, a former Commonwealth Games swimmer and now swim coach, brought to us their knowledge and expertise, for a full day of enlightenment.

Twenty-seven of our swimmers jumped into the pool with 4 of our coaches watching from pool deck

.Two sessions at the NAC and in the classroom at the nearby Flexible Learning Centre for words of wisdom.

Helen's mental skills and relaxation techniques, had the audience mesmerised.

Wayne's stroke and skills techniques, nutrition and race day tips 'n' tricks, left our members with indelible points hopefully to be used as beneficial tools in their swimming kit.

One handy saying that Wayne imparted to us : CONFIDENCE = BELIEF x EVIDENCE (the training that you have done).

A big thanks to Ian Tucker and his committee, for their initiative in bringing Wayne & Helen to us.

What other Masters Swim Club in Australia has been given this opportunity? Thanks Ian!

... Tony Frost

Here's a couple of useful and informative links provided by Wayne to those who attended.

Link to AIS SPORTS NUTRITION - <http://www.ausport.gov.au/ais/nutrition>

My video at ASCTA - <https://www.youtube.com/watch?v=0H3uloGF6bk>

Wayne's Water World - <http://www.swimmingworldmagazine.com/news/category/wayne-goldsmith-water-world/>



Wayne's World

cont'd



L-R: Adrian Wilson, Helen Morris & Wayne Goldsmith, Helen Malar

Helen Morris shows how butterfly should be done



Wayne Goldsmith adds another dimension to "Coach on deck!"

Island Charity Swim

Saturday, 15 August 2015

The start of Island Charity Swim 2015 was a magic morning with clear blue skies and calm air .



I was pleased to have an enthusiastic cheer squad of Jane ,my sister in law Michelle and my brother Ian on the beach at Mudjimba Beach for the start along with family and friends of the other 30 odd swimmers .

The atmosphere is always quite festive but low key on the beach at the start of this event as it is not a race but a fun although challenging fundraiser with an 11 km ocean swim thrown in for good measure.

As you can see from the photo the start conditions were idyllic with a small shore break barely troubling the paddlers as they made their way out to the channel between the island and the beach to await the staggered start.



I was seeded to start at 28th position leaving the beach nearly half an hour after the first swimmer departed.

The warm clear water was magically silky for the start of our journey.

I soon picked up my paddler Damien (my youngest brother) just behind the break and we headed out around the island. The water was clear enough to see the bottom in all but the deepest water between beach and island and we were soon enjoying a vista of soft corals and small fish on the Mudjimba Island Reef .

I passed a couple of the slower swimmers on my way out but was myself blitzed by the back markers -Remy Fairweather and Sarah Windsor and Jack Carmine.

Rounding the island with only a small swell to contend with made the course close to the rocks relatively easy swimming compared to past events. This change of direction made it timely for Damien to make contact with our support boat "Rendezvous" ably skippered by Bill Gissane.

With our little flotilla now together heading southward I was a little surprised to find we were now punching into an unfriendly small chop built up by the now 7-10 knot southerly breeze. Whilst not too troublesome it did slow our progress until we were in the lee of Point Cartwright slightly to the south of Alexandra Headland.

I stopped at 45 mins for an electrolyte drink than again at 90 mins for electrolytes and a Gu shot with a final feed stop at 2 hours for another drink and Gu shot as I was now starting to feel a bit heavy in the arms and was searching for a boost.

Damien kept me on a straight course in the open water but as we neared the beach my fatigue and a sweep along the beach towards Mooloolaba Surf Club kept me wandering off course a little.

I hit the beach with an elapsed time of 2 hours 44 mins.



We were given a warm welcome back onto the beach by students of the Nambour and Currimundi Special Schools as well as family and friends.

Thanks Simone and Melanie from Nicklin Way Vet and Ian and Adele Tucker from Noosa Masters Swimming for being there to meet us at Mooloolaba together with Canadian cheer squad of Lillian and sister Dianne.

A great presentation was ably managed by Ashley Robinson in his own inimitable style where each of the swimmers were presented with a bag of commemorative memorabilia by a group of the students.

Well done to the Island Charity Swim committee for putting on such a great event.



My heartfelt thanks to those who have already donated to support my swim. Donations are still being accepted and it will be some time before a final tally of the funds raised will be known.

It's not too late to contribute to the effort. Anyone keen to donate can do so by direct deposit at Bank of Queensland – Island Charity Swim BSB no. 124-001, A/c no. 20629313

Please put Mark Powell as the reference and email me a copy of the deposit details so I can keep a tally and thank you for your generosity.

Mark W Powell -
powellmw@bigpond.com
"Just Keep Swimming"

EDITOR'S NOTE: A great effort in the water & fundraising by Mark. So far he has raised \$3,100 for the Nambour & Currimundi Special Schools. Mark appreciates the donations from some of our Noosa Masters swim club members. Two of our members, Jana Clancy & Clinton Stanley are graduates of the Nambour Special School. "It was the headmaster at Nambour who recognised and encouraged Clinton to pursue his swimming potential" says his Mum, Sue.

Telomere length predicts illness and mortality

In April 2015, a Danish study was published that tracked 65,000 people over a median of 7 years. The bottom line was that telomere length robustly predicts longevity, even after factoring out the effect of age, smoking, exercise, blood cholesterol, BMI, and alcohol consumption.

This adds immensely to our knowledge of telomere length and its predictive power. For perspective, the original [2003] study by Cawthon detected the relationship between telomere length and mortality based on fewer than 200 subjects.

The new data set is large enough to show trends over all of the health-related lifestyle variables.

Smoking, inactivity, weight (body mass index), and alcohol consumption

all correlated negatively with telomere length. So it should not be surprising that blood pressure and LDL cholesterol also correlated negatively with telomere length, and it is then a foregone conclusion that mortality must correlate negatively with telomere length.

This demonstrates without a doubt that unhealthy behaviours lead to shorter telomeres, as Epel and Blackburn have been telling us for a decade.

They have also emphasised the converse:

Healthy life choices lead to longer, healthier life through the medium of longer telomeres.

The bottom line of this new, large study is the extra predictive power

of telomere length, even after all these other lifestyle and indicator variables are factored out.

Correcting for smoking, correcting for age, correcting for weight and cholesterol and exercise habits, there is still a powerful negative correlation between telomere length and mortality.

The shorter your telomeres, the greater your chance of dying. The 10% of people with the shortest telomeres were dying at 1.4 the rate of the 10% with the longest telomeres, a result that was overwhelmingly statistically apparent ($p < 2 \times 10^{-15}$)

... Dr Trevor Chatham BVSc

Note: Telomeres are sequences of DNA at the end of chromosomes that tend to get shorter every time a cell divides. When telomeres drop below a critical length, the cell can no longer divide properly and eventually dies

2015 MSQ Swim Meets

OCTOBER						
03	SC	Redlands Bayside	QRB	South	14/15	Ormiston Pool
03 - 05	LC	Australian Masters Games				TBA
10	SC	Maryborough Masters	QMB	Central	15/15	Maryborough Centenary Pool
11	LC	Long Tan Legends	QLT	North	16/15	Long Tan Memorial Pool
24	LC	Caribee Rocky Crocs	QRH	Central	17/15	
25	OWS	Caribee Rocky Crocs	QRH	Central	18/15	TBA
NOVEMBER						
14	SC	Cairns Mudcrabs	QCN	North	19/15	Gordonvale Aquatic Centre
28	LC	Aqualicious	QAL	Sunshine	20/15	Centenary Pool
28	SC	North Mackay Sinkers	QNS	Central	21/15	North Mackay High School
29	OWS	North Mackay Sinkers	QNS	Central	22/15	Pioneer River, Mackay

Coach's Tips



Wayne Goldsmith talked a lot about soft hands and relaxation .
We know that relaxed swimmers are good swimmers.

- 1 . Soft hands and feet. You cannot feel anything with with tight tense hands. To improve your feel of the water, relax and think of soft hands.
- 2 . Think tall, think long. Streamline off every wall and turn. Streamline on entry and each dive and start.
- 3 . In breaststroke think tall and long as you stretch and reach forward, reach long and kick strong. The faster you want to go the more relaxed you have to be. Speed is about relaxation.

Happy swimming. ...

Cheers, Jan

Cycling Sisters

contributed by Dyanna Benny

Margaret and I started our ride from Salzburg having flown, unpacked and assembled our bikes, and negotiated delays caused by the striking force of the German Railway workers .

We were riding with our clothes and essentials all packed into two panniers, collectively weighing about 11 kg

The Salzkammergut region in Austria is mountainous ,glaciated and there are numerous picture perfect chocolate box scenes in every direction. The cycle paths are all well marked and maintained

We aimed to ride a route called ten lakes in ten days ,all mostly on flat terrain.

In one town we chanced upon the annual Floriade Festival . Our hotel was decorating their float, a duck that was scaffolded in chicken wire . All the hotel guests were invited that evening to help put thousands of fresh jonquil blooms into the framework . There were about 40 people there all liberally sustained with beer, sausages and kuchen.

The next day we had to ride through the nearest village, Bad Aussee, on our route where the whole town plus the rest of Austria had gathered to celebrate . Oompa bands , harps , accordions and guitar combos added to the atmosphere . Austrian outfits were compulsory. The women in those dirndl skirts, pushed up boobs above frothing broderie anglaise. Even the men looked good. They sported tartan green socks , tooled lederhosen and checked shirts .

The whole thing was Hansel and Gretel on Schnapps



After Austria we headed over the border to the South Tyrol

The region is officially Italian , but both languages are spoken, and both are featured on all signage .

We were in the Dolomite region and rode on a supported (they carried our panniers) tour for 8 days . There were a mixture of people on our tour, some riding

electric bikes and all ages . The Dolomite mountains are impressive with huge escarpments all hues of red grey and a marbled creamy colour

There are millions of apple orchards here , all espaliered. All industry was based on the apple , transport , packaging , and rail

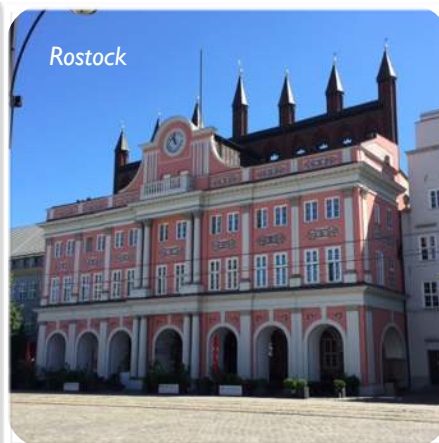
The trees had blossomed , the fruit set , so the task for the workers was to thin the crops. They stood on hydraulic lifts mechanised to travel down each row.



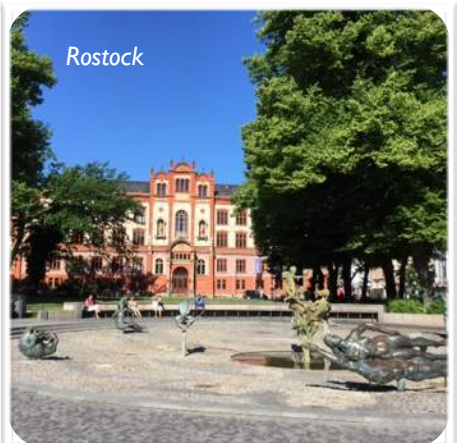
Dolomites ready for a day's ride



Dy & sister Margaret at Brandenburg Gate



Rostock



Rostock

Cycling Sisters

cont'd

Riding the Rhine was next on our list

We cycled from Mainz to Cologne . Had lots of company en route . Our new best friends were the barge pilots . They waved and we tried to keep pace along side the river . We identified them by their names, " Mephisto, Intermezzo, Everline, Jaguar and Romeo"

The route took us past beautiful Rudesheim, St Goar , Unterach, and Bad Gottesburg.

When we reached Cologne we stayed two days and then took the train to Copenhagen.

Getting on and off the trains, and connecting with bikes and panniers can be quite exciting. There could be a two minute window of opportunity for you to race with the bike along a platform . Lifting the bike laden with 11 kgs and up two awkward steps in sometimes impossible . Its difficult by yourself, but put a dozen other equally ambitious cycle tourists. Things can go awry .

I was left on the platform where I was retrieving my panniers , Margaret was inside with everything, including my front pannier bag with wallet phone and passport ... The doors were locked , I was shouting at the guard . In retrospect I think they get their schadenfreude moment every day by setting up some poor sucker .

Margaret had her bike stolen the second evening we were there. Broad night light as it is there . We went out to dinner, the bikes were locked together , mine with a newly purchased extra robust lock . Got back at 8pm . The locks were cut and left on the ground. We got a rental for her to use . Her German Tank as she called it

During our stay in Copenhagen we noticed young men and women wearing sailors' caps just with their normal clothes. We thought the Navy was in town.. We stopped and asked what the caps meant . It is worn by graduates from secondary schools, and they have the name of the school and the students name embroidered on it



Edgy house Copenhagen

Nicholas off to his graduation dinner with his family



Riding in rural Denmark was challenging . It is so rural it only has the name of the weeniest next door village on the signage . there was no "Eastern Beaches , All other destinations " . Just unpronounceable names with funny g's

Its seemed as though we were riding around the same three windmills with the same four horses all morning . Add to that the unnatural position of the sun , it made for some additional k's each day

The agriculture in Denmark is very intensive

We rose past a flowering clover crop at midday with it's heady fragrance. That was memorable . There was wheat , maize and a mystery crop we couldn't fathom . We though tit could be spinach, then wondered about turnips . Margaret even went and pulled one, to no avail . We later saw a sign for Nykobing Sugar Refinery , and twigged that the crop was sugar beet



Copenhagen



Margaret and a young graduate who is not going to her graduation dinner with her parents but is set to party and drum the night away



Cycling Sisters

cont'd

There were flowering poppy fields, broad beans, peas ... the peas amused me - all growing upwards - really tall, all tendrils, teamwork on chlorophyll

The hedges were mostly rose, the rugosa in its various colours, white red, pink, a beautiful, rigorous and effective enclosure .



Thatching Danish Style

So we caught the ferry across the North Sea to Rostock where we started on the Mecklenburg part of the cycle route

It was mostly flat but we passed through many forests and beside many lakes

This area is popular for recreation and swimming .There are 300 lakes dotted in the region, all glacial remnants.

The Brandenburg part of the route found us getting closer to our destination Berlin .We had to remember, that this region was all Eastern Germany, we stayed at a house where the Communist Commandant for the area resided after the war and up until German Unification . It is a b and b now



Commandant's House



Ravensbruck

We visited the site of the former Ravensbruck POW camp .Walked over the coke fully aware of the significance of that being there.We saw a photographer setting up a camera shot down a closed narrow space between buildings where we read on a plaque , prisoners were shot.

Antonia, Margaret's daughter rode out to meet us at Oranienburg on her bike and we all cycled into Berlin .Margaret and I wore our high vis cycle gear.



We wondered at the attention we got . Only the police wear that stuff . There IS no need to dress like that . Cyclists have respect on Berlin roads

We stayed for a week in Berlin with Antonia who is a music composer. Visited the Jewish Museum, The Typography Of Terror, a very moving portrayal of the Nazi Regime

We went to a concert at the Berlin Opera House, attended a poetry reading ...Antonia's friends presenting and visited Postdam where we got to slide around opulent palace rooms dripping with gilt, damask wall coverings and Parquet floors.

We had to slide because everybody donned oversize felt slippers to protect the flooring!



Parquetry protection

There were no opportunities to swim whilst I was over there and we were too spent at the end of the days to try!

The wheat beer, a good meal and a comfy seat were the more attractive options!

We will ride again, both have great memories of our 1,700 shared kilometres.

... Dyanna



Day 1



2015 Postal Swims

(see Notice Board at Pool or just ask Adrian or Helen)

<http://mastersswimming.org.au/Events/Postal-Swim-Calendar>

HILLS AUSSI MASTERS

Date: September 1 - November 30, 2015

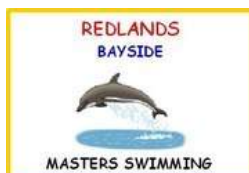
4,900m total distance, swimming up hills over three months (in sequence please to help you prepare for the final ascent) comprised of:

2 x 400m - 2 x 800m - 1 x 1000m - 1 x 1500m

[2015 Flyer](#)

[2015 Entry Form](#)

[2015 Recording Sheet](#)



REDLANDS BAYSIDE WORLDWIDE POSTAL

Date: July 15 - September 15, 2015

Swimmers may nominate in FIVE individual postal events to be swum in a 50m pool.

[2015 Flyer](#)

[2015 Entry Form](#)



QUQ Masters have made a pretty good video ...

<https://youtu.be/sas3GHA5bmU>

US Masters - Training is more important than the race ...

<http://www.wsj.com/articles/in-u-s-masters-swimming-training-is-more-important-than-the-race-1438622826?tesla=y#>

another Open Water / Masters swimming link ...

<http://gu.com/p/4b9j5/sbl>

Link to Masters Swimming Australia - Nationals - website

<http://www.mastersswimmingvic.org.au/Portals/42/Events/2016/NATIONALS/Promo%20brochureNationals2016DL.pdf>



The Breakfast Club

Sunday-27 Sep on the pool deck after squad. Lane #2 catering.

... Carola Henderson (5485 0190)



Aqua Shop

The Swimming Specialists

The club is most grateful to The Aqua Shop for sponsoring our monthly breakfasts by donating \$25 Vouchers, 2 of which will be won at each Breakfast for the remainder of this year.

Thanks Aqua Shop !!

NOOSA MASTERS SWIM CLUB ANNUAL GENERAL MEETING

For this meeting to ahead, a quorum needs to be present, so we would ask as many members as possible to attend.

Please diarise the following date and time:

9.45am - Sun, 20 Sep. 2015 in the Sunrise Room at the NAC, approx. 1.5 hrs

Primary purpose of the AGM is to report on your club's progress and to elect Office Bearers, Committee Members and ratify any appointments.

Nominations for the following positions to be in hands of the Secretary by 6 Sept:

President, Vice President, Treasurer, Secretary, Club Captain/s, Endurance Co-ordinator, Registrar and Social Events Co-ordinator.



'Another desperate group of people fearing persecution and inhumane treatment if they return to their own country - it's the Australian cricket team.'

To order your own print of this or any other Mac cartoon, or a Pugh cartoon, visit Mailpictures.newsprints.co.uk or call 020 7566 0360

The phone rings in the Aussie cricketers' dressing room.
"Can I speak to Michael Clarke please?"
"He's just gone out to bat"
"That's OK, I'll hold"

The Fina Masters World Championships in Kazan, Russia have come to an end and yet again our swimmers achieved some tremendous successes. The fact that they competed, regardless of the results, is a great credit to them and we trust they all enjoyed the experience.

The application to host the Pan Pacific Masters Games has been made and the final date of the event to be hosted by MSQ in 2016, will be known shortly.

The 2016 MSQ State Championships to be held in Miami on the Gold Coast, hosted by the Miami club, is well into preparations for the event. Exciting is the inclusion of the 1500m Freestyle event as the first one on Friday, 11 March. As a result of this event, the championships will be held during three full days instead of the shortened day one.

AUSTRALIAN RECORD, WORLD RECORD, SILVER MEDAL

Surf Life Saving Australia conducted the 2015 Australian Pool Rescue Championships at Southport Aquatic Centre, Gold Coast, 7-9 August.

Tony Frost, representing Noosa Heads SLSC, competed in the 100 metres obstacle race for 70 + years.

The first two competitors broke the Australian and World records (1:47.50) - the winner 1:42.23 and Tony's time 1.43.13.

Handicapped by an injury sustained during warm up, a stoic Tony in typical Masters swimmer's tradition offered no excuse. "Will make amends next year" was his only comment.



20 Reasons to love Avocados

23 July 2015



From their heart-healthy benefits and skin-loving nutrients to their unique versatility in recipes and making snack times extra delicious, we love having avocados every day! Here are 20 great reasons why you should fall in love with avocado too (if you haven't already!):

1. They fit all diets!

No matter what eating guidelines you follow, the humble avocado works for all!

2. They're nutrient dense

Avocados are packed with beneficial nutrients to enhance the nutrient quality of your meals.

3. Avocado makes an awesome spread

Substitute butter and margarine for a healthy spread of avocado. You'll boost your nutrient intake, and it tastes great!

4. Boost your fruit intake!

Not much of a sweet tooth? Avocados are actually a fruit, so they count towards your fruit intake!

5. You'll never need a substitute

Avocados are always in season so you can enjoy them all year round!

6. They're super versatile

Known for guacamole, dips, and other savoury dishes, yet avocados are appearing more and more in sweet dishes too. Think chocolate mousse, ganache, smoothies and ice cream!

7. They're low in sugar

They may be a fruit, but they contain less than 1g of sugar per ounce!

8. Avocados make great baby food!

They're firm enough for tiny fingers, yet mashable and soft enough to be gentle on gums. Rich in healthy fats, fibre, and other nutrients, it makes a great addition to your baby's first foods.

9. They're full of healthy fats

Over 75% of the fat content in an avocado is great for your heart! In fact, having more of these healthy unsaturated fats is better for your heart than eating low fat!

10. Avocado boosts your eye health

Avocados contain 81mg of lutein & zeaxanthin, antioxidants known to support eye health as we age.

11. An avocado is an edible bowl for your favourite fillings!

Simply cut an avocado in half, and fill with all sorts of things, from sauerkraut and salsa to diced roast vegetables, a few spoons of curry or bake an egg in it!

12. They nourish your brain and nervous system

A serve of avocado contains 3.5g of unsaturated fat required for healthy brain and nervous system development

13. They make a great fat substitute in baking!

Swap butter or coconut oil for pureed avocado. You won't taste it, trust us!

14. They make all things creamy and delicious!

Need something to be thicker, creamier, like say, a decadent chocolate mousse, or healthy banana thick-shake? Add some avocado!

15. They'll keep your cholesterol on track!

Battling a cholesterol problem? Avocados are the richest known fruit source of phytosterols, a natural plant compound that competes with dietary cholesterol absorption.

16. Avocados contain nutrients

essential for a healthy pregnancy. Containing folate, vitamin E, B vitamins, iron, choline, and fiber, they're great for both yourself and your growing baby throughout the entire pregnancy, from conception, birth and beyond.

17. They have more potassium than a banana!

Bananas are known for their potassium content, but per 100g, the avocado fruit contains 485mg of potassium, that's 127mg more than bananas!

18. They make a satisfying snack

All you need is a little sea salt, cracked pepper and a spoon!

19. There are plenty of ways to eat them

You can grill them, bake them, or eat them raw.

20. You can make ice cream with avocado!

A brilliant, dairy-free, vegan alternative to store-bought ice cream varieties.

Blend 1/2 an avocado and a squeeze of lime juice with 2 tbsp of maple syrup and 1 cup of your milk of choice.

Pour into ice block moulds and freeze. ... Delicious!

Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Noosa Bookshop Suntop Plaza - Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Priceline Pharmacy 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p>Real Insurance c/- The Hollard Insurance Company Pty Ltd Level 12, 465 Victoria Avenue Chatswood NSW 2067 Tel: (02) 8883 7351</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville QLD 4566 Tel: (07) 5470 3100</p>
<p>Zoggs Swimwear E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p>Funky Trunks Noosa Juniorz Noosa Heads Shop 3 Tingirana Resort, 24 Hastings St Noosa Heads http://www.funkytrunks.com</p>
<p>USM Events - Ironman 24 Lionel Donovan Dve Noosaville QLD 4566 Australia Tel: 5430 6700</p>	<p>VICI Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>
<p>Officeworks 1 Gateway Drive, Noosaville QLD 4566, Tel: (07) 5449 5400</p>	<p>Eyeline Statewide Sports P/L, 20 Booran Drive, Logan City Q 4114 Tel: 3208 2588</p>
<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q Tel: 5470 2888</p>	<p>Rolling Wines and Asset Insure Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p>RACV Noosa Resort 94 Noosa Drive, Noosa Heads (07) 5341 6300 www.racv.com.au/Noosa.Holiday</p>	<p>Scooter Style 16 Rene St Noosaville QLD 4566 Tel: (07) 5455 5249</p>
<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin QLD 4565 Tel: (07) 5449 9550</p>	<p>Dan Murphy's 15/17-21 Mary Street Noosaville QLD 4566 Tel: 1300 723 388</p>
<p>Bunnings Eumundi-Noosa Road, Noosaville Q 4566 (07) 5430 5400</p>	<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>

ENDURANCE 1000 REPORT

AUGUST 2015



The year is rapidly moving towards its end but not moving as far or as fast as Noosa's Endurance swimmers.

12,695 points at time of writing with our men and women neck and neck with points. Female = 6274 and Male = 6421.

Christine Edwards has returned to Noosa and Endurance swimming with real zeal by plunging in to do all the long swims – well done Christine!! Bob and Olga McCausland have been missed around the pool deck due to illness. But both should be back soon.

As I am retiring as Endurance Co-ordinator at the AGM, a new Endurance team will take over from that date.

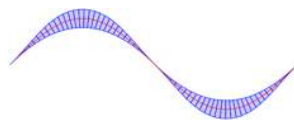
Thanks go to all those who have volunteered to do the administrative/organisational work of the program!

I now will have to stop strutting around the pool deck and instead just swim ... bugga!!

Thanks everyone – GO NOOSA!!

Mary Lester
Endurance 1000 Program Co-ordinator
Mob. 0401 828 371
marylester52@bigpond.com

Tues: 7.30 – 9am
Sat: 2pm start



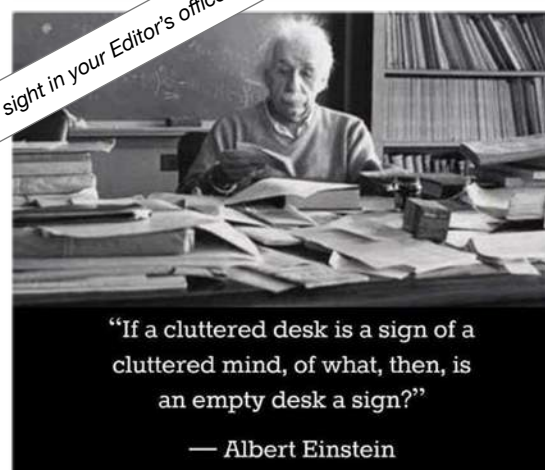

*Birthdays
of the
Month*

AUGUST

Studley Martin	3/9
Irene Symons	14/9
Mary Lester	22/9
Ian Mitchell	23/9
Bob McCausland	25/9
Val Bedding	26/9

**BIRTHDAYS ARE GOOD FOR YOU ...
THE MORE YOU HAVE ...
THE LONGER YOU LIVE !!**

A familiar sight in your Editor's office !!



“If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign?”

— Albert Einstein

SOCIAL EVENTS

Breakfast - Sun. 27 September
Lane #2 catering

Ocean Swim

Every Sat.. 7.30 am
Main Beach

VISIT OUR WEBSITE ...

<http://noosamastersswimming.com.au>

Challengers

Chatter

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