

CHALLENGERS' CHATTER

DECEMBER 2017

FAREWELL 2017



Sunday 10th December dawned bright and sunny for our evening Christmas Party on the banks of the Noosa River. A large gathering of swimmers, partners and friends turned up in their bright and festive apparel. The champagne flowed, tables were laden with Christmas goodies and much laughter was heard along the river.

Bottles of bubbles were given out as prizes to those who entertained us with their clever and fancy gear.

Best dressed male to Ian Mitchell sporting a fabulous, huge, red, Christmas tie.

Best dressed female to Denise dressed up as an Elf.

Best headwear to Wendy Ivanusec sporting the most fabulous Christmas hat amass with flowers and decorations.

Best Earrings to Joan Cairns wearing very bright green fluoro flashing earrings.

Best solar lights worn by Greg Bott lighting us up as the sun was sinking.

Another fun evening enjoyed by all. Can't wait for our next social gathering on 14 January!

... Helen Malar





FAREWELL 2017



What Bardie sacrificed to spend Christmas with us in Australia!



Shortly it will become compulsory for senior citizens to carry not only their ID, but also their insurance documents, their prescription list, a compact version of their medical file, the statement declaring if they want to be resuscitated after a heart attack, stroke, etc., etc. Consequently, a lot of paperwork will have to be carried when a senior citizen goes out the front door OR when they Travel!

Specifically for this purpose, a special "Senior USB Stick" has been developed.


Take a look below....

Wow!

Two Bites of information.
Blue Tooth technology to fit your lifestyle.
Expanded Memory can be arranged.

Something to chew on!
Don't forget to smile.






EDO Qld.
SWIM FOR THE REEF

**Noosa Masters for the
Great Barrier Reef**

Are swimming 6kms in two hours
to protect the Great Barrier Reef,
Saturday 20 January 2018

Cheer us on at the Noosa Aquatic Centre
from 3:30pm -5:30pm or
MAKE A DONATION at
edoqld.org.au/donate_noosamasters

swimforthereef.org.au



MEDIA RELEASE - SPORT

Noosa Masters Swim Club is throwing its support behind the Environmental Defenders Office to raise funds to protect the Great Barrier Reef, at the 2018 Swim for the Reef Swimathon at Noosa Aquatic Centre.

This third annual Swimathon will be on Saturday, January 20th, and we need sponsors!

... because the Great Barrier Reef needs environmental justice NOW!

'Over the past two years the Great Barrier Reef has had a terrible time, from the worst mass coral bleaching in its history, to the approval of projects that pose further enormous risks to its future', EDO Qld CEO Ms Jo Bragg said.



Join us for the 2018 Island Charity Swim

Can't wait for the next [Island Charity Swim](#)? Neither can we, which is why entries for the 2018 open water swimming event are now open! Join us on **Saturday 12th of May** for the annual Island Charity Swim.

The Island Charity Swim is a test of endurance for the participants and a major fundraiser for the children at the Nambour and Currimundi Special Schools.

In 2018 we welcome our NEW 5km Event!

We are excited to announce a new addition to the Island Charity Swim. In conjunction with the 11km swim from Mudjimba Beach around Mudjimba Island (Old Woman Island) to Mooloolaba Beach, a NEW **5km Mooloolaba Beach Swim** will take place at the Mooloolaba spit.

With so much great feedback for 2017's contingency plan which consisted of 4 x 2.5km loops of Mooloolaba Spit, the **5km Mooloolaba Beach Swim** will consist of 2.5km loops of the Mooloolaba Spit. Stay tuned for more information and course maps.



Make sure you've signed up to the newsletter and are following us on [Facebook](#) to stay up to date with the latest event details. This includes fundraising and essential race day information such as training sessions, course maps, training guides and much more.

ENTER NOW!



\$68,000 Raised in 2017!

An astonishing \$68,000 was raised for Nambour and Currimundi Special Schools in 2017. The funds raised have allowed the schools to purchase equipment such as a hydrotherapy pool, sensory playground, gym and fitness centre, wheelchair buses, technology and curriculum resources.

The goal is the same every year - to raise money for the kids at Nambour and Currimundi Special Schools. Take these two easy first steps to help us achieve this goal:

1. [Enter online today](#)
2. [Set up a Just Giving fundraising page](#)

More info? - talk to Mark Powell

CLUB BREAKFAST

January Club breakfast : **Sunday, 21 January 2018**
to be held on the pool deck after swimming.

*It is the turn of Lane #0 to provide the food.
Have a chat to the other members in your lane and
decide what each of you will bring.*

Any questions? contact Carola : crhend@bigpond.com

CLUB NEW YEAR BBQ

Sun. 14 Jan 2018 from 12.30pm

At Ivan & Wendy's big backyard
19 Lilly Pilly Place, Noosaville.

Park at rear on Council Reserve, Eumundi Rd.
Turn in at first power pole past Goodchap roundabout
BYO meat, drink and toss in a chair just in case!

NEXT BUNNINGS BBQ

Tue. 16 Jan 2018

Julia Dunstall is still looking for Volunteers !!
If you can give a couple of hours
Please phone 0412 599 824

position vacant

The position of Twilight Endurance Swims Co-ordinator will become vacant at the end of this year. After three years in this role, I am stepping aside because we will be away travelling for a large part of 2018.

Co-ordinating Twilight Endurance Swim meets is not arduous and I am happy to go through the process with any interested members.

I enjoy the endurance program for a number of reasons.

- *It ensures I have that extra intensive swim each week.
- *It is more flexible than carnival attendance, and less costly.
- *I enjoy the camaraderie on the pool deck, which isn't possible with regular squads.
- *Times required to make top points are generous and achievable - I can do this!

*The Twilight Meets are an opportunity for a social occasion, as well as making a significant contribution to our Endurance points tally. In the past we've enjoyed themed suppers on the pool deck when the swimming is completed.

Please consider taking on this small responsibility for the benefit of our Club.

Thank you,
Jane Powell

Birthdays
of the Month

January

Di McFarlane	07/01
Julie Hollowell	10/01
Jacky Shields	22/01
Carola Henderson	23/01
Viv Merrill	27/01 (Big 70)

**Happy Birthday to you all
from all of us**

*You're a year older than you've ever been before
And younger than you'll ever be again !!*



COACH'S TIPS



**Many reasons to do swim drills ...
Improve your skills to improve your swimming!**

Paddles are a good way to feel how you are entering the water. If you crossover or drop your elbows on entry, then you will have trouble keeping them on.

Dog paddle, the oldest drilling in the world, is great for developing catch technique.

You can use a pull buoy, polo drill or head up drill. This is a great drill to help swimmers improve rhythm of stroke, especially effective for removing dead spots from your stroke timing. It is almost impossible to swim head up with a long pause in the stroke. Key to the drill - swim at sprint pace to focus on fast stroke rate, perform it with chin on water and maybe with fins, it is my favourite drill !

Happy swimming ... Cheers, Jan

Nan's Christmas Pudding ...

NO BUTTER, NO EGGS

Cheap and delicious, I have been making this for 14 years now. The family always ask, 'Nan, you are making your plum pudding aren't you?'

Ingredients:

- 2 cups stale bread crumbs (not packet crumbs)
- 2 cups mixed dried fruit
- 1 large overripe banana, mashed
- 1 tbsp apricot jam
- 1 tsp cinnamon
- 1 tsp ginger
- 1/2 cup milk
- 1 tsp bi-carb soda

Put all ingredients except the milk and bi-carb soda in a bowl. Mix the milk and bi-carb soda together, add to the bowl and combine. Place the mixture into a lightly greased pudding bowl.

Put two layers of baking paper over the top of the bowl and a final layer of foil, securing with string. Place an upturned saucer in the bottom of a large saucepan/boiler. Put the pudding bowl into the saucepan with boiling water that comes three quarters of the way up the bowl and boil for an hour and 20 minutes. Keep checking that the water is always about the three quarter level.

Carefully remove from saucepan and when cold, place into an oven bag and put in the fridge. It can also be frozen until needed and thawed in the fridge. To heat, place into an oven bag and microwave to desired temperature. Serve with custard and ice cream.

Note:

This recipe serves 4-6 people. For 10 people, I double the mixture and boil for three hours.

Ed. Note: Maybe one to try next Christmas ??

DATE	LC/SC	CLUB	CODE	REGION	SANCTION	SURVEYED	VENUE
JANUARY							
27	Short	Albany Creek	QAC	Sunshine	01/18	Yes	Albany Creek Leisure Centre
FEBRUARY							
10	Long	Hervey Bay	QHB	Central	02/18	Yes	Hervey Bay Aquatic Centre
17	Long	Mareeba	QMA	North	03/18	Yes	Mareeba Memorial Pool
MARCH							
14 – 17	Short	MSQ State Champs			04/18	Yes	WW 11 Memorial Pool, Rockhampton
APRIL							
7	Long	Atherton	QAT	North	05/18	Yes	Atherton Pool
18 – 21	Long	National Champs				Yes	Perth, Western Australia
MAY							
5	Short	Yeronga	QYP	South	06/18	Not compliant	
12	Long	Rats of Tobruk	QRT	North	07/18	No	Tobruk Pool, Townsville
26	Short	Whitsunday	QWY	North	08/18	Yes	Cannonvale Pool, Proserpine
JUNE							
3	Short	Rum City	QBB	Central	09/18	Yes	Bundaberg Swimming Acad.
9-10	Short	Clarence River	NCM	NSW	10/18	No	Yamba NSW
23	Short	Brisbane Southside	QSM	South	11/18	Yes	Brisbane Aquatic Centre
JULY							
AUGUST							
12	Short	Townsville Aquaholics	QTA	North	12/18	Not compliant	Kirwan Aquatic Centre
25	Short	Brisbane Northside	QBN	Sunshine	13/18	Yes	The Valley Pool
SEPTEMBER							
15	Long	Noosa	QNA	Sunshine	14/18	Yes	Noosa Aquatic Centre
29	Long	Aqualicious	QAL	Sunshine	15/18	Yes	Centenary Aquatic Centre
OCTOBER							
6	Short	Maryborough	QMB	Central	16/18	Yes	Maryborough Aquatic C
13	Short	University of Qld	QUQ	Sunshine	17/18	Yes	UQ Aquatic Centre
27	Long	Sunshine Coast	QSC	Sunshine	18/18	Yes	Kawana Waters Aquatic C
27	Long	Long Tan Legends	QLT	North	19/18	Yes	Long Tan Pool, Townsville
NOVEMBER							
3	Short	Cairns Mudcrabs	QCN	North	20/18	Yes	Gordonvale Pool, Cairns
7 – 10	Long	Pan Pacific Masters Games			21/18		Gold Coast Aquatic Centre, Southport
25	OWS	North Mackay Sinkers	QNS	North	22/18	N/ A	Pioneer River, Balnagowan, Mackay

All aboard Council's Free Holiday Buses

Council's Free Holiday Buses will hit the streets from Boxing Day to help locals and visitors get around easily this festive season.

Travel will be free on local TransLink services 626, 627, 628, 629 and 632 until January 5, with a free temporary shuttle, 064, to operate between Noosa Heads and Peregian Beach via Noosaville.

This year the free shuttle 064 service will also loop through Noosa Heads and Noosaville. The Boreen Point Flexilink service and Noosa Council Cabs service will also be free from Boxing Day to January 5. Normal booking procedures will apply.

Management Committee Meeting

The Management Committee met for the last time in 2017 at Jo's Place in Peregian Springs. Hon. Life Members, Wendy I. and Bob McCausland decided to join us for the occasion - I am sure they had heard there were some festivities being arranged.

Charlie, Jo's puppy, decided to liven up proceedings by giving Wendy her undivided attention, and this was after absconding with Greg's shoe which she wouldn't give back until he made chase (you have to play the game!).

Following the serious club business, everyone shared a glass of wine and some Xmas cheer. Secret Santa gifts were exchanged and I won't mention who forgot to bring a gift. The 2018 Strategic Plan was finalised and the committee is looking forward to an exciting and busy 2018 for our club.

... Cheers, Linda Hogg



Queen's 70th Wedding Anniversary

Remember when Karen Martin made and sent this card to the Queen & Prince Phillip for their 70th Wedding Anniversary?



Well, she got this wonderful keepsake acknowledgement!!



GREETINGS FROM AFAR ...

Currently in Richards Bay, Natal, South Africa after having boarded the ship in Cape Town on 22nd Dec.

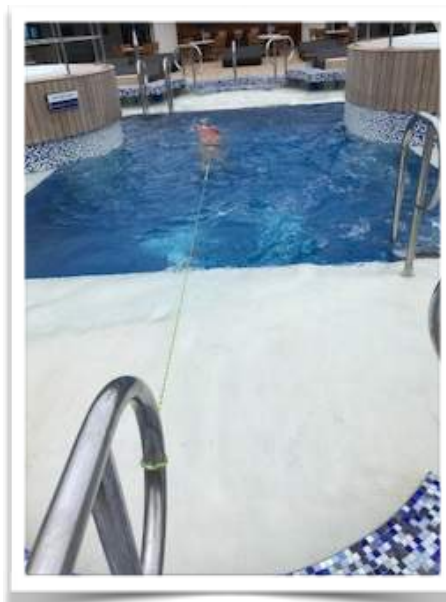
Thought I would send a picture of me swimming in the ship's pool attached to a rope and elastic cord. Just proves that where there is a will there is a way!

Not quite the same as swimming off Main Beach, Noosa but keeps the old heart rate up and the blood pumping.

Off to Maputo, Mozambique tomorrow and onwards to more and varied exotic ports in coming days.

A very Happy New year to all at Noosa Masters.

... Kind regards, Brian Cairns



BOUQUETS

Thanks to Lanes 3 and 4 for another superb breakfast! We did miss Joe Gilbert, but he hopes to make the January one! Congratulations to Robyn who won the bottle of wine in the breakfast raffle - ticket drawn by Grant and Grant who won the box of chocolates, ticket drawn by Robyn!!

Thank you to Helen for supplying Christmas cake and Wendy for the Christmas quiz.

Special thanks to Jan, Bob & Viv for their time and great coaching in 2017!

Welcome to Mark, welcome back Kylie and Keith and good to see Wear, Annie, Jenny, Emily and Giuseppe again

In 2018, President Jo will be presenting a towel and a cap at every coffee time, to a swimmer who has done something outstanding, be it crazy or good. Please feel free to nominate your fellow swimmers!



If you wish to swim at Albany Creek on the 27 January, your postal swim needs to be completed between the 11 December and 7 January. You can choose 1 swim from: 200 Ind Medley, 200 Fly, 200 Back, 200 Breast, 200 Free, 400 Ind Medley, 400 Fly, 400 Back, 400 Breast & 400 Free.

Also, enter Hervey Bay and sort out your accommodation for Hervey Bay and Pan Pacs, please let Lois know, what you have entered and arranged.

Linda and Jo will be doing their Postal swims for Hervey Bay on 2 January, why not find a partner to time you and join in.

Please see Jane Powell if you are interested in doing a sponsored swim on Saturday 20 January 2018 to raise funds for the restoration of the Great Barrier Reef.

Did you know...

Even if someone has a "Do not resuscitate" tattoo, medical aid must be given unless a doctor has sighted a signed "Do not resuscitate" form at the hospital. Legally, tattoos do not count and (unless you are a doctor) nor do "do not resuscitate" bracelets or other jewellery. Only a doctor can make that call.



Diary Dates

Saturday 14 January - Wendy's New Year BBQ

Tuesday 16 January - Bunnings BBQ fundraiser

CHRISTMAS DECORATION STORAGE

Suitcases make great storage for your much loved Christmas decorations. Look out for them in Op Shops or garage sales. They are vermin proof, sturdy and last a lot longer than the cheap plastic containers.

There are two Open Water Swims coming up:
4/2 Noosa, 18/2 Mooloolaba.

ENDURANCE 1000 REPORT DECEMBER 2017



Overview

Hi folks - our goals were to achieve a minimum of 200 points for every swimmer and 20,000 points by the end of Spring.

Yes! We achieved the 20,000 points target set for the end of Spring. Well done everybody!

Although we have finished our "official" swimming sessions for 2017 there is still opportunity to

undertake swims between now and the end of the year. Contract Tricia and arrangements for timers can be made.

Jane Powell has also scheduled an Endurance twilight session - the "Last Lap" on the evening of Friday 29 December 2017. It is a great invitation for members wishing to work off some of the Xmas "pud" before venturing into the New Year eating spree.

A Big Happy New Year from the Endurance 1000 Gang - Grant, Barry, Quentin, Marcia, Jane, Tricia and yours truly,

Rod Alfredson
Coordinator

Endurance 1000 program
Mob 0418 260716

rod.alfredson@bigpond.com

The Last Lap Twilight Endurance Swim ...

On Friday, December 29th a small but enthusiastic crowd gathered poolside to earn points and time each other swimming.

Long swims were swum by Bob Morse, Wear Armstrong, Denise de Carlo, Vivienne Merrill and Sue Silburn, all of whom earned 'top points' for their efforts.

400m and 800m swims were completed by Robyn Selby, Wendy Ivanusec, Adrian Wilson & Mick Jones to bring the tally to 245 points for the evening.

A quiet beverage was enjoyed down by the barbecues, with shared Christmas leftovers to nibble on (e.g.: herbed meat balls & smoked salmon on rye, followed by fruit mince pies and brandy cream ... YUM!)

I could let slip the Grand Annual Point Score which will decide out national Endurance standing, but then I would have to shoot you!

Many thanks to the time keepers: Owen Curtis (& Sue), Grant Scotcher, Tricia Hughes, Mark Powell & Jo Matthews, and swimmers who backed up to time as well.

It was a fitting Grande Finale to another successful Endurance Swimming Year. May the best team win!

I have very much enjoyed my involvement in these social Endurance gatherings. As I pass the co-ordinator's mantle on, long may they continue!

... Jane Powell



Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Noosa Bookshop Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 PH:5470 3100</p>
<p>Zoggs Swimwear E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p>Tewantin Priceline Pharmacy 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p>Ironman 24 Lionel Donovan Dve Noosaville Q 4566 PH: 5430 6700</p>	<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin Q 4565 PH:5449 9550</p>
<p>Karen Martin Barber Shop 28 Sunshine Beach Road Noosa Junction QLD 4567 www.barbernoosa.com.au</p>	<p>Paul Rily Ray White Noosa River 113 Poinciana Avenue Tewantin Q 4566 PH: 5449 8800</p>
<p>Coast genuine eel skin <i>Genuine eel skin purses, wallets and accessories</i> Genevieve Barker - Director 0414 379 232 www.coasteelskin.com</p>	<p>Scooter Style Noosa Motorcycles, 16 Rene St Noosaville Q 4566 Tel: (07) 5455 5249</p>
<p>VICI Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>	<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>
<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q 4565 Tel: 5470 2888</p>	<p>Dan Murphy's Noosaville 17-21 Mary St, Noosaville Q 4566 PH: 1300 723 388</p>
<p>Officeworks 1 Gateway Drive, Noosaville Q 4566, Tel: (07) 5449 5400</p>	<p>Rolling Wines and Asset Insure Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p>Hinter-Coast Transport <i>Charters-Schools-Weddings-Tours</i> 1300 658 971 0410 602 632 www.hinter-coast-transport.com</p>	<p>Real Insurance c/- The Hollard Insurance Company P/L Level 12, 465 Victoria Avenue Chatswood NSW 2067 (02) 8883 7351</p>

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