

# CHALLENGERS' CHATTER

DECEMBER 2013

## CLINTON STANLEY IMMORTALISED ...

*"Clinton is now where he belongs, featured along side the region's most illustrious sporting talent in the Sunshine Coast Sports Hall of Fame."*



Cooroy's own Super Fish Clinton Stanley along side of Yandina's motorcyclist Chris Vermeulen were recently inducted into the Sunshine Coast Sports Hall of Fame at the Sunshine Coast University.

More than 100 people attended the induction ceremony, at which Russell Green gave a presentation honouring Clinton's 20 years of outstanding State, National and International swimming achievements. Clinton has been a world champion across a range of swimming events, including his favourite event, the 1500m freestyle. He has represented Australia seven times.. New Zealand (2001), South Africa (2004), Ireland (2006), Taiwan (2007), Portugal (2008), Taiwan (2010) and Italy in 2012 where he returned world champion for the 800m and 1500m freestyle.

Clinton has broken 79 world records for swimmers with Down Syndrome and since returning home from Italy has retired from International competition.

Clinton was the 2013 Australian of the Year Queensland Award finalist and has also received an Outstanding Lifesaving Award. His love of swimming will continue as he trains and competes within Australia for Noosa Masters.

Out of the water Clinton has worked part time for the past 19 years at Wimmer's and is a volunteer life guard for Noosa Aquatic Centre and Sunshine Beach Surf Club.



Congratulations!



2014 MASTERS SWIMMING EVENTS CALENDAR

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
<b>JANUARY</b>						
19	SC	River City Rapids	QRC	South	01/14	Somerville House, South Bbn
<b>FEBRUARY</b>						
1 - 9		New Zealand Masters G				
1 Feb - 31 March	Postal	Twin Towns	QTT	South	02/14	
15	LC	Mareeba Masters	QMA	North	03/14	Mareeba Memorial Pool
22	SC	Gladstone Gropers	QGS	Central	04/14	John Dahl Pool
<b>March</b>						
8	LC	Miami Masters	QMM	South	05/14	Miami Aquatic Centre
15	LC	Hervey Bay	QHB	Central	06/14	Hervey Bay Aquatic Centre
22	LC	Atherton Mountaineers	QAT	North	07/14	Atherton Centenary Pool
29	SC	Maryborough Masters	QMB	Central	08/14	Maryborough Centenary Pool
<b>April</b>						
1 April - 31 May	Postal	Cairns Mudcrabs	QCN	North	09/14	
5	SC	Albany Creek	QAC	Sunshine	10/14	Albany Creek Leisure Centre
5	LC	Rats of Tobruk	QRT	North	11/14	Tobruk Pool
23 - 26	LC	<b>State &amp; National Championships</b>			12/14	<b>Southside Pool, Rockhampton</b>
27	OWS	<b>State &amp; National Championships</b>			13/14	<b>Yeppoon</b>
<b>MAY</b>						
3	LC	Nudgee Brothers	QNB	Sunshine	14/14	Nudgee Brothers College
10 - 16		Asia Pacific Outgames				Darwin
17	LC	Noosa Masters	QNA	Sunshine	15/14	Noosa Aquatic Centre
17	SC	Cairns Sea Eagles	QSE	North	16/14	TAS Aquatic Centre
<b>JUNE</b>						
15	LC	Caboolture/Redcliffe	QCD/QPN	Sunshine	17/14	Redcliffe War Memorial Pool
22	SC	Rum City	QBB	Central	18/14	Bundaberg Swim Academy
<b>JULY</b>						
12	TBA	Brisbane Southside	QSM	South	19/14	Brisbane Aquatic Centre
26	SC	South Burnett	QSB	Sunshine	20/14	South Burnett Aquatic C
27 July - 10 Aug	LC	<b>World Masters Championships</b>				<b>Montreal, Canada</b>
<b>AUGUST</b>						
23	SC	Brisbane Northside	QBN	Sunshine	21/14	The Valley Pool
<b>SEPTEMBER</b>						
13	SC	Toowoomba Tadpoles	QTW	South	22/14	Glennie Pool, Toowoomba
<b>OCTOBER</b>						
4	SC	Redlands Bayside	QRB	South	23/14	Ormiston Pool
11 - 18		Alice Springs MG				Alice Springs
<b>NOVEMBER</b>						
1	LC	Whitsunday Warriors	QWY	North	24/14	Proserpine Pool
6 - 8	LC	<b>Pan Pacific Masters G</b>			25/14	<b>Gold Coast Aquatic Centre</b>
9	OWS	<b>Pan Pacific Masters G</b>			26/14	<b>TBA</b>
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



# THE YELLOW MARSHMALLOW ...

As a treat for the 'big kids' in the club, Robyn arranged for the yellow slippery dip to be inflated for our use after training on 15 December.

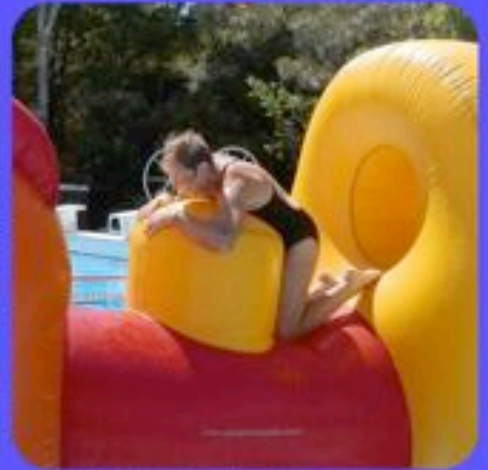
Most members lined up for a turn or two on the yellow monster with anticipation / nerves for what was about to occur. The journey from start to finish was not as easy as it looked with many members taking a less than graceful early dive into the pool.

Most who ventured onto the yellow monster managed to get as far as the covered opening halfway along. Watching people trying to wriggle through was hilarious for spectators as many members seemed stuck in place!

Many delicately made their way across without taking an early swim. Adele was one of the few who made it across several times. Grindle really wanted to just run across but was held back by the more nervous participants going at a slower pace in front of her but the prize for the most elegant journey and slide at the finish would have to be Helen - she seemed to just tiptoe / delicately 'dance' her way across.

Shrieks of laughter, cheering and chanting of spectators made for an enjoyable finish to the day's training!

... Carola Henderson



# JOE GILBERT STORY - PART 3 *by Tony Frost*



A true saying: “If you want a job done, ask a busy person”.

This fitted very well with our Joe Gilbert who, in 1995, again put up his hand for another challenge. Little did he know this one would take 5 years of tenacious effort to become a reality.

Noosa was blessed with natural attributes: National Park, Laguna Bay, surfing beaches, Noosa River and great climate.

But, alas, no 50 metre Olympic pool.

For 20 years prior to 1995, several local community groups had unsuccessfully tried to convince Noosa Council of the

need for a 50 metre Olympic pool. Feeble comments such as: “You have an ocean to swim in.”

Savvy people around town believed that something had to be done. The biggest hurdle was the tunnel vision decision makers (Councillors) who were ‘out of their depth’ on this one.

A group of ‘go to’ active locals representing a good cross-section of potential users was needed.

On 6 December 1995 a public meeting was held at the Good Shepherd School Assembly Hall, filling it to capacity. Included in the audience were several curious senior Council staff.

A lively meeting, chastising Council staff for “lack of vision”.

Mr Joe Gilbert stood up and embarrassed these “sticky beaks”.

“If you were running a business you would not survive.”

Following vigorous public comments, a group was elected, to be known as the “Noosa Olympic Pool Association” with the goal of “providing a 50 metre Olympic pool for Noosa.”

From this meeting the following were elected:

Masters Swimming: Joe Gilbert, Sandra Hudson & Janet Gemmell.

Tewantin-Noosa Swim Club: Patrick Lynch & Lex Bell

Noosa District High School: Peter Marconi

Sunshine Beach High School: Kirran Follers

Sunshine Beach Primary School: Dave Chapman

Surf Lifesaving: Tony Frost

Hydrotherapy Pool Advocate: June Colley

Joe Gilbert (Treasurer), Sandra Hudson (Secretary), Tony Frost (President).

**THE BATTLE HAD JUST BEGUN!**

On our side was Joe Gilbert who, was accustomed to going 15 rounds with the opposition.

Gaining tremendous media support (TV and print) throughout 1996, regular weekly (and mostly more) meetings to review our strategy and plans to embarrass Council with facts and reality.

With Council elections scheduled for 15 March 1997, NOPA held a public presentation at the Villa Hotel, showcasing a 15 minute video they produced and key speakers for why Noosa needed 50 metre Olympic pool (Benny Pike, Lyn Bollen and two 12 year old members of Noosa-Tewantin Swim Club).

Some days after the presentation, Council showed their first signs of conceding, offering a choice from two parcels of land on either side of the tennis courts in Girraween Court. NOPA’s preferred site



# JOE GILBERT STORY - PART 3 by Tony Frost

was where the pool now exists. It was 2.722 ha in size, compared to 1.12ha.

Other hurdles, included in pool designs:

- \* one Councillor pushing for a most impractical design, based on Royal Life Saving principles and no respect for FINA, the internationally recognised body for design and regulation, from which all aquatic competition is conducted.

- \* Depth not adequate for water polo competition.

Finally, on 1 May 1999, Noosa Aquatic Centre was opened by Premier, Peter Beattie.

Joe didn't stop there ... his next goal was to push for the formation of a Masters Swim Club, to be based at the Noosa Aquatic Centre. Joe had been talking about this regularly for the years leading up to its formation in August 1999.

Joe was elected Vice President of the "Noosa AUSSI Challengers", a position he held for many years!

Joe's dedication was rewarded in 2003 with Life Membership of Noosa Masters (along with Joyce Faunce).

Throughout all these happenings since the mid-nineties, Joe made time to support his wife, Joy, who was very active in the welfare of animals through the local RSPCA.

Joe regularly was chauffeur for Joy who needed to attend RSPCA meetings in Brisbane. Not one to twiddle his thumbs, Joe became useful at the Brisbane meetings as Queensland Treasurer of RSPCA.

Joy's input to the cause of domestic animals was rewarded with an "Order of Australia Medal" (OAM).



## **Two simple equations:**

**No Joe = No 50 metre Olympic Pool at Noosa.**

**No Joe = No Noosa Triathlon**

***Thank you Joe for making Noosa a better place to live in!***



*Dyanna Benny, Ted Irvine, Robynne Britt, Pat Mooney, Garth Prowd, Bob Morse, Joe Gilbert, Robyn Selby at Joe's retirement from his involvement with the Noosa Tri presentation night.*



*Joe celebrating over a few wines with some NOPA members. L-R : Joe Gilbert, Patrick Lynch, Kirren Follers, Tony Frost, Kay Frost, Sandra Hudson, Janet Gemmell*

# DIRT TALES - by Mark Besford



I decide to send a text informing Cathy I will catch up with her after the silly season, in about the second week of January 2014. Cathy is probably concerned for Benny's well being.?

Christmas Eve greets us with a clear warm morning however last night got quite chilly, down to about eight degrees. Just having breakfast when on the radio I hear John Lennon's Christmas song, "So this is Christmas and what have you done, another year over, a new one just begun" and so on.

This time of year probably evokes reflection of the past year for most of us. I wonder what we ask or question of ourselves at this time of reflection. I keep it simple with the main questions being, was I compassionate, respectful, honest to myself and others, was I humble in success and in disappointment, just to mention a few.

Benny has just finished the books on Leonardo Da Vinci and Sun Tzu with him becoming quite a compatible travelling companion since his DNA was altered in the mist at Wellborough Pass. He is becoming quite the deep thinker. His statement after breakfast being.

"Consumerism has not changed much since Leonardo's time, just have a lot more gadgets to clutter our lives."

We set off for a drive out along the back roads to Latrobe which was so pretty

especially the view of Western Bluff with very little traffic. On the way back to Quamby Corner Benny came out with this.

"There's so much drama, negativity everywhere. How about we start with one day a week and try to be positive, no negative thoughts or words for the whole twenty four hours. Let's call it "Positivity Day:"

How could I disagree. An early night as Santa will pass by if he finds me still awake.



Christmas Day and it is another stunner. We are actually here alone in the caravan park. It is so quite. We just laze about in the sun, read and enjoy such a brilliant day.

Boxing Day with the Sun been stolen and replaced with dark ominous rain clouds.

Bugger. In fact they are dark enough to be snow bearing me

thinks, but hopes not. After a short discussion with Benny we decide to head out along the Great Western Tiers keeping to the back roads to Cressy, Poatina then onto the Central Plateau Highlands around The Great Lake back to Quamby Corner. Just like Latrobe, Cressy and Poatina have lost cafes and restaurants due to the down turn in tourism. Empty shops everywhere, very sad.

As we approached Poatina the fields and landscape is alive with poppies, yes the opium variety. I just found out that

Tasmania produces half the world's legal opium requirements, strictly for the medical profession and life saving medications(?)

Then it occurred to me. Now I know why Tasmanians are so happy with living in this cold, wet place. It must be the pollen in the air from the poppies. Could this be why Benny is now "Alive". Have I also been affected?. I have been sneezing quite a lot lately.

The drive is stunning with the light showers giving an added mystic feel to the drive. (Poppies?) We stop for lunch in a lovely little park at Poatina with the rain having a

siesta. How thoughtful.







We are just about to eat when two men walk over and say hello. The God Squad. I won't bore you with the details as the conversation went on for about ten minutes with me finally saying.

"Either you go or I do."

They left saying. "Have a lovely day and God loves you."

That reminded me of a postcard sent to me saying the same thing but finished a

little different. It read, " God loves you because everyone else thinks you're an asshole." What can I say?

I thought at any moment now Thelma and Louise will drive past and give me the finger. What am I putting out there?.

Benny was not impressed with my behaviour to the gentlemen saying.

"Who's got attitude today, Mr Citizen?."

Onwards along the Central Plateau Highlands deciding to have a look a Lake Arthur. There are huts dotted everywhere in the bush with some being very modern and stylish down to a basic metal shed. The terrain on the Plateau is harsh and dry with boulders and rocks being the

topsoil. Even with this dry harshness the wildflowers are still prolific, amazing.

Benny is keeping watch as he thinks this could be the place most likely to find a two headed Tasmanian. The search continues.

We arrive back at camp about 5pm with the clouds starting to dissipate and by 6.30pm we have sunshine again. I find driving here exhausting due to the energy expended concentrating to negotiate all the twists and turns on the roads. Medication time?

Hope all well and recovered from the Christmas cheer? Give my love to all. Weather has reverted to wet and cold and not expecting any improvement for at least another week. Crying again?

... Msrk

**Happy New Year!  
... a wish for you in 2014**

**May peace break into your home and may thieves come to steal your debts.  
May the pockets of your jeans become a magnet for \$100 bills.  
May love stick to your face like Vaseline and may laughter assault your lips!  
May happiness slap you across the face and may your tears be that of joy  
May the problems you had, forget your home address!**

**In simple words .....  
May 2014 be the best year of your life!!!**

## COACH'S CORNER ... BY JAN CROFT



### **A few drills and the reason to practice them ...**

F.T.Drag - Finger Tip Drill encourages us to keep our elbows high. Good technique for freestyle swimming.

Kicking - We use lots of energy in kicking but often don't go faster. Remember kick accounts for only 10% of propulsion and is mostly used for balance and rotation.

Closing your fists and swimming really improves your stroke technique. At first it will feel clumsy and awkward, but it actually forces you to rotate your hips and move through the water the way you are supposed to.

... Keep Swimming!

# MERRYMAKING BY THE RIVER

December 12 saw a really good crowd of Masters swimmers and their partners congregate in the park opposite Como beside the Noosa River for an end-of-year get together. Everyone brought a plate to share, chairs & whatever they fancied to drink. And how different all the dishes were - lots of very imaginative offerings -we were quite spoilt !! It was pleasing too, to note that the choice of dishes brought along reflected our members' efforts to accommodate those with special dietary requirements as well as those who can afford not to give a damn!!

Being amongst friends, conversation flowed easily and it was almost impossible to get around to catch up with everyone who came. It was fatal to flop into a comfortable chair!- A few left a little on the early side - exhausted at year's end by their heavy work schedules - but they still made the effort to turn up and enjoy the camaraderie for a while - we are just so lucky to have such a great bunch of people as club members!

...Ed





# MERRYMAKING BY THE RIVER





# WATERMELON ...



## Watermelon Juice

### Reduces Muscle Soreness

#### Introduction

I always knew **watermelons were great recovery food** after long or hard training. Why? Because they're loaded with water and have a [high glycemic index](#). This means they not only **help me rehydrate** but they also help **replace my muscle and liver carbohydrate stores** well, even if you need to eat a lot of it to get the energy stores back. Here is some new research suggesting the humble **watermelon may also be good for relieving muscle soreness**.

#### The Research

Seven healthy and active sport science students ( $22.7 \pm 0.8$  years,  $68.9 \pm 3.8$  kg,  $170.8 \pm 3.6$  cm) completed a repeat sprint cycling test once every five days on three occasions. One hour prior to each test, they **drank one of three drinks**: 500 ml of natural watermelon juice (contains 1.17 grams of the amino acid [citrulline](#)), 500 ml of enriched watermelon juice (containing 6 grams of citrulline – 1.17 grams natural plus added 4.83 grams), and a placebo created to

look and taste like watermelon juice. One hour after drinking the 500 ml, each subject warmed up on a cycle ergometer for 5 minutes at 75 watts then completed **8 x 30 second sprints** separated by one minute of rest followed by a 3 minute cool down. The researchers measured heart rates during each test, blood lactate during and after the tests, and both ratings of perceived exertion (6-20 scale of how the athlete felt with 20 being exhausted) and **muscle soreness levels immediately after the test, then 24 and 48 hours after the tests** on a 1-5 scale.

#### The Results

There were **no differences in cycling performance**, ratings of perceived exertion, lactate values or heart rates during the tests. Perceived muscle soreness was no different between the three drinks immediately after or even 48 hours after testing. However, **24 hours after testing, both the watermelon juice and enriched watermelon juice drinks**

**resulted in lower levels of perceived muscle soreness** than the placebo drink with no difference between the two watermelon drinks.

#### The So What?

This Spanish study strongly suggests that (yet again!) natural products such as **watermelon juice can help athlete performance, in this case recovery 24 hours after unusual exercise**. The theory is that the amino acids found in watermelon (citrulline and arginine) **aid blood flow and decrease inflammation**. While the study used healthy active sport science students and not trained masters athletes like ourselves, it does suggest that **as little as two cups of natural watermelon juice may help us recover from hard training sessions or races**.

... courtesy "Masters Athlete"

Source: Tarazona-Diaz, M. and others (2013) Watermelon juice: potential functional drink for sore muscle relief in athletes. *Journal of Agricultural and Food Chemistry*, 61: 7522-7528



#### REMINDER

**Annual New Year Club BBQ  
at Ivan & Wendy's  
Sunday 12 Jan 2014, from 12.30pm  
19 Lilly Pilly Place  
park on council reserve at rear  
off Eumundi Road, opposite Pool place-  
back gate will be open.  
BYO something to BBQ & a drink  
perhaps toss in a chair just in case ...**



# TRAVELOGUE #3 ... from Sally & Lyn



Bourke gave us 5 interesting days as we learnt about the inland ports and paddle steamers of the late 1800s and how unreliable this mode of transport was as sometimes the boats were held up for months or more waiting for water to come down the Darling. It is a very welcoming town and their hospitality extends to free entry to the pool for pensioners. We made good use of that and also camped at a wildlife refuge where all the birds looked happy and the broilgas danced.

Heading down the Darling we stopped at Louth where we were invited to the pub for their Melbourne cup celebrations including a free lunch. Our home made fascinator was fascinating to say the least and we had a great time. Our intended overnight stay turned into 4 days of fun as we swam in the river and soaked up the warmth and acceptance of some of the 36 locals - a good example of small is beautiful.

The next part of our journey took us through Wilcannia down to the Menindee lakes where we found a beautiful spot on lake Pamamaroo where the birdlife was amazing. We saw another side of pelicans here as we watched big groups of them doing their communal fishing routine where they form a circle, beat their wings on the water to drive the fish together and then have a feast. I was swimming one day when 12 pelicans started circling so I rolled over to backstroke and watched as they rode the thermal currents above me going so high that I couldn't see them any more, it was an amazing sight and I don't know where or if they came back to earth.

From there we travelled down the Darling to Lake Mungo where the oldest human remains have been found proving that the

people who lived there 60,000 yrs ago had elaborate ceremonies around death and burial. What is not well known is that 206 more skeletons from the same era have been unearthed during the past 20yrs. Because of the type of landscape natural erosion is revealing more bones as sand is blown away. We took a guided tour with the Aboriginal custodian who explained the history and difficulty of maintaining the site - an extremely interesting

place.

Having exhausted the Darling (longest river in Australia) as it flowed into the Murray (second longest) we spent some time at Wentworth and Mildura before going bush again at Lake Victoria. Down this way the main topic of conversation is "water" not rain, because there is never enough of that. It's what's in the river that is their lifeblood and most of that comes from Queensland or in the case of the Murray from "the snow". They talk about when it will get here, how to get it, how to store it, how to direct it, what we can and can't do with it. The S.A. Government has built very extensive levee banks around some Menindee lakes and they then own the top 40% of the water there. Water that comes from Qld is stored in NSW, flows through Victoria and is used in SA. Imagine the negotiation that goes into that. We are certainly learning how life is very different for some people.

Arriving in SA we bumped our way to a little known out of the way but beautiful bird sanctuary called Gluepot. Birdlife Australia have transformed a run down grazing property into a bird refuge in an arid area. We saw many birds that we didn't know or hadn't seen before and all we had to do was walk to a hide (5 in total 3 - 6 klms apart) and sit there while we watched a constant stream of squawks, babbles and tweets as they patiently waited their turn to

come down to the raised water trough in groups. The regent parrots were our favourites. It is called Gluepot because when the powdery soil is mixed with water it turns to a glue like substance which is not vehicle friendly. So when the clouds gathered we hot footed it back along the 50k of corrugated bumps with a greater appreciation of nature.

Burra, an old copper mining town was our next stop and then on to the Clare Valley where of course we had to sample some of the local produce along the Reisling walking trail. We thought of those who had recently done the Mawson trail which runs through here also.

During the last few days we have explored the Yorke Peninsula and ferried across Spencer Gulf to Lucky Bay. We found a great bush hideaway just before dark but unfortunately staked a tyre while manoeuvring into position, we managed to change it and get set up just before the evening rain pelted down. Through this experience we learnt that we had made some good choices of equipment - the high lift jack (some tried to talk me out of this because it is so heavy and we didn't have anywhere to store it but that's a story all on its own), a heavy duty breaker bar to loosen the wheel nuts and a life time insurance policy on the tyres. It is great to have peace of mind about these things. In the confusion and rush to organise ourselves before the rain we hadn't taken a lot of notice of our surroundings so it was a great surprise to wake up overlooking a beautiful long sandy beach which we've now had to ourselves for 2 days. Why would you live in a stationary house? This is great fun.

Don't know where we'll be for Christmas but we'll be thinking of you all and we hope it is a peaceful time for you.

*Love and best wishes from the bush wanderers, Sally and Lyn.*



# ENDURANCE 1000

## Report for December

It's Boxing Day and all you wonderful Noosa Endurance Swimmers have put a smile on my dial.

Just finished entering the last lot of swims and our points (including Taskmasters) are: **24,307 !!!!!!!**

**However**, swims can be done up to close of pool on 31 December.

Let's push on and grab 25,000 points – no club has ever done that before. ... then maybe, just maybe, that elusive National Trophy will be held aloft at Noosa.

Whatever the final result, thank you to all Endurance swimmers – you are tops!!

Best Wishes and good swimming to all of you for 2014 !!

**Marcia Kimm (0407 034 095)**  
Endurance 1000 Program Co-ordinator.



<http://www.whathappenedinmybirthyear.com>

## January Birthdays

<b>Dianne McFarlane</b>	<b>7/1</b>
<b>Joyce Faunce</b>	<b>10/1</b>
<b>Jacky Shields</b>	<b>22/1</b>
<b>Carola Henderson</b>	<b>23/1</b>
<b>Jessica Tye</b>	<b>25/1</b>
<b>Viv Merrill</b>	<b>27/1</b>

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



## SOCIAL EVENTS

12.30pm 12 January  
New Year BBQ get together  
19 Lilly Pilly Place, N/ville

## CRAFTERS MEETING

TBA

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

VISIT OUR WEBSITE ...  
[www.noosaaussichallengers.com](http://www.noosaaussichallengers.com)

## Challengers Chatter

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