

CHALLENGERS' CHATTER

FEBRUARY 2016

HERVEY BAY ... A GREAT RESULT !

LONG COURSE & OCEAN SWIM SATURDAY 20TH FEB. 2016

The Noosa Team of 20 swimmers (8 men & 12 women) together with partners & friends headed to Hervey Bay on the weekend of 20th February. Two of our swimmers were not able to swim. Wendy Twidale had to pull out a few days previously after having an emergency operation & we wish Wendy a speedy recovery. Lois Hill travelled up for the weekend but was unable to swim because of her shoulder injury. Friday evening we all met up at Paolas Pizza Bar on the Esplanade where we indulged in pizza & pasta fuelling up for our swim the next day.

Saturday morning at 8am saw 9 of our swimmers – Viv, Julia, Jan, Bardie, Brian, Sally, Jacky, Ian & Adele swim in the 1 km Ocean Water Swim which was organised by the Hervey Bay Surf Club. All swimmers were placed in their age group (placings to be advised in next addition of our newsletter). Afterwards we all headed to Dan & Steps (winners of MKR a couple of years ago) for a delicious breakfast.

We headed off to the pool around 11 for a 12 noon start. Weather was very humid & the pool very warm but we all had a fun but very exhausting day with our Noosa team taking out 1st place with 983 points followed by Hervey Bay on 913 points & Aqualicious 3rd on 333 points. A great effort by all Noosa swimmers as we had the same number of swimmers as Hervey Bay! Congratulations also to our own Julie Robinson who was the

commentator at the swim meet for the day. Julie always makes the day very entertaining.

Gold Medals went to Steph Jones, Bob Morse & Jan Croft as well as a Gold to Tom Robson who swam as a visitor. Silver Medals to Adele Tucker (congratulations Adele on your first Silver Medal), Helen Malar & Barry Lloyd. Bronze Medals to Julia Dunstall, Linda Hogg, Sally Johnson & Peter Fidler. Bronze Medals also to our two very competitive swimmers in the

same age group Brian Hoeppe & Rob Jolly both on 45 points. Our president Ian Tucker won \$50 in the 50m Backstroke Dash for Cash swimming nearest to his nominated time by 8 one hundredths of a second. Congratulations to Ian.

Our other swimmers contributing many points to our tally & who swam some great PB,s were Jacky Shields, Greg Bott, Ian Tucker, Viv Merrill, Bardie Gruber, Rod Alfredson, Wendy Ivanusec, Tricia Hughes & congratulations to Marlene Robson who also swam as a visitor.



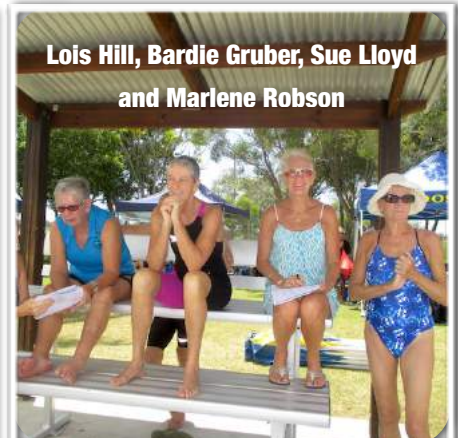
Some of the Hervey Bay team members
with the Larøe Club's Trohvy



Peter & Julie Fidler



Sally Johnson



Lois Hill, Bardie Gruber, Sue Lloyd
and Marlene Robson

MORE HERVEY BAY



Ocean Swimmers and supporters

Greg & Julie Bott attended the Hervey Bay dinner on the Saturday night & collected all the Noosa Medals. Thank you to Greg for being our Noosa representative.

Those staying overnight at Hervey Bay congregated at The Beach Motel where we all enjoyed a BBQ around the pool in a lovely tropical setting. Much laughter, a few drinks, dancing & great music supplied by Julia.

Another wonderful weekend on fun, fitness & friendship enjoyed by Noosa Masters Swimmers, partners & friends.

...Helen Malar
Club Co-captain



Julia, Jan and Ian



Ocean swim competitors



Saturday night BBQ



Sunday morning breakfast



Barry & Sue Lolyd

95 REASONS TO PAR-TEE



A special occasion, a special lady. Noosa Masters swimmers, friends and a few past members gathered at the RACV Resort on Sunday, 31. January, to share this milestone.

Joyce's family celebrated on the actual day on 10 January at Redcliffe.

Following preparations by Bob Morse and Robyn Selby, all guests arrived for

an afternoon to remember.

Joyce and daughter, Heather, quickly responded to the "warmth and love" conveyed from their Noosa friends.

A fantastic turn-out by fellow Noosa Masters Swim Club members, and a few former members. Good to see past members, Bob Jarvis, Julie Robinson and Phil Hubble.

Regular visitors, Marlene and Tom Robson, jiggled their Aussie itinerary to ensure that they didn't miss the occasion.



95 REASONS CONT'D

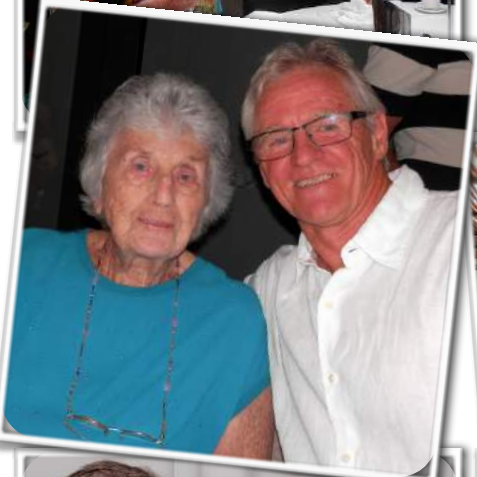
One notable absentee was Wendy Ivanusec, attending a wedding in Perth.

However, her presence was felt through the reading out of her highly humorous message by the ever-articulate Brian Hoeffler.

A giant Birthday Card, designed by Karen Martin, was signed by Michael Klimm and most club members.

Thanks to the paparazzi, Wendy Morse, Lynette Clemitson, Sue Stanley and Heather Dent, who ensured that the occasion will never be forgotten.

... Tony Frost





THE AMERICAS - 2015/6



Dog sledding in Revelstoke



Quito, Equador traditional attire



Diego was repatriated from San Diego Zoo to help the breeding program. These animal were close to extinction



A sea lion pup. A highlight was swimming with these animals every day.



Blue footed Booby

It was so good to see our son Alexander in Revelstoke, BC, who is very fit and happy, taking care of himself and loving life in the mountains. Apart from skiing

We had a wonderful time overseas recently. The Galapagos Islands exceeded expectations, with healthy happy wildlife & comfortable accommodation on board the Queen Beatriz catamaran.

Our guide was a delightful, rotund Equadorian who was very passionate & knowledgeable about his island home. He made me think of Don Quixote's Sancho, squiring us dreamers. Our fellow adventurers were a diverse & fun bunch, mainly Australians.

The following month was all about family reunion, and skiing of course! Christmas in Cincinnati was very special with Mark's sister Ros, all our nieces and their partners as well as the children there. The weather was reasonably mild, until we travelled north to Michigan. Mackinac Island was picture-postcard beautiful with its pretty Victorian architecture draped in snow. Ottawa felt seriously cold, but was not cold enough to freeze the canal yet. I was looking forward to ice skating on it.

we watched hockey and curling, went dogsledding & hung out at Sandy's Rockford Bar watching him in action. He makes a mean whiskey sour! He took a week off while we were there, & stayed with us (nothing like a bit o' luxury to entice). Mark spent three days trying to master a snowboard, then returned, tail between legs, to the skiers' fold. He actually hurt himself badly landing on his coccyx. I stuck to what I know, but my knees are still complaining that I made them do something they were no longer used to! I just went too hard: it was such fun! Nicola, our other son William's girlfriend, persevered with snowboarding, - even bought her own gear, and eventually was coming down the groomers very competently. Snow holidays are still the best family holiday around, I think, with something for everyone. Will & Nic were great company in Cincinnati, Revelstoke and Vancouver; very easy holiday companions (and wonderful cooks!)

...Jane Powell



On Mackinac Island in Lake Michigan, there are no cars, only horse drawn carriages, bicycles & snow mobiles.



A Cincinnati Christmas with Mark's sister & family was very special & lots of fun.

AUSTRALIA DAY

Clinton's Australia Day Ambassador's Story

“Bob's Last Stand”

The wet weather and the move to the J. Noosa Heads didn't dampen the spirits of the people attending the Noosa Citizen Ceremony. It was a packed venue with over 60 new citizens from 10 different nationalities participating in the ceremony.

The Master of Ceremonies Mr Ian Mackay welcomed everyone before the Noosa Chorale sang a range of Australian songs that inspired the spirit of everyone being Australian.

Member for Wide Bay and Deputy Prime Minister, the Hon. Warren Truss said, “Today we celebrate our country on a special day that we put aside each year to remember the great privilege we have in being

Australians”.

“When you think about the achievements of our country we dedicate ourselves also to being good citizens and doing what we can to help make our country a better place to live”.

Outgoing Australia Day presiding officer Deputy Mayor Bob Abbot warmly embraced the Australia Day Ambassador to Noosa, Clinton Stanley - Cooroy's Superfish . Deputy Mayor Bob Abbot said he was very proud to have Clinton as Aussie Ambassador and delighted to be able to share with his friend his last Aussie Day Citizenship ceremony before retiring after more than 30 years in council. “Bob's Last Stand”

This was Clinton's second time as Ambassador, last year his duties were in the Ipswich Region.

After the official swearing in of the new citizens, Clinton was thrilled to meet and hand out Australian native trees to all the new Aussies.

The day couldn't be complete without joining Cr Abbot in a chant of “Aussie, Aussie, Aussie, Oi! Oi! Qi!, topped off by the Noosa Chorale's haunting version of Waltzing Matilda.

It was a proud day also for Noosa Rotary and Noosa Tewantin Lions Clubs who worked tirelessly in support of a Fabulous Australia Day in Noosa.

... Sue Stanley



Warren Truss, Cr Sandy Bolton & Clinton



Bob Abbot, Clinton and Warren Truss



Mayor Bob and Clinton



Noosa Chorale



Something to be proud of ...



GREAT NEWS !! Excellence Program

Masters Swimming Queensland has just announced the results of their Excellence Programme for 2015.

Results based on times achieved at Swim Meets throughout the year.

Best ever achieved by Noosa Masters swimmers, many moving up a category in the classifications of Platinum, Gold, Silver and Bronze.

Congratulations to all !!

Platinum

Dyanna Benny, Jan Croft, Lois Hill, Stephanie Jones, Helen Malar, Bob Morse, Ian Robinson, Wendy Twidale.

Gold

Bardie Gruber, Brian Hoepper, Robert Jolly, Terry Mortimer, Irene Symons, Ian Tucker, Bruce Warren, Adrian Wilson.

Silver

Greg Bott, Mark Powell, Rachel Symons, Adele Tucker.

Bronze

Tony Frost, Anne Gripper, John Havilah, Tricia Hughes, Geoff Lander, Jacky Shields



NOOSA SUMMER SWIM

Michael Klim brought a leg of the national ocean swim series to Noosa on Saturday, 30 January. Always popular for the swimming fraternity of the Sunshine Coast, this year attracting 1,000 swimmers for distances of 1, 2 & 3 kilometres.

Ten Noosa Masters Swim Club members swam, six brave souls in the 3 km and four in the 2 km event. Age group winners, 2 km : Bardie Gruber and 3 km : Ian Tucker, Wendy Twidale & John Havilah.

Well done to all : 2 km : Julia Dunstall, Bardie Gruber, Studley Martin & Viv Merril

3 km : Greg Bott, Jan Croft, John Havilah, Grindle Rudder, Ian Tucker & Wendy Twidale.

Coach's Tips



Freestyle

Form is perfect when elbow is high and close to the body and fingertips just skim the surface of the water.

With a good body roll and balance your body line will be long and clean.

Keep it loose.

Inhaling is almost automatic. You need to exhale more emphatically into the water than when you inhale.

Talk to three different coaches and they will all have different ideas about breathing. I can only tell you about what I do.

Next time you are swimming note what your breathing pattern is.

When I am swimming well and racing with rhythm I inhale on one arm and forcefully exhale on the other

Happy swimming. ... Cheers, Jan

ENDURANCE 1000 REPORT

FEBRUARY 2016



Well, having won for the third year in a row, we now are challenged with continuing on our path for the four-in-a-row trophy. I reckon we might need to delve into the stats around the results for 2015. Let's have a look at 2 teams, Noosa and Tasmania.

Another option is to support individual participants so as to increase the average points for our members involved in Endurance 1000. Our Tasmanian competitors (green area) average more than 690 points for female members and nearly 500 for

In spite of the early hour and the rain, 14 swimmers' combined efforts resulted in a huge point score of 679.

Points	Ave pts	F points	M Points	Participants	F	M	Members	% members part	Ave Pts/ Female	Ave Pts/Male
19793	241.38	9510	10283	61	34	27	82	74.3902439	279.7058824	380.8518519
17565	548.91	11089	6476	29	16	13	32	90.625	693.0625	498.1538462

There are some interesting differences. Our team is recorded as having 82 members - while Tasmania has 32! The yellow area shows 75% of our membership participated in the Endurance 1000 Program whereas they had more than 90% of their membership participating. It might be possible for us to increase the percentage of our membership participating. The Dawn Challenge offered to us through Jane Powell is one way of doing that. Her report shows how successful that initiative was in gaining points for our efforts this year.

Secondly, introducing a Teams Competition might also increase participation rates, and Adrian has started that scoring process already.

their male members last year. Our team members (blue) average 280 for female members and 380 for males. Let's put our thinking caps on as to how we might be able to support all members in increasing their points tally.

Our Dawn Challenge

Our Dawn Challenge has been reported on previously however I encouraged Jane to provide some information and pics related to that event. Jane's report and photos follow.

On Wednesday Feb 10th at dawn, a small but enthusiastic group gathered at the pool edge to participate in endurance swims.

This was 389 points earned by ladies, & 290 points earned by men.

What a wonderful start to the year's tally!

Congratulations and thanks to everyone who participated - swimmers, timers, caterers...(sausages in blankets never tasted so good, Bruce and Sandy!)

Special thanks must go to Jessica Tye for the original inspiration to swim at dawn as an alternative to twilight

Owen Curtis
Endurance 1000 Program Co-ordinator
Mob. 0447 654 663
owen@selfmanagementsolutions.com.au



Jess Tye had extra 'support'



Bruce Warren
shone at the BBQ



Jim Barnes and Mark Powell
enjoyed their big swims

2016 MSQ CALENDAR OF EVENTS

tear out this page for handy reference

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
March						
11 - 13	LC	MSQ State Championships			05/16	Miami Olympic Pool, Gold Coast
April						
2	SC	North Mackay Sinkers	QNS	Central	06/16	North Mackay State HS
9	SC	Albany Creek	QAC	Sunshine	07/16	Albany Creek Leisure Centre
16	SC	Whitsunday Warriors	QWY	North	08/16	Cannonvale Pool
21 - 24	LC	National Championships				Melbourne, Victoria
MAY						
14	LC	Noosa Masters	QNA	Sunshine	09/16	Noosa Aquatic Centre
21	LC	Rats of Tobruk	QRT	North	10/16	Tobruk Pool, Townsville
JUNE						
11	SC	Rum City	QBB	Central	11/16	Bundaberg Swim Academy
15 June - 14 Aug	Postal L & SC	Redlands Bayside	QRB	South	12/16	
JULY						
9	LC	Brisbane Southside	QSM	South	13/16	Brisbane Aquatic Centre
30	SC	Genesis Aquatic	QGA	Sunshine	14/16	Genesis College
AUGUST						
20	SC	Brisbane Northside	QBN	Sunshine	15/16	The Valley Pool, Brisbane
SEPTEMBER						
3	SC	Toowoomba Tadpoles	QTW	South	16/16	Glennie Pool
17	SC	Redlands Bayside	QRB	South	17/16	Ormiston Pool
OCTOBER						
8	SC	Maryborough Masters	QMB	Central	18/16	Maryborough Centenary P
22	LC	Sunshine Coast	QSC	Sunshine	19/16	Kawana Waters Pool
NOVEMBER						
4 - 6	LC	Pan Pacific MG			20/16	Gold Coast Aquatic Centre
19	SC	Cairns Mudcrabs	QCN	North	21/16	Gordonvale Aquatic Centre
20	SC	Caboolture Crays	QCD	Sunshine	22/16	St Peters School, Caboolture
27	OWS	North Mackay Sinkers	QNS	Central	23/16	Pioneer River, Mackay
DECEMBER						



BUNNINGS SAUSAGE SIZZLE : TUE 5 APRIL

VOLUNTEERS : Could you please let Bruce Warren know if you are available for either a 2 hour morning or afternoon shift.



The next breakfast for 2016 will be Easter Sunday 27 March
Lane #2 will be providing the food. Will the Easter Bunny find us ??

... Carola Henderson

HANDICAP COMP. ROUND 1



The first round of the 2016 *Handicap Competition* (maybe we should call it the *Sprint Series*) was held on St Valentine's Day in lovely weather with 33 swimmers nominating for the 7 events on the program. Unfortunately, 4 swimmers withdrew on the day which left the *Green* team with only 4 swimmers. As some late entries were not received before the program was



produced they could not be included. A late start due to a slow transition of swimmers from the warm-up pool to the competition pool meant that the Medley Relay had to be cancelled.

Once the event started, though, competition was fierce in some events, resulting in close finishes. The 25 metre Freestyle was the most popular event and it was good to see our new/returning members - Kylie, Sandy, Greg and Peter F - enjoying the events (although one of these newbies looked a bit seedy after their first event). It was good to see Joe in the swim too. Some people couldn't wait to get going and left their blocks too early – there was at least one

repeat offender. And on a romantic note, Marlene and Tom tied for 3rd place in the 25m Backstroke. Surely, something like that could only happen on Valentine's Day!

Despite my best efforts in trying to create teams of relatively even scoring potential, the team results proved to be just the opposite. *Red* team topped the points tally on the day with 647.7 points, followed by *Blue* (502.7 points), *Yellow* (459.4 points) and *Green* (178.6 points). This largely reflected the number of swimmers in each team - *Red* (10 swimmers), *Blue* (8 swimmers), *Yellow* (7 swimmers) and *Green* (4 swimmers). To correct this imbalance I have fiddled with the team compositions, so please check the Team Lists on the Club's Notice Board to see whether you are still in the same team. After the redistribution of some team members, the *Team Tally* is now *Red* (516.2 points), *Blue* (502.7 points), *Yellow* (399.2 points) and *Green* (370.3 points).

Showing her Team Spirit, Jana turned up in her *yellow* top and wore her *yellow* cap in all of her events. Perhaps we should all copy her example in future.

As this was the first round of a new year, everyone's personal best times (PB's) for each event was adjusted to their most

recent time for the event. This is to make allowance for some of us who are getting slower each year - not faster. As a result, though, there were 26 "PB's" recorded on the day - a good indicator that many people are swimming faster now than they were at the end of last year. In future rounds, these new PB's will be used when calculating points earned. The *Top 5* swimmers on the *Leader Board* are Pieter Santifort (85.0 points), Jana Clancy (80.4 points), Jim Barnes (77.0 points), Linda Hogg (75.1 points) and Tricia Hughes (73.9 points)

All competitors had a good time and head



coach, Jan, commented on how useful the competition was for people who will soon be going to carnivals. Again, many members contributed to the success of the event with Bruce and Grant doing a great job as *Starter* and *Chief Timekeeper* respectively. A big "Thank you" also goes to all the other people who did timekeeping, and helped with setting up, packing up, etc. After the competition a great breakfast, provided by *Lane 1*, was enjoyed by all.

Round 2 of the competition is scheduled for Sunday 20 March. The *Race Schedule* and *Entry Form* will be sent out about 2 weeks before the event.

... Adrian Wilson



VALENTINE'S DAY BREAKFAST

AND 15-YEAR MEMBERSHIP PRESENTATIONS



"Love is in the Air" - or so it seemed at the Valentine's Day breakfast held on the pool deck. The tables were laid with red table cloths, silk red roses (which brought out Viv's Spanish side!!), flickering tea lights and chocolates to tempt the large group who attended. After an enjoyable but fast, competitive morning of swimming in our first handicap competition for the year, everyone soon made 'short work' of the scrumptious food prepared by Lane #1.

Champagne, mystery parcels and vouchers were raffled during the morning and women members of the club managed to win all of those!!!

Also during the morning, 15 year membership badges were presented to Barry and Val Bedding (Val also won a voucher in the raffles).

So - after a busy morning of competition, breakfast, raffles and presentations, everyone left on a happy note to finish their Valentine's Day - hopefully with their own 'loved one'

... Carola Henderson

Another auspicious occasion ... Vice President, Bruce Warren finally caught up with the elusive Val and Barrie Bedding, presenting each with a 15 years continuous membership badge - We haven't handed out too many of THOSE !!

Barrie and Val are staunch members of Noosa Masters, having been with the club since its inception in 1999.

They are very keen members of the E1000 Programme and have contributed thousands of points to the club's success over these many years.

For the past several years they have spent more than half each year away in their caravan, so when they are in town and health permits, they put in a lot of time racking up the points !!

Congratulations to two of our most loyal members !!



TIMEKEEPING THANKS



L-R: Amali Scott, Rhys Pepper and Mitchell Warren with their Eumundi school teacher, Jon Gemmell (Janet's son)

Noosa Masters Swim Club again helped with timekeeping at the local Primary Schools District Swim Carnival, held at the NAC on Tuesday, 23 February. , Having assisted every year since 2000., Carnival Co-ordinator, Dan Banderia (Tewanin Primary School), ran an excellent carnival, having been in this role for 16 consecutive years.

Ten schools participated, with Eumundi Primary School being the overall point score winner.

Thanks to our timekeepers : Lois Hill, Linda Hogg, Trisha Hughes, Helen Malar, Robyn Selby, Jacky Shields, Adele Tucker, Tony Frost, Pieter Santifort, Grant Scotcher, Ian Tucker and Adrian Wilson. Unfortunately Bruce Warren was a late withdrawal due to an appointment with his Ophthalmic surgeon.



MARCH

Geoff Lander	1/3
Lois Hill	9/3
Christine Edwards	10/3
Bob Morse	15/3
Brian Cairns	16/3
Adrian Wilson	19/3
Anne Gripper	23/3
Jan Croft	24/3

**BIRTHDAYS ARE GOOD FOR YOU ...
THE MORE YOU HAVE ...
THE LONGER YOU LIVE !!**

CLUB 3000 :

Eleven of our members managed to swim 3,000 metres in 1 hour during 2015. All achieved this with freestyle, but just for good measure, Mark Powell achieved this also in breaststroke. Several members were within a whisker of achieving this feat, but 2016 may be their year.

Well done to : Dyanna Benny, Jan Croft, Sue Ellis, Tony Frost, Brian Hoeppe, Studley Martin, Mark Powell, Rachael Symons, Ian Tucker, Wendy Twidale & Jessica Tye

MEMBERS MEETING

SUNDAY, 20 MARCH 2016 at 9.30am

in the Creche after squad

The purpose of this meeting is to update members on club affairs followed by the exciting bit ...

- Presentation of Club Trophies for 2015
- Presentation of E1000 Certificates/trophies



Calendar

JAN 30	2016 New Zealand Masters Games 30 Jan - 7 Feb more details
FEB 13	2016 Malvern Marlins Interclub 13 Feb more details
APR 21	2016 MSA National Championships 21 Apr - 24 Apr more details
MAY 4	asctaCONVENTION 2016 4 May - 11 May more details
OCT 8	2016 Alice Springs Masters Games 8 Oct - 15 Oct more details
NOV 5	2016 Pan Pacific Masters Games 5 Nov - 13 Nov more details
JAN 1	2017 FINA World Masters Championships 1 Jan more details
MAY 26	2017 World Out Games 26 May - 4 Jun more details

Please support our sponsors

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<p>Bunnings Eumundi-Noosa Road, Noosaville Q 4566 (07) 5430 5400</p>	<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>
<p>Jenny Covell's Tewantin Guardian Pharmacy 112 Poinciana Avenue, Tewantin QLD 4565 Tel: (07) 5447 1451</p>	