# CHALLENGERS CHAMER

**FEBRUARY 2019** 

### **HERVEY BAY Meet - 23 February 2019**

by Lois Hill

Fourteen swimmers (plus some partners) all ventured up to Hervey Bay on Thursday or Friday, wondering whether the carnival would be cancelled. All the locals assured Lois that we'd have no rain, maybe just a bit of wind – they were right, except for a small overnight shower!

On Friday night we all celebrated at Santinis for our pre-race pizza and pasta. Many thanks Helen again for organising this.

Saturday was lovely and warm, and after breakfast we all headed off to the pool. There were 113 registered to swim at the meet, with a few missing, some injured, others uncertain about the weather!

The wind did pick up as the day went on, and yes Brian H, we did get wind assistance when the wind swung round, but only for the 50metre races. The return leg was quite difficult against the wind. Later in the day someone commented that we had the wind against us in both directions! Backstroke turns were quite fun – how many strokes to take after the flags? In one direction you had to take I off your normal count, and the other add I or 2!! Lois did I magnificent turn (3 strokes in the previous backstroke and nearly hit the wall), turning over at 3, and there was no wall! The wind must have dropped!

Two new swimmers joined us for the meet – Adele Smout and Wendy Nothdurft- welcome to the 'competing mob'! Both swam amazingly, cutting many seconds off their entry times. So all their swims will be PBs! Wendy won her age group with some great swims, winning all her events.

After the meet we had snacks while the 'Dash for Cash' prizes were announced, then back to our rooms to get ready for the "Life's a Beach" Cocktail party.

No dancing for Noosa this year – all went home straight after the presentations.

#### Results

Large Clubs' Trophy won by Aqualicious, then Noosa!

Small Clubs' Trophy was won by the new local club at Cotton Tree – well done to the 3 swimmers!

Gold Age Group medal to Wendy Nothdurft

Silver Age Group medals to LiQun Hussey, Viv Merrill, Annie Collins, Jan Croft

Bronze Age Group medals to Jo Matthews, Rob Jolly, Lois Hill

Top swims of the day (any swim 'worth' more than 500 points) went to Helen Malar and Rob Jolly for 50m Breaststroke, and to Jan Croft for her 50m and 100m Freestyle swims.

#### Notes from swimmers-

Jan C "I was amazed at the number of swimmers from our club that travelled to HB, almost 100%. So well done Noosa, pat yourselves on the back, considering the weather forecast, it was starting to look scary on TV, we were very lucky and so was HB."

Jo M -"200 IM — it was a bloody long way ".Then, "Pleased to swim a 100 Fly breathing every 2 strokes all the way"

Again Jo "So the 100 fly record holder in my age group turned out to be in the wrong race, that was her 50 time! (with a happy emoji not able to be inserted here!)

Robyn S- "The wind was with me!!" but later "The wind hindered me!"

Rob J-"Acted as mother hen rounding up his little spring chicks to marshalling!"

Linda – "Linda & Jacky accosted a few swimmers to check out their club bathers -still on a mission!!"



Viv said "NO COMMENT"

Adele Smout - "Any disappointment I might have had at not winning a medal was assuaged when my husband Michael was asked to draw a raffle ticket and he drew my number! A nice bottle of wine!"



## Hervey Bay ... cont'd



Adele Smout - all smiles

... Adele Smout - "To add to the haul - I was asked to draw the very last raffle ticket of the evening while accepting my prize - and I drew Michael's raffle ticket ... what are the odds of that?!"

#### **Accolades**

Thanks to Rob and Rod for erecting the tents and ensuring we were safe in the wind. John Hussey – for magnificent photos, and to Liz A for again holding the fort by timekeeping all day -thank you Liz, that really helps us swimmers.

Congratulations and thanks to Hervey Bay for a great carnival and weekend!

... Lois Hill



LQ and Jan Croft



New star - Wendy Nothdurft



**Watching events** 



Wendy and Rod in medley relay



**QNA** groupies



"No," Lois, "it's not windy!"



relaxing between events



Jacky and Linda (aka Thelma and Louise)



all smiles at end of the meet



Under tent, waiting to start



Sunday breakfast

### 2019 "Swim for the Reef"

by Brian Hoepper and Adele Tucker

We had a great time on Friday evening 1st Feb at the NAC. Combining the first of our 2019 'Twilight Endurance' swims with the 'Swim for the Reef' proved a great success.





Fifteen club members completed twenty-one Endurance swims, adding well over 200 points to the growing tally for 2019 ... only another 23,000 or so to go! Well done to Annie, Bob McC, Brian, Di, Greg, Helen, Jane, Jo, LiQun, Lois, Mark, Rob J, Robyn, Rod and Wendy I.

In terms of distance swum, the total was around 17.5 kilometres, with two 'ring-ins' (Kathleen and Drew) contributing two and one kilometres respectively. The Swim for the Reef project aims to complete over 2,000 kilometres of swimming – the length of the Great Barrier Reef - over a number of years. Since 2016, the collated swims have totalled 1,011km, and Noosa's effort will help swell the 2019 total.

The members of the Noosa Masters team in the Swim for the Reef have so far attracted a very impressive \$2604.71 in donations from sponsors and supporters – including many generous donations from QNA members.

Congratulations to the team, comprising QNA members Brian, Greg, Helen, Jo, Robyn and Wendy, joined by Drew and Kathleen, and thanks to all who made donations.

Friday's 'twilight' event was made possible by valuable 'behind-the-scenes' work by Adele, Tricia and Jane, and by a host of willing volunteers who acted as timekeepers. Adele kept things turning over as 'deck captain' while Tricia handled the recording with her usual aplomb.

The evening finished with a convivial gathering at the NAC barbecue shelter, sharing delicious food and enticing wine. Bob McCausland won plaudits for his very tasty McLaren Vale shiraz.

If you'd like to add your donation to the Swim for the Reef, you can still do so at: <a href="https://swimforthereef.everydayhero.com/au/noosa-masters">https://swimforthereef.everydayhero.com/au/noosa-masters</a>

A few photos here capture the fun of Friday. Anyone who can identify the mysterious character in the black shark suit is excused from doing any butterfly at the next Masters squad!

#### **Spell Checker**

I halve a spelling checker It came with my pea see It plainly marks four my revue Mistakes I dew knot sea

Eye strike a key and type a word And weight four it two say Weather eye am wrong oar write It shows me strait aweigh

As soon as a mist ache is maid It nose bee fore two long And eye can put the era rite Its rarely ever wrong

I've scent this message threw it And I'm shore your pleased too no Its letter prefect in every weigh My checker tolled me sew

### Miami Swim Meet 9 February 2019



LQ and Annie at BBQ



Toasting Noosa at BBQ



Greg celebrates his PBs



more team strategy planning



Jacky, LQ, Flick

Another very successful meet for the 14 Noosa swimmers competing.

Breaking news!! The icing on the cake came when the marvellous 'old ladies' team of Jan "who else!", Steph "the dynamo," Lois "for her many years," then "young" Jacky Shields, who just allowed us to scrape in to 280+ (total 281) swam the 4x100m Freestyle relay. A difficult start as lanes were altered and we were allocated lane 8.

We fronted up - no timekeepers for lane 8, no paperwork - Jan patiently waiting to start while we raced around trying to get someone to get time keepers - other lanes almost getting on the block - frantically waving to starter to say they couldn't start yet - a complete shemozzle! Eventually sorted- with some of the members of the Miami current record-holding team standing behind to watch. They had swum in the previous heat so were there to 'cheer us in' – thank you friends! We won, breaking QMM's Branch record by .62secs in time of 6:18.8. It was also a National Record!

In the final wrap-up: Noosa came **third** in the Large Teams aggregate, behind Miami - who actually gave the trophy to 2nd place Brisbane Northside.



Tent preps - Jacky, LQ, Flick, Bessers, Rod A



Team waiting for events

#### Age group places:

Gold to Greg Armitage, LiQun & Rod Alfredson

Silver to Jan & Lois (shared), and Annie Collins

Bronze to Helen Malar and Charley Moore

Most of our team drove to Miami on Friday, and stayed overnight (some Saturday as well!) at The Grande Florida Resort in Miami, and had a great Italian meal at the local restaurant — thank you Helen for organising this. Enormous plates of pizza, pasta, ribs and salads arrived at the table — enough to feed an army. No question 'what's for dinner?' on Saturday night for Jacky, Linda & Flick!

Saturday was a beautiful day – Thanks to Rod, Ross and helpers who arrived early to put up the tents, complete with our new 'tent weights' – many thanks to Rob J!

Rod Alfredson, Greg Armitage, Anne Besser, Annie Collins, Jan Croft, Felicity Hawkings, Lois Hill, Linda Hogg, LiQun Hussey, Steph Jones, Ross Kee, Helen Malar, Charley Moore and Jacky Shields all swam magnificently in many events,

Liz Alfredson and Michael Besser did sterling support work with Liz timekeeping all day. Many thanks!



Li Qun - Gold winner!



#### Miami Swim Meet 2019 contd

### Some of the roving reporter's comments –

"Good swim in the 400 Free for Jan Croft, closely followed by Jacky who put in an impressive spurt in the last 25 metres."

"Anne Besser did a PB in 100 Free – (just a little, but it is a PB!)"

"LQ did a great swim in the 50 Breast - fab finish, strong glide to wall."

"Greg Armitage PB'd his 50 Free by 100th of a second, AND his 50 Fly by 2.5 seconds"-outstanding swims Greg!

"The talk of the day was about Ross and Helen side by side in the 50m Breaststroke! It was a battle of the minds. The dive was even, but Ross took it out in the day."

All in all, a great meet, good BBQ and Presentation (fancy water bottles for winners) and lovely weather!

... Lois Hill



Greg - Gold winner!



Charley ... bronze winner!



Annie - Silver winner!



Rod - Gold winner!



NATIONAL RECORD RELAY TEAM Lois Hill, Steph Jones, Jan Croft, Jacky Shields



Saturday night toast to new National record holders



Jan - Raffle winner!

### 2019 Valentine's Day Eve - Sunset Cruise ...

On Wednesday, 13th February, 21 Members, partners and friends cruised the beautiful Noosa River on an absolutely perfect evening. It was a balmy night with a cooling breeze blowing. A comment from our friendly skipper 'I wish all our evenings were as perfect as this'!

As we cruised around Noosa Sound, weaving in and out of all the moored boats near the river mouth, we watched the sun set over the hills to the west and saw many kite surfers catching the breeze as the sun set.

We celebrated Valentine's Day with champagne, wine and beer, indulged in amazing platters of fine food. The evening concluded with delicious Lindt chocolates. A very social, relaxing and fun evening.

... Helen Malar









Above: A couple of old romantics -Bob & Olga McCausland

#### Mooloolaba Swim Festival - 2 & 3 March

On Saturday, the 2.5km A2M Ocean Swim (Alexandra Headland to Mooloolaba). It couldn't be held in 2018, so 2019 is your chance to swim it for the first time!

**Event Info** 

On Sunday, the legendary Mooloolaba Mile and short course events.

And out of the water, there are free festival events, like daily Sunrise Yoga on the beach and an Outdoor Cinema in the park - there's plenty for non-swimmers too!

#### Coolangatta | Apr 28

The Cooly Classic's 10th birthday is set to be a cracker. We'll be offering 1km, 2km, 3km and yes, a 5.0 km! Who's in for the Cooly 5.0 on April 28!!



#### March

Lois Hill	9/3	Brian Cairns	16/3
Christine Edwards	10/3	Adrian Wilson	19/3
Bruce Hammond	12/3	Anne Gripper	23/3
Christine Cooper	13/3 (Big 70)	Wear Armstrong	24/3
Bob Morse	15/3 (Big 70)	Jan Croft	24/3

Happy Birthday.

Another year to prove that

Older doesn't necessarily mean wiser!!

https://www.youtube.com/watch?v=2cz25q2Q\_Z0

## 'radicals in our ranks!'

Brian Hoepper

Eagle-eyed Mick Jones was the first to recognise him. But then Mick is a 'child of the sixties' and familiar with the key figures of the turbulent decades ushered in by the 'Age of Aquarius'.

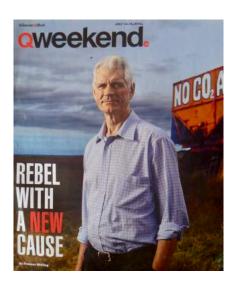
At Noosa Masters' Swim for the Reef/Twilight Endurance evening on Friday 1st February, there was indeed a 'radical in our ranks'. My long-time friend Drew Hutton had signed up to swim with us in the fundraiser for the EDO's reef campaign. Drew had previously captained the Brisbane-based EDO team that I swam with in 2015-16.

Drew has had a colourful history of environmental and political activism that began in his university days in the 1960s. Two career highlights stand out. In 1990, he joined with Bob Brown to co-found the Australian Greens. More recently, he established and led the 'Lock the Gate' (LTG) movement. LTG fulfilled a long dream Drew nurtured of bringing together 'greens' and 'farmers' - two groups traditionally seen as political foes, but - as Drew knew - sharing a common interest in a sustainable future for the Australian environment.

'Lock the Gate' attracted some strange bedfellows. One was Bob Katter (no friend of 'greenies'). Another was the leading 'shock jock' of the Australian airwaves, Alan Jones. Both lent their considerable support to Drew in a landmark court case. Drew and Alan Jones go back a long way, to the mid-60s, when Drew was school captain of Brisbane Grammar (and a star athlete), and Jones was his athletics coach.

Drew's career was the focus of an edition of ABC TV's 'Australian Story' in 2014 and he was the cover story of the Courier-Mail's 'QWeekend' magazine in 2012.





Lock Me Away
Pasted Wed 5 Oct 2014, NOtem Updated Tue 5 Dec 2017 11:55 am

On 1st February, as we gathered for drinks and finger food post-swim, we were joined by Drew's wife Libby Connors. Like Drew, she's a history academic and political activist. Together, they co-authored *The History of the Australian Environmental Movement*, and Libby more recently wrote *Warrior* - the story of the Aboriginal leader Dundalli who led Indigenous resistance to European occupation in south-east Queensland, and was hanged on Friday 5 February 1855 near the site of the current Central Station/Anzac Square in Brisbane. For *Warrior*, Libby won the 2015 Queensland Premier's Literary Prize for non-fiction.

**Footnote:** In 1991, in the Brisbane Lord Mayoral elections, Drew's preferences propelled the 'rank outsider' Jim Soorley to a shock victory over the 'impregnable' incumbent Sallyanne Atkinson. One of Sallyanne's key staff was our own Rob Jolly!

### CARNIVAL CORNER - UPCOMING MEETS

#### 2019 dates Please send replies/queries to <u>Captains at captain.noosaqna@gmail.com</u>

#### 9 March: Albany Creek Short Course Carnival: start time 9:30

Entries have now closed for this, and we have a bumper number of swimmers – 28 have entered. We have a bus booked for this meet, and we'll be sharing that with a few QSC swimmers. Cost of bus will be notified soon. Bus will be leaving the BiCentennial Hall car park at 6am!

MSA Nationals-March 18-23 2019, Aquatic Centre in Marion, Adelaide: Entries are now closed. We have 7 entrants – Anne Besser, Lois Hill, Linda Hogg, Steph Jones, Ross Kee, Helen Malar and Jacky Shields. Good luck to all !!

II-I3 April 2019 MSQ State Long Course Titles - Chandler Pool, Brisbane Entries are now open on MSQ Entry Manager - DO IT NOW! (accommodation suggestions Cozy Cabin, Camp Hill Hotel, Manly Marina Cove Motel)

Warm up each day will be from: 8.00 am. Main Pool Cleared for Final Testing: 8.45 am. Start each day: 9.00 am, finish 5pm.

#### II May: Yeronga Yabbies Short Course

Bus will be going-another good meet for all swimmer levels. Usually starts at 2pm.

#### 23-26 May – Great Barrier Reef Games

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

Current details on <a href="http://www.mastersswimmingqld.org.au/News/great-barrier-reef-masters-games">http://www.mastersswimmingqld.org.au/News/great-barrier-reef-masters-games</a> or <a href="http://www.mastersswimmingqld.org.au/News/great-barrier-reef-masters-games">www.gbrmg.com.au/News/great-barrier-reef-masters-games</a> or <a href="http://www.mastersswimmingqld.org.au/News/great-barrier-reef-masters-games">www.gbrmg.com.au/News/great-barrier-reef-masters-games</a> or <a href="http://www.mastersswimmingqld.org.au/News/great-barrier-reef-masters-games">www.gbrmg.com.au/News/great-barrier-reef-masters-games</a> or <a href="http://www.mastersswimmingqld.org.au/News/great-barrier-reef-masters-games">www.gbrmg.com.au/News/great-barrier-reef-masters-games</a> or <a href="http://www.mastersswimmingqld.org.au/News/great-barrier-reef-masters-games">http://www.mastersswimmingqld.org.au/News/great-barrier-reef-masters-games</a> or <a href="http://www.masterswimmingqld.org.au/News/great-barrier-reef-masters-games">www.gbrmg.com.au/News/great-barrier-reef-masters-games</a> or <a href="http://www.masterswimmingqld.org.au/News/great-barrier-reef-masters-games">www.gbrmg.com.au/News/great-barrier-reef-masters-games</a> or <a href="http://www.masterswimmingqld.org.au/News/great-barrier-reef-masters-games">www.gbrmg.com.au/News/great-barrier-reef-masters-games</a> or <a href="http://www.masterswimmingqld.org.au/News/great-barrier-reef-masters-games">www.gbrmg.games</a> or <a href="http://www.masterswimmingqld.org.au/News/great-barrier-reef-masters-games">http://www.masterswimmingqld.org.au/News/great-barrier-reef-masters-games</a> or <a href="http://www.masterswimmingqld.org.au/News/great-barrier-reef-masters-games">www.gbrmg.games</a> or <a href="http://www.masterswimmingqld.org.au/News/great-barrier-reef-masters-games">www.gbrmg.games</a> or <a href="http://www.masterswimmingqld.org.au/News/great-barrier-reef-masterswimmingqld.org.au/News/great-barrier-reef-masterswimmingqld.org.au/News/great-barrier-reef-masterswimming

A few people were interested, but at the moment no-one from Noosa has entered.

**15 June: Rum City Short & Sweet Meet at Bundaberg** – Short Course. Lots of relays. This is a meet where members stay overnight in Bundaberg.

6 July: Brisbane Southside Masters: Short Course at Brisbane Aquatic Centre, Chandler

Please send replies/queries to Captains at <a href="mailto:captain.noosaqna@gmail.com">captain.noosaqna@gmail.com</a>
See full MSQ Events Calendar for 2019 on the opposite page.



lust want to say a huge. heartfelt and sincere "thank you" to so many. What a caring lot you are! A great "get well" card with so many good wishes, phone calls, texts, cakes, flowers, meals, visits all meant so much whilst I was house bound post op and Ivan "booted". Bad timing! Everything you did combined to really keep my/our spirits up during that awful "do nothing" period.

... Wendy Ivanusec

Congratulations to Bob McCausland who won the cap and pen.

He completed a 30 minute swim one Friday, not bad when you are in your 90th year!

But that pink cap ... people might start to talk, Bob





# MASTERS SWIMMING QUEENSLAND 2019 EVENTS CALENDAR



#### Legend:

MSQ Swim Meets	
MSQ Postal Events	

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
MARCH		*			-		
2	LC	Atherton Mountaineers	QAT	North	Q3/19	Yes	Atherton Pool
9	SC	Albany Creek Masters	QAC	Sunshine	Q4/19	Yes	Albany Creek Leisure Centre
19-23	LC	National Champs		Adelaide		Yes	SA Aquatic & Leisure Centre
APRIL	-						
11-13	LC	MSQ State Champs	QSM	South	Q5/19	Yes	Brisbane Aquatic Centre
27	SC	Whitsunday Masters	QWY	North	Q6/19	Yes	Cannonvale Pool, Proserpine
MAY	-						
11	SC	Yeronga Yabbies	QYP	South	Q7/19	No	Yeronga Park Pool
23-25	LC	Great Barrier Reef Masters Games	MSQ	North	Q8/19	Yes	Tobruk Memorial Pool, Cairns
20	2011			725 364		0	
26	ows	Muddies Annual Crater Lake Classic	QCN	North	Q9/19	n/a	Lake Barrine
JUNE							
15	SC	Rum City Short & Sweet Meet	QBB	Central	Q10/19	Yes	Bundaberg Swim Academy
ean.	900.0×4		SS SSS	POWSENNA P	35 32,0540,2040,0	30968-3404	27
29	LC	2019 Rat Races	QRT	North	Q11/19	No	Tobruk Pool, Townsville
JULY						200.00	
1-31	Postal	Toowoomba Tadpoles 1500m	QTW	South	Q13/19	n/a	Any 25m or 50m pool
6	SC	Brisbane Southside Masters	QSM	South	Q28/19	Yes	Brisbane Aquatic Centre, Chandler
20	SC	Genesis Masters	QGA	Sunshine	Q14/19	Yes	Genesis Aquatic Centre
AUGUST							
3	SC	Townsville Aquaholics	QTA	North	Q15/19	No	Kirwan Aquatics
5-18	LC	Fina World Masters	-constant	Gwangju, Korea		Yes	Nambu University Municipal Aquatics Centre
24	SC	Brisbane Northside Masters	QBN	Sunshine	Q16/19	Yes	The Valley Pool
31	LC	Long Tan Legends	QLT	North	Q17/19	Yes	Long Tan Memorial Pool
SEPTEMBER							
1-30	Postal	Rocky Crocs Postal	QRH	Central	Q29/19	n/a	Any 25m or 50m pool
14	LC	Noosa Masters	QNA	Sunshine	Q18/19	Yes	Noosa Aquatic Centre
28	SC	Maryborough Masters	QMB	Central	Q23/19	Yes	Maryborough Aquatic Centre
28-29	SC	Lismore Masters Games	QTR	South	Q19/19	Yes	Trinity Aquatic Centre
OCTOBER							
5-12	LC	Australian Masters Games		Adelaide		Yes	SA Aquatics & Leisure Centre
12	SC	University of Qld Masters	QUQ	Sunshine	Q20/19	Yes	UQ Aquatic Centre
20	ows	Copperlode Swim Classic 2019	QCN	North	Q21/19	n/a	Lake Morris, Copperlode Dam
26	LC	Sunshine Coast Masters	QSC	Sunshine	Q22/19	Yes	Kawana Aquatic Centre
NOVEMBER							
3	OWS	Sinkers OWS Balnagowan	QNS	North	Q24/19	n/a	Pioneer River, Balnagowan
9	LC	Aqualicious	QAL	Sunshine	Q25/19	Yes	Centenary Pool
24	ows	Trinity Lismore Masters	QTR	South	Q26/19	n/a	Shaws Bay Ballina
DECEMBER							
DECEMBER							



### Noosa Summer Swim 2019 - February 2 & 3

The Noosa Summer Swim is a bucket list event for any keen ocean swimmer with a festival atmosphere that only Noosa Main Beach can deliver.

In 2019, the weekend festival offered a range of distances for every ability, from junior events to the 5.0km Noosa Grand Prix where seasoned swimmers pushed their limits alongside current Olympic swimmers.

The short course is an ideal stepping stone to longer distances, or to conquer your first open water event.

The 2km is the most popular event on the program.

This course takes you out and back from Noosa Main Beach towards the Noosa National Park. For those taking on their first long course event, there is an option to start with friends and other weekend warriors in the Mates Wave.

For a longer distance, the 3km might be your next training goal. All swimmers are able to choose their own wave start group

The big one, a 5km marathon distance swim.

This multi-lap course around the sheltered waters of Noosa Main Beach is the perfect opportunity to push your limits beyond the typical open water distances. This year the field was limited to just 200 swimmers

Thanks to our coach, Jan Croft, here are results of our Masters who competed in the 1,2,3 and 5km swims

lkm	Anne Besser	lst
2km	Gerry (T'ba) Studley Martin Georgie, Felicity's	lst. 2nd
	daughter Felicity Hawkings	2nd 3rd
	Julie Bott	4th
3km	lan Tucker Jan Croft	l st l st
5km	Sam Penny	2nd

Eddie McGuire flies to Baghdad to watch a young Iraqi play Aussie Rules and is suitably impressed and arranges for him to come over to Collingwood. He's signed to a one-year contract and the kid joins the team for the pre-season.

Two weeks later the Magpies are down by 6 goals to Carlton with only 10 minutes left. The coach gives the young Iraqi the nod and he goes in. The kid is a sensation - kicks 7 goals in 10 minutes and wins the game for the Magpies!

The fans are thrilled, the players and coaches are delighted, and the media are in love with the new star. When the player comes off the ground he phones his mum to tell her about his first day of AFL.

'Hello mum, guess what?' he says. 'I played for 10 minutes today, we were 6 goals down, but I kicked 7 goals and we won. Everybody loves me, the fans, the media...

'Wonderful,' says his mum, 'Let me tell you about my day. Your father got shot in the street and robbed, your sister and I were ambushed, beaten, and your brother has joined a gang of looters, and all while you were having such great time.'

The young Iraqi is very upset. 'What can I say mum, I'm so sorry.'

'Sorry? You're sorry?' says his mum, 'It's your fault we moved to Collingwood in the first place'!



### Hello again ...Tip Time !! TIPS ON RECOVERY

The older the swimmer the greater the recovery needed between repeats .

Warm up slowly, don't fatigue before the main set.

Cool down ... An opportunity to cool down after the main set and facilitate the breakdown of any accumulated lactic acid thus reducing the incidence of any muscle soreness and fatigue after the session.

Don't skip warm up and cool down.

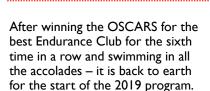
Happy swimming - Cheers, Jan

### ENDURANCE 1000 REPORT FEBRUARY 2019

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/



The EDO Swim-a thon held on I February helped get us off to a flying start for 2019.

Many thanks to Brian Hoepper, swimmers, time keepers and recorders making the EDO such a successful event from both the funds raised and the points earned.

Postal swims continue to enhance our successes at swim carnivals. Postal swims for Miami, Hervey Bay and Albany Creek boost our overall points tally under the program. The long swims (1500m, 30mins, 45 mins, 60mins) obviously gain best points.

It is interesting to note that through the Endurance program as a competing Club, our postal swims generate excellent points for our carnival participation. A first in postal swim earns 10 points and a second 9 points. Also one less swim to do on the carnival day. Other clubs do not seem to place as much emphasis on postal swims as we do. Keep it up folks!



### 31 March 2019 Endurance Sunday

Just a reminder – as this is the 5<sup>th</sup> Sunday in the month of March there will be no training as an Endurance session will be run.

HAPPY ENDURANCE SWIMMING!

Regards, Rod

Rod Alfredson Coordinator Endurance 1000 program Mob 0418 260716 rod.alfredson@bigpond.com

### BUNNINGS BBQ REPORT ... by Denise de Carlo

Huge thanks to all who volunteered their time. A great response which made organising easy. Big bouquet to Mick who took up the running on the day after Chris flitted off to Victoria to play with friends.

We sold 192 snags and 122 drinks. Leftover goods were sold off at cost to members so we made \$650 on the day. We only lost a few snags (and onions too!) by dropping them on the ground.



Mick, Carola, Lois

Special recognition goes to Chris, Mick, Annie and Li Qin for coordinating the day long event. Also thanks to Rod and Elizabeth who helped set up. Chris did a sterling job in liaising with Julia and planning the ordering and pick up. The test was how smoothly it all went. Special shout out to Julia for her past work and her work on the day. She was there to help set up and called in a few times to check how we were going.

Our lively volunteers took orders and money from the punters, grilled the sausages and onions perfectly (Mick was our talented Tong Master and grill Sergeant), prepared plates with the right bread type (these jobs are hard!). Just ask Mick how difficult it can be to get the sausage at the right angle on the bread! But what a team we were.

It was a fun day and a great fund raiser for the team.

January is historically a quiet time for retail so our next date is a good one. Just before Easter when everyone will be getting homes in order for holiday visitors DATE CLAIMER for next BBQ

Tuesday, April 16

If you are available let Chris know so you can have first choice of time slot.



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