

# CHALLENGERS' CHATTER

JANUARY 2013



## Off to a flying start !!

River City Carnival - Sunday, 20 Jan. 2013

When they climbed aboard their Brisbane-bound bus on Sunday 20th, little did the Noosa Masters swim team suspect that they would return clutching a championship trophy and celebrating two national and four state records. The event was the River City Rapids Masters meet held at Somerville House aquatic centre near Southbank. A record number of entries – 215 – marked this first carnival on the Masters Swimming Queensland calendar for 2013.

Taking on the might of clubs such as Miami, Aqualicious and host club River City, Noosa's thirty-one swimmers amassed an unassailable tally during the day, ending with over 1100 points, 400 clear of the second-placed club. It was especially pleasing to note the performances of Noosa's seven first-time competitors – the cheekily named 'virgins' – who ended the day with a swag of medals amongst them.

These newcomers (front row above) had been attracted to Noosa Masters by the club's very successful 'Come-n-Try' days.

... cont'd p.3



Lorna Lander, Dyanna Benny & Brian Clancy - our all-day timekeepers - thanks a million guys, swimmers can swim without worrying about taking a turn!



# Year of the (Water) Snake

According to the Chinese lunar calendar the Snake is the sixth animal of the 12-year cycle of animals in the Chinese zodiac.

You are a Water Snake if you are born in 14 February 1953 to 2 February 1954. Fame and fortune awaits the Water Snake born in 10 February 2013 to 30 January 2014.

In the Chinese 60-year cycle of the Chinese zodiac and 12 animals symbols, people born in the year of the snake in 1953 and 2013, is associated with Water as its main element. The Water Snake is Black with Winter as its season, and its direction is North. It's a full yin snake.

The water snake is very influential, insightful, a deep thinker, highly motivated and successful, intellectual, very determined, and hardworking.

People born in the year of the water snake are world leaders and great politicians - Mao Zedong, Tony Blair, Benazir Bhutto, Jean-Bertrand Aristide, Xí Jīnpíng, Elaine L. Chao, Leonel Fernández Reyna, and Ségolène Royal.

Water snakes are also great financial leaders - Ben Bernanke, Robert B. Zoellick;

business leaders and entrepreneurs - Patricia Dunn, Oprah Winfrey; successful actors, songwriters, singers - Tim Allen Dick, Pierce Brosnan, Kim Basinger, Chaka Khan, Cyndi Lauper; and journalists and philosophers - Meredith Vieira, Cornel West.

## Meet Debbie Tancredi ...



I grew up in the seaside suburb of Clovelly, in Sydney, and was fortunate enough to learn to swim at Clovelly beach (the Bay) with Tom Caddy. I have fond memories of doing the 'Stair Course' in the Bay, which is the equivalent of today's run-swim-run and actually surfing in the Bay during the Christmas king tides. Over the years, I trained at Heffron Park with Rodgers brothers and co., attended various swimming clubs and joined the Royal Life Saving Society.

As I got older, other parts of my life took precedence and for many years I could only manage the occasional swim .

In 2004, my husband Mike, our daughter Alyce and I moved up to Tewantin from Melbourne but it wasn't until last year, when I saw the ad for Masters in the local paper, that I decided it was time to get back into swimming regularly. I am enjoying the training sessions and the people I have met through them. My swimming is slowly improving and I'm planning to train more often and to return to ocean swimming as well.

... Debbie



# RIVER CITY CARNIVAL . . . CONT'D



John Hordyk with grand-daughter Shey & his GOLD medal !

At the other end of the age spectrum, Joe Gilbert and Bob McCausland (both 83) swam impressively, while comparative youngster Geoff Lander (79!) picked up a gold medal in each of his five events. Meanwhile the other Noosa swimmers, with ages ranged across five decades, kept adding to the mounting tally of medals and points. It wasn't all Noosa, of course. An inspiring highlight of the day was the smashing of two Freestyle world records by 95-year-old George Coronos from Twin Towns club. Urged on by the crowd, George powered through 50 metres and 100 metres in two astonishing swims, met at the end by resounding applause.



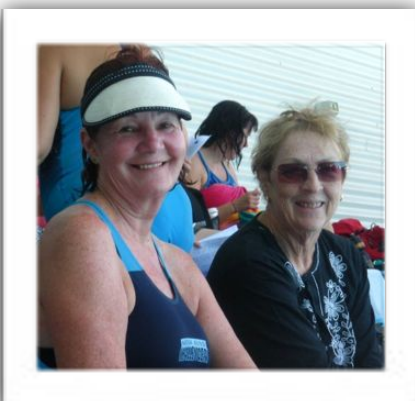
With the trophy for champion club secured by a seat belt, the bus trip home was celebratory and jubilant, punctuated by a rowdy singalong to the "Mama Mia" soundtrack and selections from the club's songbook. The splendid trophy is now in the custody of much-love past President Pat Mooney, who continues his fight with serious illness.

... Brian Hoeppe

Noosa swimmers featured in the most thrilling race of the day – the final (and fastest) heat of the 100 metres Breaststroke. Ian Robinson (49) was pitted against Kerryn Spinks (29). Ian, his powerful frame towering over the willowy Kerryn, hit the lead

immediately with his extraordinary dive start. Kerryn gained slightly on each lap, only to see Ian kick off the wall at each turn with unmatched strength. A final lunge was not enough for Kerryn to bridge the gap.

Needless to say, both Ian and Kerryn won gold for their respective performances, with Kerryn breaking the National record and Ian bettering the State mark.



It was an intriguing and exciting tussle between two champions separated not only by gender but also by two decades! At day's end, Ian and Kerryn had each broken one national and two state records – true icing on the cake!



# Australia Day 2013

## Happy Australia Day !!

Six brave swimmers turned up , two pommies. and four Aussies , Karen Hazel Viv Jan, Quentin, Geoff. Brian and Erica cheered on, and Bob Morse brought his kayak paddles . Great training session!

... Karen Martin



We POMs made some effort



A few Masters made it to the pool ...  
Viv, Karen & Bob Morse are pictured -  
"waving the flag" !!.





# New Year's BBQ at Lilly Pilly Place

Well, it was a great success and everyone enjoyed themselves in spite of the crushing heat. The newly installed fan in the outdoor area helped and so did the Margarita's. It was great to see so many of our newer members present too. Sadly, no photos were taken this year - it will have to remain just a happy memory. Thanks everyone for making the effort to come - much appreciated.

... Wendy Ivanusec



What Ivan does when not chained to the BBQ

# Coach's Corner by Jan Croft



## Basic Freestyle Tips

1. *Make streamlining a HABIT.*  
Streamline of EVERY wall.
2. *Breathing.*  
Inhaling is almost automatic, You need to exhale more emphatically into the water.
3. *Distance per stroke.*  
Reduce the number of strokes per length, by applying more power and better technique to each stroke, rather than simply extending the stroke by gliding.

# Classy Insults ...

· "I am enclosing two tickets to the first night of my new play; bring a friend, if you have one."  
- George Bernard Shaw to Winston Churchill

\*\*\*\*\*

· "Cannot possibly attend first night, will attend second .... if there is one."  
- Winston Churchill, in response.

# A New Year - A New Way of Living ...

Are you sitting near another person at the moment? Been talking to someone else recently? Thinking of someone else? On current estimates, one in nearly every two people alive today will develop cancer in their lifetime. That is way too many, but if you have someone else near to you, that is two people. Who might it be? How good would it be to save a life in 2013?

I suggest this can easily be done when we put our minds to it. Quite simply, in 2013 my intention is to do all I can to save lives and I reckon we can all save at least one. So let's go "Out on a Limb" and consider how each one of us can save a life or two, or three, or ??? But first

## Thought for the Day

*Yesterday I was clever  
So I wanted to change the world  
Today I am wise  
So I am changing myself*

Rumi

So the first life to save is our own. This is a project worth putting effort into!

What I am talking about is helping people to avoid developing a disease that will kill them before their time – like cancer. What I am also talking about is helping more people to recover from cancer and other life-threatening illnesses.

Here are some suggestions.

## To save your own life

### 1. Eat a plant based, whole food diet.

Six of the ten major diseases that kill people are powerfully related to poor nutrition – eating crap basically. The new version of [You Can Conquer Cancer](#) explains what is wrong with the average Western diet so many of us have been used to, and how we can easily remedy the problems and enjoy eating well.

The Wellness Diet as spelled out in the new book is highly anti-inflammatory, highly regenerative. Provides new levels of energy, you feel great and will look good. Eating well is the basis of a healthy, happy life.

### 2. Exercise for 30 minutes daily.

If you miss a day or two in the week, this amount of exercise is still pretty well guaranteed to make most things in your life better, from your physical health to your state of mind.

### 3. Set up a vegetable garden

Great exercise, get in touch with the rhythms and moods of nature, appreciate your food more, enjoy the organic taste sensations and know where your food has come from and what has happened to it. Also terrific for the environment; maybe one of the best things we can do personally to help our planet to survive.

### 4. Forgive someone, and practice gratitude.

Resentment eats at the heart, gratitude builds delight! Simple recipe. If all else fails, imagine you are on your deathbed and check out how it would feel to be dying in a bitter, resentful state of mind. Yuck! That cannot be good! Why wait? Forgive now and enjoy the interim. You may live for ages; all the more time to enjoy a peaceful, happy heart!

## To save someone else's life

### 1. The easy option

Give them a book like [You Can Conquer Cancer](#) or [Overcoming Multiple Sclerosis](#) by George Jelinek. That might do it for thirty dollars or so. Now there is a bargain! And as easy as.

### 2. A little more demanding

Offer to walk with someone regularly

Offer to help someone set up their new veggie garden

Take them to a workshop or offer to accompany them on a retreat

### 3. Getting risky

Take time to talk with someone about real stuff, like who have you forgiven recently, what are you doing about being overweight, drinking too much, stressing out too much???

### 4. Full on

Become a wellness advocate; write to the local paper, the local MPs, speak to schools or service groups; find ways to share the positive reality that a healthy lifestyle prevents illness, generates good health and wellbeing, and accelerates healing.

Remember, those who have been through it become the most powerful advocates. I have had cancer. I do not want others to develop it; but those who do, like me, I want them to recover. If you have a personal story to share, when the time is right, when you feel ready, do consider how you can use that experience to good advantage – and help to save someone else's life.

### Speaking personally

This year I will be more diligent. I eat well but could exercise more. I meditate regularly but this year will do more.

This year my public speaking will focus on A New Way of Living. I intend to spread the good news regarding how we can best prevent cancer and recover from it as far and wide as possible.

I hope you too can get excited about saving a life in 2013; or maybe two, or three, or ???  
Where will you start?

... .. Ian Gawler

# Happy Birthday Jess ...

Sister Grin surprised Jess with a terrific birthday cake resplendent with 43 candles - all lit until Grin stepped under a fan over the table ... poof ... It gone !!t





# Introducing ... Anne Renouf



I first swam when I was 8 years old in Thailand. I was scared of the water. After nearly 50 years I am starting again.

I travelled to Australia 34 years ago and met a nice guy in Sydney. We were married in Thailand the following year and we returned to live at Tamarama Beach for several years. I got a job as a computer operator but Steve's employment as an Information Technology Manager in Local Government took us away to high-growth regional locations such as Shoalhaven, Ballina, Cairns and then Noosa where in 1992 Steve was the Information Systems Manager at Noosa Shire Council and I was a clerk in the Building Department.

Later we rented out our Noosa home when we returned to Sydney for Steve to take up a career promotion. I got a job as a Cashier at Royal North Shore Hospital and later became Chief Cashier, then Revenue Officer.

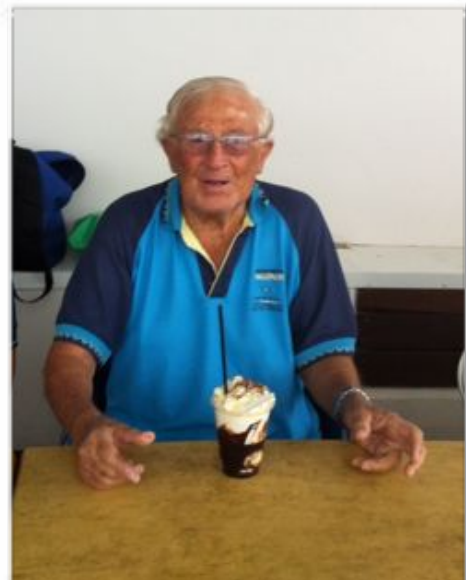
We returned home to Noosa, and for 2 years Steve commuted daily to his employment in the Brisbane CBD, then he lived away from home mid-week for 6 years when he worked in Perth and Gladstone. I stayed at Noosa and developed my lifelong passion for Dance. I became a Noosa Community Volunteer in various capacities and danced to entertain the patients at Nursing Homes throughout the Sunshine Coast region. I ran free dance workshops plus performed at local charity functions and fairs.

When I saw Noosa Masters Swimming Club advertise "come and try" I said to myself "this is it, I'll give it a go". I hoped I would not be thrown out when they saw I can't swim properly. This didn't happen, and there are skilful and helpful people who encourage me to be the best that I can be, so I joined the Club and I enjoy going to my swimming classes. Everyone tells me I have improved a lot and I now feel much more confident in the water.

... Anne Renouf



Everybody  
Loves  
icecream !!  
... but  
nobody  
more than  
Joe  
Gilbert !!





# Meet Julia Dunstall ...

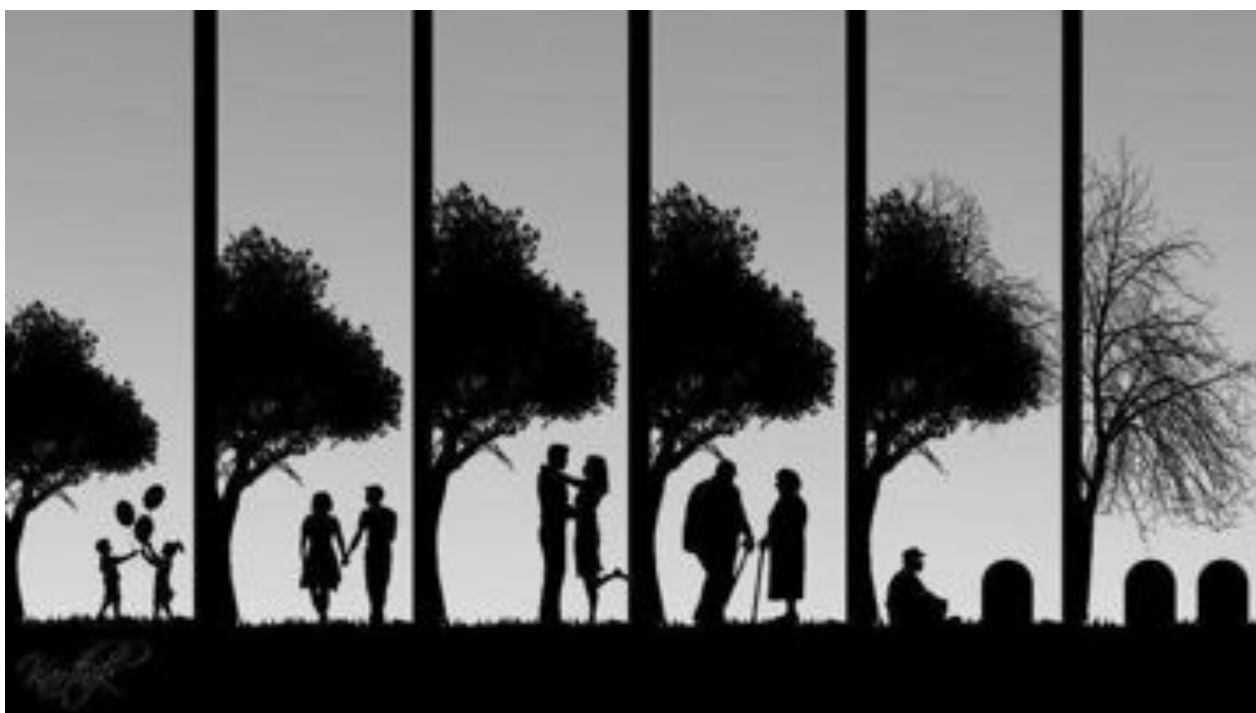
Stumbling through Noosa National Park this past winter convinced that running was to be my fitness solution – everybody does it in Noosa - it must be de rigueur? Having relocated from Sydney with my Dog Stella in June, I needed to get out, get fit and meet some people! The running activity was short lived as the weather warmed up and talking to myself was wearing a bit thin.

Owning a swimwear business on Hastings Street (Blue Heaven in Bay Village) and “talking shop” with the lovely Ladies from Sizzle’, the suggestion to join Masters “try before you buy” “you’ll love it” was put out there? Swimming as a kid under the watchful eye of Forbes Carlisle on Sydney’s North Shore, I am no stranger to the thin black line – it’s just that 20years between stints was making me nervous! Meeting “Coach Jan” in Cato’s on the eve of the Noosa Tri was encouraging, she did mention that Carlisle’s was *only* a 25m pool but I thought I’d give it a go!

To date 8 weeks have flown by and I’ve jumped from lanes 2-3-4-3 with the “Careful Cruisers” to the “Fast Freaks” and back again, my fitness is getting better – I no longer need a Nanna nap in the middle of the day, doesn’t look good when the customers find me asleep on the Daybed! I’m remembering peoples’ names and faces with their goggles & cap on and totally blank as to who they are at morning coffee, I promise this will improve! I love every minute of it and have been inspired to get a speed-suit for Harvey Bay (just so I look the part).

Thanks to the Noosa Masters team for being so welcoming,

... Julia & Stella Dunstall



# ENDURANCE 1000



## Endurance 1000 Report

January has been a great month with 107 swims being recorded for the month. This is a great start for 2013. It is good to see many of our new members getting into the swing of the program.

20,000 pts – That's where we're heading in 2013

... *Marcia Kimm*

## Results for Endurance 1000 in 2012.

### Total Points

Club Code: QNA

Club Name: NOOSA MASTERS SWIMMING CLUB INC

Total Point	14 524
Female Points	7 140
Male Points	7 384
Endurance 1000 Participants	60
Female Participants	39
Male Participants	21
Total Club Members	97

## English ...

If the plural of man is always called men,  
Why shouldn't the plural of pan be called pen?  
If I speak of my foot and show you my feet,  
And I give you a boot, would a pair be called beet?  
If one is a tooth and a whole set are teeth,  
Why shouldn't the plural of booth be called beeth?

<http://www.whathappenedinmybirthyear.com>

## February Birthdays

<i>Peter Fidler</i>	<i>02/02</i>
<i>Doug Dean</i>	<i>04/02</i>
<i>Rob Jolly</i>	<i>08/02</i>
<i>Janet Raub</i>	<i>12/02</i>
<i>Bardie Gruber</i>	<i>25/02</i>
<i>Howard Peters</i>	<i>26/02</i>

**HAPPY BIRTHDAYS TO ALL**

## SOCIAL EVENTS

VALENTINES DAY DINNER  
6.00 pm at South Pacific Resort  
\$35 pp + Licensed or BYO wine  
Bookings essential  
RSVP - Robyn Selby  
5449 0517

Every Sat.. 7.30 am - Main Beach  
Ocean Swimming

**VISIT OUR WEBSITE ...**

[www.noosausichallengers.com](http://www.noosausichallengers.com)

## Challengers Chatter

PO Box 21, Noosaville 4566

Editor: Wendy Twidale

Tel: 5448 1291