

# CHALLENGERS' CHATTER

DECEMBER 2018

HAPPY NEW YEAR  
2019



*Noosa Masters last squad before Christmas was a lot of fun !!*

## Noosa Chorale 2018 Wassail

Two tables of members attended the very professional 2018 Noosa Chorale Wassail. And what a night it was. Apart from her role as a member of the choir, Fran Wilson - wife of our esteemed member, Adrian - performed a magnificent Solo as well as a Duet (both exceptional voices!). We certainly were impressed and Adrian positively glowed with pride! The conductor was enthusiastic and entertaining, the choir performed impeccably, there was food and wine aplenty, affable company ... what more could one ask?... Roll on next Christmas ... it will be here before you can say "Jack Robinson!" - no relation to Ian and Julie.



## Noosa Masters 2018 Christmas Celebrations

Around 50 members, family & friends gathered on the banks of the Noosa River on Sunday 10<sup>th</sup> December to celebrate Christmas. It was a beautiful warm, balmy evening – perfect in every way.

The tables were loaded with delicious Christmas nibbles, music supplied by Mick Jones added to the festive atmosphere & the \$5 Secret Santa Challenge was enjoyed by all.

The winners of the bottles of bubbly were –

Lois Hill                      Most Humorous Gift  
Joan Cairns                  Most Creative Gift

recipient Jim Barnes

recipient Ian Mitchell

punching hand...

stubby cooler with embroidered swimmer with can of beer

LiQun Hussey              Best Value for Money Gift  
Annie Collins              Most Original Gift

recipient Rob Jolly

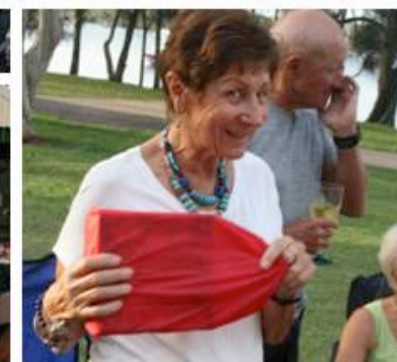
recipient Dee Mooney

2 port glasses...

unusual plate holder

The evening was a wonderful finale to a year full of great swimming in the pool, in the ocean, in competition and a year full of Fitness, Fun & Friendship.

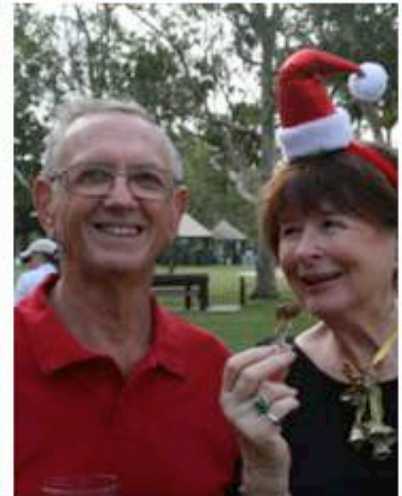
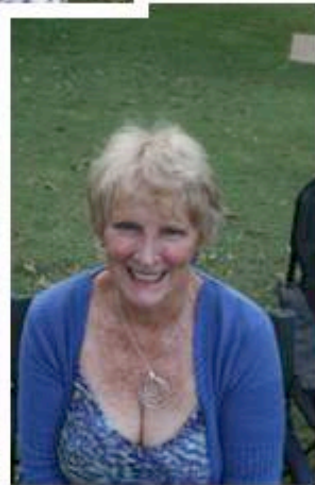
... Helen Malar



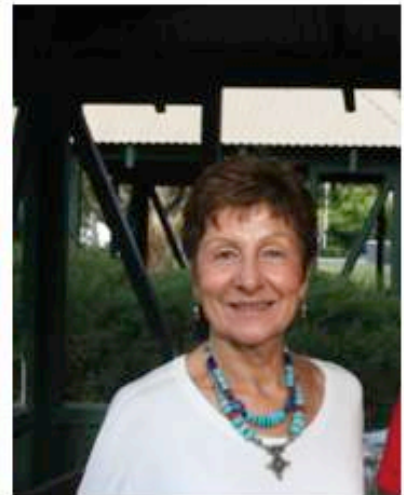
# Noosa Masters 2018 Christmas Celebrations ...



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# Mallee Cliffs Survey : 2018 Report

In late November this year I joined a team of 6 ecologists and 14 or so enthusiastic volunteers at Mallee Cliffs NP in SW NSW to help with the third annual survey of small mammals amphibians reptiles and invertebrates over the 58 Ecohealth Monitoring Sites within Mallee Cliffs NP.

## Background Information

The Australian Wildlife

Conservancy's mission statement is to protect all Australian wildlife, and the habitats in which they live. AWC is Australia's largest private landholder for the purpose of conservation. We work closely with our neighbours in an effort to promote and influence landscape level conservation.

Mallee Cliffs National Park in Western NSW contains an array of habitats from open herbfields and spinifex-covered dunes through to extensive belah woodlands and pockets of old-growth Mallee. The habitats in the park support a diverse range of threatened and declining species including the Western Pygmy Possum, Southern Ningai, Mallee Worm-Lizard and Malleefowl.

Mallee Cliffs National Park is located approximately 20kms from Mildura in far Western NSW.

Mallee Cliffs National Park is managed under a historic partnership between the NSW National Parks and Wildlife Service and the Australian Wildlife Conservancy (AWC). The agreement provides a new, ground breaking model for collaboration between the public and private (non-profit) sector. A feature of the partnership will be the establishment of a large (c. 9,500 ha) introduced predator-free fenced area within the national park and the reintroduction of at least ten mammal species that have been extinct in Mallee Cliffs for more than a century. This project forms part of the NSW Government's *Saving our Species* program.

There are 58 EcoHealth monitoring sites located within Mallee Cliffs and these are stratified into the 4 most common vegetation communities: Mallee Scrub; Mallee Triodia; Open Herbland; and Casuarina Pauper Woodland.

Each monitoring site is used for long-term monitoring of vegetation, birds, bats, small-mammals, reptiles, amphibians, introduced predators and feral herbivores.

## Summary

The enduring legacy for me from the survey was the inspirational enthusiastic energy of the knowledgeable ecologists and the dynamic passion of the young and not so young volunteers. It left me feeling confident that the environmental health of the Australian bush has a more certain future with such a group of custodians.

I learned a lot and was inspired to continue learning how I could be of more assistance to the work of the AWC and similar organisations.

I had planned to stay for the full month of the survey but the weather conspired to send me home earlier than anticipated.

I am looking forward to Wildlife Health Conference at Taronga in February and the subsequent Translocation Symposium in an effort to expand my knowledge and skills.

... contributed by Mark Powell



PAINTED DRAGON



WESTERN PYGMY POSSUM



SLENDER TAILED DUNNART



BARKING GECKO ( THICK TAIL)

Christmas is so much harder when you get older. It's like: "What do you want this year?" I don't know, maybe a sense of purpose, financial security, could use more sleep, a bottle of wine, and maybe some new bras!



## Size Matters

see Jacky Shields for all your Club gear



## Did you know ?

Council set to purchase old TAFE site for \$1.7M

Council has agreed to make an offer to the State Government to buy the former Tewantin TAFE.

Mayor Tony Wellington said staff were negotiating purchase of the 11-hectare property, which has sat dormant since the TAFE was closed by the LNP Government in 2014.

"Independent valuations have confirmed that the \$1.7M price we've discussed with the State is very good value given the land's size, location and environmental significance," the Mayor said.

"A substantial proportion of the land contains endangered vegetation. So of course, Council is keen to ensure that this critical regional ecosystem is adequately protected.

The property is also identified as koala, black-cockatoo and wallum rocketfrog habitat."

"At present, the developed portion of the site amounts to one-and-a-half hectares containing four main buildings and parking for 95 vehicles. There are a range of potential uses for this facility that would provide broad community benefit.

"However, business cases will need to be developed to ensure that the site doesn't become an on-going drain on Council resources. Plainly, we are aiming for the best possible outcome for the community."

The Mayor said Council could also consider subdividing the site, then selling off the developed portion, while protecting the areas containing environmental significance.

Last night Council approved the purchase up to a cost of \$1.7M, subject to successful negotiations with the State. The purchase may be funded from Council's cash reserves, with some additional input from Environment Levy funds.

The Mayor acknowledged Noosa MP Sandy Bolton for her role.

"Sandy has done a splendid job encouraging the State Government to come to the negotiation table," he said. "Without her input, the ridiculous impasse could have dragged on a whole lot longer. And we know that many residents are keen to see the future of the facility finally resolved. The hiatus has gone on long enough."

... 21 December 2018

### Family Tree of Vincent van Gogh

His dizzy aunt  
 The brother who ate prunes  
 His Mexican cousin  
 The Mexican cousin's American half-brother  
 His constipated uncle  
 The ballroom dancing aunt  
 The brother with low back pain  
 His niece who travels the country in an RV

Verti Gogh  
 Gotta Gogh  
 A Mee Gogh  
 Gring Gogh  
 Can't Gogh  
 Tang Gogh  
 Lum Bay Gogh  
 Winnie Bay Gogh

I saw you smiling ... there ya Gogh!



## 2019 : Year of the Earth Pig

The Pig is the twelfth of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. Pig was late because he overslept. Another story says that a wolf destroyed his house. He had to rebuild his home before he could set off. When he arrived, he was the last one and could only take twelfth place.

The Pig is also associated with the Earthly Branch (地支—dì zhī) hài (亥), and the hours 9–11 in the night. In terms of yin and yang (阴阳—yīn yáng), the Pig is yin. In Chinese culture, pigs are the symbol of wealth.

Their chubby faces and big ears are signs of fortune as well.

*Pigs have a beautiful personality and are blessed with good fortune in life.*

### Recent years of the Pig are:

1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019

Paired with the Celestial Stems (天干—Tiān gān), there is a 60-year calendrical cycle. Although hài is associated with earth, the years also cycle through the five elements of nature (五行—wǔ xíng).

### Personality & characteristics

Pigs might not stand out in a crowd. But they are very realistic. Others may be all talk and no action. Pigs are the opposite.

Though not wasteful spenders, they will let themselves enjoy life. They love entertainment and will occasionally treat themselves. They are a bit materialistic, but this is motivation for them to work hard. Being able to hold solid objects in their hands gives them security.

They are energetic and are always enthusiastic, even for boring jobs. If given the chance, they will take positions of power and status. They believe that only those people have the right to speak, and that's what they want.

**Men** born in the Pig year are optimistic and gentle.

They are very focused. Once they decide on a goal, they'll put everything into it.

They are not the best with money. Though cool-headed, they are also gullible. They trust others easily and are often scammed. This can cause them to lose a fortune.

These men are also quiet. They love learning but don't really know how to put their knowledge into words.

They're not conversationalists, but treat everyone warmly. This results in a large social circle.

Whenever they run into difficulties, there are always people who stand up to help.

Though people will lie to them, more will love them.

**Women** born in the Pig year are full of excitement.

They attend social events whenever possible and treat everyone genuinely. Combined with their easygoing personality, they gain everyone's trust.

However, they are sometimes over-friendly. In their excitement, they can forget to give others personal space.

*They also have good fortune with wealth.*

As long as they keep at it, the efforts will not go to waste. Though they don't start with an advantage, their hard work will keep money flowing in.

At home, they are highly organised. If the room is messy, they'd stay up the entire night to clean it up. These women love children too. Playing with children is one of the things that brings them the greatest joy.

### The Great Little Bag

Handmade in Noosa

By

Jan Renner and Chris Cooper



Shop 105 Eumundi Square

Napier St Eumundi

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Friday 8.30 - 2.00

## New Sponsor

We are delighted to welcome  
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# CARNIVAL CORNER 2019 UPCOMING MEETS

**2018 all done and dusted**

**2019 dates** Please send replies/queries to [Captains at captain.noosaqna@gmail.com](mailto:Captains at captain.noosaqna@gmail.com)

**9 February 2019: Miami Carnival** – please reply to captains with EOI's as we need to plan for Bus, or no Bus! Anyone interested in overnight on Gold Coast? At the moment, we don't have a start time for the carnival.

**23 February 2019: Hervey Bay** – watch for email with prices for accommodation. For new members, this is a great meet, and most people arrive Friday night, Italian dinner Friday, Presentation dinner on Sat night, enjoy late breakfast on Sunday before heading off.

**MSA Nationals-March 18-23 2019, Aquatic Centre in Marion, Adelaide:** Please contact captains if you are now thinking of swimming at this. Most have booked accommodation already.

**11-13 April 2019 MSQ State Long Course Titles - Chandler Pool, Brisbane**  
(accommodation suggestions Cozy Cabin, Camp Hill Hotel, Manly Marina Cove Motel)

## SWIMMING: Thursday 23, Friday 24 and Saturday 25 May 2019 LONG COURSE EVENT



If you're interested in the BRM Games, please drop a line to captains - there is some interest already, so we will put you all in touch with each other to discuss bookings etc - combine with a little holiday? And finish Games with an Open Water Swim at Lake Barrine —

### Summary from Masters Queensland website for 2019

FEBRUARY								
5-7	LC	NZ Masters Games		NZ				
9	LC	Miami Masters	QMM	South	1/19	TBA	Miami Aquatic Centre	
23	LC	Hervey Bay	QHB	Central	2/19	Yes	Hervey Bay Aquatic Centre	
MARCH								
2	LC	Atherton Mountaineers	QAT	North	3/19	Yes	Atherton Pool	
9	SC	Albany Creek	QAC	Sunshine	4/19	Yes	Albany Creek Leisure Centre	
APRIL								
11-13	LC	MSQ State Champs	QSM	South	5/19	Yes	Brisbane Aquatic Centre	
27	SC	Whitsunday SC Meet	QWY	North	6/19	Yes	Cannonvale	
MAY								
11	SC	Yeronga Yabbies	QYP	South	7/19	No	Yeronga Park Pool	
23-25	LC	<a href="#">Great Barrier Reef Masters Games</a>		Cairns	North	8/19	Yes	Tobruk Memorial Pool, Cairns
26	OW	<a href="#">Muddies Annual Crater Lake Classic</a>	QCN	North	9/19	n/a	Lake Barrine	
JUNE								
15	SC	Rum City Short & Sweet Meet	QBB	Central	10/19	Yes	Bundaberg Swim Academy	
29	LC	2019 Rat Races	QRT	North	11/19	No	Tobruk Pool, Townsville	

<sup>†1</sup> Further information about these and other meets can be found on the MSQ Website <http://www.mastersswimmingqld.org.au/>

Happy Birthday

## January

Di McFarlane 7/01                      Carola Henderson 23/01  
Jacky Shields 22/01                      Viv Merrill 27/01

*Happy Birthday.*

Another candle on your cake? Well, that's no cause to pout.  
Be glad that you have strength enough to blow the damn thing out.

# ENDURANCE 1000 REPORT

## DECEMBER 2018



*Find out about the Million Metres Program*

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>

*To download the Million-Metres-Record-Card-and-Application-Form*

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres/>

Up until 22 December 2018 members have undertaken a significant number of long distance swims, resulting in an increase in the overall points' tally. Ah!!!

Why do we leave all these long distance swims until the end of the year? The Twilight Swim of 30 November 2018 also "kicked up" the points tally.

Talking of leaving all those Endurance swims until the last minute, Brian Hoepfer has to be applauded for the mammoth effort he put in during early December. Brian boosted the tally performing 20 swims (including three 1 hour swims) for a total of 550 points. Well Done Super-Brian!!

Whilst we recognise the Endurance swimmers we must not forget the time keepers and the deckies who unselfishly give up their time to organise and record our members' swims.

One of our outstanding timekeepers is Bob Martin who gives up his Saturdays to time swimmers – particularly Irene Symons. A sterling effort Bob and heartfelt thanks from the club!

### **Next Year**

The commencement of the 2019 Endurance 1000 Program is fast approaching. The first of our official sessions occurs on 8 January 2019.

The January program offers the opportunity to undertake those 1500m and 800m postal swims for up and coming Hervey Bay and Miami Carnivals. These swims also substantially boost our club tally for 2019.

Yes, I know, another Endurance Year – 2019 – Here we come!!

**HAPPY ENDURANCE SWIMMING!**

Regards, Rod

Rod Alfredson  
Coordinator

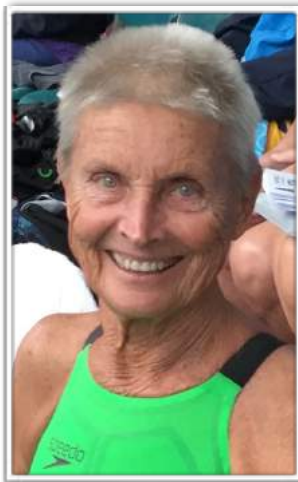
Endurance 1000 program

Mob 0418 260716

[rod.alfredson@bigpond.com](mailto:rod.alfredson@bigpond.com)



After squad, Jane Powell celebrated her 60<sup>th</sup> with her Noosa Masters mates and shared a scrumptious black forest birthday cake !!



### **Some tips from Karlyn Pipes this month**

**Good body position** starts with the head, look at the tiles on the bottom of the pool, try not to look forward or bury your head below the surface as this will cause drag and slow you down.

**Shoulder rotation.** many swimmers have too much shoulder rotation causing them to waste too much energy. Imagine your body is a surfboard then simply paddle your board quietly and smoothly down the pool.

**Hand entry.** For the entry place the hand just outside the shoulder the pitch of the hand is flat, not thumb down as this may cause shoulder problems.

**Pull.** Keep the pull simple by pulling alongside your body like a surfer paddling a board.

**Catch the water.** A great way to feel a high elbow catch is to imagine you are swimming over a very shallow coral reef with your fingertips pointing towards the bottom simply lift the elbow to prevent them from scraping the coral.

**Kick.** A good kick is small quick and fluffy not a big deep monster kick, don't let legs splay apart.

*Happy swimming - Cheers, Jan*

Please support our sponsors

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<p><b>Bunnings Warehouse</b> Noosa Road &amp; Gateway Drive Noosaville QLD 4566 Tel: (07) 5430 5400</p>	<p><b>Bank of Queensland</b> Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 Tel: 5470 3100</p>
<p><b>Zoggs Swimwear</b> E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p><b>Tewantin Priceline Pharmacy</b> 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p><b>Ironman</b> 24 Lionel Donovan Dve Noosaville Q 4566 Tel: 5430 6700</p>	<p><b>Tewantin Plaza Fruit Centre</b> Shop 7, 7 Poinciana Avenue Tewantin Q 4565 Tel: 5449 9550</p>
<p><b>Karen Martin Barber Shop</b> 28 Sunshine Beach Road Noosa Junction QLD 4567 www.barbernoosa.com.au</p>	<p><b>Paul Rily</b> Ray White Noosa River 113 Poinciana Avenue Tewantin Q 4566 Tel: 5449 8800</p>
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<p><b>Orchids Florist</b> 100 Poinciana Avenue, Tewantin Q 4565 Tel: 5470 2888</p>	<p><b>Dan Murphy's Noosaville</b> 17-21 Mary St, Noosaville Q 4566 Tel: 1300 723 388</p>
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