

CHALLENGERS' CHATTER

FEBRUARY 2021

Noosa Summer Swim

contributed by Corals D'Ott

After a good first ocean swim (with fins) in the Coolum Beach to Beach earlier this year, I decided to give the Noosa Summer Swim a try. I knew the distance of 1km would not be a problem but with no fins and hundreds of people in the water at any one time - all in race mode - I knew I had to just concentrate on plodding along on the side away from trouble.

The day was exceptionally hot at 33degC and 95% humidity, so standing around in the sun, waiting for a noon start, was not pleasant.

After her own successful 3km swim, our Coach, Jan Croft, still had time for some tips and encouragement which I really appreciated. So the strategy was just to get to the end in one piece and forget it was supposed to be a race.

It was so divine to finally get in the water and out through the breakers, but because of the bodies and breakers ahead of me, after the first white buoy I could see only one yellow buoy, so headed towards it ... until I realised it was the second, not the first. It meant I almost had to stand on water to sight the first buoy to change direction.



Got around it no problem, but amidst many thrashing arms and legs and that battle continued all the way to the second yellow buoy - so just carried on best I could.



At the second buoy, I realised I had a bit more open water and plenty of energy left and the tide on my side, so legged it as much as I could back to the beach and even ran up to the finish line which surprised even me!

Once back, there was no one around whom I knew, so presumed all had already finished. After a snack and shower headed for the bus when my phone pinged with the results. I scrolled down and saw the rest of the Noosa team had done so well ... then found out I was the first one home in my age group of 70+!

This was such a shock that I waited all day for the phone to ping to say it had all been a mistake. Apparently not, and I have to admit it is a wonderful confidence booster for a first time ocean race.

One gets quite used to just swimming for the sheer joy of it and to not really have expectations of winning anything - so thanks to everyone for their support and encouragement.

If I was to give any tips for other beginners, I would say listen to your coach and, for me, swimming 3 times a week seems to have paid off!!

The only disappointing aspect was there was not a single photograph of the finish. My family would have loved that - but obviously too late in the day.

Hopefully I can do it again one day!

Congratulations to all who completed the Noosa Summer Swim. A good hit out for many after months of layoff from competition. No starters in the 5.0km event. Studley volunteered, providing water safety services for his Surf Club.

During our after squad coffee recently, Studley Martin, our esteemed Treasurer, was overheard quietly telling someone he was involved in a surf rescue. Under questioning it turns out that Studley had noticed "an old bloke in his sixties" caught in a rip at Sunshine Beach struggling to stay afloat as he battled to fight against the current. Studley leapt in the surf and steered the "old bloke" to safety to the side of the rip. He then guided the bloke to the shore. A very grateful and now wiser surfer is alive and well thanks to 'our' Studley ... Onya Studley!!! He rewarded Studley with a beer and a bottle of wine. Hope it was a Grange Hermitage!!! As this little tale was relayed to the assemblage, Coach Jan was heard to remark rather loudly, "Yeah, I stuck my hand up and waved for help during the Ocean Swim and he waved back at me and yelled 'Keep swimming, Jan !!' "



Sunk!

by Fay Canuse, special correspondent.

North Mackay Sinkers Postal Swims

Hello darlings! Yes, I'm back! Such a year. The lockdown saw me isolated in the high rollers' suite at Monte Carlo. As Mae West said 'Too much of a good thing can be wonderful!'

Well darlings, They're at it again! As my dear mama used to say, 'A leopard never changes its spots'. Ditto 'The Boss' and 'Nifty'.



You've no doubt heard 'The Boss' boasting about how the nine Noosa Masters swimmers demolished all opposition in the North Mackay Sinkers' postal competition. Well ... guess what fell off the back of a truck right outside my townhouse? The transcripts of some very revealing emails received by the 'boastful boss'. More than enough to 'sink' him, methinks!

Date: 18 January 2021
From: Equine Performance Industries Sales Department
To: Rob Jolly, co-Captain QNA

We are pleased to forward your order, as follows:

9 X individual phials Salbutamol
9 X hypodermic syringes

Thank you for providing the signed declaration to the effect that the Salbutamol will be used solely for the purpose of invigorating the horses on your Boreen Point pastoral estate.

Date: 20 January 2021
From: Tik-Tok Precision Timing Equipment
To: Rob Jolly, co-Captain QNA

We usually pride ourselves on producing stopwatches that run perfectly! But we're happy to be complicit in your swim club's 'April Fools' bit of fun.

Your watches are on the way. As ordered, each has been calibrated to provide an 'enhanced performance effect': namely, that an actual elapsed time of - for example - 60 seconds will register on the stopwatch as only 30 seconds. Your clubmates will think they're Olympians! Have fun!

Date: 15 January 2021
From: Rubber-dub Recreational
To: Rob Jolly, co-Captain, QNA

In answer to your queries:

1. Yes, the 'special item' swim fins are currently in stock.
2. Yes, our innovative technology renders the fins fully transparent, and thus invisible to the onlooker.
3. Yes, we do have nine pairs of fins in the sizes you indicated.
4. Yes, FINA agents did inspect our factory after a complaint ... but we hid the fins!!

Date: 23 January 2021
From: Cambridge Analytica
To: Rob Jolly, co-Captain QNA

We can confirm that all emails and website postings related to 'Entries - North Mackay Sinkers Postals' are being intercepted by our surveillance unit. As per your instruction, emails and postings from 'QNA' are quarantined from this interception, and are being delivered as intended to Masters Swimming Queensland 'Entries Portal'

Date: 28 February 2021
From: Martin Banks, Director of Recording, MSQ
To: Rob Jolly, co-Captain QNA

Rob ... how amazing ... At close of entries for the North Mackay Sinkers postal competition, Noosa was the only club to have entered! You certainly deserve your reputation as MSQ's 'premier club'. What a bunch of pathetic slackers the other clubs are! Please congratulate your team. Enjoy your glory!!

Oh! The shame! As my dear mama always said, 'Truth will out!'

Fay xx

EDITOR'S NOTE:

QNA rejects absolutely the scurrilous imputations in the above column from that indulged, lay-about, so-called correspondent Fay Canuse. To set the record straight, we can affirm that all nine of the QNA swimmers comported themselves with propriety, dignity and a furious competitive energy that saw all nine of them achieve top points in the 'Sinkers' competition. Congratulations to Rod Alfredson, Lynette Clemitson, Rob Jolly, Mick Jones (his first 'gold medal'), Jo Matthews, Bob McCausand, Wendy Nothdurft, Adele Tucker and Ian Tucker.



26 km
Raised \$800 !



A big thank you to everyone who sponsored me on my most recent Starlight Super Swim!

I managed to raise \$800.00 and swam 26km.

My goal was \$500.00 and 14km, so exceeded my expectations on both counts.

It was very achievable to swim the nominated distance for a single person, especially as we swim at least 2 to 3 times a week.

Perhaps next year - 2022 - we can put a Noosa Masters Swimming Club team together? Anyone interested?

... Adele Tucker

CARNIVAL CORNER

Diary dates of approaching carnivals for Noosa Club
Further information about these and other meets can be found on the MSQ & MSA Websites

By the beginning of February members attending squad training were increasing and with the addition of four keen new members. Welcome Patrick, Sandy, Trevor and Fiona. We are back to regular training, gaining form and resuming our passion for swimming.

POSTALFEST 2021

Albany Creek Postal Meet. We got off to a slow start in January with the unusual Three Levels of Duck Swims. By mid-February seventeen swimmers had taken up the challenge and were completing their postal swims and were ready for more.

Mackay North Sinkers Postal Meet. Along came Life Member Bob McCausland (90+) who resumed Endurance swimming with the goal of entering a 400m postal in his club of 20 years past. His enthusiasm and sweet talking persuaded another eight members to also compete. The Sinkers organisers were delighted with the response as was our Endurance team who were stacking up the points. Results nine QNA entries NINE FIRSTS!

2021 Noosa Summer Swim/World Series Swims. 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. February 21st was a Super Sunday of swims ranging from the 300m Junior Giants to the Noosa 5.0. As always, there was a huge range of abilities on the start line, from first-timers to seasoned swimmers and current Australian representatives, including ten of our Noosa Masters members.

Congratulations to all who competed in the Noosa Summer Swim. A good hit out for many after months of layoff from competition. Apologies if we missed someone, well done to all our members.

3.0km event

Name	Place in Age Group	Time	Age Group
Patrick Buxton	16	50.50	50-54
Felicity Hawkins	2	54.47	55-59
Ian Tucker	1	46.09	65-69
Greg Bott	2	50.13	65-69
Jan Croft	1	56.39	70+

2.0km event

Diane Scott Davies	2	37.20	55-59
Bardie Gruber	2	41.51	70+

1.0km Event

Sue Silburn	1	21.04	60-64
Corals D'Ott	1	29.21	70+
Anne Besser	4	35.12	70+

UPCOMING MEETS

Hervey Bay Humpbacks Postal Meet.

Next up in the Postal Trilogy. Five swims per swimmer, events from 50-400m all strokes including 200IM and 400IM. Another opportunity to do A 400m endurance swim. We intend to have a Mini Meet on Sunday 14th March where members can complete their 50/100/200 swims. Hopefully many members will undertake this postal meet in preparation for the MSQ prep meet hosted by Palm Beach Masters the next Sunday 21st from midday.

MSQ Preparation Meet (before the States) hosted by Palm Beach Masters.

At the Palm Beach pool, Gold Coast. Sunday 21st March 12pm. Sanctioned (Q20-21) Swim Meet, long course. 50/100/200m Events, No postals or relays. Programme and details on MSQ website. Captains are looking at arranging bus transportation if enough members participate.

MSQ State Championships,

Kawana Aquatic Centre 9-11th April. Right on our doorstep, so carpooling seems the option over the 3 days. This will enable us to hire a bus later in the year for the Brisbane events.

The Palm Beach Meet will be the debut of our two recently purchased bright yellow Noosa Marquees with Noosa Masters Swimming Club printed on the fronts.... Very Noooooosa.

Swimmingly,
Rob and Helen Co-Captains

Please send any queries to Captains at
captain.noosaqna@gmail.com



We managed to catch up with 6 of the 9 'Gold Medal' Swimmers who did a postal swim for the Mackay Sinkers.

rear: Mick Jones, Rob Jolly
centre: Wendy Nothdurft, Jo Matthews
front: Lynette Clemitson, Bob McCausland

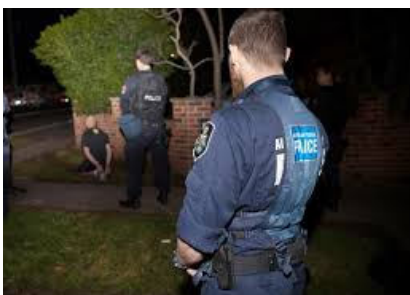
A quick little getaway and an unexpected 'find'

contributed by Wendy Ivanusec

Cascade Gardens, Surfers Paradise - our 'find'. Our apartment on left.



We requested ground floor as no lift. (3-star but completely adequate with a nice pool and very quiet ... except for the night there was a police raid involving the apartment block across the street at the rear of our property (at the end of a dead end) and a chase and captures in the adjacent park ... talk about exciting! Behind our curtains, riveted by the unfolding scene! Torches, handcuffs, flashing lights, divvy van, ambulance, plain clothes in unmarked car, all led to much later speculation (which is exactly what remains, sorry!)



The reason for our getaway was to catch up with Lance & Kaye Turner who now live in Ballina. Kaye used to swim with Noosa Masters when they lived here. Some of you might remember her when you see her photo?

Our first chance to swim was the first afternoon we arrived in the pool at our complex, surprisingly good temperature and size.

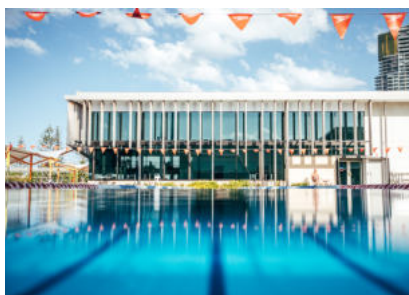


We had it to ourselves. Lance in the Spa and Kaye and I swimming & aqua.

The weather was 'iffy' most of the time, but that didn't stop us exploring. Our first expedition was to Mt Tamborine - shrouded in cloud where we had refreshments, had a little retail therapy but, sadly, found the place practically deserted!



Of course Kaye and I HAD to go to Southport to the 2x50m and 2x25m Aquatic Centre. Lovely!



The next day the morning weather was so bad that in desperation we headed to a 10-pin bowling alley.

Only us there. Lance and Kaye's first experience! Had a lot of laughs then explored up to Helensvale on the Light Rail. A girl left her mobile on the seat when she got off and we handed it in at Helensvale. I think they get the Police to trace the owner??



One day we took a chance and headed for the hills. Springbrook, and "The Best of All" lookouts was a misnomer ... blanketed in cloud.

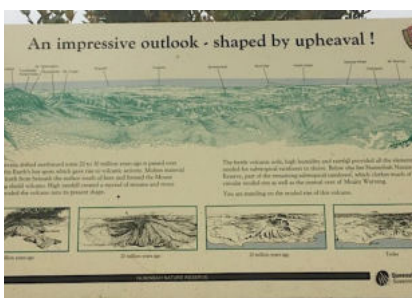


Undeterred we meandered about to the other side of 'the rim' and managed to dodge the showers and enjoy a few walks and views.



A quick little getaway and an unexpected 'find'

continued



We couldn't believe how deserted the streets were in Surfers! Noosa seems quite busy by comparison. Mind you, we didn't investigate the night life!!

Thought we'd dine out on our last night after the receptionist recommended the Northcliffe Surf Club. Arrived early to find the tiny car park packed with huge surfboards, (we actually reckon there was to be a carnival on over the weekend) so parked down the street.

Friday night - and after going through all the business of COVID sign in, we headed up the stairs, Ivan removed his hearing aids, we glanced around, but saw no-one older than 30. We consulted briefly before about facing and heading for a Bowls Club (showing our age now!) huge - no band, but a huge raffle (no luck), the food was good and we could hold a conversation!

The Mon-Fri getaway flew by and the fun and friendship endures - we'll do it all again one day!

Cascade Gardens itself (at our back door) was quite a revelation - a leafy treasure in the centre of a normally bustling Surfers Paradise.

About Cascade Gardens ...

Cascade Gardens is one of the Gold Coast's favourite family picnic and barbecue spots with many barbecue and undercover picnic shelters. The riverside location gives the park a relaxed feel. The Gardens are a peaceful sanctuary set back from the Gold Coast Highway. There's a huge playground and even a Liberty Swing, designed for children in wheelchairs to experience the fun of a swing.

The Gardens are open from 6am to 6pm. There are over 50 parking bays, plus five disabled parking spaces located within the park. Dogs must be walked on leash unless otherwise signed and are totally prohibited in all children's playground areas.

Cascade Gardens features serene rainforest walks, with traces of aboriginal culture. Many picnic areas overlook the beautiful Nerang River. There is also a state-of-the-art amenity block.



The gardens are home to one of the nation's most significant war memorials - *The Qld Korean War Memorial* : Dedicated on the 25th August 2015 as a *Military Memorial of National Significance*



It was a great day for 17,500 Korean War veterans. "It is an honour for this significant site to now be nationally recognised. We have set Cascade Gardens aside as a place of reflection, remembrance and peace. It will be a drawcard for residents and visitors now and in years to come. We have all joined together with kind hearts and busy hands to build this joint service memorial. This memorial is a monument to those who served. It will never be forgotten."

Australia and the Korean War

The Korean War was the first occasion that members of the United Nations acted collectively to repel aggression. Australian units served in combat from 1950 to 1953 and continued in Korea from the armistice to 1957 as part of the United Nations Command to preserve the independence of the Republic of Korea.

From September 1950, and following the amphibious landing at Inchon and the breakout from the Pusan Perimeter, the multinational force cleared South Korea and advanced into North Korea towards the border with China. In November 1950 after the Chinese entry to the war, the UN ground forces faced Chinese offensives which forced them to retreat in appalling winter conditions to positions south of the 38th parallel.

With a continuous front from sea to sea, the dramatic advances and withdrawals of the first six months came to an end. After early 1951 offensives and counter offensives the war entered a phase of contesting heavily defended emplacements along the front which eventually became the cease fire line. Despite the first initiatives in 1951 to end the war it dragged on until 27 July 1953 when an armistice was signed.

From 29 June 1950 to 27 July 1953, some 17000 Australian sailors, soldiers and airmen served in the Korean War. Australian casualties were 339 killed, 1216 wounded and 29 prisoners of war. 43 Australian servicemen are still listed as Missing In Action.



A quick little getaway continued

Twenty other countries contributed combat and medical units to the United Nations command in Korea.

Australian sailors, soldiers and airmen won world respect for their courage, endurance and combat skills. The service of a small group of Australians in the years 1950 to 1953, and the sacrifice of those who did not return are not forgotten.

Kokoda Memorial Walk



A unique feature of Cascade Gardens is the Kokoda Memorial Walk. The Kokoda Memorial has been created to help visitors appreciate the courage and determination of the men who fought on the Kokoda Track in Papua New Guinea during World War II.

The Rotary Club of Surfers Paradise established Cascade Gardens in the 1950s and Rotary provided extensive rehabilitation, rest and recuperation services to Australian Servicemen during the Vietnam War. A memorial to these services is located adjacent to the large Rotary Wheel and **Kokoda Memorial Walk** at the Gardens.

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## COACH'S TIPS



## 3 of the best vegetables to eat daily for a healthy lifestyle

### Broccoli

Broccoli is a vegetable with very high nutritional value that contains almost all of the nutrients needed by our body to survive and is known as the "King of Vegetables".



Broccoli is rich in isothiocyanide and vitamin C. Isothiocyanide and vitamin C are strong antioxidants that can scavenge free radicals in the body, which can ensure human health and delay ageing.

### White radish

White radish is rich in vitamin C and trace element zinc, which helps strengthen the body's immune function and improve disease resistance.



White radish contains lignin, which can increase the vitality of macrophages and swallow cancer cells. In addition, white radish contains a variety of enzymes, which can decompose carcinogenic nitrite and have anti-cancer effects.

### Chinese cabbage

Chinese cabbage is rich in vitamins and riboflavin. Its vitamin C and riboflavin are 5 times and 4 times higher than apples and pears respectively.



Chinese cabbage also contains protein, fat, multiple vitamins, calcium, phosphorus and other minerals as well as a lot of crude fibre. It is a very good healthy vegetable.

### Hello again ...Tip Time !!

#### Key to Fly

- Don't put hands in hard at top of stroke
- Don't pause in front
- Don't dive deep
- Keep everything small and kick

#### Perfect form in freestyle

Form is perfect when elbow is high and close to the body and fingertips just skim the surface. With good body roll, your body line will be long and clean.

Keep it loose.

Happy swimming - Cheers, Jan

| DATE             | LC/SC  | CLUB/MEET                          | CODE    | REGION      | SANCTION | SURVEYED | VENUE                                     |
|------------------|--------|------------------------------------|---------|-------------|----------|----------|-------------------------------------------|
| <b>JANUARY</b>   |        |                                    |         |             |          |          |                                           |
| Start 1 Jan      | Postal | Albany Creek Postal                | QAC     | Sunshine    | Q2/21    | Yes      | Any 25m or 50m pool                       |
| <b>FEBRUARY</b>  |        |                                    |         |             |          |          |                                           |
| 8-10             | SC     | New Zealand Masters Games          |         | New Zealand |          |          | Splash Centre, Springvale Park, Whanganui |
| 27               | SC     | Sinkers Fun in Feb                 | QNS     | Central     | Q3/21    | Yes      | North Mackay High Pool                    |
| Finish 28 Feb    | Postal | Albany Creek Postal                | QAC     | Sunshine    | Q2/21    | Yes      | Any 25m or 50m pool                       |
| <b>MARCH</b>     |        |                                    |         |             |          |          |                                           |
| 1-31             | Postal | Hervey Bay Humpbacks Postal        | QHB     | Central     | Q4/21    | Yes      | Any 50m pool                              |
| 21               | LC     | MSQ Preparation Meet               | MSQ/QPB | South       | Q20/21   | Yes      | Palm Beach Aquatic Centre                 |
| 27               | SC     | Townsville Aquaholics              | QTA     | North       | Q5/21    | No       | Kirwan Aquatics <b>Cancelled</b>          |
| <b>APRIL</b>     |        |                                    |         |             |          |          |                                           |
| 9-11             | LC     | MSQ State Championships            | MSQ/QSC | Sunshine    | Q6/21    | Yes      | Kawana Aquatic Centre                     |
| <b>MAY</b>       |        |                                    |         |             |          |          |                                           |
| 20-22            | LC     | Great Barrier Reef Masters Games   | MSQ     | North       | Q1/21    | Yes      | Tobruk Memorial Pool, Cairns              |
| 23               | OWS    | Muddies Annual Crater Lake Classic | QCN     | North       | Q7/21    | n/a      | Lake Barrine <b>Cancelled</b>             |
| <b>JUNE</b>      |        |                                    |         |             |          |          |                                           |
| 19               | SC     | Brisbane Southside Masters         | QSM     | South       | Q9/21    | Yes      | Brisbane Aquatic Centre, Chandler         |
| <b>JULY</b>      |        |                                    |         |             |          |          |                                           |
| 1-31             | Postal | Toowoomba Tadpoles 1500m           | QTW     | South       | Q10/21   | n/a      | Any 25m pool                              |
| 17               | SC     | Rum City Short & Sweet Meet        | QBB     | Central     | Q8/21    | Yes      | Bundaberg Swim Academy                    |
| <b>AUGUST</b>    |        |                                    |         |             |          |          |                                           |
| 21               | SC     | Brisbane Northside Masters         | QBN     | Sunshine    | Q11/21   | Yes      | The Valley Pool                           |
| 28               | LC     | Long Tan Legends                   | QLT     | North       | Q12/21   | Yes      | Long Tan Memorial Pool, Heatley           |
| <b>SEPTEMBER</b> |        |                                    |         |             |          |          |                                           |
| 4                | LC     | BRALC Long Course Meet             | QCD     | Sunshine    | Q13/21   | Yes      | Burpengary Regional Aquatic Centre        |
| 18               | LC     | Noosa Masters                      | QNA     | Sunshine    | Q14/21   | Yes      | Noosa Aquatic Centre                      |
| <b>OCTOBER</b>   |        |                                    |         |             |          |          |                                           |
| 9                | LC     | Rackley Masters Meet               | QRL     | Sunshine    | Q15/21   | TBA      | Centenary Pool                            |
| 9-11             | LC     | Australian Masters Games           |         | Perth       |          | Yes      | Perth                                     |
| 24               | SC     | Maryborough Masters Meet           | QMB     | Central     | Q16/22   | Yes      | Maryborough Aquatic Centre                |
| <b>NOVEMBER</b>  |        |                                    |         |             |          |          |                                           |
| 7                | OWS    | Sinkers OWS Balnagowan             | QNS     | North       | Q17/21   | n/a      | Pioneer River, Balnagowan                 |
| 11-13            | LC     | Pan Pacific Masters Games          | MSQ     | South       | Q19/21   | Yes      | Gold Coast Aquatic Centre                 |
| 28               | OWS    | Big Barrine Bash                   | MSQ     | North       | Q18/21   | n/a      | Lake Barrine                              |
| <b>DECEMBER</b>  |        |                                    |         |             |          |          |                                           |
| -                |        |                                    |         |             |          |          |                                           |

Legend:

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

\* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SAL) hosted swim meets and have their results published in the MSA Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia. A number of SAL Meets have been co-sanctioned by MSQ for this purpose and are colour coded.

**SPOTTED !**



Physio group at Coolum Pub ... not looking too worn out !



Mark Besford enjoying a shark infested coffee after squad



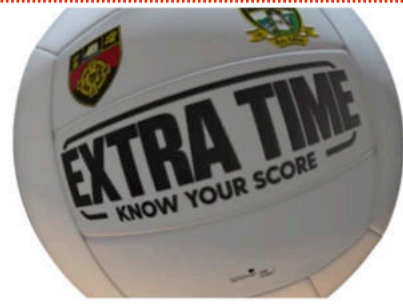
*'Our' Zana (Dare) is giving a free talk at U3A Tewantin Friday 19 March 1.30pm. Booking advisable, but not essential.*

### Lights Camera Action – highlights from early Australian films

While the world's first feature film 'The Story of Ned Kelly' was made in Australia, dozens of early films captured the hearts of their audiences. We will look at Cinesound classics, including 'Dad and Dave', Lovers and Luggers and 'Forty Thousand Horsemen', the story of the Australian Light Horse at Beersheba. The enormously successful 'They're a Weird Mob' was credited with reviving the Australian film industry in the 1960s and the US-Australian co-production of 'On the Beach' brought Hollywood stars to Melbourne.

To find out more about the talk go to:

<https://www.u3anoosa.com.au/2021/01/16/lights-camera-action-highlights-from-early-australian-films-2/>



You're invited!

Where? 75 Lake Weyba Drive, Weyba Downs

When? Friday 12th March from 5pm (film starts 5.30pm)

Why? To watch a documentary about heart health, which features Gaelic football athletes from the nineties.

Bring: adult beverages and a plate for a 'pot luck' supper after the film.

RSVP: text - Jane Powell - 0407620070

**My stomach is FLAT.  
The L is just silent.**

JAINO KA ATULNIYA ITIHAS – Jain Magic Square – Khajuraho Temple  
INTERNATIONAL JAIN FOUNDATION – 306 - Atul Bafna



|    |    |    |    |
|----|----|----|----|
| 7  | 12 | 1  | 14 |
| 2  | 13 | 8  | 11 |
| 16 | 3  | 10 | 5  |
| 9  | 6  | 15 | 4  |

Ancient Jain magic square 1000 year old magic square called "Chautisa Yantra" at Parshvanath Jain temple in Khajuraho, India. Chautisa means 34 - this magic square sums up to 34. This is also called as Jaina square, it is one of the oldest known most perfect magic square found anywhere in world.

This magic square contains all the numbers from 1 to 16, the sum of numbers in every horizontal row, every vertical column & the two diagonal rows is 34.

There's more pattern in it. The corners of each 3x3 squares and 4x4 squares, corners of 3 vertical and 3 horizontal rectangles, corners of 2 inclined rectangles sum to 34. Amazing thing is that sum of nos. in small 2x2 squares is also 34. You can take four numbers in any particular manner and the sum will be 34.

### Important dates for the calendar

- Hervey Bay Swim Postals 01 – 31 March
- Coolum physiology session and dinner at CBH. Friday 05 March 4.30pm. Pool side Stretch every Tuesday and Thursday ongoing at 7.05am
- Postal "Mini Meet" Sunday 14 March at the NAC. 50s and 100s
- QNA MEMBERS MEETING – Awards presentations. Sunday 14 March in the Creche. Social distancing applies, come and celebrate.
- Palm Beach Swim Meet Sunday 21 March 12 noon start – Bus transport details to follow, first in get the limited seats. <https://mastersswimmingqld.org.au/event/msq-preparation-meet/>
- Ian Pope Swim clinic Sunday 28 March
- QLD State Swim Champs Kawana 9-11 April. Carpooling suggested
- Ian Robinson Fly/Breast Swim Clinic at the NAC Sunday 18 April.



|               |       |                 |       |
|---------------|-------|-----------------|-------|
| Lois Hill     | 9/03  | Brian Cairns    | 16/03 |
| Bruce Hammond | 12/03 | Adrian Wilson   | 19/03 |
| Chris Cooper  | 13/03 | Jan Croft       | 24/03 |
| Bob Morse     | 15/03 | Denise De Carlo | 25/02 |

*Age only matters if you are a cheese !*

[https://www.youtube.com/watch?v=2cz25q2Q\\_Z0](https://www.youtube.com/watch?v=2cz25q2Q_Z0)



# ENDURANCE 1000 REPORT FEBRUARY 2021

by Denise DeCarlo, Endurance Coordinator



We currently have 38 swimmers (56% of the membership) participating in Endurance. 12 swimmers already have 100 points or more! For comparison purposes, in 2019 we had 80% club participation.

The ladies have the top 3 high scoring points currently. Jo Matthews is leading the pack, closely followed by Su Silburn and Denise DeCarlo. I'm sure the gentleman will kick into gear anytime now. You don't want the ladies to beat you, do you?!

Our first Twilight swim of the year will be in the 25-yard pool on Friday 19 March from 5-7pm. If you're planning to do a long swim (45 and 60 minutes), please arrive shortly before 5pm. And bring a share plate so we can all enjoy a bite together afterwards. Thanks in advance to Adele for organising the post-swim food gathering. Pool closes at 7pm so we will need to finish at that time.

**Postal meets** - The Endurance program will share the allocated swim lanes on Tuesdays to support the postal meets throughout the year. The Club Captains will coordinate the postal swim events including providing timers. When allowed, postal swims will count toward Endurance points and you'll need to complete your normal Endurance timesheet. **YOU NO LONGER NEED TO WRITE "POSTAL" ON YOUR ENDURANCE PAPERWORK** – much easier now!!!

Please let Tricia know if you have any questions regarding your Endurance paperwork.

When you perform an Endurance swim, please plan to also be a timer (if your schedule allows). Even if you only have 10-minutes available – this is very much appreciated and helpful. The program works because we all participate – both as swimmers and timers.

Current Endurance deckies are Jane Powell, LiQun Hussey, Helen Malar and Denise DeCarlo. It is great to have such an awesome group of helpers – Thanks so much.

**Quote of the month** "I'm swimming a 30-minute swim today, but I'm pretty slow so not sure if we have time to complete the swim" Moment of pause... then I said, "well I'm pretty sure it will still only take 30-minutes to complete so we have plenty of time regardless of your pace!" We had a good laugh!

And lastly, we have purchased six new stop watches. They look and operate like our existing black stop watches. Of course, if you have any questions regarding timing or the stop watches – please notify the deckie

... Cheers, Denise

**Endurance 1000** :As you would be aware, the National Awards for the Endurance 1000 Program were abandoned for 2020, due to Covid shutdowns and restrictions around the country. However the results from the Queensland clubs have been collated by MSQ. Numbers were much lower than usual due to a very unusual year, and some regulars not participating because of the national cancellation.

Congratulations go to Noosa Masters for remaining at the top of the leader board for total points, and to the Ipswich City Masters for again taking out average points per swimmer! The North Mackay Sinkers came out on top for the club participation percentage, with 69% of the club contributing. Well done to all clubs for hanging in there in such a tough year.

**Lane Warriors** : If you are a Lane Warriors swimmer, you can now include your Open Water Swims (OWS) in your calculations.

Could be some useful information here for some of our members ??  
<https://www.noosa.qld.gov.au/seniors-1>



On Saturday 20<sup>th</sup> March, Tewantin Noosa Bowls Club is holding a Saturday session with live music by the ever-popular group ... 'The Sandflys'.

Music starts at 2pm through until 5pm.

Please support our sponsors

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