

# CHALLENGERS' CHATTER

DECEMBER 2021



## HAPPY NEW YEAR!

It's been two years since we celebrated Christmas together ...we missed last year because of hideous weather. Noosa Masters were determined to make this year a great opportunity to catch up, eat, drink and be merry

Out came the Christmas Festive Finery and around 50 members, family and friends gathered on the banks of the Noosa River on Sunday 12 December to celebrate this highly anticipated event on the Club's social calendar. It was a beautiful warm, balmy evening – perfect in every way.

A fantastic array of food appeared before us and was happily shared and consumed with gusto and joy. Music supplied by Mick Jones added to the festive atmosphere and the "make it, bake it, grow it" Secret Santa Challenge was enjoyed by all!

It was a very pleasant, festive finale for a fabulous year of swimming achievements and camaraderie - a year full of great swimming in the pool, in the ocean, limited competition and a year full of Fitness, Fun & Friendship.

Great turnout!

... Christine Cooper





# QNA Xmas by the river - let the photos tell the story ...

*(12 December : suffice to say, a great time was had by all !!)*







Stephanie Jones and  
Ross Kee - back from NSW



Denise DeCarlo -  
back from USA



Thanks for the dee-licious cake, Jane Powell

### **Christmas Greetings from Tom & Marlene, France ...**



Hello to our friends in Noosa.

We are missing our family and friends, and the latest news in Europe is not great. We were supposed to be going to Scotland for Christmas but have cancelled.

France has been very strict about the vaccination pass, which has to be shown and photographed by all establishments, pool, cinema, restaurants, Christmas markets before entry. Haven't tried nightclubs or disco yet. At least we can get out and about. But looks like another lockdown might be coming soon.

We managed a short trip to Scotland in September, and borrowed a Scottish friend's house in Provence in July as they could not come over. So good to get a break.

Vichy looks amazing with Christmas lights and son et lumiere at the Opera House, and festive lights all along the river, so at least we have been able to enjoy that.

It has been very cold with snow here. It would be lovely to have some Noosa sunshine.

Very best wishes to our Masters friends from Marlene and Tom Robson

### **Message from Karen & Rod Barton, UK ...**



Rod and I just swam in our Nationals in Sheffield.

We had our Tri towels with us, our souvenirs of the beautiful Noosa, and both commented that we wished we were there.

Didn't do too badly at the gala though. Rod won a silver in 50m breast and I managed 2 silvers and a gold for the backstroke events.

Take care and stay safe.

Love to all at the club, and hope visitors are allowed soon. xx

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
<b>JANUARY</b>							
<b>FEBRUARY</b>							
8-10	SC	New Zealand Masters Games		New Zealand			Moana Pool, Dunedin
12	LC	Miami Masters Meet	QMM	South	Q2/22	Yes	Miami Aquatic Centre
26	SC	Sinkers Fun Short Course Meet	QNS	Central	Q3/22	Yes	North Mackay High School Pool (19-2, 12-2)
<b>MARCH</b>							
12	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q4/22	Yes	Hervey Bay Aquatic Centre
26	SC	UQ Masters SC Preparation Meet	QUQ	Sunshine	Q5/22	Yes	UQ Aquatic Centre, St Lucia (or 19 <sup>th</sup> )
<b>APRIL</b>							
1-30	Postal	Albany Creek Postal	QAC	Sunshine	Q6/22	Yes	Any 25m or 50m pool
20-23	SC	MSA National Championships	MSA	NSW		Yes	Sydney Olympic Park
23-30	LC	Australian Masters Games		Perth		Yes	Perth
<b>MAY</b>							
7	SC	River City Short Course Meet	QRC	South	Q7/22	Yes	Murray Evans Aquatic Centre, Somerville House
15	OWS	Muddies Annual Crater Lake Classic	QCN	North	Q8/22	n/a	Lake Barrine, Atherton Tablelands
20-22	SC	MSQ State Championships	MSQ	North	Q1/21	Yes	Tobruk Memorial Pool, Cairns
25-29		World Masters Games		Japan			Kansai, Japan
31 May – 9 June		FINA World Masters Championships		Japan			Kyushu, Japan
<b>JUNE</b>							
11	SC	Rum City Masters Short & Sweet Meet	QBB	Central	Q9/22	Yes	Bundaberg Swim Academy (18-6, 30-7)
18	LC	Brisbane Southside Masters Meet	QSM	South	Q10/22	Yes	Brisbane Aquatic Centre, Chandler
<b>JULY</b>							
1-31	Postal	Toowoomba Tadpoles 1500m	QTW	South	Q11/22	n/a	Any 25m pool
<b>AUGUST</b>							
13-14	LC	Belgravia Special Long Course Meet	QCD	Sunshine	Q12/22	Yes	Burpengary Regional Aquatic Centre
27	SC	Northside Short Course Meet	QBN	Sunshine	Q13/22	Yes	Valley Pool, Fortitude Valley
27	SC	Long Tan Legends Super SC Sprint	QLT	North	Q14/22	Yes	Long Tan Memorial Pool, Townsville (28,20-8)
<b>SEPTEMBER</b>							
10	LC	Aqualicious Masters Meet	QAL	Sunshine	Q15/22	Yes	Centenary Aquatic Centre (3, 24 <sup>th</sup> also)
24	LC	Noosa Masters Meet	QNA	Sunshine	Q16/22	Yes	Noosa Aquatic Centre
<b>OCTOBER</b>							
1-8		Alice Springs Masters Games					Alice Springs Aquatic & Leisure Centre
15	LC	Maryborough Masters Meet	QMB	Central	Q17/22	Yes	Maryborough Aquatic Centre (22-10, 22-11)
29	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q18/22	Yes	Kawana Aquatic Centre
<b>NOVEMBER</b>							
6	OWS	Sinkers OWS at Balnagowan	QNS	North	Q19/22	n/a	Pioneer River, Balnagowan (13, 20)
9-12	LC	Pan Pacific Masters Games 2022	MSQ	South	Q20/22	Yes	Gold Coast Aquatic Centre
28	OWS	Big Barrine Bash	MSQ	North	Q21/22	n/a	Lake Barrine, Atherton Tablelands
<b>DECEMBER</b>							

**Legend:**

MSQ Swim Meets
MSQ Postal Events
MSQ Co-sanctioned Swimming Australia Meets *

\* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SAL) 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. A number of SAL Meets have been co-sanctioned by MSQ for this purpose and are colour coded.



The 2022 Alice Springs Masters Games are deferred to 2023.

*Happy Birthday*

## JANUARY

Trevor Mathews	6/1	Carola Henderson	23/1
Jacky Shields	22/1	Sandy Gilfillan	23/1 (Big 70)
		Viv Merrill	27/1

*Your birthday is a joyous occasion - for family and friends, a special day  
A time to tell you how good you look, as we check you for signs of decay*





# SOCIAL CHATTER

Happy New Year to all QNA members, family and friends.

**Let's hope 2022 brings, happiness, hope and new adventures. Here's a few to start with ...**

### **Wendy and Ivan's NEW YEAR BBQ.**

Each year Wendy and Ivan open their hearts and home and welcome us in.

It's a such a generous opportunity to spend a pleasant afternoon, meeting new people, sharing a meal, remembering past times and looking forward to new challenges and opportunities.

I'd urge everyone to come along and enjoy. Family and friends are welcome. (Master of the BBQ, Ivan, cooks a mean piece of meat)

See below for details

### **Farewell to LiQun**

We are very sad to see LiQun and John moving north and leaving Noosa. LiQun has certainly made her mark on our club.

Come along to say farewell at an informal get together.

### **WHAT:**

Just pop in or stay if you can. Food and drinks are available to purchase.

### **WHEN:**

Friday, February 4, from 5.30 pm until later.

### **WHERE:**

Noosa Marina Wine Bar.

### **Sunset drinks and nibbles at Noosa Heads Surf Club**

Given that plans for our 21st birthday celebration had to be put on hold due to Covid constraints, we would still like to have a social event at the Surf Club and acknowledge the sponsorship support they have given our club in the past.

### **WHAT:**

Drinks and nibbles on the western deck at sunset.

### **WHEN:**

Middle of February.. date to be arranged

Further details will be emailed.

... Christine Cooper

You're invited to the Annual QNA New Year

# BBQ

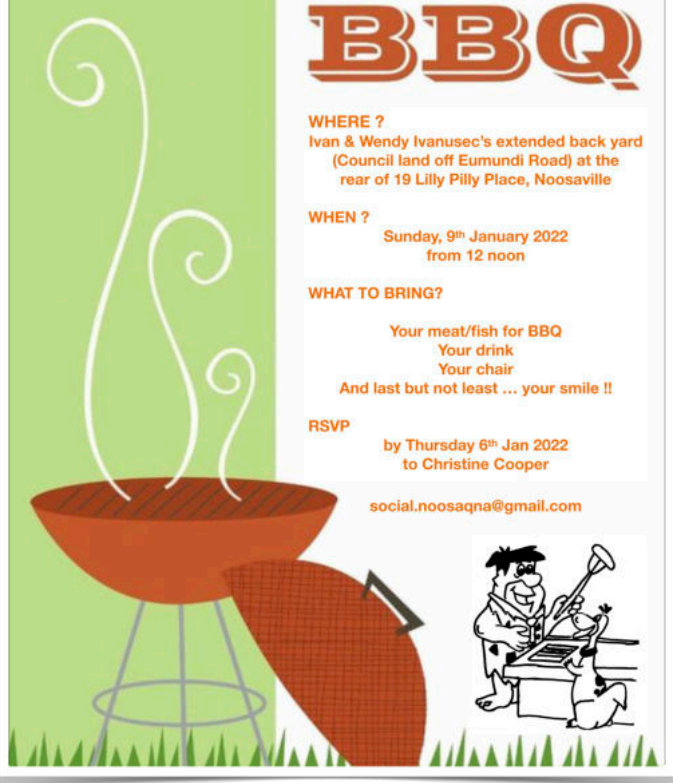
**WHERE ?**  
Ivan & Wendy Ivanusec's extended back yard  
(Council land off Eumundi Road) at the rear of 19 Lilly Pilly Place, Noosaville

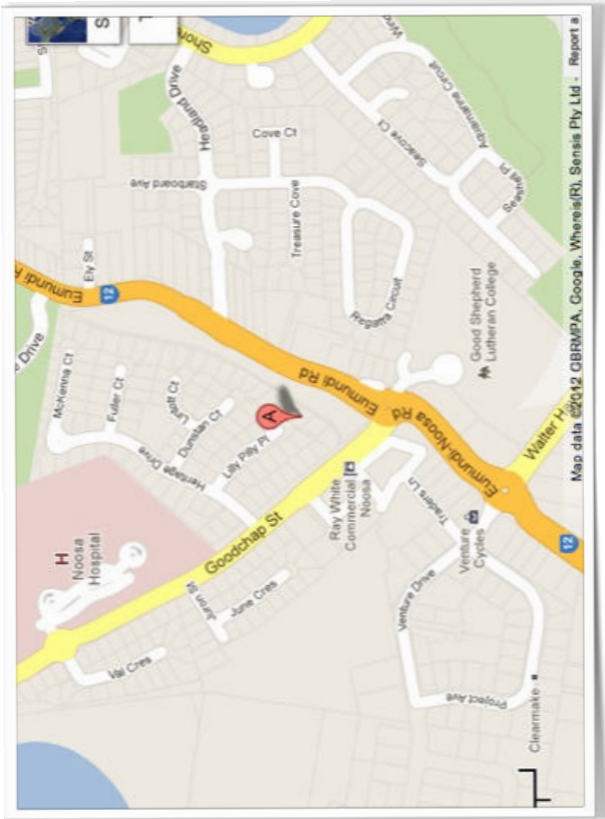
**WHEN ?**  
Sunday, 6<sup>th</sup> January 2022  
from 12 noon

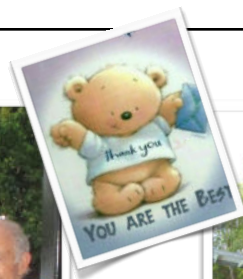
**WHAT TO BRING?**  
Your meat/fish for BBQ  
Your drink  
Your chair  
And last but not least ... your smile !!

**RSVP**  
by Thursday 6<sup>th</sup> Jan 2022  
to Christine Cooper

[social.noosaqna@gmail.com](mailto:social.noosaqna@gmail.com)







Lane Zero swimmers got together recently for a special 'thank you' to our Head Coach Jan for the effort she has put in over the last year. Mention was made of her encouragement, patience, and skill delivery to a group who, in their own lane and in their own minds, think they are champions!!!!

A unique gift was presented to Jan to celebrate the occasion. To go with the accolades Jan has collected over her illustrious career the wine label says it all - "THE HERO OF ZERO".

Thank you, Jan!



The Hero of Zero wines are hand-crafted from the best quality fruit sourced from premium vineyards across South Australia, including McLaren Vale and the Barossa. With meticulous handling in the vineyard and winery, the pristine fruit will have less exposure to anything harmful that may normally require the addition of preservatives.

Wines are crafted to be brightly coloured, exotically fragrant, full-flavoured and critically, they sing without the addition of

preservatives. Perfectly suited to many cuisines, these wines are also crafted to ensure they are suitable for vegans.



*Hi Jan and my Noosa mates!*

Thought I'd let you know about how tricky squads can be in Sydney. After much teeth gnashing I've registered for a session with Wett Ones - a Masters squad that maybe you know of here in Sydney. The 2 others Masters I know of are too far away from Macquarie St and I don't drive in Sydney...wonder why?

I've had a journey trying to find TRUE Masters Swim coaches down here! They all seem to be mainly faster Freestyle squads catering to OW swimmers - no drill, no kick sets etc. I did a 90 min one last week and it killed me! Not your fabulous warmup sets Jan - no rest, no technique, drills etc. It was like I was swimming in Lane 3/4/5 (whatever that's like!). There were only two lanes in the squad = rocket speed and fast! The last part of the main set finished with a straight 700 free ... 🤔

I contacted MSNSW and asked for a club that had swimmers who actually raced in the pool - and this Club was recommended as having good coaches. I'll find out what it's like tomorrow. I watched a squad at Andrew Boy Charlton (no coach on Saturday) and was told the noon sessions supposedly have 'older' swimmers whatever that means LOL!

It's at Sydney Uni pool and I'm not particularly happy about an indoor pool here in Sydney. I've been using ABC pool in the domain and Leichhardt (glorious pool!)

I had a call from a kind club member who firstly checked that I realised it was a gay club (is that a problem down here?) and then she told me that female members are very thin on the ground!! The total reverse of QLD! I worked out that all the retirees move to S.E. QLD ... hence the higher numbers of Masters swimmers.

I am so very blessed being in Noosa with all our amazing coaches and squads...really hitting home now! Jan...your programmes are really being put to use and have been ogled at jealously by a couple of lap swimmers!

Beautiful to see my family at last but miss you all!

Stay safe dear friends and have a wonderful New Year !!

... warm hugs n grins,  
Anne Besser



# Kung Fu Kagsey

I've been missing from swimming for a few months because I wanted to concentrate on my Combat Self Defence classes as I had been chosen to go for a Brown Belt Grading which I achieved in November. There is a few more levels of Brown Belt and then it's Black which is the serious Kung Fu stuff. I've been attending classes for 3 years.

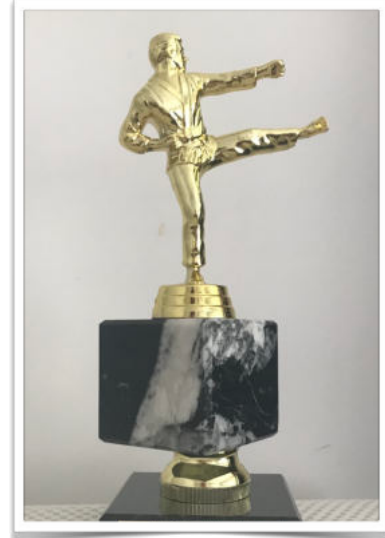
For the Grading we were assessed on fitness, one on one situations and combinations and sets of moves. It's not just the physical defence side that we learn. We learn about situational awareness which is extremely important before anything (hopefully not) occurs.

At the last class of the year I was awarded The Most Improved Female Student of the Year 2021. I was so excited and didn't expect it.

In 2012 I was awarded the most improved swimmer of our club, a long time ago now but I always feel when learning or starting anything new always put your heart and soul into it because you never know where it can lead to and what you can achieve.



... Karen Martin



2022 is a year of the Tiger, starting from February 1st, 2022, and ending on January 21st, 2023. It is a Water Tiger year.

The Tiger is known as the king of all beasts in China. The zodiac sign Tiger is a symbol of strength, exorcising evils, and braveness. Many Chinese kids wear hats or shoes with a tiger image on for good luck.

The Tiger ranks third among the animals of the Chinese zodiac. The 12 zodiac animals are, in order: Rat, Ox, Tiger,

Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig. Each year is related to an animal sign according to a 12-year-cycle.

### Wood, Fire, Earth, Gold, and Water Tigers

In Chinese element theory, each zodiac sign is associated with one of the five elements: Gold (Metal), Wood, Water, Fire, or Earth. For example, a Wood Tiger comes once in a 60-year cycle.

It is theorised that a person's characteristics are decided by their birth year's zodiac animal sign and element. This means there are 5 types of Tiger, each with different characteristics:

Chinese tradition follows the lunar calendar. According to the Gregorian calendar, people born from February 5, 1962 to January 24, 1963 are the Water Tiger, those born from January 1 to February 4 in 1962 are the Metal Ox.

### Type of Tiger Characteristics

#### Wood Tiger

Compassionate, expansive, and open

#### Fire Tiger

Optimistic and independent, with poor self-control

#### Earth Tiger

Adventurous and realistic, with strong faith

#### Personality Traits of the 1962 Chinese Zodiac Water Tiger

People with Chinese zodiac Tiger born in 1962 are calm, careful and full of ambition. They have strong learning ability and like new things. They are always full of passion for achieving their goals.



# Go Noosa Holidays

11 December 2021 to 23 January 2022

Noosa Council's Go Noosa peak holiday transport program is back these school holidays from **11 December 2021 until the 23 January 2022.**

It would be greatly appreciated if you could help promote the "Go Noosa" transport options by distributing the Go Noosa factsheet and social media post below:

[Go Noosa Flyer](#)  
[Go Noosa Social Media Post](#)

For more info including frequently asked questions please visit <https://www.noosa.qld.gov.au/go-noosa-holidays>

## FREE BUSES

[Route 626](#) Tewantin to Sunrise Beach via Noosa Heads

[Route 627](#) Tewantin to Sunshine Beach via Noosa Heads

[Route 628](#) Noosa Parklands to Noosa Junction via Noosa Civic

[Route 629](#) Tewantin to Noosa Junction via Noosa Civic

[Route 632](#) Noosa to Cooran via Cooroy and Pomona

[Temporary Route 064](#) Peregian Beach to Noosa Heads - **hourly service from 7.32am until 5.32pm**

[Temporary Route 065](#) Go Noosa Loop Bus - **every 15 mins from 7am – 7pm and every 30 mins from 7pm – 10pm.** The loop bus travels in a clockwise direction servicing Hastings Street, Noosa Drive, Weyba Road and Noosa Parade.

This year the 065 Loop Bus service will trial running an extended service **every 30 minutes from 10pm New Year's Eve 2021 until 1am New Year's Day 2022.**

## PARK & RIDE

Park & Ride from the Noosa AFL Grounds, with over 400 free car parking spaces, or The J at Noosa Junction. These two sites are serviced by the free Go Noosa Loop bus **every 15 mins from 7am – 7pm and every 30 mins from 7pm – 10pm.**

Long stay parking at the Noosa Junction Transit Centre is serviced by free TransLink buses every 7-15mins.

Park anywhere (normal parking restrictions apply) and walk, ride a bike, hop on a free bus or catch the ferry.

## FERRY

Noosa Shire residents can pre-purchase a *Noosa Ferry Locals Pass* which provides a 50% discount on all ferry services. Visitors and residents can also take advantage of the *4-in-7 Day Frequent Traveller Pass*. For more info visit [www.noosaferry.com](http://www.noosaferry.com) or ph. 5449 8442.

## PLUS

- Variable message signs on key entry points to Noosa advising drivers of alternative transport options.
- Improved traffic flow on Hastings Street, by the temporary replacement of parallel car parks with increased footpath space & bicycle/scooter parking.
- Noosa Heads Lions Park open for an additional 200 paid car parks.
- Traffic control in Noosa Heads to facilitate the movement of pedestrians, buses and vehicles.



# ENDURANCE 1000 REPORT

## December 2021



Tuesday 28 December was the last opportunity for topping up our annual Endurance score. It was a wet, wet summer day but a few brave souls turned up at the pool to take advantage of our booked lanes ... only to find they were not booked!

A glitch in the system deemed Tuesday 28th a public holiday, the pool opened at 7am instead of 5am, and the kids' squad had taken over. So disappointing! But some negotiations, some pleading (nobody likes a cranky lady!) and we acquired a couple of lanes for our dedicated swimmers.

By session's end our tally for the year had snuck over the 18,000 milestone. While this is short on previous years' efforts, I believe we have done ourselves proud considering the hurdles we've had to deal with due to the pandemic this year.

*Congratulations and thank you to the 58 swimmers who have participated in Endurance swimming in 2021.*

Next week we can start it all again!

### WHY?

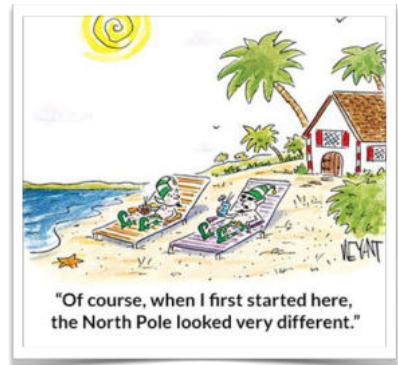
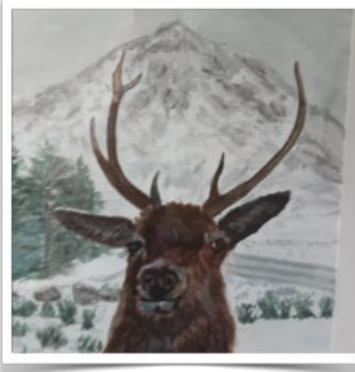
- \* to increase aerobic capacity
- \* to defy your age
- \* to develop economy of motion
- \* to increase fatigue resistance
- \* to improve body composition
- \* to become leaner
- \* to increase your anaerobic threshold
- \* to defy your genetics
- \* to burn fat
- \* to stop wasting oxygen

This link is to a podcast which weaves philosophy with swimming ... a little bit of inspiration using swimming as metaphor for life.

<https://open.spotify.com/episode/4oYe00cr2uh5ZHvIHh2Md>

*Yours enduringly,  
Jane Powell  
Endurance Coordinator*

*The Times, they are a'changing ... »*



## COACH'S TIPS

### Catch-up Drill ...

Shows swimmers where their best leverage is

At the front one-third of their stroke ... shoulder above elbow - elbow above wrist - wrist above fingers.

Catch up with a pull buoy can identify pull weaknesses.

Key to successful distance swimming is to do as much short rest work at race pace as possible.

Keep hands soft, you can't feel anything with tense tight hand.

Rotate from hips and core, not from the shoulders.

Catch and pull with entire surface of hand to elbow, same pattern as surfboard pull - hands move straight line to hip.

Apply force at beginning of stroke.

Don't cross the centre line. There is no power if hands cross the centre line of your body.

*Happy swimming - Cheers, Jan*





Please support our sponsors

<p><b>Noosa Heads Life Saving Club</b> Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p><b>Noosa Aquatic Centre</b> Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p><b>Bunnings Warehouse</b> Noosa Road &amp; Gateway Drive Noosaville Q 4566 Tel: 5430 5400</p>	<p><b>Ironman</b> 24 Lionel Donovan Drive Noosaville Q 4566 Tel: 5430 6700</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>Karen Martin Barber Shop</b> 28 Sunshine Beach Road Noosa Junction Q 4567 <a href="http://www.barbernoosa.com.au">www.barbernoosa.com.au</a></p>
<p><b>The Great Little Bag</b> Shop 105 Eumundi Square Napier St Eumundi on Market Days Wed+Sat 7.30 -2.30 Fri 8.30 -2.30 <a href="http://www.thegreatlittlebag.com">www.thegreatlittlebag.com</a></p>	<p><b>Officeworks</b> 1 Gateway Drive, Noosaville Q 4566, Tel: 5449 5400</p>
<p><b>John Bird Jewellers</b> The Atrium 91 Poinciana Ave, Tewantin Tel. 5474 4639</p>	<p><b>Hinter-Coast Transport</b> Charters-Schools-Weddings-Tours 1300 658 971 0410 602 632</p>
<p><b>Terry White Pharmacy</b> Shop 20, Noosa Junction Plaza Noosa Junction Plaza Tel: 5447 2244</p>	<p><b>Live Life Pharmacy</b> 22 Sunshine Beach Road Noosa Junction Tel: 5447 3478</p>

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