

CHALLENGERS' CHATTER

JANUARY 2019



NOOSA - State and National Endurance Champions!

WOW!! Yet another marvellous milestone – Endurance 1000 Champions for the 6th consecutive year. “You little ripper!”.

Our closest opponents (once again) were the Talays Masters, Tasmania some 5425 points behind.

In 2017 the margin was 4404 points so we continue onwards and upwards.

The results for the top six clubs are as follows:

Noosa QLD	22457 pts
Talays TAS	17032
Tuggeranong ACT	16911

Completown NSW	12136
Miami QLD	12040
Blacktown City NSW	10720

Nine female swimmers and eleven male swimmers ranked in the Top 10 results for Age and Gender.

Details of rankings by age groups are set out below.



ENDURANCE
1000



2018

AGE AND GENDER TOP 10 RESULTS

Congratulations To All!!

Name	Age Group	Ranking
Wear Armstrong	35-39	Equal 1st of 2
Karen Martin	45-49	5th
LiQuin Hussey	45-49	6th
Denise DeCarlo	50-54	4th
Jo Matthews	60-64	Equal 1st of 11
Jane Powell	60-64	2nd
Adele Tucker	60-64	7th
Irene Symons	65-69	Equal 1st of 4
Wendy Ivanusec	75-79	8th
Studley Martin	50-54	2nd
Mark Powell	60-64	Equal 1st of 4
Ian Tucker	60-64	Equal 1st of 4
Quentin Lee	60-64	5th
Jim Barnes	60-64	6th
Brian Hoeppe	70-74	Equal 1st of 7
Ian Mitchell	70-74	Equal 8th of 2
Rob Jolly	70-74	9th
Rob Lucas	75-79	Equal 1st of 2
John Havilah	80-84	5th
Bob McCausland	85-89	3rd



Noosa Masters ... 2018 E1000 State & National Champions

A great effort from the supporters, club members and the Endurance Team – Trish, Jane, Grant, Jim, Ian Mitchell, Denise, Adele, Linda and Bob Martin.

A full listing of the Endurance 1000 points detailing each member's tally for 2018 was circulated earlier in the week to members. Further information on the 2018 results is available on the MSQ website under the section Endurance

ANALYSIS

As at March 2018 there were 80 registered members of which 65 participated in the program. We had an exceptionally high participation rate across the club. Our average points tally per participant was 255 which placed us 7th on averages (8th last year). Clubs which achieved higher averages were;

Talays Masters

516 pts 33 participants

·Campbelltown Collegians

433 pts 28 participants

West's Auburn Masters

390 pts 13 participants .

Several other clubs achieved high average points but had low participant numbers.

Seven of our members achieved maximum points (1005) which replicates our 2017 effort.

They are:

Wear Armstrong

Irene Symons

Brian Hoepper

Ian Tucker

Rob Lucas

Mark Powell

Jo Matthews

WELL DONE EVERYONE !

Other notable performances were achieved by –

Jane Powell 935 points,

Adele Tucker 841 points,

Denise DeCarlo 814 points,

Quentin Lee 802 points,

Wendy Ivanusec 732 points,

Ian Mitchell 695 points,

Jacky Shields 695 points,

Jim Barnes 639 points

Sally Johnson 570 points.

LOOKING FORWARD 2019

The 2019 year has started off at a blistering pace with good turnouts for the first few Endurance sessions (must be the weather and the New Year resolutions).

The EDO Swim-a-thon on 1 February 2019 also offers the opportunity to have a great social time, cheer on the swimmer in the pink tutu, and assist in boosting our points tally.

Postal swims for Miami and Hervey Bay are also included.

On a personal note thanks to all club members in maintaining the rage and a great result for 2018. Bring on 2019!

*Rod Alfredson
Endurance Coordinator*

Viv Merrill celebrated her "17th" birthday on Australia Day by sharing food, drink and some wonderful jazz with neighbours and friends





Noosa Masters' own Miss Australia - Karen Martin

SOMETHING TO PONDER ...

Australia Day should be January 1 — the symbolism is perfect

... by Aron Paul, ABC

Australia was born on a New Year's Day. Far from being an inconvenience, the date was deliberate and the symbolism is perfect.

For most former members of the British Empire, national day is synonymous with independence day. This has posed a problem for Australia, a country whose independence from the Empire was an evolutionary and often reluctant process rather than a single event. We still fly the British ensign and the British Queen remains on our money, even though her subjects can no longer sit in our parliament.

Australia's motherland, the United Kingdom, continues to have no national day, instead celebrating the birthday of its sovereign, the Queen.

New Zealand celebrates Waitangi Day, commemorating the signing of the treaty between the Maori and British crown. This is the treaty upon which the country's legitimacy is based.

Australia has no such treaty to commemorate. Canada opts to celebrate its birthday on July 1, the date in 1867 when the provinces joined a political confederation by an act of the British parliament. This offers the most obvious parallel for Australia, whose birth occurred as a similar joining of colonies into one dominion on January 1, 1901.

We asked what you thought about moving Australia Day to January 1. Read the discussion in the comments.

Australia is 117 years old

January 26, 1788, was not the birthday of Australia. On that day, the convict First Fleet landed in Farm Cove in what would become Sydney. Other parts of what was known by the Europeans as New Holland were colonised separately or variously annexed to and separated from NSW. In this way, the six colonies were formed.

The date of all public holidays are decided at the state level — so how would we go about changing the date of Australia Day?

The campaign to unite these colonies had as a motto, the idea of "a continent for a nation and a nation for a continent".

It was not until January 1, 1901, that this idea was realised and the Commonwealth of Australia came into being. As such a nation, created through law, Australia is 117 years old.

The founding document — a piece of paper signed by the hand of Queen Victoria — sits as evidence of this fact in the federal parliament. To pretend otherwise is to deny history.

New year, new start

The objection is sometimes made that New Year's Day is "already a holiday".

The date of Australia's birth, however, was not a mere accident. It was deliberately chosen by its founders as the first day of the new year of the new century.

Many Australians even then relished the idea of themselves as a new or a young country — a place of reinvention that would be free and different to the "old world".

Australia was conceived through politics and negotiation rather than war, through the ballot box rather than by blood.

This legacy of peace and stability has been the hallmark of Australian history that has made it the country it is today.

It continues to trade off that history in attracting migrants and investment. It is strange then, that its

national day was not chosen to reflect this history.

A democracy to be improved

The objection can be raised that the Commonwealth born that day was not perfect either.

Australian federation was marred by the exclusion of Aboriginal people and the enactment of the White Australia policy. Yet by this document, Australia was conceived as a democracy.

Citizens were given the power through the ballot box to change the constitution. Sovereignty may have rested with the British Crown, but the Queen of Australia would do what its people want.

It was through the vote and by the process enshrined at its birth that Aboriginal people were at last counted after generations of struggle.

The Commonwealth is still not perfect, but on that New Year's Day, Australians joined their destinies together.

More than the foundation of Sydney

How January 26 weaselled its way into national status is a long story, but one that is linked to its popularisation in the 1930s at the height of racial ideology.

Celebrating the arrival of the British First Fleet suited the racialised conception of Australia as a British nation.

Racial ideology led to the worst horrors of World War II and in Australia to the attempted genocide of the Aboriginal people.

Australia can be better than that, just as its history is so much more than the foundation of Sydney.

Every new year people make resolutions, often with the hope to be a better person in some way.

Australia, as the country where so many people reinvent themselves and seek a new life — from those waves of convicts, to more recent migrants — could have no better date to celebrate its hopes as well as its achievements than the first day of every year.

Dr Aron Paul is an historian and writer

NOOSA MASTERS ANNUAL NEW YEAR BBQ BASH ...

The weather was kind, the food, drink and company couldn't have been better ... Ivan worked his magic on the BBQ and everyone voted this New Year Club get together as one of the best yet! Ivan & Wendy were delighted to see so many turn up to enjoy a lovely relaxed afternoon under the trees on the Council reserve at the rear of their property. Many thanks to Mark Powell and Adrian Wilson for their help in setting up tables and chairs and especially Mark Besford for his hard work in helping Ivan set up tables and chairs (and, more importantly, taking them back to the house again at day's end!). Very much appreciated. We look forward to welcoming you all again next year!



The Lovely Lois



Adrian, Quentin, Greg, Brian

and especially Mark Besford for his hard work in helping Ivan set up tables and chairs (and, more importantly, taking them back to the house again at day's end!). Very much appreciated. We look forward to welcoming you all again next year!



Mike & Felicity Hawkins, Di McFarlane



Sue, Chris & Clinton Stanley



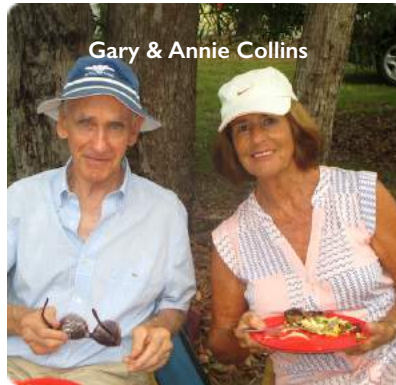
Rod Alfredson, Lois & Richard Hill, Liz A



Mark Besford, Wendy Morse, Brian. Hoepfer Front-Kathleen Gordon, Sue & Owen Curtis



LiQun & John Hussey



Gary & Annie Collins



John & Chris Cooper, Jacky & Jeff Shields



Noel & Julie Tierney



Wendy, Bob & Robyn



NOOSA MASTERS ANNUAL NEW YEAR BBQ BASH ...



Annie Collins, Chris Cooper, Barry Lloyd



Quentin Lee, Adrian Wilson, Diana Golorick



Above: BBQs Galore!!
Ivan Ivanusec with Clinton
and Chris Stanley



Fran Wilson, Greg Bott, Robyn Selby



Left: Anne Scholes with
her Grandson



Bob McCausland, Wendy Ivanusec, Bob Morse



Geoff Merrill Charley Moore, Viv Merrill and Viv's mother, Monica



Hello young lovers, it is that time of year again, when love is in the air. This year our river cruise is booked for Valentine's Eve, Wednesday 13th February. 5:30-7:30pm. Cost \$25 pp. BYO food, beverages, esky and ice. So come along to: Noosa River and Canal Cruises, The Jetty, 186 Gympie Terrace,

NB. you must prepay...the cost for the boat has already been paid.

Don't be late, the boat will not wait for you as a certain someone knows!

Any questions please ask Helen Malar or Robyn Selby

CARNIVAL CORNER 2019 UPCOMING MEETS

2019 dates Please send replies/queries to [Captains at captain.noosaqna@gmail.com](mailto:captain.noosaqna@gmail.com)

9 February 2019: Miami Carnival – 15 members are competing – with just enough men to make a relay! Good luck to all, and enjoy the “holiday trip”.

23 February 2019: Hervey Bay – Entries are rolling in for this, with QNA closing date for relay selection on Monday Feb 4th - Please get your times in by then, and add postal times later if necessary by final closing date of 5pm Friday Feb 8th.

Payment for this to Noosa Masters Swimming Club Inc BSB: 124,101 Account No.: 9048 8908
Please include reference as: 'QHB fees - your name' (e.g., QHB fees J Smith).

There will be lots of 50m relays - all swimmers will be considered unless you email captains that you don't wish to do a relay.

Remember to tick the function box to attend the Presentation evening.

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

We have a bus for this meet, and the short course swims are great for our lane 0 swimmers as there are 25m events! So pencil in to your diaries to make this a fun, HUGE, meet. The more the merrier.

Postals – choice of 1 postal (all 400m endurance strokes, distances 200m or 400) - Swum between Saturday 19 January and Sunday 17 February.

Entries close for QNA on Tuesday 19 February, for QAC close on 22 February.

Watch for email with further details

MSA Nationals-March 18-23 2019, Aquatic Centre in Marion, Adelaide: Entries open. Please contact captains if you are now thinking of swimming at this. Most have booked accommodation already.

11-13 April 2019 MSQ State Long Course Titles - Chandler Pool, Brisbane
(accommodation suggestions Cozy Cabin, Camp Hill Hotel, Manly Marina Cove Motel)

23-26 May – Great Barrier Reef Games



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

Current details on <http://www.mastersswimmingqld.org.au/News/great-barrier-reef-masters-games> or www.gbrmg.com.au

Please send replies/queries to Captains at captain.noosaqna@gmail.com
See full MSQ Events Calendar for 2019 on the opposite page.

Happy
Birthday

February

Julie Tierney	1/02 (Big 60)	Greg Armitage	23/02
Roger Pearce	3/02	Greg Bott	24/02
Rob Jolly	..8/02	Howard Peters	26/02
Kathy Crossley	14/02		

Happy Birthday.
Let it all hang out!
(Make of that what you will!)

https://www.youtube.com/watch?v=2cz25q2Q_Z0

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JANUARY							
FEBRUARY							
1 Feb-30 Apr	Postal	Caboolture Crays Postal Meet	QCC	Sunshine	Q12/19	n/a	Any 25m or 50m pool
5-7	LC	NZ Masters Games		NZ			Wanganui, New Zealand
9	LC	Miami Masters	QMM	South	Q1/19	TBA	Miami Aquatic Centre
23	LC	Hervey Bay Masters	QHB	Central	Q2/19	Yes	Hervey Bay Aquatic Centre
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
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
29	LC	2019 Rat Races	QRT	North	Q11/19	No	Tobruk Pool, Townsville
JULY							
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		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							
1	OWS	Big Barrine Bash	MSQ	North	Q27/19	n/a	Lake Barrine

Legend:

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

*These have been removed for QNA Calendar. 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.

9 IMPORTANT FACTS

Number 9 - Death is the number 1 killer in the world.

Number 8 - Life is sexually transmitted.

Number 7 - Good health is merely the slowest possible rate at which one can die.

Number 6 - Men have two emotions: hungry and horny, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

Number 5 - Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

Number 4 - Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

Number 3 - All of us could take a lesson from the weather. It pays no attention to criticism.

Number 2 - In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.

Number 1 - Life is like a jar of jalapeño peppers. What you do today might burn your ass tomorrow.

... and as someone recently said: "Don't worry about old age; it doesn't last that long".



Hello again ... Tip Time !! TIPS ON USING BAND AROUND ANKLES

Band forces you to adopt a quick stroke rate and high arm turnover.

It is a stroke that is most efficient in open water swimming.

If you struggle to swim with a band around around your ankles, you will quickly realise where your flaws are.

As soon as your hand hits the water start pulling. Swimming with bands forces the high turnover.

Once it clicks, your open water swimming will come up a level.

Don't over complicate it!

Happy swimming - Cheers, Jan

ODDS & SODS



BOUQUETS

Cap & Pen Winners. *Congratulations to Annie Collins* who won the cap and the pen for always looking so beautiful after squad.

Wendy I who turned up for swimming on 3/1 at 6.30am instead of 7.30am !!

Viv Merrill for putting on a great Australia Day/birthday function!

And **Brad Grieve** for completing his first Endurance swim - a mere 1500metres! Welcome to Noosa Masters, Brad, you only have 61 more swims to go!!

Congratulations to all those who made it into the Top Ten nationally in the Endurance Programme 2018!!

Help please for District School Championships on 20/2r - We still need timekeepers PLEASE stand up and offer your support.

Get Well soon - Corals hope that broken wrist is well on the mend

Thanks to Bob, Ian & Greg for coaching - great to do some Medley work. To **Jan** for her ever-valuable coaching and encouragement.

And to **Helen/Robyn** for organising the upcoming Valentine's cruise..

Also **Adele/Jane/Brian** for Friday 1/2 Endurance Twilight Swim for the Reef, what a team!!

A big Thank You to **Tricia & Denise** for preparing all the Endurance folders for 2019. Well done!!

Also to **Wendy I** for a \$10 donation for left over Bunnings BBQ sausages.

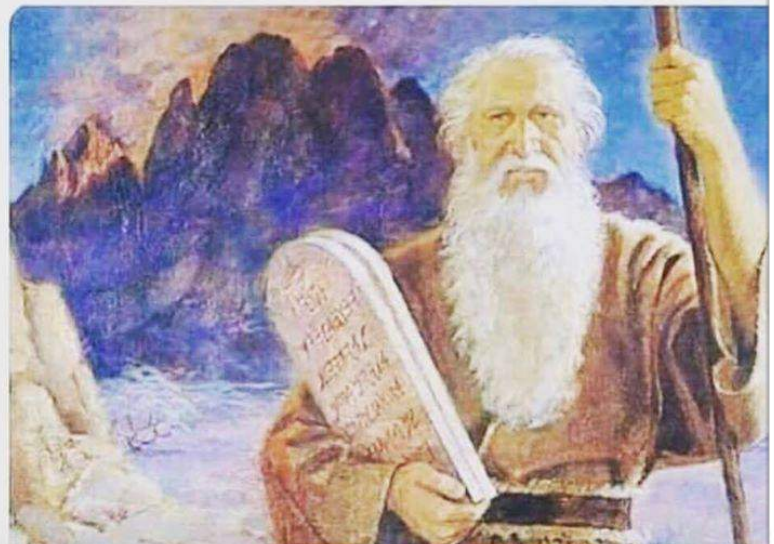
Welcome & then Adieu to Paul who has done his back in by being over-enthusiastic and doing too much, too soon. Hope to see you back with the Zero Heroes soon, Paul! Welcome to **Wendy** from Gympie who was encouraged by Rob Jolly to join us and new members **Adele and Brad**. Welcome also to **Peter and Libby** who've moved to Noosa and want to join us.

Aah, the *Golden Years!*

SPECIAL POEM FOR OLDER FOLKS

A row of bottles on my shelf
Caused me to analyse myself.
One yellow pill I have to pop
Goes to my heart so it won't stop.
A little white one that I take
Goes to my hands so they won't shake.
The blue ones that I use a lot
Tell me I'm happy when I'm not.
The purple pill goes to my brain
And tells me that I have no pain.
The capsules tell me not to wheeze
Or cough or choke or even sneeze..
The red ones, smallest of them all
Go to my blood so I won't fall.
The orange ones, very big and bright
Prevent my leg cramps in the night.
Such an array of brilliant pills
Helping to cure all kinds of ills.
But what I'd really like to know ...
Is what tells each one where to go!

So technically Moses is the first man to download files from the cloud using a tablet.



Please support our sponsors

**Noosa Heads
Life Saving Club**

Hastings St, Noosa Heads Q 4567
Tel: 5474 5688

**Noosa
Aquatic Centre**

Girraween Court, Sunshine Beach
Tel: 5448 0288

Bunnings Warehouse

Noosa Road & Gateway Drive
Noosaville Q 4566
Tel: 5430 5400

Ironman

24 Lionel Donovan Drive
Noosaville Q 4566
Tel: 5430 6700

**Bank of
Queensland**

Tewantin Noosaville Branch
cnr Gibson Road and Mary Street
Noosaville Q 4566 Tel: 5470 3100

**Karen Martin
Barber Shop**

28 Sunshine Beach Road
Noosa Junction Q 4567
www.barbernoosa.com.au

The Great Little Bag

Shop 105 Eumundi Square
Napier St Eumundi
on Market Days
Wed+Sat 7.30 -2.30 Fri 8.30 -2.30
www.thegreatlittlebag.com

Officeworks

1 Gateway Drive,
Noosaville Q 4566,
Tel: 5449 5400

John Bird Jewellers

The Atrium
91 Poinciana Ave,
Tewantin
Tel. 5474 4639

Hinter-Coast Transport

Charters-Schools-Weddings-Tours
1300 658 971
0410 602 632

Terry White Pharmacy

Shop 20, Noosa Junction Plaza
Noosa Junction Plaza
Tel: 5447 2244

Live Life Pharmacy

22 Sunshine Beach Road
Noosa Junction
Tel: 5447 3478

Editor
Wendy Ivanusec
Tel: 0414 727 302

Challengers Chatter
PO Box 21, Noosaville 4566

Assistant Editor
Brian Hoepper
Tel: 0421 884 809