



Diane Jones & Christine Cooper



Lynette Clemiston



Kevin & Yvonne Alford

Christmas by the River



FINALISTS L-R :Jim Travers,Lois Hill,Terry Carter,Tony Frost,Terry Parker, Kay Frost

With the threat of rain for the two weeks prior to our Noosa Masters Christmas get together, it was lovely to finally see the sun shining brightly and the breeze blowing warmly over the Noosa River on Sunday afternoon 3rd Dec.

This year we managed to snare a rotunda and with our two club tents close by, we were able to keep ourselves and more importantly our delicious and abundant Christmas fare out of the late afternoon sun.

Christmas attire was merrily on display with eight nominees sharing

equal winnings in the best dressed category.

Our RSPCA donations box was overflowing with goodies for our furry and feathered friends and special thanks must go to Robyn Selby who dropped the items into the animal shelter post the gathering.

A great afternoon was had by all who attended, with the gathering provided plenty of opportunities for members to mingle, relax and enjoy each other's company!

...Julie Bott

Christmas by the river cont'd



Alex Baker & Diane Jones



Fran Wilson, Wendy Morse, Liz Alfredson



Gillian Bensted



Linda Hogg & Jacky Shields



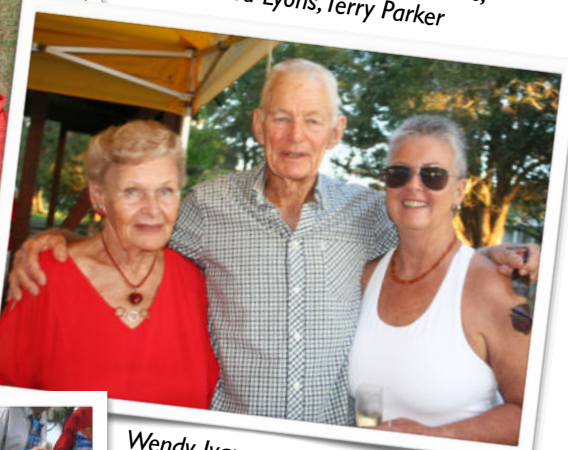
L-R: Noel Tierney, Melissa Travers, Sandra Lyons, Terry Parker



Sally Johnson & Lyn de Waard



Terry Carter



Wendy Ivanusec, Mick Jones & Alex Baker



Ross Kee & Stephanie Jones



Robyn Selby & Archie



Terry Parker, Jim & Melissa Travers, Jim Barnes

Christmas by the river cont'd



Greg Bott & Adrian Wilson



Ivan Ivanusec & Jeff Shields



Bob Morse



Melisa Travers & Sandra Lyons



Richard Hill & Tony Frost,



Rod & Liz Alfredson

Birthdays of the Month

January 2024

Trevor Matthews	6/1
Robert Ashwell	20/1
Jacky Shields	22/1 (Big 70)
Alexander Gilfillan	23/1
Carola Henderson	23/1
Vivien Merrill	27/1
Motoko Kono	27/1

"It's not true that people stop pursuing dreams because they grow old. They grow old because they stop pursuing dreams."

— Gabriel G. Marquez



INVITATION

ANNUAL NEW YEAR GET TOGETHER

Sunday, 14 January 2024 from 12.30pm
 'Chef Ivan' & Wendy's home
 19 Lilly Pilly Place, Noosaville
 Park (& sit) on Council reserve
 Eumundi Road at rear of property.
 BYO meat to BBQ, drinks, hat & chuck in a chair to be safe.

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JANUARY							
FEBRUARY							
17	LC	Miami Masters Meet	QMM	South	Q2/24	Yes	Miami Aquatic Centre
23 Feb-3 Mar	LC	World Aquatics Masters Championships					Doha, Qatar
24	SC	Sinkers 'Fun in Feb' Swim Meet	QNS	Central	Q3/24	Yes	Mackay North State High School Pool
MARCH							
3	SC	Rackley Masters SC Meet	QRL	Sunshine	Q4/24	Pending	Centenary Aquatic Centre
9	SC	Hervey Bay Humpbacks Meet	QHB	Central	Q5/24	Yes	Hervey Bay Aquatic Centre
23	SC	River City Masters Meet	QRC	South	Q6/24	Pending	Musgrave Park Swimming Centre
23	SC	Atherton Mountaineers Swim Meet	QAT	North	Q7/24	Yes	Atherton Aquatic Centre
APRIL							
6	LC	Noosa Masters Meet	QNA	Sunshine	Q8/24	Yes	Noosa Aquatic Centre
18-21	SC	MSQ SC State Championships	MSQ	South	Q1/24	Yes	Brisbane Aquatic Centre
MAY							
3-7	LC	MSA LC National Championships	MSA	NT		Yes	Parap Pool, Darwin
JUNE							
8	SC	Rum City Masters Short & Sweet Meet	QBB	Central	Q9/24	Yes	Bundaberg Swim Academy
29	LC	Brisbane Southside Masters Meet	QSM	South	Q10/24	Yes	Brisbane Aquatic Centre, Chandler
JULY							
AUGUST							
3-4	LC	Belgravia Masters Long Course Meet	QCD	Sunshine	Q11/24	Yes	Burpengary Regional Aquatic Centre
24	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q12/24	Yes	Valley Pool, Fortitude Valley
31 Aug-1 Sept	LC	Nth Qld Masters Championships	MSQ	North	Q13/24	Yes	Townsville
SEPTEMBER							
7	SC	Genesis Spring Meet	QGA	Sunshine	Q14/24	Yes	Genesis Sports & Aquatics
OCTOBER							
5	SC	Toowoomba Tadpoles Meet	QTW	South	Q15/24	Yes	Glennie Aquatics, Toowoomba
12	LC	Maryborough Masters Meet	QMB	Central	Q16/24	Yes	Maryborough Aquatic Centre
26	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q17/24	Yes	Kawana Aquatic Centre
NOVEMBER							
3	OWS	Sinkers OWS at Balnagowan	QNS	Central	Q18/24	n/a	Pioneer River, Balnagowan
6-9	LC	Pan Pacific Masters Games	MSQ	South	Q19/24	Yes	Gold Coast Aquatic Centre
DECEMBER							

Swimming in Co/Dual-Sanctioned Meets

A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SA) hosted swim meets and have their results published in the MSA Results Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia, and the two clubs must be related as "one-clubs".

Criteria for MSQ/SQ/SA dual-sanctioned meets

Any "approved" SQ/SA meet, generally on the SQ/SA event calendar are automatically recognised as candidates for dual-sanction, subject to the following:

- Meets must be officiated by SA or their region's/state's recognised technical officials
- Meets must be held in pools that have a correct survey of length lodged with MSA

The SQ Approved Meet Calendar

Approved SQ meets are listed on their Events Calendar page:

https://qld.swimming.org.au/events?keyword=&category=All®ion=All&field_event_date_time_end_value=&field_event_date_time_value=

Qualifying

When Masters swimmers enter SA/SQ meets they must follow the qualifying standards of that meet, and where required must qualify with proven times. There will be no relaxation for Masters swimmers.

Rules considerations

If swimming in an SA meet, Masters swimmers are obliged to swim by the stricter SA technical rules, e.g.:

- No double-arm backstroke
- No butterfly with breaststroke kick
- Strict start and turn consideration, including movement on the blocks
- No medical disability recognised, etc.

What do I need to do?

There are several items you will need to ensure have been completed. Please allow enough time as some may take time:

- Ensure you check that all the criteria and conditions listed above are satisfied
- If the pool has not been recognised by MSA, you will need to seek survey documentation from the pool hosting the meet. Click on Pool Surveys at <https://mastersswimming.org.au/rules-and-policies/> for listings
- Inform the MSQ Business Manager of the meet you will be competing at
- Enter the meet via Swim Central
- Inform the MSQ Business Manager once you have competed so MSQ can process your results: admin@mastersswimmingqld.org.au



Coach “Has Noosa Masters in Stitches”



Kicking drills have never been so hilarious especially for the Coach standing on pool deck watching his squad make complete fools of themselves trying a one legged kick with the other standing upright from the knee showing off their “Lovely calf muscles and pointed toes” A challenge was set by coach Ian last Sunday 17th Dec for this new skill, primarily set to improve squad swimmers kicking in both directions, UP and Down. Fins assisted a large flowing kick and a kick board prevented some from rolling like a turtle onto their backs!!.

A lot of laughter in and out of the water and one to expect next time coach Ian is in charge?

... Ian Tucker

Swim Meets coming up in 2024

Saturday 17th February – Miami Masters Swim Meet. Entries open 1st January & close 6th February. Warm up 7.30am & start at 8.30. 5 Individual swims. Entry fee \$35.00 & enter through Swim Central.

For those coming down Friday night, we will be having dinner from 5.30 at Nobby's Beach Surf Club. The Meriton Broadbeach has accommodation for 1 or 2 nights. Most of the accommodation around Miami, Mermaid Beach & Nobby's Beach is apartments, most of which require a 3 night stay.

Sunday 3rd March – Rackley Masters Swim Meet – Centenary Pool, Spring Hill.

Saturday 9th March – Hervey Bay Masters Swim Meet. Accommodation options which we have used previously include The Beach Motel, Charlton Apartments & Discovery Holiday Park. *Friday night dinner will be at Santinis Italian Restaurant from 5.30.*

Saturday 23rd March – River City Masters Swim Meet.

Saturday 6th April – Noosa Masters Swim Meet.

Thursday 18th April to Sunday 21st April – Masters Swimming Queensland Short Course Championships at Brisbane Aquatic Centre, Chandler.

Four days of swimming, 25m to 800m events in all strokes with no limit on number of swims.

Entries open in February and close 2nd April. Fees are \$60 plus \$10 per event. *Includes presentation function at the pool on last day-Sunday.* Some swimmers have booked at Manly Marina Cove Motel which is about a 15 minute drive to the Aquatic Centre.

Friday 3rd May to Monday 6th May – Masters Swimming Australia National Championships -Parap Pool Darwin. 50m, 100m & 200m in all strokes, 400m Freestyle & Individual Medley only & 800m Freestyle only. (plus relays). Entries open 1st January. Entry fees to be advised. *Welcome Ceremony at Parliament House on Thursday evening 2nd May & a Presentation Dinner at Darwin Convention Centre on Monday evening 6th May.* Some swimmers have already booked at Hudson-Parap and Argus Hotel.

Tuesday 7th May – Open Water Swim at Darwin Waterfront Lagoon. 1.6k swim and 3.2k swim – entries limited to 125.

Please see Helen Malar or Rob Alfredson for any further information.

Cheers,
... Helen Malar

An evening with Aida ...



Well..... what a wonderful experience!!

John, our host, cut a dashing figure in his dinner suit as he welcomed twenty swimmers and partners into his particularly gorgeous home overlooking Brisbane.

The group, almost unrecognisable out of the usual pool attire, was treated to chilled champagne and wine and canapés as the sun set on a balmy Brisbane evening. The gals had certainly “glammed up” and the boys scrubbed up surprisingly well. We all felt pretty special. John was right ... it is fun dressing up.

On the large, raised patio, a wonderful array of delicious canapés was spread before us. Scallops with finger lime, Brie and red currant tartlets, delicate cheese tarts, gourmet cheeses and charcuterie and an absolutely mouth watering selection of perfectly presented club sandwiches. This was followed by dessert comprising juicy chocolate strawberries, citron tarts, caramel tarts and the yummiest chocolate clusters. It was a truly professional catering feat. (Note to self.....”Must get the name of the caterer”) only to be revealed later that it was John’s sister and his mother, who had prepared this fabulous feast all by themselves. Very impressive indeed. I suspect John had lent a hand although he vehemently denied it.

At the appointed hour, two Maxi taxis arrived and whisked us away through the road spaghetti of Brisbane, to arrive at Qpac and the Lyric Theatre. Thank heavens John knew where we were going.

Like an efficient tour leader, (sans flag) we followed him through corridors, up stairs, through passageways, past bars and the throng of sipping culture vultures, up more stairs to door 13 ... our gateway to the world of Aida.

We settled into our comfy chairs to the sound of the orchestra tuning up, with time to take in the rather opulent surroundings. It’s certainly a terrific venue.

Verdi’s tragic opera, set in the kingdom of ancient Egypt, is a story of star crossed lovers, passion, empires at war, lust for power, betrayal and the tragedy of love that defies enemy lines.

... cont'd



Group outside John’s home waiting for Maxi-Taxis



Host John with Wendy I & Robyn S



Sandra, Wendy N, Ian & Adele, Christine

An evening with Aida ... cont'd

The production was truly grand. The costumes were opulent, the sets were spectacular with video projections on huge screens that dwarfed the actors. The music was magnificent and the singing so powerful you could not help but feel caught up in the drama of the unfolding tragedy. The familiar Triumphant March was of course a highlight. They could have played it a few times more I reckon.

We all agreed that having the translation of the Italian projected on a screen above the stage made the performance very accessible so we knew what was going on. And then it was all over ...

The orchestra gets softer and softer, fading out as the lovers fade and perish into the hereafter.

And so it was time for us to be once again whisked away back to John's place, or make our way home to dream of the splendour of ancient Egypt.

Our sincere thanks to John Simonidis for organising everything and treating us to a truly memorable event. Also particular thanks to John's mother, Maya and sister Cally for their stunning efforts in providing a fabulous pre-show feast.

John has certainly set the bar high for future QNA social events. "Thank you John!"

... Christine Cooper



Trevor, Bob, John



John, Dee, Lois



Host John's mother - Maja, John & Ian



Yvonne, Bronwyn, Wendy M



Lois H, Wendy N, Chris C, Trevor M, Helen M

COACH'S TIPS



Many beginners kick too much and too big. This ruins body position and slows you down. Try to keep the legs almost straight with a slight bend in the knees.

Power and strength comes from your hips. Keep the kick short and quick. Big kicks take too much energy and ruin your streamline position.

Hips and shoulders

Every time you take a stroke keep your head in place and use your hips to rotate left and right.

Focus on rotating your body with your core instead of leading with your shoulder twists. Hips will initiate the momentum and shoulders will follow.

The most important part of breathing in freestyle is to keep a neutral head position.

Don't move your head forward or up, keep one eye under the water and open your mouth to breathe. It might feel you are going to swallow water but your forward momentum creates a small air pocket large enough to take a quick breath.

Opposite arm shoulder should be extended straight in front of you.

*Happy swimming
Cheers, Jan*

Christmas Chorale at the J ...



'Twas Mid December and lo, Christmas was upon us!

It was heralded in with a joyful concert by the ever-harmonious Noosa Chorale singing carols from around the world. Several QNA members donned their Christmas glad rags to enjoy the concert.

The introductory Carol was a happy and lively piece that put everyone in an upbeat mood. This piece was sung again at the end of the concert as an encore, with even more gusto! (*I think the choir certainly enjoyed singing this one as much as we did hearing it*).

The choristers did a wonderful job of mastering Christmas carols from lesser known repertoires from many different countries. We were introduced to carols in many languages and from around the world.

Accompanying the Chorale on Piano was the very talented local musician, Janet Brewer, who added a wonderful dimension to the program

Councillor Frank Wilkie did an excellent job of comparing and giving a little bit of background to the works. All credit to visiting conductor, Guillaume Lemay-Yates and the Chorale for presenting such a diverse program. I'm certain it took an enormous amount of time and effort to learn and pull off with such professionalism. We are indeed fortunate to have such a talented and dedicated group of singers in Noosa, which has entertained us so joyfully over the years.

A happy highlight for the audience was joining the Chorale in singing the rousing and uplifting "O come all ye Faithful".

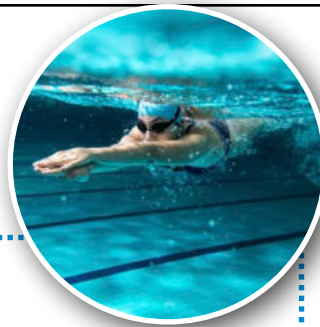
An even happier highlight for the QNA group was when Julie Tierney won a raffle hamper 🍷🍷🍷. The Chorale had organised a wonderful array of raffle prizes donated by local businesses as a fundraiser. I reckon Julie is on a bit of a winning streak as she also cleaned up the sweeps at the club's recent Melbourne Cup party.

Thanks to the Noosa Chorale for putting on a great show and getting us into the swing of the Silly Season!!

... Christine Cooper

ENDURANCE 1000 REPORT

December 2023



December has been another awesome month for Endurance ...

We had five organised Endurance swims this month: four Tuesdays and a Sunday swim on the 31st (which hasn't even happened quite yet).

Points – We have now exceeded our team total points from last year! We currently have 19,576 points. That's very impressive considering where we were at in October. A great year-end push for the program. If we are fortunate enough to win Top Team Points for 2023, that will be our 10th consecutive year of winning. Can't wait for the results to be revealed!!

Here are the impressive swims - those of which I'm aware:

- 1) Bruce Hammond completed his first ever 400 IM.
- 2) There are several swimmers who have completed all the events they are able to swim.
 - a. Sue Silburn
 - b. Tony Frost
 - c. Wendy Ivanusec
- 3) Terry Parker did a 1-hour AND 45-minute backstroke and worked really hard to get top points in both events.
- 4) Jim Barnes swam his fastest 800 Free for the year and has completed all swims 1500m and greater in all strokes!
- 5) Alex Baker is doing endurance and learning how to time – thanks for the help Alex!
- 6) Anne Besser was really stoked to get top points in her 400 Back.
- 7) Brian Hoeppe, Ian Tucker and Mark Powell have each completed the full program.
- 8) We had five dedicated swimmers show up on Boxing day – was great to see Linda Hogg, Terry Parker, John Simonidis, Anne Besser and Alex Baker.

Audits – Denise has completed the audits of the 2023 Endurance black binders.

Looking forward ...

We have our final endurance swim on Sunday 31 December (NYE). Last chance to swim that Endurance event that you've been wanting to do all year!

2024 Binders - The 2024 binders are ready for you! Thanks to all the elves who helped put the binders together. Mick doesn't even swim in Endurance and he lent us a hand – thank you. Maybe he's inclined to do Endurance next year?!

Please take your **old 2023 timesheets** and file them at home. Or I can scan them in for you and email to you if you'd like. On your first Endurance swim of the year, be prepared to complete your **Summary page** with your details including your MSA Registration Number (I'll have a list of registration numbers available). Also, PLEASE make sure the correct age-group page with points per event is in your endurance binder. The deckies can assist with sorting out any paperwork issues or answer any questions you may have.

Endurance Portal - The portal will CLOSE by mid-January for January year-end processing. It will be available again by the end of January. I'll let everyone know once it's available and we have entered January endurance events.

Deckies – I want to take this opportunity to thank all the deckies who help throughout the year. Hats off to Helen Malar, Rod Alfredson, Terry Parker, Terry Carter, Jane Powell, Adele Tucker, Jo Matthews, & Linda Hogg. Your contributions enable us to pull off this great program. Sometimes it's hard being a deckie but you each do a super job.

So, what are your Endurance goals for 2024???

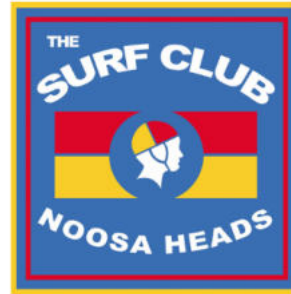
Warmly,
Denise

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**Noosa Masters Swimming Club
thanks its generous sponsors
for their support**

PLATINUM



GOLD



SILVER



BRONZE



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