

# CHALLENGERS' CHATTER

FEBRUARY 2013



## Is no trophy safe ?

Success at Hervey Bay Swim Meet - Sunday, 23 Feb. 2013

Although the Open Water Swim had been cancelled, most of the team arrived in Hervey Bay on Friday. As Paolo's Restaurant only allows us back once a year (joke), that's where we headed for dinner - most walked there and back and a nameless few somehow managed to get lost getting there!!

The weather held and we had a great day at the Aquatic Centre. Just to prove that Noosa Masters Swim Club's 2013 campaign's flying start at Brisbane Riverside last month was no fluke, members replicated this success on Sat 23 Feb, at the Hervey Bay annual Masters Swim Meet, winning the overall point score trophy. Host Club, Hervey Bay Humpbacks, is still in shock, parting with this trophy for the first time in the club's history. A great Noosa team effort, highlighted by medal success in all 8 relays contested for male, female and mixed 4 x 50m freestyle and 4 x 50m medley relays.



# AT PAOLO'S



# HERVEY BAY ... CONT'D

The Noosa team comprised: **female** - Gillian Bensted, Dyanna Benny, Jana Clancy, Jan Croft, Julia Dunstall, Christine Edwards, Bardie Gruber, Wendy Ivanusec, Sally Johnson, Stephanie Jones, Marcia Kimm, Mary Lester, Helen Malar, Viv Merrill, Jane Powell, Grindle Rudder, Robyn Selby, Jacky Shields, Wendy Twidale, Adele Tucker, Jessica Tye, Eula Varty (Can), Lyn Willoughby. **male** - John Hordyk, Trevor King, Rob Jolly, Geoff Lander, Ian Mitchell, Bob Morse, Ian Tucker, Adrian Wilson.

Fifteen clubs were represented including Southport (UK) and New Plymouth (NZ).

Accepting the champion club trophy on behalf of the Noosa Masters, club captain - Bardie Gruber, paid tribute to all team members who supported each other with encouragement and cheering ... "the comradeship was fantastic", said Bardie.

"Our newcomers to swim competition acquitted themselves admirably ... well done, Adele, Jane, Julia, Adrian, John and Rob", added Bardie. (Ed. note: Adrian swam a fantastic 50m free in 31.6 sec).

Huge thanks to the 'support crew' who did timekeeping all day which allowed the swimmers to concentrate on their swimming - a massive bonus - thanks a million Lorna Lander, John Twidale, Dave Edwards, Robyn Mitchell, Wendy Morse, Bill Varty (Can) and Mark Besford.

That evening the BBQ which followed was full of fun and frivolity - Rex was a special guest - he'd behaved himself at the pool, but let loose as the evening wore on. Although pleased to relax after their exertions at the pool, there was still enough energy remaining to indulge in a spot of dancing (with or without Rex) a few nice wines (some courtesy of USM) and lots of happy conversations as we waited for Jan, Bardie, Lyn & Sally to return from the presentation dinner with the results. The big smiles, the cluster of medals and THE TROPHY said it all and they were greeted with wild cheering and chants of Noosa, Noosa, Noosa !!

To top it all off, after breakfast at Bayorama, most of the team departed and managed to beat the rain home !! Let's see if we can do it all again next year ??

... Tony Frost & Wendy Ivanusec



# HERVEY BAY - POOLSIDE



Noosa Mascots



Mark, Tom & Julia

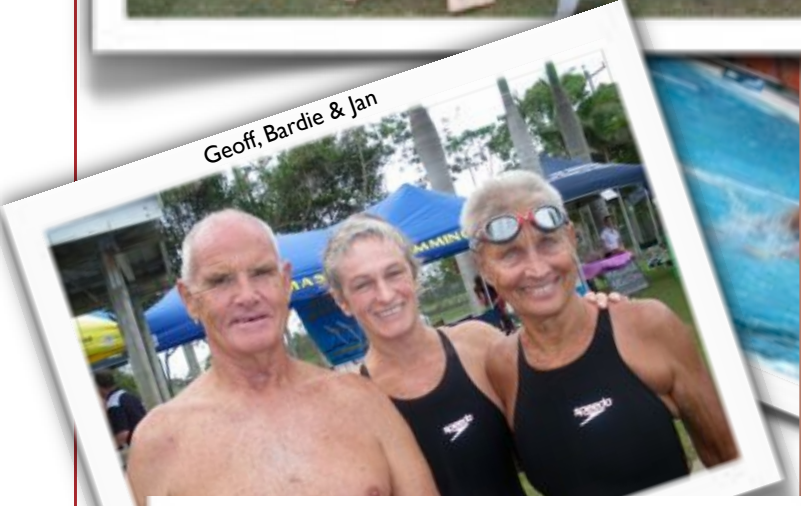


Girls just wanna have fun ...



Nic & Steve

Rob J.



Geoff, Bardie & Jan



Great dive, Jan !!



Cheer squad



Eulah & Christine

Mark, Tom & Julia

# POOLSIDE...PORTRAITS

Sally



Robyn



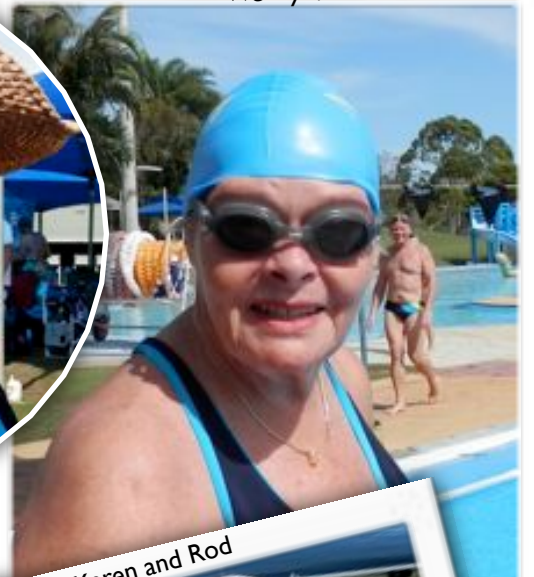
Adele



Jane



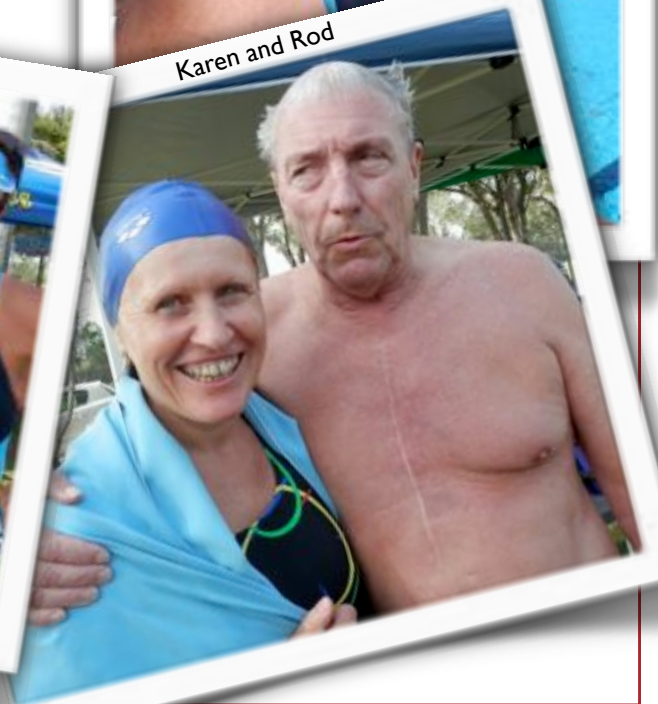
Wendy I.



Julia, Adele, Steph, Dyanna



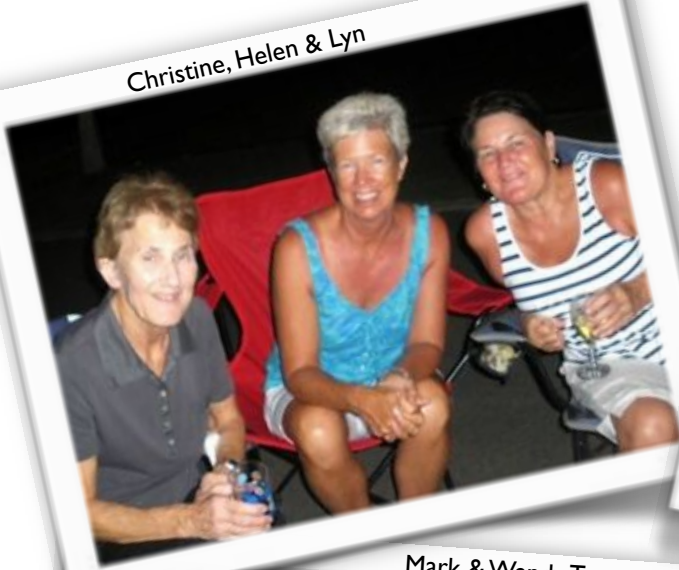
Karen and Rod



Mark, Tom & Julia

# HERVEY BAY - BBQ

Christine, Helen & Lyn



Robyn & Vivian



Mark & Wendy T



3 Wendys



THE VILLA  
CHAMPIONS

Viv with Mary's banner



Bardie - delighted to bring home the trophy



# A Pommie night out ...

Here we are ... celebrating my eight year anniversary of when I emigrated. Went out with Karen and Rod , Mum and Dad and Trevor, it was a great pommie night ha ha ... it's a great photo of Karen and Rod. See you all soon !

... Karen.



**Righto you lot, reckon you know a bit about Oz?  
Have a gander at this site and see how you fare.  
Not many will get past 19 out of 25.  
Check if you still qualify for the Aussie passport here:**

[http://media.news.com.au/multimedia/2012/01/oz\\_quiz/oz\\_quiz.swf](http://media.news.com.au/multimedia/2012/01/oz_quiz/oz_quiz.swf)

# Valentine's Night at Aloha







# Coach's Corner by Jan Croft



## Butterfly Tips

- In order to swim great butterfly, you must develop a good kick.
- Butterfly kick is fast, continuous and explosive.
- Avoid a slow lazy kick.
- Breathe every 2 strokes, as often as you can, during butterfly.
- Correct hand entry is thumb first with palm facing outward and downward.
- Some swimmers start their arm recovery as their hands pass under their waist, rather than continue the pressure on the water all the way to the thighs. This results in a loss of propulsion during the final up-sweep phase of the stroke.



## Robson's Ramble ...

Hello everyone ...

We're here again on what has become an annual visit to Noosa and the Masters Swimming Club, and the welcome has been as friendly as ever.

Wendy T asked us to tell you what we have been doing in swimming since we last saw you ... truth is, - not a lot.

When we got back to France in April, fit after the Noosa training, we both swam in the district championships and won medals for best in age group!

However, in May Tom needed a fairly big varicose vein repair involving six weeks out the water. Then our club closed training for the school holidays in July and August.

September we were in Scotland seeing family and friends, and October Marlene had a cataract repair-- another 6 weeks out the water!

Then we began preparing our trip to Australia, and had a lovely time in Sydney in January with the grandchildren there.

But there were quite a few highlights to our summer, including a visit from Bob and Wendy Morse, who spent several days with us during their European trip. We loved showing them Vichy and our region.

The American swim team including Phelps, Lochte and Coughlin were in town for 10 days preOlympic training and caused some excitement in town. Most of the training was behind closed doors, but they did one open session which was packed with spectators.

Thanks again for your welcome

... Marlene and Tom

*Here;s a photo of the swimming complex in Vichy - all stainless steel !!*



# IN CASE OF EMERGENCY ...

## Message from the Ambulance Service

We all carry our mobile phones with names & numbers stored in its memory. If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call.

Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this 'ICE' (In Case of Emergency) Campaign.

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As mobile phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' ( In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents there were always mobile phones with patients but they didn't know which number to call.

He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose.

In an emergency situation, Emergency Service personnel and hospital staff would be able to quickly contact the right person by simply dialing the number you have stored as 'ICE'.

It won't take too many 'forwards' before everybody will know about this. It really could save your life, or put a loved one's mind at rest.

For more than one contact name simply enter ICE1, ICE2 and ICE3 etc

# 5 FATS THAT DON'T MAKE YOU FAT ...

By Jen Broyles, Care2

Fats play an important role in a healthy diet and are needed for many of our bodies processes. Discover five incredible dietary fats that are nutrient rich and great for your waist line too!

## 1. Coconut Oil

Coconut products offer an array of health benefits, and coconut oil is a great oil to use for cooking, or it can be added to smoothies, oatmeal, and other dishes.

Coconut oil offers antimicrobial, antibacterial and anti-cancer properties. It improves digestion, nutrient absorption and intestinal health. It provides cardiovascular benefits and helps manage Type 2 Diabetes. Coconut oil promotes kidney and liver health and supports the immune system. It also benefits metabolism, energy, and weight management.

*Coconut oil had a bad reputation for a while primarily because it is composed of saturated fat, which we are told to stay away from. However, the saturated fat in coconut oil is different from that in animal products. The fatty acids in coconut oil are medium-chain triglycerides, which are easily metabolized and used as energy by the body. Research suggests that these fatty acids may boost your metabolism, promote weight loss, and increase HDL, the good, protective cholesterol in your body.*

## 2. Nuts

Nuts are very diet-friendly and are loaded with a ton of amazing nutrients, healthy fats, and protein. Nuts are one of the best sources of alpha-linolenic acid, a type of heart-healthy omega-3. Omega-3s offer numerous health benefits from lowering cholesterol to disease prevention.

*They are also rich in L-arginine, an amino acid that has been shown to boost immune function, promote wound healing, improve blood vessel function, and help manage cardiovascular disease. Additionally, nuts contain soluble fiber and Vitamin E. Fiber helps lower cholesterol and glucose levels while Vitamin E is a powerful antioxidant. Vitamin E is essential for proper immune function, healthy skin, and DNA repair.*

Some of my favorites are almonds, walnuts, and brazil nuts. Try them in smoothies, nutrition bars, salads, trail mix, or alone. Nut butters are another delicious way to enjoy this nutrient-dense food.

## 3. Avocados

Avocados are fantastic fruits with tons of nutritional benefits. They are an excellent source of glutathione, a powerful antioxidant that helps cleanse and protect your body by detoxifying, removing heavy metals, and fighting free radicals.

Glutathione helps maintain a healthy immune system and slows the aging process. Avocados are rich in folate, which has been shown to decrease the incidence of heart disease and stroke. They are also the best fruit source of Vitamin E, which protects against many diseases and helps maintain overall health.

*Not only are avocados packed with nutrients, but studies have shown that certain nutrients are absorbed better when eaten with an avocado. Enjoy an avocado on a sandwich, in a salad, blended into a smoothie*

## 4. Seeds

Seeds, like nuts, contain a number of heart healthy properties. They offer beneficial fiber, omega-3 fatty acids, and protein. Seeds are also packed with health-promoting minerals such as magnesium, selenium, and zinc.

*Some great seeds to include in your diet are flax seeds, chia seeds, pumpkin seeds, and sunflower seeds. Chia seeds, in particular, are considered a superfood due to their extremely high nutrient profile. They are super rich in omega-3s, even more than flax seeds. Plus, they are loaded with powerful antioxidants, fiber, magnesium, phosphorous, manganese, copper, iron, and zinc.*

Seeds can be enjoyed many ways. They are great in smoothies, baked goods, nutrition bars, salads, trail mix, yogurt, and other foods.

## 5. Olive Oil

Olive oil is such a healthy oil to use when sautéing, baking, and making salad dressing. This fantastic oil is rich in monounsaturated fat and antioxidants such as chlorophyll, carotenoids, and vitamin E.

*Olive oil is great for reducing blood pressure, cancer prevention, managing diabetes, and lessening the severity of asthma and arthritis. In fact, including olive oil in your diet can help you maintain a lower, healthy weight.*

# BENEFITS OF YOGA



Hatha yoga, the yoga of physical postures and poses known as asanas, has caught on so much in the U.S. that it's difficult to find a town that doesn't have a yoga training studio. In case your town is behind the times and you're interested in pursuing yoga for health and mental/emotional equanimity, there are online courses.

Yoga is basically non-aerobic, and unlike strength training, no-pain, no-gain doesn't apply here. That doesn't mean it's effortless. It takes work to get into postures, but one doesn't tear muscles and ligaments getting into them. Repeated practice with postures and stretches will get you where you should eventually be.

There are even devices or methods of using chairs and walls to help with early struggles with positions due to physical limitations from injury or old age.

In addition to gaining flexibility, natural strength, and good health, yoga can help you lose weight. Various internal organs are strengthened with hatha yoga that promote sustainable natural, gradual weight loss. Especially assured if you eat properly according to yogic principles.

## Six ways yoga helps you lose weight

(1) **Activate the thyroid gland** with the shoulder stand. Your thyroid plays an important role in maintaining a healthy weight because it regulates your metabolism. A famous yogi once said not everyone will benefit from the head stand. But everyone benefits from the shoulder

stand. It is an inverted pose that's easier to perform than a headstand and promotes thyroid activity.

(2) **Stimulate the gastrointestinal (GI) tract's vital force.** A GI tract that is damaged or weak is a primary obstacle to poor digestion and weight gain. A sluggish liver will mess up your metabolism and digestion. An active liver helps you digest foods better and helps eliminate cravings that lead to ingesting unhealthy foods and beverages.

Yoga back bending exercises handles the whole abdominal area in addition to flexing the spinal cord to create more overall flexibility and proper alignment.

(3) **Activate internal body heat and increase heart rate with the sun salutation.** This routine done quickly is an exception to the non-aerobic rule. Not everyone uses it. There are 12 different positions to go through in a series without sustaining any of the poses if you want that heart rate to go up.

All 12 are considered one series, and usually several series are done with short standing pauses between each. These stops and starts pump up the cardio system without straining your heart and stressing or beating up your knees and ankles.

(4) **Natural strength building** by working your muscles with balancing poses helps create better metabolism with overall muscular strength without pumping iron.

(5) **Flexing the colon will help unclog waste.** This can be achieved with bandhas (which are inner knots or locks that hold pranic energy within certain areas in the body), which can even be done in the car during a traffic jam. Bandhas help tone abs too.

(6) **Alleviating "comfort food" binging.** The corpse pose is the most underrated and misunderstood of all postures. It's the final pose of any hatha yoga session. It looks easy, but it's a challenge because it requires you learn to relax every muscle in your body, aligning your sympathetic and parasympathetic nervous systems.

A properly done corpse pose opens chi energy channels to cure ailments and relieve the anxiety/tension that invites "comfort food" binging.

.. By PF Louis, Natural News

# ENDURANCE 1000

Maximum Points per Club Member – 2012

HOEPPER , BRIAN	QNA	66	65-69	1005
LANDER , GEOFF	QNA	80	80-84	1005
LUCAS , ROB	QNA	70	70-74	1005
SYMONS , IRENE	QNA	62	60-64	1005
SHIELDS , JACKY	QNA	59	55-59	866
CAIRNS , BRIAN	QNA	66	65-69	845
MCCAUSLAND , BOB	QNA	84	80-84	773
CLEMITSON , LYNETTE	QNA	66	65-69	678
WARREN , BRUCE	QNA	73	70-74	553
LONGSTAFF , ROSEMARY	QNA	62	60-64	543
MARTIN , KAREN	QNA	42	40-44	511
JOHNSON , SALLY	QNA	72	70-74	450
MITCHELL , IAN	QNA	69	65-69	417
JONES , STEPHANIE	QNA	58	55-59	360
FROST , TONY	QNA	71	70-74	343
CROFT , JAN	QNA	70	70-74	335
BEDDING , BARRIE	QNA	76	75-79	328
IVANUSEC , WENDY	QNA	70	70-74	319
GRUBER , BARBARA	QNA	65	65-69	285
MERRILL , VIVIEN	QNA	65	65-69	228
MALAR , HELEN	QNA	59	55-59	225
HAVILAH , JOHN	QNA	76	75-79	220
EDWARDS , CHRISTINE	QNA	68	65-69	211
VERSTEEGEN , LEO	QNA	63	60-64	205
GILBERT , JOE	QNA	84	80-84	180
BESFORD , MARK	QNA	58	55-59	170
CAMPBELL , ELAINE	QNA	72	70-74	163
BENNY , DYANNA	QNA	62	60-64	105
ELLIS , ROB	QNA	60	60-64	98
POWELL , JANE	QNA	55	55-59	98
TUCKER , ADELE	QNA	55	55-59	92
KIMM , MARCIA	QNA	62	60-64	88
MORSE , ROBERT	QNA	64	60-64	83
RUDDER , GRINDLE	QNA	41	40-44	80
ROWE , JULIE	QNA	54	50-54	70
TYE , JESSICA	QNA	43	40-44	55

BENSTED , GILLIAN	QNA	68	65-69	52
ELLIS , SUE	QNA	57	55-59	50
KING , TREVOR	QNA	52	50-54	45
TWIDALE , WENDY	QNA	60	60-64	45
WARR , MAREE	QNA	74	70-74	43
JOLLY , ROBERT	QNA	66	65-69	40
TUCKER , IAN	QNA	58	55-59	40
DOYLE , JEANETTE	QNA	68	65-69	39
RAUB , JANET	QNA	51	50-54	25
VARTY , EULAH	QNA	79	75-79	20
CURTIS , OWEN	QNA	68	65-69	18
PURCELL , DEB	QNA	55	55-59	18
HILL , LOIS	QNA	70	70-74	15
LYONS , HAZEL	QNA	47	45-49	15
SELBY , ROBYN	QNA	64	60-64	12
BINGHAM , SHERYL	QNA	36	35-39	9
STANLEY , CLINTON	QNA	37	35-39	8
CLANCY , JANA	QNA	31	30-34	6
GORDON , KATHLEEN	QNA	52	50-54	6
WILLOUGHBY , LYN	QNA	58	55-59	6
MCCAUSLAND , OLGA	QNA	81	80-84	5
HAVILAH , SUE	QNA	73	70-74	4
RICKETTS , GEOFF	QNA	57	55-59	3
WATT HINE , JESSICA	QNA	27	25-29	3

What a great effort it was. Congratulations to Geoff Lander, Rob Lucas, Brian Hoepper and Irene Symons for completing the entire program and attaining top points.

Special mention to Jacky Shields, Brian Cairns, Bob McCausland, Lynette Clemitson, Bruce Warren, Rosemary AND Karen, who all scored over 500pts. Karen, what a great achievement!

I can't help but mention Sally and Ian who both scored over 400pts.

2013 will be even better!

... Marcia Kimm

# ENDURANCE 1000



February finished on a high note with 24 swims completed in the last week. The rain proved a challenge for us throughout the month and we were lucky that carnivals were cancelled on a couple of Tuesdays which enabled us to swim as usual.

Best swim of the month goes to... (drum roll) ... Irena Koluzs, who is one of our newer members and she completed her first 400m Freestyle swim in 15.27min. Irena was very pleased with her swim and is looking forward to improving her time when she swims next. Congratulations Irena!

Jacky Shields swam an 800m IM for the first time this week after been given much encouragement from Bob McCausland. This will help Jacky complete more of the Endurance 1000 program and see her points escalate as a result.

Bob McC, Jacky Shields, Irene Symons, Brian Cairns and Geoff Lander are all very focused on completing their programs. Regular swimmers include Ian Mitchell, Adele Tucker, Bruce Warren, Wendy Ivanusec, Sally Johnson and Adrian Wilson – to name just a few. We are constantly looking for more swimmers to participate.

Swim times: Tuesday 7.30 – 9.00am, Thursday evening 6.00 – 7.30 (by arrangement) and Saturday 3.30 – 5.00 pm (also by arrangement with Bob McCausland (54555012) or myself (0407034095))

Early in the month many swimmers did a 1500m swim for the Hervey Bay carnival. These swims should be recorded and transferred into the Endurance 1000 Results Portal shortly.

Total Points at 28/2 = 2274. A long way to go yet to reach 20,000pts, but we can do it.

**20,000 in 2013**

... Marcia Kimm

<http://www.whathappenedinmybirthyear.com>

## March Birthdays

<b>Geoff Lander</b>	<b>1/3 the big 80!!</b>
<b>Rosemary Longstaff</b>	<b>2/3</b>
<b>Lois Hill</b>	<b>9/3 the big 70!</b>
<b>Christine Edwards</b>	<b>10/3</b>
<b>Trevor King</b>	<b>10/3</b>
<b>Bob Morse</b>	<b>15/3</b>
<b>Brian Cairns</b>	<b>16/3</b>
<b>Tessa Ritchard</b>	<b>21/3</b>
<b>Adrian Wilson</b>	<b>19/3</b>
<b>Anne Grippe</b>	<b>23/3</b>
<b>Jan Croft</b>	<b>24/3 the big 70!</b>

**HAPPY BIRTHDAYS TO ALL  
FROM ALL OF US**

## SOCIAL EVENTS

**BREAKFAST ON THE DECK**  
Sunday 3 March after squad \$5

**CRAFTERS MEETING**  
Tue 5 Mar @ 1pm  
12 Lorilet St, Peregian Beach  
RSVP: Dee 5448 3785

**Every Sat.. 7.30 am - Main Beach  
Ocean Swimming**

**VISIT OUR WEBSITE ...**  
[www.noosausichallengers.com](http://www.noosausichallengers.com)

## Challengers Chatter

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