

CHALLENGERS' CHATTER

AUGUST 2020

After a couple of flight cancellations and stressful waiting for a confirmed flight I boarded a Singapore Airlines A350 aircraft bound from Paris to Singapore on 13th August.

The SIA ground staff manager at CDG announced to the passengers at the boarding gate "Ladies and gentlemen, your private jet awaits" there were only 15 passengers on the aircraft (it holds 300+). There were 4 passengers in economy and 4 flight attendants looking after us. The 13-hour flight went very well, we all wore masks for the duration and were socially distanced by 10 rows!

On the second leg Singapore to Brisbane via Sydney the Australian Government capped passenger limits applied, 50 passengers to Sydney and 30 to Brisbane. So, on both legs I had 3 seats to myself and managed to get some sleep.

I had a bottle of Vodka confiscated from a duty-free bag by security at Changi airport!

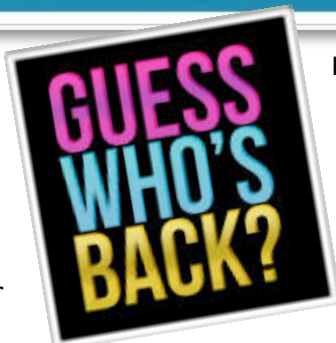
The duty-free shop at CDG had not sealed the bag properly, I had the receipt but was not allowed to keep it.

I was annoyed that they took it, but didn't want to be booted from my flight or have the security staff drinking it ... so I opened the bottle and made sure that it was poured down the sink in the toilet, which they did.

Another incident happened at Customs in Brisbane where for the first time, after scores of times travelling overseas, I had to open my bags.

They found 4 small sealed tins of Catalonian bean salad that I forgot to declare!

It was stated by the Customs Officer that there can be \$A440 fine which I nervously queried as I had seen Border Security on TV and the fine was only \$220!



I was told by the smiling Officer "That was an old episode, it's gone up since then!"

He let me off with an official written warning and I was allowed to keep the cans. If I had declared it there would not have been a problem.

In Singapore and Sydney there were strict precautionary measures to follow during flights and transit with masks worn at all times.

There were temperature checks and social distancing of 2m and we were escorted by border security like a line of infected prisoners.

After arriving in Brisbane, it was so nice to be welcomed home and processed by friendly Immigration and Customs Officers, Police and the ADF observing safety protocol.

It seemed strange afterwards that 40 of us were packed into a bus to the Gold Coast with no social distancing and a bus driver not wearing a mask!

After being in France for 5 months, I am accustomed to the mandatory wearing of a mask when away from home, on public transport and in shops or busy places.

From my Gold Coast hotel window, I see some closed shops and very few people or cars about, not many tourists I guess. I can see the ocean and have a distant view of three unused, very inviting, resort pools. Pity I cannot use any of them as I am confined in isolation to remain in my room for 2 weeks of mandatory quarantine.



So good to be back in Queensland! I've had two negative COVID-19 tests here so can return to my own home on Friday the 28th and settle back into my bucolic rural life and swimming with my friends ... minus mask 😊.

See you at the pool soon!

... Rob (in isolation)



Who remembers these QNA swimmers in 2005?

Left to Right:
John Havilah,
Paula Schulz,
Olga McCausland,
Bardie Gruber, Jan Croft,
Ian Poole,
Bob McCausland.
Front: Joe Gilbert



Carnival Corner : Upcoming Meets as at 26 August 2020

... from Lois Hill

MSQ Postal Time Trials - Sep to 31 October 2020 at the NAC

Please get details from club emails

***** NEXT YEAR *****

2021 MSA National Championships : April 30 - May 4

These will be held in Darwin 30 April – 4 May 2021 at the Parap Pool & Open Water swim at the SAFE Waterfront Lagoon.

Recommended Accommodation: Quest Apartments, Parap (special rates for QNA). Web site is <https://www.questapartments.com.au/properties/nt/parap/quest-parap/hotel-rooms>

(A small assortment has already been booked for Noosa, with dates 28 April check-in and out May 5. These may be of use to members who wish to share. Contact captains for details)

Otherwise book your own-

* email questparap@questapartments.com.au, mentioning you are booking as a Noosa Masters swimmer to get the special rates.

* You will need to supply a credit card to make the booking.

2021 Great Barrier Reef Masters Games, 20-22 May at Tobruk Pool, Cairns

Recommended Accommodation: The Lakes Cairns Resort (closest to pool – walk).

Currently best price is via Booking.com, especially if at Genius level. Direct Online is a bit dearer. (it recently opened up on the Resort online booking). Current \$225/night for 1BR, Booking.com \$202. Agoda has now opened bookings, but they were no cheaper than booking.com, and in fact the rates varied quite remarkably over a space of a couple of hours.

2021 Australian Masters Games, Perth 9-16 October

2021 QLD States: update ---.

Negotiations continue around preparation for the State Championships in 2021. This event has been postponed until September/October 2021 at this stage.

Happy Swimming!

Email ANY queries to captain.NoosaQNA@gmail.com

Hope you enjoy puns as much as I do ...

- * Those who jump off a bridge in Paris are in Seine.
- * A man's home is his castle, in a manor of speaking.
- * Dijon vu - the same mustard as before.
- * Practice safe eating - always use condiments.
- * Shotgun wedding - A case of wife or death.
- * A man needs a mistress just to break the monogamy.
- * A hangover is the wrath of grapes.
- * Dancing cheek-to-cheek is really a form of floor play.
- * Does the name Pavlov ring a bell?
- * Condoms should be used on every conceivable occasion.
- * Reading while sunbathing makes you well red.
- * When two egotists meet, it's an I for an I.
- * A bicycle can't stand on its own because it is two tired.
- * What's the definition of a will? (It's a dead give away.)
- * Time flies like an arrow. Fruit flies like a banana.
- * She was engaged to a boyfriend with a wooden leg but broke it off.

- * A chicken crossing the road is poultry in motion.
- * If you don't pay your exorcist, you get repossessed.
- * With her marriage, she got a new name and a dress.
- * The man who fell into an upholstery machine is fully recovered.
- * You feel stuck with your debt if you can't budge it.
- * Local Area Network in Australia - the LAN down under.
- * Every calendar's days are numbered.
- * A lot of money is tainted - Taint yours and taint mine.
- * A boiled egg in the morning is hard to beat.
- * He had a photographic memory that was never developed.
- * A midget fortune-teller who escapes from prison is a small medium at large.
- * Once you've seen one shopping centre, you've seen a mall.
- * Bakers trade bread recipes on a knead-to-know basis.
- * Santa's helpers are subordinate Clauses.
- * Acupuncture is a jab well done.

The Health Report #8

Information brought to you by Jane Powell



Some Common Diseases of Chronic Inflammation

Many things can cause your immune system into overdrive, and result in chronic inflammatory disease:

- *an unhealthy lifestyle
- *genetics
- *environmental factors

Examples of inflammatory disease include:-

- 1) Fatty Liver Disease
- 2) Endometriosis
- 3) Type 1 Diabetes Melitis & Type 2 Diabetes Melitis
- 4) Inflammatory Bowel Disease
- 5) Asthma

- 6) Rheumatoid Arthritis
- 7) Obesity
- 8) Alzheimer's Disease, and Parkinson's Disease
- 9) Cancer
- 10) Cardiac disease

... in other words, many serious diseases are linked to chronic inflammation.

You probably know the signs of acute inflammation: pain, redness, swelling, even respiratory congestion and a runny nose for example.

Chronic inflammatory symptoms may be overlooked e.g.: fatigue and joint pain, skin rashes and digestive problems, allergic reactions.

Don't ignore these!

Better still, act to prevent inflammation.

Stop smoking, improve your diet, live a balanced lifestyle - exercise, rest, avoid stress, maintain a healthy weight. You know this stuff!

COACH'S TIPS



Some great tips from Peter Reaburn's book - *The Masters Athlete*

Once you have developed cardiovascular, musculoskeletal and nervous systems progressively, the absolute key to better performance and PB's is intensity of training .

Research has shown that Masters athletes tend to train lower intensity as they age. You need to train fast to race fast. Sprint sets develop speed, HR sets develop endurance, no short cuts - just hard work, but if you do these too often, too hard, or too quickly for too long, you will overtrain or injure yourself ... progressively overload.

Recovery is equally important. As we age we appear to need longer to recover and longer to adapt to training. Recovery strategies that work and are rated very highly are ice baths, stretching, massage, protein drinks after training and sleep.

I love this article ...

Cheers, Jan



Don't just count your years, make your years count.

George Meredith

September

| | | | |
|----------------|------|-------------------|---------------|
| Studley Martin | 3/9 | Ian Mitchell | 23/9 |
| Kim Kelly | 4/9 | Bob McCausland | 25/9 (91) |
| Irene Symons | 14/9 | Gillian Bensted | 26/9 |
| Ross Kee | 15/9 | Val Bedding | 26/9 |
| Annie Collins | 16/9 | Karen Barton (UK) | 30/9 (Big 60) |

Age may wrinkle the face,
But lack of enthusiasm wrinkles the soul!
...Danish proverb

Greetings from Birdsville

by Chris Cooper

Here we are in Birdsville. I read a book about swimming that Mick gave me sometime ago. It was a bit of a laugh so I thought I could do a review. I'm also sending a couple of photos.

The full title is "Swell - a water biography" by Jenny Landreth, published by Bloomsbury Sport, 2017

Hope all is well. Wondering how they get together in the park went. Robyn said it had been a bit windy, so hope some hardy souls turned up!

Trust all of you are still flying up and down the pool. I'm missing it and stupidly didn't pack my bathers only to find there are several nice pools in outback town. Drat! We should be back in a week or so. Keep well,

... Cheers Chris

Book review.

SWELL- a water biography by Jenny Landreth

Almost 2 years ago Mick Jones very kindly lent me a book he had found on his travels in London saying "Here, see what you think of this, other people may be interested!"

So, somewhat belatedly (apologies Mick) here's what I think, and yes, I reckon other swimmers would be very interested.

Jenny Landreth has a humorous take on many things throughout the book, making it an enjoyable and engaging read.

Growing up in England as a teenager of the eighties, she has a no apologies, girls can do anything, liberated feminist view of the world, which is very funny and insightful at times, but may turn some people off.

The book is a wonderful celebration of the history of women who took up swimming at a time, little more than 100 years ago, when the suffragette movement was gaining momentum and when women were excluded from participating in public bathing. Hard to believe now!

Landreth recounts with humour and genuine admiration, the achievements of these early women swimmers against the social resistance of the time. They opened the way for women to be involved in the egalitarian world of swimming today. There's some great photographs too.

Her account of her own "water biography" is also inspiring ... especially for 'zero hero' swimmers like me and me mates. She was a late starter to swimming and now swims all year round in outdoor pools in England! ...YIKES ... I can't even get my head around that!

In summary, a great read on an outback road trip when I forgot to pack the bathers!

Highly recommended to leave you feeling warm and fuzzy to be a swimmer.



The Brisbane Valley Rail Trail - Yarraman to Linville

... by Jane Powell

It was 2005 when we first investigated this old railway corridor, where lines and bridges had been removed to allow walkers, horses and cyclists access. When Ian and Adele Tucker suggested a rendezvous there, Mark and I jumped at the opportunity to return.

The railway originally carried timber from the mills, and passengers, to Brisbane. Iron Bark & Hoop Pine was sought after Australia-wide then.

Now, this section of the Trail is a gentle slope through numerous cuttings, dropping from 500m above sea level to 100 metres above sea level, over 40kms. It winds through Benarkin State Forest with its tall timber and bizarre ancient grass trees, and farmland whose cows don't understand the difference between their paddock and our rail trail!

We were able to take the 'Out There Cycling' shuttle from Linville to Yarraman and spend the day meandering back to Linville. Of course, some keen folk choose to ride the other way ...! The villages are prepared for rail trail travellers, with cafes and galleries to visit along the way. We all know a mob of cyclists cycles on good coffee! Gates are equipped with small steel grids to ride over. The cuttings are paved. There are numerous interpretive boards to read ... local history - indigenous and European, and safety warnings; and lots of places to pause and admire the scenery.

On arrival at Linville a chilled adult beverage was most welcome, served at the charming and recently renovated Pub. After an evening by the camp fire there, serenaded by our host's son on guitar, Mark and I retired to our caravan in the 'free-camp' across the road, while Ian & Adele adjourned upstairs.

The following morning, Adele & I elected to hike to the village of Moore while our men cycled off to Esk, a distance of 50kms, alongside the picturesque Brisbane River. Again, the shuttle returned them to Linville where we all enjoyed the hospitality at the Linville Pub again.



Steel grid on BVRT



Quaint Linville Pub



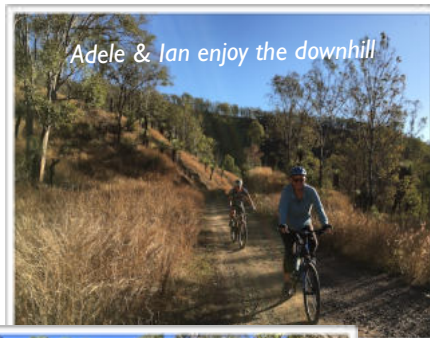
Jane in old railway cutting



POI on BVRT



Ian arrives at Esk



Adele & Ian enjoy the downhill



Jane & Roy Emerson



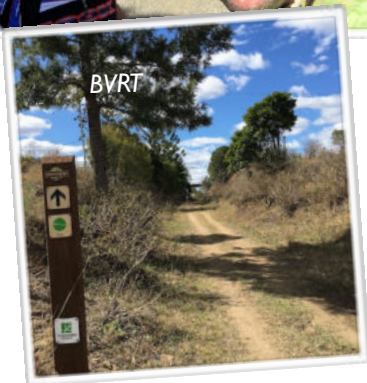
Grass Trees plus Mark



Ian & Mark en route to Esk



Brisbane River



BVRT



Ian, Mark, Adele & Jane

A GREAT PIECE OF HISTORY

courtesy of Dr Ian Jobling



Two attachments sent on to our coach Jan Croft by Dr Ian Jobling.

Jan says, "I had never seen the articles before, I am recorded in all results as Yvonne Paine because Jan was my second name which I preferred. The Dianne Holley mentioned in the article is our own Di McFarlane who was only 13 at the time and we need to remember that this was an open race, not age group. She was absolutely the fastest 13 year old in Australia!"

880 MAY DELAY MAGIC MINUTE

By Geoff Prenter

BRISBANE, Thurs. — A gamble today could have delayed swimmer Dawn Fraser in achieving her ambition to break the minute barrier for the women's 100 metres free-style.

Dawn finished fifth in the gruelling 880-yard final in the national titles.

On Saturday night Dawn will make another attempt to smash the minute barrier while swimming the first leg of the 4 x 100 metres relay.

But after today's energy-sapping effort in the 880 yard championship she may fall again to break the minute.

After the race Dawn said she now intended to concentrate solely on sprint swimming.

She said: "I found it too hard.

"If I did it again I'd collapse."

Dawn qualified yesterday in the fastest time of 19 min. 39.8sec.

Today she clocked 19 min. 54.8sec.

Yvonne Paine, 17, of Queensland won the title in 10 min. 29.8sec.

Fastest 880

ney, who was second, recorded her fastest 880 yards swim ever to clock 10 min. 32.9 sec.

Bankstown girl Ruth Everuss was third, 3.7 sec. behind Helen Bartler.

Diane Holley, 13, of Bankstown, was an inch away in fourth place.

Dawn today was in front only at the 110-yard mark.

She shared the lead with Helen Bartler in 1 min. 11.1 sec.

At the 220-yard mark Helen loughed slightly ahead of Dawn in 2 min. 32.8 sec.

After this, Dawn gradually fell back.

At the half-way mark Helen held a commanding six-yard lead.

Yvonne Paine, who had shadowed Helen for most

of the race, went to the front with 110 yards to go. She increased her lead and finished strongly.

In the 440 yards title on Saturday night Yvonne struggled into fourth place.

Alan Wood reversed an N.S.W. defeat to win the men's 880-yard championship in Queensland record time.

He defeated Robert Windle, of N.S.W., in 9 min. 15.8sec., reducing John Koorada's Queensland record by 3.5sec.

Girl's third diving title

BRISBANE, Thurs.—Victorian girl Diana Robinson, 15, today won her third successive junior national springboard diving championship.

Earlier in the day Diana had finished a close second to Australian Olympian Sue Knight in the Australian women's highboard title.

Miss Knight, revealing world-class form, finished 2.19 points in front of Miss Robinson to take the highboard title.



QLAND. SWIMMER'S WINNING ACTION

Young Queensland Yvonne Paine shows the style which earned her a national title, as she strikes towards the finishing line to win the women's 880 yards freestyle championship at Brisbane yesterday.

NEW SWIM STARS EMERGE FROM 880

From ALAN CLARKSON

BRISBANE, Thursday.—Two new Australian champions emerged from the finals of the men's and women's national 880 yards championships at the Centenary Pool today.

They are 18-year-old Alan Wood, of Sydney, and 16-year-old Yvonne Paine, of Ayr, Queensland.

They won their races comfortably but not before each had been involved in a searing struggle which lasted until the final 110 yards.

Most of the afternoon was the absent father of Dawn Fraser.

Following her last swim yesterday it was confidently predicted she would win today's final.

BEST EVER

But the best she could do was to finish a poor 85th, 23 yards from the winner in a time 1½ years than she recorded in yesterday's final.

Wood smashed the Queensland record and Miss Paine bettered the best-by-Queenslander record.

Wood recorded his best time ever — 8m 15.4s — in

beat Bob Waddle with John Raby third.

Wood's time clipped 3.5s off the Queensland record of 10m 20.5s previously held by John Koorada.

And his time was 4.5s faster than Koorada recorded in winning the event last year.

Wood is undoubtedly the most improved swimmer in Australia but he has tough opposition from young Waddle.

Wood and Waddle battled from the start, with Waddle leading for the first 130 yards.

Wood took the lead for a short distance, Waddle regained it and finally Wood again took the lead 220 yards from the finish.

"SLUGGING"

The styles of the two winners were a revelation.

Waddle, a smoothly working young machine looked noticeably better than the "slugging" style of Wood.

Miss Paine's swim came as a surprise considering the bad luck opposition from Helen Bartler, Miss Fraser and last 880 yards champion Diane Holley.

Her time was 10m 29.8s.

She beat an excellent Helen Bartler with Ruth Everuss narrowly beating Diane Holley for third place and after a thrilling final 11 yards sprint.

Her coach, Arthur Coach, plans a long-range attack on Miss Koorada's world 880 yards record of 10m 11.4s in next year's Australian Championships.

"That's the first and last time I swim 880 in the Australian pool," an Australian

water, the girls were too fast and I was content to just plug along to finish."

Miss Fraser said she thought the race might have taken too much out of her to give her any chance of breaking the minute on Saturday night when she will swim for N.S.W. in the first leg of the freestyle relay.

In today's race Helen Bartler, despite her illness yesterday and again this morning, made a great effort.

She took a commanding lead and held it to the 220-yard mark, when Miss Paine, swimming strongly, gradually lapped ahead.

Graham Double, 16, who shared the lead in the 220-yard mark, when Miss Paine, swimming strongly, gradually lapped ahead.

Double with 142.71 points easily beat Queensland's Arthur Weather, with N.S.W.

Overman Tom Knight won the highboard title with 46.41 points from Diana Robinson, with N.S.W. girl Patie Foxman third.

This holder Patie Foxman could finish only fourth.

For half the time her 15-year-old Sydney girl Ann Eubey led the field in the women's highboard championship.

But Ann did not have the experience to match the older juniors and finished fourth.

Sunday, fun day in the park on the banks of the Noosa River was enjoyed by 30 members, partners & friends plus a few furry friends.

QNA PICNIC 23.8.2020

... by Helen Malar

It was a beautiful, sunny winters day to sit back & relax, catch up with everyone and to share news & activities of everyone over the last couple of months.

The paper bag lunches were varied from pizza to wraps, sandwiches & nibbles with plenty of wine bottles too poking up from the paper bags!

About a dozen or so chose to participate in the games organised by Helen, Robyn, Mick & Julie. There was an egg & spoon race, a one legged race with swim bands (couldn't do 3 legged race due to Covid distancing!!) and

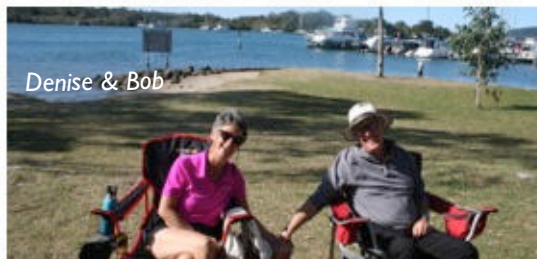
a fun game of Swedish Finska (wood chucking/bowling) run by Julie which was very entertaining and great fun with much laughter.

Robyn supplied chocolates for the winners of games.

A great day of fitness, fun & friendship!



Adele & Viv



Denise & Bob



Julie & Greg

Julie & Greg



Adele & Linda



Wendy M & Viv



Sue & Wendy N



Wendy I & Ian



Robyn & BF



Olga, Mick & Bob McC

QNA PICNIC 23.8.2020 ... Egg & Spoon and 1-legged races



Egg 'n' spoon start



Adele



LiQun & Denise



they're off !!



Mick being untied



Greg with Egg 'n' spoon winners: Denise, Linda, Julie

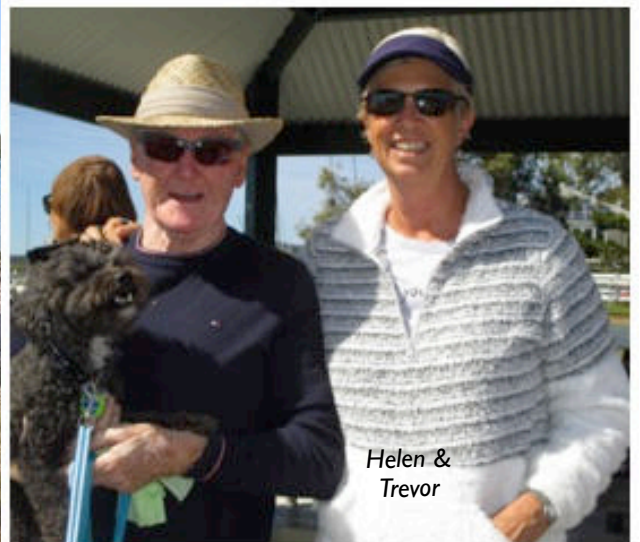


Diane



Janek

QNA PICNIC 23.8.2020 ... down by the riverside



QNA PICNIC 23.8.2020 ... Finska



Janek



Robyn



Julie explains how to play Finska



Geoff



Good throw Greg!



Denise



Winners are grinner ...
Pres. Jo congratulates
Janek, Robyn & LiQun



Viv



Jacky

ENDURANCE 1000 REPORT

AUGUST 2020



Hi Endurance swimmers

In August 2020 Masters Swimming Qld (MSQ) advised clubs

-
"Due to the ongoing lockdown restrictions placed on Victoria at the current time, the National Board of Management has agreed that it would be unfair to continue the e1000 as a National program.

It has been decided to abandon the e1000 National Trophies and Awards for 2020.

However, clubs are still able to record results in the portal. MSQ will continue to collate and share the results of our clubs at the end of 2020.

We hope you will continue to enjoy completing the program for the year."

As at March 2020, Noosa had accumulated 2981 points.

In early September arrangements will be made to provide members with the opportunity to recommence e1000 swims for 2020. This will be done in conjunction with the conduct of the MSQ Postal Time Trial Meet at the NAC.

Members will also be provided with a tally of the points they have earned up until March 2020 when the program ceased due to the closure of the NAC.

*Rod Alfredson
Endurance Coordinator*

LiQun celebrated her big 50 !!

Although husband, John, surprised LiQun with a beautiful Ukulele as part of her BIG 50 birthday celebrations, her Noosa Masters buddies also contributed to making it a birthday to remember ... cake, flowers, bubbly and an enthusiastic rendition of "Happy Birthday to You" after Sunday squad... what more could a girl ask?? Well, a practice session with the Noosa Masters Uke group with her new Uke was one thing!



The lovely ukulele



The flowers were beautiful



Birthday cake - "Make a Wish"



The Happy Minstrels!



LiQun with some of her flowers & French bubbles



Please support our sponsors

**Noosa Heads
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Hastings St, Noosa Heads Q 4567
Tel: 5474 5688

**Noosa
Aquatic Centre**

Girraween Court, Sunshine Beach
Tel: 5448 0288

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Noosa Road & Gateway Drive
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Tel: 5430 5400

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