

NEWSLETTER

"Challengers Chatter"

AUGUST 2023

Brisbane Northside Meet 2023

by Rod Alfredson



Team Noosa - L-R: Rod Alfredson, Shane Walsh, Robert Ashwell, Linda Hogg, Jacky Shields, Ian Robinson, Jo Matthews

We thought that the Magnificent Seven would descend on the Valley Pool to participate in The North Brisbane Carnival.

However, it turned into the Magnificent Six as Brian Hoegger (aka Steve McQueen) had to withdraw. His best wishes spurred us to lift our game and as you will see from the results all performed admirably on the day.

As usual, we were somewhat wary of what Mother Nature had in store for us in terms of the weather as this pool is notorious for those westerly winds that whistle through the venue. Initially, it was somewhat cold (a bracing experience whilst waiting on the starting blocks) but the clouds cleared and the sun shone through warming the cockles of our hearts.

Stirling efforts by Jo Matthews who was awarded Silver in her age category and Rob Ashwell who won

bronze. "Onwards and upwards", Rob for the Noosa Carnival.

A superlative effort by Ian Robinson who is continuing the great form he displayed at Belgravia ... three (3) new state records to brag about - 50m breast, 200m breast and the 200m IM.

Full results as follow:

Jo.

1st 25m B/F, 1st 50m B/F, 1st 100m B/F, 1st 200m B/F, 2nd 25m Breast

Ian.

2nd 25m F/S, 1st 50m Breast, 1st 200m Breast, 1st 200m IM.

The other team members Shane, Linda and Rod achieved the following results:

Linda.

4th 25 m F/S, 3rd 50m F/S, 2nd 25m Breast, 2nd 50m Breast, 3rd 25 m B/F

Shane.

2nd 25m F/S, 1st 50 m F/S, 4th 100m F/S, 3rd 200m F/S, 2nd 25m B/S

Rob.

4th 25m F/S, 2nd 100m F/S, 2nd 50m Breast, 3rd 25m B/F, 1st 100m IM

Rodney.

3rd 25m F/S, 3rd 50m F/S, 3rd 100m F/S, 3rd 200m F/S, 1st 200m B/S

The team was ably supported by Jacky who undertook the role of Noosa team's Chief Timekeeper and made sure that we fulfilled our timekeeping obligations by rotating other team members to assist her throughout the meet.

Also, thanks to Liz Alfredson who was a last minute replacement for a rostered official who called in sick.

Lady Luck was kind to us with four of the team winning raffle prizes.

Needless to say, three of those prizes were bottles of wine.

A 66 and two thirds % success rate capped off a great day!

Brisbane Northside 2023 Poolside Pics



Robert Ashwell
+ bronze medal



Shane Walsh, Linda
Hogg & Robert Ashwell



It wasn't all hard
work ...
Jacky Shields &
Linda Hogg relax!



Jo Matthews +
silver medal &
Ian Robinson
3 State Records !!



Shane Walsh &
Robert Ashwell



After a last drink down by the river at sunset, Ceri & Robbie Weeks are heading home to Tassie once more. We are sorry to see them go, but know they'll find an excuse to visit us again in the not too distant future. We look forward to that. Safe travelling ...

... Ed



September 2023

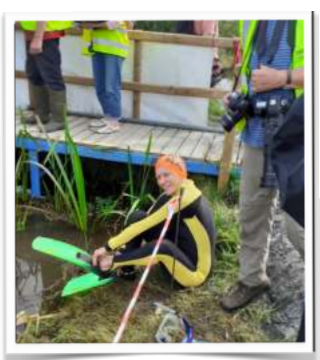
Studley Martin	3/9	Annie Collins	16/9
John Simonidis	5/9	Ian Mitchell	23/9
Irene Symons	14/9	Gillian Bensted	26/9
Ross Kee	16/9 (Big 70)		

*Maybe it's true that life begins at fifty ...
but everything else starts to wear out, fall out, or spread out !!*

- Phyllis Diller

Accidental Word Champion !!

from Karen Barton (UK)



It started quite innocently just being invited by some friends at our swimming club to try outdoor swimming, something quite alien to U.K competitive swimmers used to indoor heated pools with lines on the bottom to steer along and walls at each end to tell us where to turn round and more importantly where to finish.

I first had to purchase a rubber suit which turned out to be quite an ordeal. Trying to squeeze into several of the things until you find the one that is tight but allows you to breathe and move your arms and legs. This is not easy as they are designed to work in cold water not the back room of a warm sports shop. After a sweaty half hour I had to go outside on to the carpark for my husband, Rod to peel me out of the thing in the cool, somewhat embarrassing on a busy carpark in a shopping centre!

My first attempt at open water swimming was many years ago, a pier to pier swim, Bournemouth to Boscombe. The shock of the cold water took my breath away and I was really frightened at first in the chilly 14 degree sea but I battled on the 1.4 miles and was pleased to finish and to have raised a few pounds for the heart foundation, a worthy cause as Rod and many others have benefitted from their research.

Over the years I have been lucky enough to swim in many different events. The 10k river Dart event in Devon with my daughter in law was the first of my longer swims. It was a great adventure, culminating in lots of cake eating and hot tubs, very much needed.

I had the bug.

Quarries, lakes, lochs, rivers and seas, I was hooked! The longest swim being in Ullswater 7½ miles, some charity swims. Mostly quite challenging with jellyfish to contend with in the sea, water so shallow in the river Wye that we had crawl in places along the river bed (good practice for an event to come). It's great to encounter the diversity of nature on these different swims though ... I LOVE it!

It was pure chance Bog snorkelling got on the menu. We were babysitting at our son's house in South Wales when a local TV item caught the attention of our granddaughters, Bea and Dot,

"Bet you can't do that Nanna" Bog snorkelling in Llanwrtyd Wells, mid Wales, the gauntlet had been cast and I entered right away.

Very shortly the weekend arrived and we drove down and booked into the local hotel, (you Aussies may have called it quaint) but really very run down and a dump.

We were accompanied by my friend Margaret a lady who only started to learn to swim with me just before the COVID lock down, but she is game for anything ... an inspiration!

The morning saw us following the direction everyone seemed to be going into a large field with two dug out muddy trenches with posts driven in to the ditches 60m apart. There were hundreds of other crazy people there inspecting the 60m course, 120m there and back, some in fancy dress and all excitedly waiting for the start.

The event commenced. The competitors had to enter the ditch, one at a time, and have one hand on the post and go at the starters signal and were timed.

Margaret and I dressed in thin nylon yellow and black body suits were both feeling nervous. Masks, snorkels and flippers were allowed but no recognised swimming strokes could be used.

There were a lot of competitors who took in more water and mud than any doctor would recommend, some having entered on the day and not realising just how difficult the course and snorkelling would be.

Margaret bravely entered the trench before me and did amazingly well considering she couldn't swim at all a couple of years ago.

I was next. The water was just mud, no visibility whatsoever. Many people before had bumped from bank to bank but I managed to stay straight and with underwater butterfly arms and front crawl legs I sprinted the 60m there and 60m back - quite exhausting !

The world champion, Neil Rutter (not Nutter) made an entrance by arriving late and defending his championship wearing the biggest pair of fins I've ever seen.

Such a fabulous, fun, friendly day of laughter and camaraderie, absolutely mad!!

I was very surprised when I was announced as the ladies 2022 over 50s World Champion Bog Snorkeler and was presented with a medal, certificate and coaster memento. Now wondering whether I should defend my title at the end of August as I'm a year older and one of my flippers has split!

There were people taking part from all over the world including Aussies and Kiwis. So get practicing now if you can find a Bog!

Love and best wishes Karen and Rod. Xxx

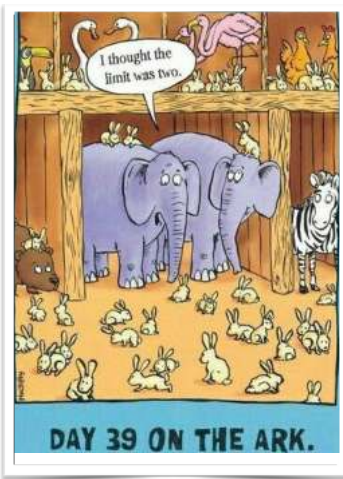
P.S We could put up some Noosa competitors but not the whole club!

DID YOU KNOW?

Tony Frost received a text message from Karen Martin :

Barry visited Karen for a haircut (with his carer), as his failing eyesight doesn't permit him to have a licence to drive a motor vehicle. His mind and hearing are very sound. Val was in respite care at Carramar for a couple of weeks.

For the information of our newer members, both Val and Barry were members of Sunshine Coast Masters Swimming Club, at their branch at Tewartin School 25 metre pool, before joining Noosa Aussi Masters Swimming Club when it formed in August, 1999 at the Noosa Aquatic Centre, following its opening on 1 May, 1999. They have been active members of the club until the last couple of years, being particularly enthusiastic about the Endurance (E1000) programme. We miss them.



Selfie of Terry Parker volunteering at the Noosa Enduro. Can you think of a good caption for this photo?



A few of the funniest words added to the dictionary in the last decade

CODA

Definition: 'A person who has one or more parents or guardians who are deaf or hard of hearing'

Fun fact: though this acronym has been used since the '90s, it was recently popularised by the Oscar-winning 2021 movie of the same name.

Agrioltaics

Definition: 'The simultaneous use of an area of land for farming and for electrical generation using photovoltaic solar panels'

Fun fact: this new technology helps fight climate change by moving toward renewable energy sources. It emerged in 2021, but has not yet reached most subtropical and semiarid regions.

Textspeak

Definition: 'Language regarded as characteristic of text messaging and other forms of electronic communication, often consisting of abbreviations, acronyms, emoticons or emojis, etc.'

Fun fact: textspeak has so thoroughly permeated our daily vocabulary that in 2015, the OED named the laughing face emoji the 'word of the year.' According to data from Oxford University Press, that emoji was the most used pictograph in 2015, comprising nearly 20 per cent of emoji use in the United States and the UK

POSITION VACANT



A job-sharing opportunity exists in the Endurance Program of QNA.

The successful applicant will be responsible for facilitating and recording Endurance swims, on Tuesday mornings and at other times convenient to club swimmers.

Skills required include: organisation, delegation, motivation and basic IT.

The job is to be shared with Denise DeCarlo, whose experience in the role will provide seamless transition and allow the Endurance Program to continue its current and historical success nationally.

Expressions of interest may be made to any committee member.

2023 Noosa Open Studios

You are invited to join us **1 September 2023**, to support our local artists at a not to be missed fundraising event.

Each year, Noosa Open studios artists take part in a creative fundraising project to support the popular art trail – the largest in Queensland.

This year, twenty-six event participants have taken up the exciting challenge of painting their own unique chef's apron for our 'Art is Served' event.



Left to right: Beatrice Prost, Jeanette Smith (Jen Jay Art) and Julie McPhee model their aprons with 2023 Noosa Open Studios patron Matt Golinski, who is wearing an apron created by painter & illustrator Paulus Kooijs

These amazing aprons will be auctioned by [Hinter Auctions](#) at a ticketed event at the Cooroy Butter Factory Art Centre on the evening of Friday 1st September, along with the chance to purchase a private class with one of our Master Artists in painting, ceramics and mixed media. These include:

- [Carol Watkins – Ceramicist](#)
- [Trevor Purvis – Painter](#)
- [Tracey Lee Textiles – Mixed media/ textile artist](#)
- [Charlotte Wensley – Mixed Media Artist](#)
- [Bronwyn Barton – Painter](#)

A special prize of a hot air balloon voucher for two people will go to the highest bidder on the night.

This voucher has been generously donated by local business [Sunshine Coast Ballooning](#).

You will also get the chance to have a premiere viewing of the Studios 100 exhibition, which opens the following night. This exhibition samples work from our 100+ artists on this year's art trail.

Tickets are limited so as supporters of Noosa Open Studios, you are invited to get in early and see what this year's creative project has delivered.

Our 2023 Patron, local chef Matt Golinski, will be delivering his own creative palette with canapés designed especially for our event.

All funds raised from the event ticket and the auction assist Noosa Open Studios to promote our local artists. You can check out our catalogue of aprons here:

LINK TO CATALOGUE

https://issuu.com/outerdatalab/docs/nos23_fundraising_longcatalogue?mc_cid=8446facbaa&mc_eid=2c4b3b812a

LINK TO BOOK TICKETS

https://www.eventbrite.com.au/e/art-is-served-tickets-692934665237?aff=oddtcreator&mc_cid=8446facbaa&mc_eid=2c4b3b812a

Ticket includes canapés by chef Matt Golinski, 2 alcoholic beverages, a premiere look at the Studios 100 Art Exhibition, and access to the auction of special artworks and art experiences.

We hope to see you there.

Kind Regards,
Simone Leao
President



REMINDER

Fran Wilson - the very talented wife of our swim member, Adrian Wilson - is a beautiful vocalist and a member of the Noosa Chorale Society.

The Society has a show 'Popera' at the J at Noosa on Friday 15th September at 7 pm and Saturday 16th at 2 pm. **Tickets are \$ 42 per person and some QNA members have indicated an interest in attending the Friday night performance.**

Details of the production are on the attached Flyer. It looks to be a wonderful night so, if you would like to be a part of this QNA social event, please purchase **your own tickets on line** and then join the group for pre-show drinks at about 6.15 pm at the J.

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
SEPTEMBER							
9	LC	Noosa Masters Meet	QNA	Sunshine	Q12/22	Yes	Noosa Aquatic Centre
30	LC	Rackley Masters Meet	QRL	Sunshine	Q13/22	Yes	Centenary Aquatic Centre
OCTOBER							
7-14	LC	Australian Masters Games	SA	Adelaide		Yes	Adelaide Aquatic Centre
7	SC	Toowoomba Tadpoles Meet	QTW	South	Q14/22	Yes	Glennie Aquatics, Toowoomba
14	LC	Maryborough Masters Meet	QMB	Central	Q15/22	Yes	Maryborough Aquatic Centre
28	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/22	Yes	Kawana Aquatic Centre
NOVEMBER							
5	OWS	Sinkers OWS at Balnagowan	QNS	North	Q17/22	n/a	Pioneer River, Balnagowan
9-11	LC	Pan Pacific Masters Games 2023 (TBC)	MSQ	South	Q18/22	Yes	Gold Coast Aquatic Centre (TBC)
DECEMBER							

Legend:

MSQ Swim Meets
MSQ Co-sanctioned Swimming Australia Meets *

* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SA) hosted swim meets and have their results published in the MSA Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia and the two clubs be related as "one-clubs". A number of SA meets have been co-sanctioned by MSQ for this purpose and are colour coded. Contact the MSQ Administrator for more details.

The next two MSQ club inter-swim meets are open for entry in Swim Central:

1. [Rackley Masters LC Meet](#) – 30 September
2. [Toowoomba Masters SC Meet](#) – 7 October

Both meets are sure to be plenty of fun! The Rackley Meet is open to members and guest swimmers. Please follow all instructions in their Meet Guide.

Toowoomba Masters are celebrating their 40 Year Anniversary, and invite all to join them in Toowoomba for the weekend. Details in the Meet Guide.

Please note that entries times cannot be edited in Swim Central. These instructions are noted in all Meet Guides:

On selecting an event in Swim Central, if you have matching results from the previous two (2) years, the fastest time will be displayed. If you have no previous results, "NT" will be displayed, and you may be seeded in the slower heats. You cannot edit your entry times. It is advised that you email the [MSQ Director of Recording](#) to provide a recent or training time. If you have a valid reason that may vary your performance greatly, you may also request a seed time change

COACH'S TIPS

Some basic freestyle tips this month



1. High elbow recovery encourages body roll, keeping hands close to the body helps to prevent hips and feet swinging wide and creating resistance .
2. Keep the elbow up, most common mistake is dropping elbow
3. Letting hand go across centreline under the body causes hips and legs to swing wide and therefore create drag, occasionally swim over the black line and breathe every 3 to 4 strokes and watch your hands.

4. Keep length out the back, back one third of the stroke is the acceleration of the hand through to the thigh, if you keep length out the front of the stroke it helps to keep length at the back of stroke .
5. Keep the feet close together, feet that split up or down too much create drag, high elbow close to the body helps keep the feet close together .

Happy swimming
... Cheers, Jan



PROFILE

IAN TUCKER



As one of the recently appointed Honorary Life Members of Noosa Masters Swimming Club, I thought I'd introduce myself, especially to our newer members.

After arriving in Australia in 1980, I lived in Sydney until 2012. Work and business in Sydney included working for Architects, Project Managers, Interior Fit out specialists until 1998 when I joined the Olympic Coordination Authority as a Development Manager for the Penrith precinct - hosting Rowing, Canoe Kayak and White-Water Canoe Kayak events. In 2003 I started a Project Management advisory business with an Olympic work colleague and together managed numerous major projects for the next 10 years before moving to Noosa.

Having moved to Noosa, I joined Noosa Masters in 2012 after encouragement from Bob Morse.

Starting in Lane zero in my first swim squad for 40 years under the coach's eye (Ian Robinson), scared the beejeezus out of me. How I would survive 1.5 hours and more than 2 laps??

I survived and, unperturbed, started more regular training whilst working in Brisbane until mid-2013 when worked ceased and retirement began.

The 2013 AGM of the Club started me in the role of Treasurer and in further years I served as Secretary, President (twice), Vice President and now club member, recently awarded Hon Life membership. My coaching role commenced in 2017, something I thoroughly enjoy.

The many aspects of the Club have allowed Adele and I to enjoy making friendships, travel and competition at local, state, national and international competitions, including open water events. In addition, the E1000 (Endurance) program has become another major part of my swimming whilst the social side and volunteering at many events helps fundraise for the club and keeps me engaged.

I'm taking a year off the committee this year with lots of travel planned now and into the future ... but a pair of swimmers and goggles are never far away!

... Keep swimming for life!!

COMING SOON

Rod & Karen Barton (UK) are very excited to be returning to their favourite place around the 10th November for about 3 weeks. If anyone would like a house/ dog/cat sitter the Barton's are available. They are very much looking forward to seeing everyone at the club again after such a long wait.

FOR SALE



Cordoba Baritone Ukulele
Excellent Condition
With Tuner and Case
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ENDURANCE 1000 REPORT

August 2023 – by Jane Powell



Some anecdotes from the Deck:

- * watching Jo Matthews swim a sub-19 minute 800m butterfly (!)
- * watching Mark Powell swim a sub 16 minute 800m butterfly (!!)
- * watching Bob Morse ALMOST swim a sub 16 minute 800m backstroke (!!!)
- * Chat about the Kurranulla Wahinis - Lynette Clemitson's claim to fame is being a member of this elite, ahead-of-their-time women's surfing group in Cronulla during the sixties. That's her, 3rd from the right, white board shorts, standing.

The Kurranulla Wahinis were a group of women surfers who were years ahead of their time. They wanted to be taken seriously and obtain sponsorship for their competition with other all-women clubs, but were treated "as a joke" by many male surfers and in the wider community. The club lasted less than two years, but gave rise to an iconic Cronulla surfing photo, taken by Bob Weeks.

The Leader reported the demise of the club in 1968, one year and nine months after it was formed. Sylvia Hoogveen, one of the founding members, said the Kurranulla Wahinis, along with other all-girl clubs, were "taboo...because we are girls". "The public thought it was just a joke. If only we had had enough money, we could have killed 'em. We tried to get surf clubs behind us but they just wouldn't back us."

... St George & Sutherland Leader

Lynette, you started to pave the way for future generations. Thank you!

-Jane

Our valued sponsors

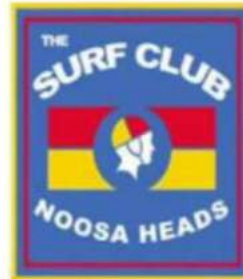


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Seasons, Noosa Junction

In the spirit of reconciliation the NMSC acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

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