

# CHALLENGERS' CHATTER

DECEMBER 2016

## REMEMBERING JOYCE



Tuesday, 27 December, was indeed a sad day for Noosa Masters Swim Club, with the passing of foundation and life member, Joyce Faunce.

Life started almost 96 years ago, where Joyce grew up in Leicester, United Kingdom, where, as a young teenager,, her swimming potential was recognised, culminating at 16 years being selected to represent England at the British Empire Games , to be held in Sydney, Australia, in 1938. As the British champion for 100 yards freestyle in 1938 and 1939, Joyce appeared destined to again represent her country at the upcoming 1940 Olympic Games. However fate intervened, having defeated the German champion in a England verses Germany swim meet, when the Second World War was declared 3 weeks later. When the Olympic Games resumed in 1948, Joyce was married with 2 daughters, Heather and Vivienne. Son Steven, was born in 1950..

Emigrating to Australia in 1957, firstly living in Sydney and then 1998 to Noosa, where Joyce was one of hundreds who witnessed the opening of the Noosa Aquatic Centre on 1 May, 1999. Inspired to resume swimming, after 50 years out of the water, Joyce joined the masters swimming club, where

new members had moved from Tewantin, where they were a branch of the Sunshine Coast Masters Swim Club, Cotton Tree, known as AUSSI Masters. (Australian Union of Senior Swimmers)



Following a somewhat fractured first season of the Noosa club, where the second season needed replacements for key positions, President, Secretary, Publicity Officer, Social Secretary and Coach ! Not a great start.

Who should put their hand up for Secretary ? Yes, Joyce Faunce. We all knew of her swimming prowess, but this 80 year old with a very sharp mind and memory, a blessing to get our Club back on its feet, a position she held for several years

.Still, Joyce continued competing in inter club swim meets, breaking many State and National records for her age, a regular swimmer in the Pan Pacs, and in the World Masters conducted in Sydney, 2009, gold in 50 metres freestyle and silver in 50 metres backstroke.

The Noosa Journal published an article on 5 November, 2009, featuring 88 year old , Joyce, where the then Club President, Pat Mooney, was quoted as saying :

**"JOYCE - THE CLUB'S GREATEST ASSETT"**

Until last year, Joyce was driving regularly to our monthly breakfasts from Burpengary, at the tender age of 94 years young.

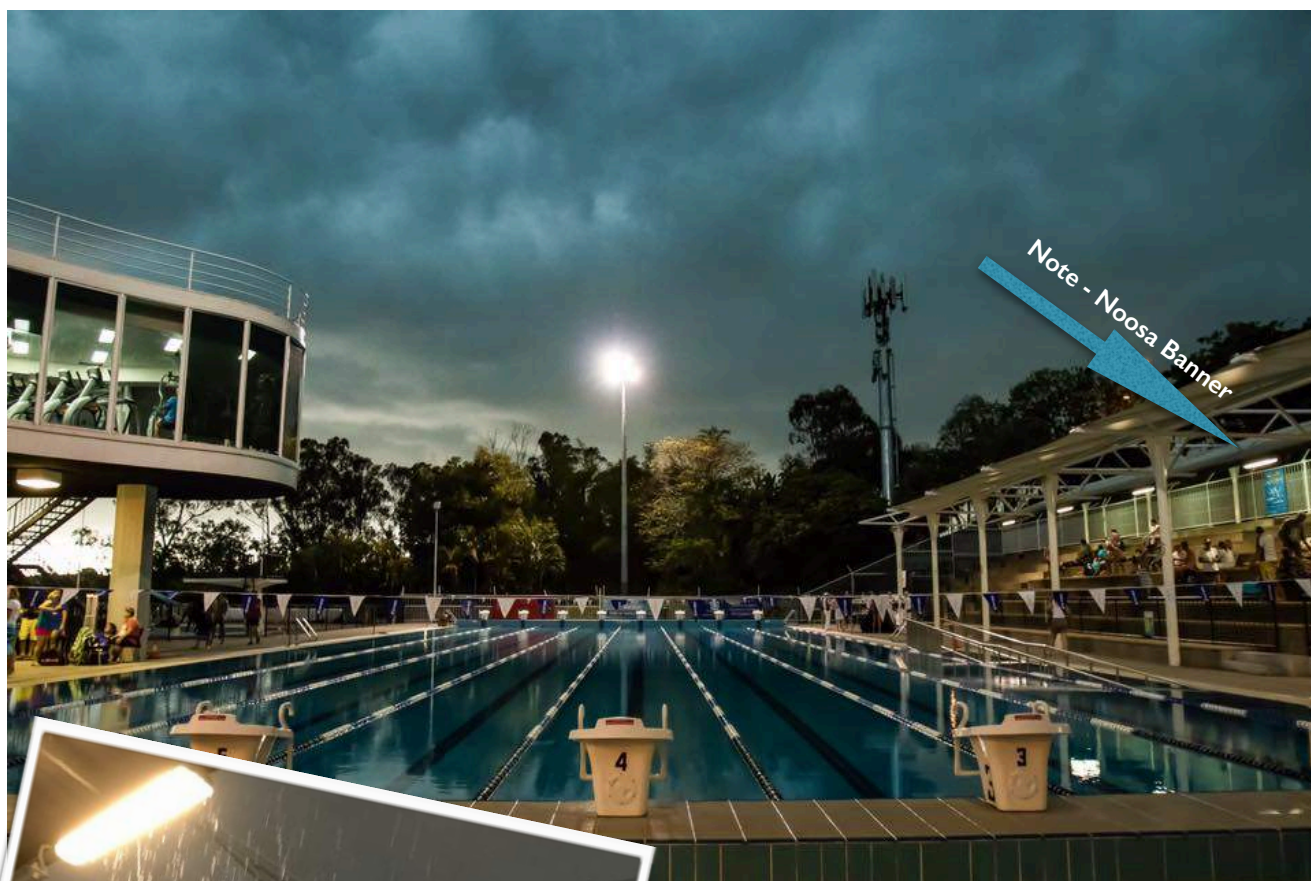
Our heartfelt thoughts are with Joyce's children, Heather, Vivienne and Steven and their families.

*Rest in peace, Joyce.*

You will remain in our thoughts forever..

... Tony Frost.

# AQUALICIOUS ADVENTURES



Note - Noosa Banner



Well, a couple of years ago we had a bus load participating at the Aqualicious Swim Meet, but this year just two lonely club representatives ventured forth to fly the flag ... Rob Jolly and Wendy Ivanusec.

Yeronga Yabbies had only one and, by winning all her events, she managed to win the average point score trophy! This in spite of Wendy, as the only competitor in her age group, making a substantial contribution to the club point score with 3 firsts in her 3 x 50m events. (Breast, Back and Fly)

Rob had some stiff opposition but still managed a 1st and a 2nd, he got conned into a relay as well.

Starting at 4pm it is a meet with a difference, just 50m events and lots of

relays. Hervey Bay and Brisbane Southside both fielded strong teams. But Aqualicious made off with the major trophy for the highest pointscore.

Because Brisbane was in the path of a gigantic storm cell, the meet was terminated after just 4 events .. the 50m breast, 50m back, 50m fly and the Ian Davies Memorial Relay.

They had a fantastic raffle table and Rob Jolly was over the moon when he won a collectors item bottle of Single Malt Whiskey.

As it was impossible to begin the drive home in such dangerous conditions, Rob produced a bottle of red and a great idea - "How about we head for New Farm to find a Pizza?"

Dashing through the pouring rain (but not singing in it), we arrived breathlessly at the door of an upmarket Italian Restaurant in crocs and club uniform looking like a couple of drowned rats!

But they were willing to take our money and ushered us to a table in a narrow area out the back/side which had been roofed in with glass.

As the storm raged above, we (and the staff) kept an anxious eye skyward waiting apprehensively for the hail which had been predicted but thankfully didn't eventuate!!





# AQUALICIOUS ADVENTURES

Our two innovative pizzas arrived after we had some time to sharpen our appetite on the red.

When our pizzas arrived, we could have read a newspaper through the base, and the topping was 'trendy' (i.e. in short supply) ...we devoured them, slowly, savouring every morsel.

The drive home up the Bruce was amazing as the storm was in front of us the entire way!!

Our conversations were punctuated by gasps as many eye-popping electrical displays lit up the sky ahead.

We couldn't help but wonder about the welfare of the Hervey Bay crew who had said they were heading home after the meet!

Thanks Rob for getting us both home safely

Certainly a drama filled journey and, to top it off, almost home, we had to negotiate a fallen tree across the Eumundi-Noosa Road !

Next year will be a breeze!!

... Wendy Ivanusec



# TOM'S MILESTONE

On 18 December, Tom Robson celebrated his 80<sup>th</sup> birthday in Glasgow with family and friends.

The octogenarian is looking forward to revisiting Noosa in February 2017, with Marlene, and becoming reacquainted with their many Aussie friends.

... Tony Frost.



## Birthdays of the Month

### JANUARY

<b>Di McFarlane</b>	<b>7/01 (70)</b>
<b>Julie Hollowell</b>	<b>10/01</b>
<b>Jacky Shields</b>	<b>22/01</b>
<b>Carola Henderson</b>	<b>23/01</b>
<b>Terry Mortimer</b>	<b>24/01</b>
<b>Jess Tye</b>	<b>25/01</b>
<b>Viv Merrill</b>	<b>27/1</b>

**Happy Birthday everyone !**

*The more birthdays you have ...  
The longer you live !!*



## BACK IN PHUKET

Robyn spent a week sailing around islands off Thailand.

She visited James Bond Island...alas no "Golden Gun" rescue for her....



## word play #3

### Last month's solution:

You were asked what these words have in common: banana, dresser, grammar, potato, revive, uneven, assess.

*The answer is that, in every case, you can take away the first letter and put it at the end of the word, and the word can then be read backwards.*

*For example, 'banana' becomes 'ananab' which is 'banana' backwards.*

### This month's challenge:

On the BBC radio program 'My Word', Denis Norden and Frank Muir were each asked an almost identical question.

Denis, when asked his question, replied: "Andy's test isn't for drugs"

The chairman (Nicholas Parsons) then asked Frank the same question except for changing one word. Frank replied: "facetious"

What were the two questions?

*Answer in the next edition of Chatter.*



## JAN 2017 CLUB BREAKFAST

The January breakfast is scheduled for Sunday 22 January 2017.

At this stage it will be Lane #3 and any members who sometimes swim in Lane#4

... Carola Henderson



## COACH'S TIPS

### Use of pull buoy in training

Pull buoy helps us to achieve a more efficient body position by keeping our butts dry and feet high. We learn how efficient swimming should feel.

Swimming with a pull buoy it is easier to focus on the high elbow catch.

Also helpful with breath control and great for Hypoxic swimming.

Downside - Use of PB can limit hip rotation. Power in your stroke doesn't just come from your arms and shoulders. A lot of it is derived from your hips.

Using a PB makes your hips flatter which will reduce your stroke length.

Be realistic about why you are using a P B

Happy swimming ... Cheers, Jan



# KAREN'S BATHS ... by Karen Martin

This is where I learned to swim in the 1970s. High Street Swimming Baths, Bolton, England. These swimming baths no longer exist. They were called the baths as people actually went for a bath in the olden days before people had a bath in their own home.



It was a 25m indoor pool. The pool changing rooms were boys down one side, girls down the other. We would leave our belongings in the cubicle and trust no one would pinch anything. We would be given a coloured wrist band to wear and when the buzzer went and the announcer shouted, "Would all swimmers wearing a red band please leave the pool" your time was up and another group of people would jump in.

It was in this pool that I swam my first 25m and all I remember was the teacher holding a stick in front of me that I had to follow and could grab if needed. Also this is where my fear struck when I had to do a duck dive and pick up a brick from the bottom of the pool,

I failed my badge and never attempted that ever again. Then in a Masters Squad in 2011 approx. 30 years after that failed attempt, Bob Morse spent some time with me and taught me how to do a surface dive. Now all I have to learn is to remove the nose clip tee hee.



Left: This photo is from 1968, I don't remember any pool having swimming lanes.

Right: The sign photo makes me laugh and shows the sign of the times, the "no petting" and "no smoking" is funny. Apparently some swim coaches would be smoking while teaching.



Left: High Street Baths, Bolton,





# ENDURANCE 1000 REPORT

December 2016

## Overview

The Endurance program has had such a great year. Tricia Hughes and a devoted group of Noosa club swimmers and volunteers have put in a huge effort into ensuring the program is both enjoyable and efficient for all those who participate. This is undoubtedly the strength of the endurance program. We then have this wide spectrum of swimmers of all ages, whom have achieved some spectacular results swimming the program. Endurance swimming is as much about the mental battle as the physical. Overcome this, and the passion, challenge and enjoyment of endurance becomes euphoric. The whole team believes that next year will be even better. The team's new year resolution for next year is for every swimmer in the club to get a minimum of 200 points.

## For ocean swimmers

Beautiful swimming conditions if you can brave the odd jelly fish or blue bottle. Water temperature is sensational and some surf starting to build for board riders. For SUP paddlers there has been some great surf around the river mouth lately.

## Jane's Twilight Swim

Jane's twilight swim was a really enjoyable. Many swimmers did long swims which accumulated a lot of points. Greg Bott and Bob Morse both did beautiful one hour backstrokes for top points. The relaxed celebration after Jane's session culminated in a very enjoyable evening. It's actually a great chance to converse with other members over a sausage and glass of wine.

## Quote for the month

*"Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves. It has nothing to do with how many times you win or lose. It has no relation to where you finish in a race or whether you break world records. But it does have everything to do with having the vision to dream, the courage to recover from adversity and the determination never to be shifted from your goals."*

... Kieren Perkins

## Great performances

*Some great performances in the last month ...*

**Kylie Mack** from Melbourne, who was up here on a break, put in a gutsy performance to complete a one hour free style.

**Barrie Bedding**, the "blast from the past" despite not having swum for ages, completed an hours breast stroke for top points. Barry is coming home in a rush.

**Marcia Kimm** with that nice soft free style also completed an hour and 1500 meter swims in the last week.

**Bob McCausland** did a 45-minute breast stroke for top points. Bob is 87. What a way to keep fit and stay young.

**Barry Lloyd** who has surreptitiously been achieving excellent results all year has accumulated 823 point's. One of our great endurance swimmers.

## Endurance interview

*The following is an interview done with Bruce Hammond. Bruce has been a great contributor to the Endurance team since starting in 2015. Bruce also swam in the swim leg of the Noosa Triathlon this year.*

> Where did you grow up, live, and what did you do prior to moving to Noosa?

*I grew up on the NSW South Coast where I developed my love of the beach. We then moved around a bit with work before finally moving to Brisbane in 2004.*

> When did you first move to Noosa and join the Masters? Do you enjoy living in Noosa.  
*My wife and I have had a love affair with Noosa going back to the late 70's and when the opportunity presented early 2015 to move to Noosa we grabbed it and have not been disappointed. I started swimming at main beach but quickly realised I needed to work harder so joined Noosa Masters late in 2015.*

> Your passions & favourite music I enjoy almost everything to do in and on the water and getting away with our camper trailer. I have a very broad taste in music and enjoy most genres. Probably the only exceptions to that are country and opera.

> How long have you been swimming Endurance program?  
*I started swimming Endurance in June this year.*

> Why is it important for you to be involved?  
*I don't do a lot of carnival swims so it's a way for me to support the club*

> What do you get out of being involved?  
*I am contributing to the total points score which will hopefully help the club bring the endurance trophy to Noosa again this year*

> How does being involved in the endurance program influence your approach to swimming?  
*More than anything it is an opportunity to practice what we learn in squad drills and to develop my own unique swimming style. Also I have been told you need to swim at least 3 times per week to improve, so along with squad on Thursdays and Sundays it gives me the 3 swims per week I need to improve.*

**APOLOGY:** The October edition of Chatter listed the new Management Committee, publishing Quentin Lee's position as Endurance Representative, should have read ENDURANCE CO-ORDINATOR. Apologies to Quentin.

**Editor's note:** Well done Quentin, you had big shoes to fill, but your continual encouragement to all our members who tackled endurance swims, has not gone un-noticed and is greatly appreciated.



# ENDURANCE .. CONT'D



> What has been your greatest moment swimming Endurance ?

*I completed the 60mins freestyle. It's been 15 years since I have swum for that long non-stop and I never thought I would make it again.*

> How does your involvement influence others?

*The more swimmers that participate and the more it is publicised hopefully will encourage those not yet swimming endurance to give it a try. If you're thinking ahead and wondering what you're New Year's Eve resolution will be, how about to start endurance swimming!*

## Summary

Is there any better feeling than doing a long endurance swim early in the morning and then coming home and having breakfast? What a way to start the day! ... Just keep swimming!

Quentin Lee  
Coordinator  
Endurance 1000 program  
Mob 0477 524576



# TWIGHTLIGHT SWIM

Friday December 9th was this year's last opportunity to amass Endurance program points. With this in mind we met poolside to swim, time and socialise over a smorgasbord of share-plate supper and beverages. In a couple of hours we collectively earned an extra 510 points to a secret tally ... if Tricia tells us what the tally is, she'll have to shoot us! ... but Tricia reassures us we are well equal to or better than the tally at this time last year.

Thank you to everyone who has participated in the Endurance Program this year: it is good for the Club on a national level, and it is GREAT for you as individuals. see you in 2017!

- regards, Jane

Increase your aerobic capacity!	S w i m m e n d u r a n c e !!	Become LEANER!
Defy your age!		Increase your anaerobic threshold!
Develop economy of motion!		Defy your genetics!
		Increase your fatigue resistance!
Improve your body composition!		<u>BURN FAT</u> !!
		STOP WASTING oxygen!

# CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
<b>JANUARY</b>						
28	SC	Albany Creek	QAC	Sunshine	01/17	Albany Creek Leisure Centre
<b>FEBRUARY</b>						
11	LC	Hervey Bay	QHB	Central	02/17	Hervey Bay Aquatic Centre
25	LC	Mareeba Masters	QMA	North	03/17	Mareeba Memorial Pool
<b>March</b>						
8 - 11	LC	<b>MSA National /MSQ Championships</b>			<b>04/17</b>	<b>Gold Coast Aquatic Centre Gold Coast</b>
25	LC	Noosa	QNA	Sunshine	05/17	Noosa Aquatic Centre
25	SC	North Mackay Sinkers	QNS	Central	06/17	North Mackay SHS Pool
<b>April</b>						
1	LC	Atherton	QAT	North	07/17	Atherton Pool
22	SC	Whitsunday Warriors	QWY	North	08/17	Cannonvale Pool
29	SC	Yeronga	QYP	South	09/17	Yeronga Pool
<b>MAY</b>						
13	SC	River City Rapids	QRC	South	10/17	Somerville House, Brisbane
13	LC	Rats of Tobruk	QRT	North	11/17	Tobruk Pool, Townsville
26 - 27	LC	<b>Great Barrier Reef Masters Games</b>			<b>12/17</b>	<b>Tobruk Pool, Cairns</b>
<b>JUNE</b>						
10	SC	Rum City	QBB	Central	13/17	Bundaberg Swim Academy
10 - 11	SC	Clarence River	NCM	NSW	14/17	Yamba, NSW
<b>JULY</b>						
8	LC	Brisbane Southside	QSM	South	15/17	Brisbane Aquatic Centre
22	SC	Genesis Aquatic	QGA	Sunshine	16/17	Genesis College
<b>AUGUST</b>						
19	SC	Brisbane Northside	QBN	Sunshine	17/17	The Valley Pool, Brisbane
<b>SEPTEMBER</b>						
23	SC	Maryborough Masters	QMB	Central	18/17	Maryborough Centenary P
<b>OCTOBER</b>						
7	SC	University of Qld	QUQ	Sunshine	19/17	UQ Pool, St Lucia, Brisbane
21	LC	Sunshine Coast	QSC	Sunshine	20/17	Kawana Waters Pool
21	LC	Long Tan Legends	QLT	North	21/17	Long Tan Pool, Townsville
<b>NOVEMBER</b>						
25	LC	Aqualicious	QAL	Sunshine	22/17	Centenary Pool, Brisbane
25	OWS	North Mackay Sinkers	QNS	Central	23/17	Pioneer River, Mackay
<b>DECEMBER</b>						

## Good wishes for the New Year ...

At this time of year we love feasts and festivities with family and friends.

This holiday season, we hope you are getting to spend some time with those closest to you.

Take time this week to refresh your body and mind, reminding yourself all the reasons that you work so hard all year to achieve the goals you set.

.Whatever drives you and keeps you motivated to go that extra lap, be sure to remember all the good times over the past year that you had fun doing the things that you train so hard for.

Spend a few extra hours sleeping this week and be ready to come back in the new year refreshed, rejuvenated and ready to rock through 2017!

...Wendy & Tony



## REFLECTIONS ...

You know, time has a way of moving quickly and catching you unaware of the passing of years.  
It seems just yesterday that I was young, just married and embarking on my new life with my mate.  
And yet, in a way, it seems like eons ago, and I wonder where all the years went.  
I know that I lived them all. and I have glimpses of how it was back then, and of all my hopes and dreams.  
But, here it is the winter of my life and it catches me by surprise ...

How did I get here so fast?  
Where did the years go and where did my babies go?  
And, where did my youth go?

I remember well ...  
Seeing older people through the years and thinking that those older people were years away from me and that winter  
was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is!  
Husband retired and he's really getting grey....He moves slower and I see an older man now.  
He's in better shape than me.....but, I see the great change.  
Not the one I married who was young and vibrant..  
But, like me, his age is beginning to show and we are now those older folks  
that we used to see and never thought we'd be.  
Each day now, I find that just getting a shower is a real target for the day!  
And taking a nap is not a treat anymore.....it's mandatory!  
Cause if I don't on my own free will...  
I just fall asleep where I sit!

And so, now I enter into this new season of my life unprepared for all the aches and pains  
and the loss of strength and ability to go and do things.  
I know that though the winter has come, and I'm not sure how long it will last,  
and when it's over.....it's over!

Yes, I have regrets.  
There are things I wish I hadn't done ...things I should have done.  
But, indeed, there are many things I'm happy to have done.  
It's all in a lifetime.....

So, if you're not in your winter yet.....  
Let me remind you.....  
It will be here faster than you think!

So ...  
Whatever you would like to accomplish in your life....  
Please do it quickly!  
Life goes by quickly.

So ...  
Do what you can today, because you can never be sure whether this is your winter or not!  
You have no promise that you will see all the seasons of your life...

So ...  
Live for good today and say all the things that you want your loved ones to remember...

**"Life is a gift to you  
The way you live your life is your gift to those who came after  
Make it a fantastic one!"**

**LIVE IT WELL!!**  
~author unknown~

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(\*) Noosa Bookshop is moving to the new address above – just five shop fronts along from the present arcade.

**Challengers Chatter**

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