

# CHALLENGERS' CHATTER

JANUARY 2017

## FOURTH TIME WINNERS !!

### Endurance 1000 Report January 2017

**Four in a row ... Noosa again  
has taken out both the State  
and National Endurance  
Trophies for 2016 !!**

Thanks to every single swimmer. You made a valuable contribution towards achieving this goal for our Club.

For those who believe in continuous improvement, we should look

For those who don't do a lot of ocean swimming, looking ahead rather than down can mean the difference in not swimming headfirst into a jellyfish. It tends to put you more in control of your environment.

### Tuesday swimming

If you would like to complete a long endurance swim on any Tuesday could you please come early, around 0715hrs. This then allows the those completing a



### Quote for the month

Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think.

**A.A. Milne**

### Endurance interview

The following is an interview done with Jim Barnes.



forward to making it five in a row.

### For ocean swimmers

Beautiful swimming conditions if you can brave the odd jelly fish or blue bottle.

shorter distance to get a lane towards the end of the session.

Jim has continued to improve his swimming, especially the endurance side in the last year. Jim came 8<sup>th</sup> in his age group in 2016.



# E1000 INTERVIEW ... CONT'D



I was born in Toowoomba, Queensland in May 1957. I attended Newtown State School and then Harristown State High School (1969 - 1974). Newtown SS was one of the first schools in the town to have their own pool but from memory it was not completed until my final year at the school. Harristown SHS was also without pool although I remember riding bikes to Milne Bay Pool to try out for House swimming teams. Harristown was not a school renowned for it's swimmers but because I owned a decent pair of togs and a roadworthy bike, I did make the school team. It was a huge shock on the first carnival when we realised that you had to swim lengths of the pool and not widths as we did at the training session!!

Due to Toowoomba's challenging climate, swimming and water sports in general were not overly popular. I played team sports mainly Rugby League, however the city pool became the social activity in the summers. Later when people had car licences, trips to the Helidon Spa became a big draw card. Weekends and holidays on the Coast were also great fun.

I completed tertiary studies in Maths/Science in Toowoomba, then Education in Brisbane and was eventually employed by Queensland Education Department in 1979 and began work as a secondary teacher in Tara.

I married Christine Ellis in 1981, she was also a teacher, and we lived and worked in Miles. Christine and I remained with Education Queensland in a variety of roles

including teacher, subject master, Head of Department and finally Guidance Officers. We have been transferred to many schools in many settings predominantly in the South East and South West of the State. Our children were born in Redcliffe but attended schools including Malanda, Goondiwindi, Scarborough, Charleville and finally Sunshine Beach SHS.

We transferred to Sunshine Beach in 1999 and I finally agreed that I was too old to play Rugby League.

I had been involved in many social sports including Squash, Tennis,



Golf, Lawn Bowls, Wind Surfing, Fishing, and Surfing. Finally, living on the coast, I decided that I would like to "really" surf and made the necessary purchases.

Unfortunately Lawn Bowls had not physically prepared me for the rigours of board riding and my efforts were less than successful. I decided then, that to improve my fitness I would start pool swimming and on one occasion observed the Noosa Masters in action. I was impressed and approached some of the swimmers and eventually joined the club .

I was made very welcome by the likes of Wendy I., Bob Morse, Bruce Warren and many more .

Due to work and other commitments, surfing and swimming competed for my limited recreation time and I left the club until I retired from work. I rejoined the club in 2015.

With retirement from full-time work, I have been able to become more involved with the Endurance Program.

The organisers and all the time keepers continue to make a such a huge commitment to the club that I feel swimming some additional laps on a Tuesday morning is the least I can do. As a result, I can claim to be a member of a team of National Champions.

It is surprising how often this becomes a matter of dinner conversation - usually after the second bottle of red.

On the Endurance bucket list I intend to complete some Butterfly and Individual Medley swims in the not too distant future.

The Noosa Masters motto of Fitness, Friendship and Fun (not always in this order) is something that resonates within the club. This coupled with the abilities and dedication of all the coaches makes membership in the club extremely enjoyable and worthwhile.

In conclusion, while I have not answered many of Quentin's suggested questions, my early musical preferences were and are Black Sabbath, Iron Maiden, The Dubliners and Bob Dylan. More recently (1985 +) Paul Kelly, Steve Earl, Mumford & Sons and Graeme Connors are the "go to" CDs. I have nearly as many guitars as surf boards and hope to improve my performances in both fields.

The arrival of our grand children in Charters Towers has been a real joy but has necessitated increased travel time and time away from training. My good intentions to improve as a swimmer continue.

Quentin Lee  
Coordinator

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# JULIA DUNSTALL

A young Julia was born almost 40 years ago, and at the tender age of four, was introduced to a 15 metre pool at Bayview, just a short throw from Mona Vale, a popular surfing beach, north of Sydney city.

Julia clearly remembers : bubble, bubble, breath, a technique still used by learn to swim teachers. When her family moved to St.Ives, a leafy, upper north shore suburb, her love for swimming did not wane. A nearby 50 metre pool at West Pymble, attracted Julia on Saturday mornings, where she learnt to master all four form strokes.

Not content with this, her mother would drive to a 25 metre indoor pool at Killarney Heights, to join the Forbes Carlile swim squad.

Her coach, Harry, Julia describes as very strict, but this discipline is probably why she learnt to perfect all strokes, especially butterfly. This was a ritual for 4 years. Not once did Julia's Mum, watch her daughter train. She would sit in the car all through the training session, as the small pool complex was "a box filled with chlorine fumes".

How lucky we are at our Noosa Aquatic Centre to breath clean fresh air !

As a student of St. Ives High School, Julia clearly remembers representing her school at a carnival at Hornsby.

Her butterfly expertise was handy as part of the winning relay, which included an older school friend, Elle Overton, who went on to be an Olympian.

On leaving school, snow skiing became her newfound passion, being an instructor for 10 years, here at Thredbo in Australia's ski fields and at Whistler, Canada's premier ski resort.

After being immersed in so many winters, a change of temperature brought her here to Noosa, where she met Helen, Grin and Lyn at Sizzle. They encouraged her to join Noosa Masters Swim Club in 2012, where she has competed in several carnivals.

Julia's most spectacular achievement, would have to have been at the 2016 Pan Pacs last November, where she swam PB's in all 8 events. A PB of 15 seconds in the 35-39 years female 400 metres individual medley and also slashed 29 seconds off her previous PB in the 400 metres backstroke.

Well done, young Julia, let's hope that you continue to enjoy your swimming, here at the Noosa Aquatic Centre and with the Noosa Masters.

... Tony Frost



## FEBRUARY

<b>Peter Fidler</b>	<b>2/02</b>
<b>Rob Jolly (Jolly Rob)</b>	<b>8/02 (70)</b>
<b>Pieter Santifort</b>	<b>9/02</b>
<b>Greg Bott</b>	<b>24/02</b>
<b>Bardie Gruber</b>	<b>25/02</b>

**Happy Birthday everyone !**

*The more birthdays you have ...  
The longer you live !!*





## DI M<sup>C</sup>FARLANE ... 70?

Can you believe it?? Di McFarlane achieved a milestone birthday on 7 January - the proverbial three score years and ten. It seems there were numerous celebrations with family and friends - making this a truly memorable birthday.

One such occasion was with her Noosa Masters buddies - the club turned on a beautiful cake and Di turned up ... the crowd was in fine voice, the rafters shook to the strains of "Happy Birthday, dear Di ...." before the cake was demolished with gusto !!

We hope to celebrate many more birthdays with you DI !!

... Wendy Ivanusec

# word play #4

### Last month's solution:

So ... On the BBC's 'My Word' program, what were the almost identical questions to which Denis Norden replied 'Andy's test isn't for drugs' and Frank Muir replied 'facetious'?

Denis was asked 'Can you say a sentence containing only five vowels in the sequence a-e-i-o-u?'

Frank was asked 'Can you say a word containing only five vowels in the sequence a-e-i-o-u?'

### This month's challenge:

Can you think of a word that – pronounced the same way each time – can be a noun, a verb, an adjective or an adverb?

Hint: Of the possible answers, three of the words are used commonly to describe the quality of something

*Answer in the next edition of Chatter*



## FEB 2017 CLUB BREAKFAST

Breakfast for **FEBRUARY** is scheduled for **SUNDAY 26 FEBRUARY** with **LANE #0** providing the food.

No breakfast scheduled for March as we will be busy supplying raffles, food etc for our carnival.

... Carola Henderson



## COACH'S TIPS

Fist swimming .... Closing your fists and swimming can really improve your stroke technique. At first it will feel clumsy and awkward but it actually forces you to rotate your hips and move through the water the way you are supposed to.

Think tall and long, streamline off every wall. The faster you want to go, the more you have to relax, speed is about relaxation.

After streamlining off the wall take your first breath on your second or third stroke not your first. Swimmers who breathe on their first stroke will often slow themselves down at a time when they don't need a breath

Happy swimming ... Cheers, Jan

# 2017 ALBANY CREEK SWIM MEET



A team of 18 swimmers participated at the Albany Creek Masters Swim meet on Saturday 28<sup>th</sup> January.

A great start to the 2017 swimming year with **Gold medals** awarded to Sam Penny 40-44 age group, Studley Martin 50-54 age group, Rob Jolly 70-74 age group and a tie to Wendy Twidale and Jacky Shields 60-64 age group.

**Silver medal** to Geoff Lander 80-84 age group.

**Bronze medals** to Brian Hoepper 70-74 age group, Ian Tucker 60-64 age group and Helen Malar 60-64 age group.

Congratulations to all swimmers who competed to help us achieve 3<sup>rd</sup> place behind Miami & Albany Creek.

Great swims from Jan Croft, Tim Bott (racing in heats against Dad Greg), Kerry Blackwell, Tricia Hughes, Robyn Selby, Linda Hogg, Adrian Wilson, Adele Tucker and Lois Hill.

The mixed medley relay of Lois Hill, Rob Jolly, Jan Croft and Adrian Wilson went out chasing a State record in the 280-319 age group ... missed it by a few seconds but they did beat Miami which is a rare feat!

Sam Penny was 11 x 100<sup>th</sup> of a second off going under the 1 minute mark for his 100m free swim, so he will be putting in extra training to attain that goal...

Many thanks to John Twidale and Lorna Lander for timekeeping all day and supporter Dianna.

A big "Thank You" to Barry & Caroline Giles from Hinter Coast Transport for supplying the bus to and from Albany Creek in remembrance of their friend, our past president, Pat Mooney. A very generous gesture and very much appreciated!

Overall, a very well organised carnival run by Albany Creek Masters and meet director Julie Bott.

A great day of Fitness, Fun and Friendship.

... Helen Malar  
Club Co-captain

## MAGGIE MEETS HIS MATCH

Training at the NAC last week, Olympian James Magnussen, took time out for a photo with another champion, Clinton Stanley.

Asked for a comment, Clinton, as sharp as ever, replied: "It's all about quality, not quantity".





## SHOULD WE WHINGE ABOUT OUR HOT WEATHER ?

Here in Noosa, our long hot dry summer continues, but consider an alternative if you live in the northern hemisphere.

Viv Merrill, visiting her daughter living in Dubai, travelled with her to Italy's top tourist spots, Venice and Florence, wrapped with coats to protect themselves from zero temperatures.

Tom and Marlene's picturesque home town of Vichy in central France, continues to be covered in snow.

Let's think of them as we swim our laps at the NAC or ocean swimming in Laguna Bay.

*photo courtesy Marlene Robson*

# CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
<b>FEBRUARY</b>						
11	LC	Hervey Bay	QHB	Central	02/17	Hervey Bay Aquatic Centre
25	LC	Mareeba Masters	QMA	North	03/17	Mareeba Memorial Pool
<b>March</b>						
8 - 11	LC	<b>MSA National /MSQ Championships</b>			<b>04/17</b>	<b>Gold Coast Aquatic Centre Gold Coast</b>
25	LC	Noosa	QNA	Sunshine	05/17	Noosa Aquatic Centre
25	SC	North Mackay Sinkers	QNS	Central	06/17	North Mackay SHS Pool
<b>April</b>						
1	LC	Atherton	QAT	North	07/17	Atherton Pool
22	SC	Whitsunday Warriors	QWY	North	08/17	Cannonvale Pool
29	SC	Yeronga	QYP	South	09/17	Yeronga Pool
<b>MAY</b>						
13	SC	River City Rapids	QRC	South	10/17	Somerville House, Brisbane
13	LC	Rats of Tobruk	QRT	North	11/17	Tobruk Pool, Townsville
26 - 27	LC	<b>Great Barrier Reef Masters Games</b>			<b>12/17</b>	<b>Tobruk Pool, Cairns</b>
<b>JUNE</b>						
10	SC	Rum City	QBB	Central	13/17	Bundaberg Swim Academy
10 - 11	SC	Clarence River	NCM	NSW	14/17	Yamba, NSW
<b>JULY</b>						
8	LC	Brisbane Southside	QSM	South	15/17	Brisbane Aquatic Centre
22	SC	Genesis Aquatic	QGA	Sunshine	16/17	Genesis College
<b>AUGUST</b>						
19	SC	Brisbane Northside	QBN	Sunshine	17/17	The Valley Pool, Brisbane
<b>SEPTEMBER</b>						
23	SC	Maryborough Masters	QMB	Central	18/17	Maryborough Centenary P
<b>OCTOBER</b>						
7	SC	University of Qld	QUQ	Sunshine	19/17	UQ Pool, St Lucia, Brisbane
21	LC	Sunshine Coast	QSC	Sunshine	20/17	Kawana Waters Pool
21	LC	Long Tan Legends	QLT	North	21/17	Long Tan Pool, Townsville
<b>NOVEMBER</b>						
25	LC	Aqualicious	QAL	Sunshine	22/17	Centenary Pool, Brisbane
25	OWS	North Mackay Sinkers	QNS	Central	23/17	Pioneer River, Mackay
<b>DECEMBER</b>						

# FIRST BUNNINGS BBQ FOR 2017



**Tuesday, 24 January** - "Man, it's a hot-one.... like 7inches from the midday sun" (Santana)

Firstly, a huge thanks to Peter Fidler and Grindle Rudder for collecting the Ice – NSLSC for their generous assistance! The set-up team was firing bright and early under the guidance of Mary and Sandy, Studley bringing in his muscles especially for the occasion after a bout of bronchitis.

For the 8am shift, the "seasoned" BBQ team members Kerry, Gilly & Kenny found all burners on and sausages ready for sale!

All we needed was some customers!

As luck goes, this was not the best date for our BBQ, but it was a great opportunity to put the wheels in motion with the new kid flying the flag (waving the bbq tongs) for all Masters members who volunteered to shed some of their Xmas love-handles in 40 degree heat!

Carola, Helen, Wendy, Mick, Owen and I pushed thru the midday rush, though I'm not sure if Owen was suffering heat stroke or his salesman skills are an untapped resource we should tap into in the future? Owen: "what drink can I get you today" ...Bam! Drinks sold. Owen: "would you like fluffy white or healthy wholemeal?" as the day wore on....Owen: "would you like

fluffy wholemeal or healthy white?" ... either way we got a smile!

The day came to a close, we (the Team) were incredibly organised ... pack-down was 10 out of 10 from the Bunnings supervisors which will put us in AI contention for the next time.

Thank you Noosa Masters for making this happen and most importantly, I know Bruce will be proud that his efforts are continuing.

Happy Swimming,

*Julia (Dunstall)*  
Bunnings BBQ Co-ordinator

**WE NEED YOU TO JOIN OUR CREW**

## **Media and Publicity**

**Officer** – Role is to liaise with the local Noosa based newspaper journalist(s) and prepare in conjunction with the Club Captains and other club representatives, news worthy and promotional articles that support the Club's performances and results and presenting the club

to the community in the hope that they will become interested and contact the Club to find out more and join.

Some general writing skills and experience is preferable but not entirely necessary. This role has an ongoing involvement during the year promoting Competition results, Endurance 1000 performance and results, social activities and invitations for Come & Try days, etc.

## **Noosa Swim Meet subcommittee – Medals and Trophies**

– Role is to become a subcommittee team members for our annual swim meet and to coordinate the selection, purchase, engraving and presentation of the medals and trophies after the swim meet conclusion. A chance to get involved and most likely one to two days prior to the event and a day or two after. Once a year role

## **Noosa Swim Meet subcommittee – Sponsorship**

– A key Role for the overall swim meet success. Our continuing major sponsor is the Noosa Heads Surf Life Saving Club. Other businesses in the Noosa, Tewantin and Noosaville area have supported the club in past years and we are looking for someone to coordinate the sending of letters, meet and greet if necessary and hopefully target new sponsors rather than just going back to the same sponsors year after year.

A few days required immediately to co-ordinate a plan, then action and then a follow-up post the event. Once a year role

## **Funding Officer NPRSR Grant Lead Role**

– The Club has been successful in obtaining a \$7,500 financial grant from the QLD State Govt to facilitate the club to grow our young women membership. A Lead role exists for someone interested and motivated to help in getting more younger members to join the club and develop ways of achieving this. The grant document sets out our application and what is included eg. 2 x come and try days, additional computer equipment purchase and additional shade structures. The person will have committee support and experience from previous grants and what is required to successfully deliver the project.

## **Merchandise and Club Apparel**

– Lynette Clemitson and Jacki Shields have volunteered to accept this role and continue to review the Club's "look and feel" related to all things aquatic.

## **Ironman/USM/Volunteer Coordinator**

– Currently Mark Powell and Robyn Selby are continuing in the roles of liaising with Ironman/USM for volunteer opportunities. Ted Irvine from Ironman/USM has retired and we are unsure of who will be his replacement going forward. There is a need for one or two others to support this liaison and assist with coordinating volunteer activities including Noosa Tri Festival and Winter Festival events. Role is to work closely with existing team and develop skills for taking over lead role in future. A twice to three times a year role for a few days each time.

If you can, please consider what you can do for this club and assist in any of these roles please contact the Secretary and or ask the Committee members for more details. I look forward to hearing from you.

## REFLECTIONS ...

You know, time has a way of moving quickly and catching you unaware of the passing of years.  
It seems just yesterday that I was young, just married and embarking on my new life with my mate.  
And yet, in a way, it seems like eons ago, and I wonder where all the years went.  
I know that I lived them all. And I have glimpses of how it was back then, and of all my hopes and dreams.  
But, here it is the Winter of my life and it catches me by surprise .

How did I get here so fast?  
Where did the years go and where did my babies go?  
And, where did my youth go?

I remember well ...  
Seeing older people through the years and thinking that those older people were years away from me and that  
Winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is!  
Husband retired and he's really getting grey....He moves slower and I see an older man now.  
He's in better shape than me....but, I see the great change.  
Not the one I married who was young and vibrant...  
But, like me, his age is beginning to show and we are now those older folks  
that we used to see and never thought we'd be.  
Each day now, I find that just getting a shower is a real target for the day!  
And taking a nap is not a treat anymore....it's mandatory!  
'Cause if I don't on my own free will...  
I just fall asleep where I sit!

And so, now I enter into this new season of my life unprepared for all the aches and pains  
and the loss of strength and ability to go and do things.  
I know that though the winter has come, and I'm not sure how long it will last,  
and when it's over ... it's over!

Yes, I have regrets.  
There are things I wish I hadn't done ...things I should have done.  
But, indeed, there are many things I'm happy to have done.  
It's all in a lifetime....

So, if you're not in your winter yet.....  
Let me remind you....  
It will be here faster than you think!

So ...  
Whatever you would like to accomplish in your life...  
Please do it quickly!  
Life goes by quickly.

So ...  
Do what you can today, because you can never be sure whether this is your winter or not!  
You have no promise that you will see all the seasons of your life...

So ...  
Live for good today and say all the things that you want your loved ones to remember...

**"Life is a gift to you  
The way you live your life is your gift to those who came after  
Make it a fantastic one!"**

**LIVE IT WELL!!**

*~author unknown~*



## AUSTRALIA DAY 2017 ...



What a glorious morning for an ocean swim - a good roll up at the beach for a 7.30am dip. One group swam between main beach and the Groyne and the others went out to Ti Tree Bay and back - only one person got a couple of stings and the water was calm and clear - what more could you ask? It would have been nice to have breakfast at the Surf Club, but it is not permitted to open till 11.00 am, Mon Fri. They are allowed to open for breakfast, Sat & Sun, from 8.00 am. These are strict laws for ALL Surf Life Saving Clubs in Queensland and are common knowledge to most locals I am told ...so we repaired to Cafe La Monde which was VERY busy! Drove along Gympie Terrace on the way down and back and it was pumping!! The Lions were doing a roaring trade with their generous BBQ breakfasts, tents were up all along the river as folks prepared to make the most of this special day. Such a happy atmosphere everywhere !!

... Wendy Ivanusec



# 3 JANUARY - OUR FINAL FAREWELL TO JOYCE

Five fellow Noosa Swim Club members travelled to Brisbane, to share their final respects with Joyce's family and friends. Unfortunately, several of our members were either overseas, interstate or hospitalised, and unable to attend.

Challenger Chatter has received reports from Wendy Twidale, who shared the same UK town of Leister, for both their early childhood years, and Bob Morse, who first met Joyce when he joined our Club in 2003.

## REMEMBERING ... by Wendy Twidale



Two cars travelled to Albany Creek crematorium. Brian Hoegger and Wendy and John Twidale in one car. Bob Morse and Bob McCausland in the other. Approximately 30 people attended. Joyce's 3 children and numerous grandchildren and great grandchildren were there. The service celebrated Joyce's amazing life but modestly lived. Her favourite hymn, Jerusalem was sung during the short service bringing a few tears to everyone there.

After the service we went to the RSL at Geebung where Joyce had provided her swimming friends a cup of coffee and a cake which was

thoroughly enjoyed by all in memory of Joyce. Heather, her eldest daughter, told us a few stories about Joyce's life and last few months. She remained fiercely independent to the end - only handing in her driving license a few weeks prior to her death which was as a result of lung cancer, despite never having smoked her entire life.

RIP Joyce, you were very much loved by your family and friends who are so inspired by your swimming successes and remarkable independence and warm generosity.

Note: The mixed flowers at the front of the coffin (photo next page) were sent by the club with the blue and yellow flowers representing the club colours.

## Joyce Tributes

Please accept my apologies for not contacting you before this email. I live now at Russell Island (still member of the QTW club). I was sad to hear of Joyce Faunce's death. I will be playing Bridge with Ann Todd this pm and will notify her also. Joyce was one of the "Grand Old Ladies" of a bygone era with a good sense of humour and fun. Ann and I have been to Noosa in the past 20+ years and enjoyed all the carnivals & dress ups. Regards & Sympathy to her family and club members.... **Rosalie Lutvey & Ann Todd. QTW**

Really sorry to hear the sad news of the passing of Joyce, she was certainly an inspiration to all who met her, both as a swimmer and in everyday life, from what we've heard, I'm sure she'll be missed by many. ... **Karen & Rod Barton**

## FINAL FAREWELL ... by Bob Morse

The journey to Albany Creek Memorial Park Crematorium and Cemetery was made shorter due to discussions with my travelling companion Bob McCausland. We spoke mostly of our experiences in the Noosa Swim Club over the past 16 years. The good times with reminiscences and the bad ones philosophically. A good sprinkling of Australian bush poetry got an airing also. The wipers flip-flapped almost all the way varying from full speed to intermittent.

An offer was extended to Olga and Joe to join us, but for them the day

would be too much and the journey just too far. Joe also reminded me that I had given him a copy of the photo album prepared by Wendy and me of Joyce's 95 birthday celebrations. He fingered through the pages when he received the news of Joyce's passing and would do that again on the day of her funeral.

He asked that I pass on his condolences and let Joyce's family know that he would have loved to attend but that he would remember his dear friend through all the good times and the photos in the album. I did so.

On arrival I was greeted by Heather with one of those loving hugs that Joyce would give me when she returned to Noosa pool and at her birthday celebrations.

Heather was carrying a large bunch of white roses for Joyce's coffin because she knew that her Mum loved them. The fragrances of those roses remained with me for a long time. "How are you?", I enquired and Heather replied that she was a little shaky in the legs but delighted that I and the other swim club members could make it today.

# FINAL FAREWELL ... by Bob Morse

As we approached the Chapel and picked up the order of service, the sight of the highly polished pine coffin with silver handles standing elevated and isolated at front and centre of the small, intimate room jolted me into the reality of why I was here - to farewell my old dear friend and confidant. Vision went cloudy and cheeks were wet with the tears of emotion that come easily on such occasions. The sad reality of how easily life is lost and the fact that, no matter how big we are in life and what we have done, we will all end in the small



box. It is true that the memories left in the hearts and minds of our friends are the greatest legacy we can leave and that our friends are many. Joe was right ... memories are the best things.

The Chapel was small with high ceilings, brightly lit and with a slightly chilly atmosphere. It was filled with Joyce's family and the 5 representatives from Noosa Masters Swimming Club, Bob McCausland, Wendy and John Twidale, Brian Hoeppe and myself. The service was conducted by a celebrant. He was gracious and his manner quiet and comforting. I thought how Joyce would have liked that. The silver ash pews had an austere and structured feel to them but they, too, added light to the small chapel. The five of us sat beside each other and listened quietly.

The Eulogy was not lengthy. It touched on Joyce's journey through life mentioning her love of family, the friendships she made in swimming, our club, her Empire Games successes, travel and

settlement in Australia and the love of a "slap up lunch". We were asked to reflect during Joyce's favourite song "Jerusalem", and then stood for the



Committal when Joyce left our presence accompanied by the sound of gentle sobbing. The immediate family was led from the Chapel and as Heather passed me our hands reached out and our eyes were again wet with emotions.

Vivienne spoke with us at the end of the service and we reminisced over the good times. She was glad that we had come and invited us to the wake.

This poem was read at the end of the service:

### The Legacy

When I die, give what is left of me to the Children,  
If you need to cry, cry for those walking beside you.  
Put your arms around someone, and give them what you'd like to give me. I want to leave you with something better than words or sounds.  
Look for me in the people I love,  
And if you ever think that you can't live without me, let me live on - in your eyes, your mind, and especially in your acts of kindness,



**New Year, or the "Spring Festival"** as it is known in China, is the longest and most important holiday in China.

The **Chinese New Year 2017** begins on January 28, 2017. The Chinese New

Year's festivities end two weeks later on the 15th day of the first month on what is known as the Lantern Festival.

During the Chinese New Year's celebrations, there are many traditional activities, some local and others celebrated universally. The Chinese believe that as they enter a new year, they should start a new beginning. They clean their houses, pay off all of their

debts, purchase new clothes, paint their doors, and even get new haircuts in order to have a fresh start for the new year.

Homes throughout China are decorated with special banners, many of which are red and gold; the traditional representations of happiness and prosperity. One very fun tradition of the Chinese New Year is exchanging gifts. A traditional present that is given is small red envelopes filled with "lucky money". These envelopes are given to children by their family and friends.

The dragon is a very popular symbol for the Chinese New Year. It is a symbol of strength and good luck. A Chinese New Year 2017 celebration would not be complete without a giant dragon parading down the street. The dragon

costume is always very colourful and can be up to 100 feet long.

During the Chinese New Year 2017 you will see fireworks and hear firecrackers! There are many beliefs about why fireworks are used. One belief is that the noise of the fireworks is supposed to scare away all evil spirits allowing the new year to begin without misfortunes.

### 2017: Is it a good year for you?

The **Year of the Rooster** will be a powerful one, with no middle of the road when it comes to moving forward. This year, impressions count. You'll want to look your best and be clear on your intentions concerning love, money, and business. Stick to practical and well-proven paths to ensure success, rather than risky ventures.

## ANNUAL NEW YEAR BBQ AT IVAN & WENDY'S ...

Thanks everyone who came, - you really make it all worthwhile and thanks for all the 'contributions'. We did miss a few old familiar faces this year tho'. We were really lucky with the weather again ... it didn't rain and there was a bit of a breeze. Thanks Di for your Chinese New Year table decorations - couldn't find any anywhere!! Huge thanks to Mark Besford and Rob Jolly who worked like navvies getting it all set up and taken down for us - simply couldn't have done it without your help. We certainly owe you one fellas !!



# ANNUAL NEW YEAR BBQ AT IVAN & WENDY'S ...

## IVAN'S BBQ TIPS ...

To prick or not to prick - that is the question ...

So now the snags are on the barbie and you're surrounded by mates who are just itching to give you advice on how to do a better job. You don't want to look like a fool, so should you prick or not? Really good quality sausages tend to not have to be pricked, but let's face it, who is splashing out on fancy sausages when you're just feeding your intoxicated friends?

If you're just buying a normal sausage then you really should prick them. Yes, it's OK. You can go ahead and prick!

Oh, and one more thing.

We've all got a mate who likes to pour beer on the barbecue like some sort of bogan seasoning. Does that actually achieve anything? Nope.

The only reason you would do that is if you had a beer in your hand and you had a really bad flare up and you had no water so you were just dousing the flames with the beer. There's no real advantage to wasting good beer on a fire!



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(\*) Noosa Bookshop is moving to the new address above – just five shop fronts along from the present arcade.

**Challengers Chatter**

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