

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

JANUARY 2024



Sunday, 14 January saw a record number of Noosa Masters gather for the annual New Year BBQ bash 'outback' at the Ivanusec's. Snapshot at right shows Fran, Liz and Yvonne hard at work.

... Ed



Liz, Fran, Yvonne

After a week of showers and with more rain forecast for our annual New Year 's BBQ at Wendy and Ivan's "back" paddock, it was a wonderful surprise to wake up on Sunday 14th January to see sunny skies with great breezes keeping any potential rain clouds well away.

Many thanks to those club members who were able to come early to help set up tents, tables and BBQ supplies. By 12.30 the park was full of happy Masters swimmers as well as their warmly welcomed family members. Delicious starters were shared by the hungry hordes, with sushi,

mascarpone stuffed apricots and two delicious Mexican layered dips proving very popular and satisfying.

Drinks flowed as did the laughter and conversations, and before any time we were cooking our steaks, sausages, chicken, meat patties and other delicious food at Ivan's very well set up BBQ station. The choice of pretty, seasonal salads was varied and plentiful - thanks to all our talented club chefs.

Undoubtedly, the highlight of the gathering was celebrating Ivan's 85th birthday with a rousing chorus of Happy Birthday, followed by a

delicious Birthday cake (thanks Lois!) and yummy deserts.

As always, our wonderful members were quick to dismantle tents and tables at the end of the day and it was lovely to see a few swimmers staying on to have a final drink or two with our generous and kindly hosts.

This annual event comes about through the generosity of this wonderful couple and it's hard to think of a better way to welcome in the New Year.

So ... cheers to you both Wendy and Ivan!!



2024 "Outback" Snaps



Ivan - Happy 85th



Monica, with Viv & Geoff Merrill



Jeff, Jo, Bob, Noel



Alex, Robyn, Anne, Julie, Denise, Lynette



Adrian, Richard, Wendy N, Fran, Brian



Adele & Jan



2024 "Outback" Snaps

... and a happy time was had by all



Kevin, Paula, Adele & Yvonne



Christine & Jan



Jeff, Paula, Jacky, Fran, Helen



Trevor, Michael, Gillian



Greg, Jim



Liz, Terry, Kathleen

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
FEBRUARY							
17	LC	Miami Masters Meet	QMM	South	Q2/24	Yes	Miami Aquatic Centre
23 Feb-3 Mar	LC	World Aquatics Masters Championships					Doha, Qatar
24	SC	Sinkers 'Fun in Feb' Swim Meet	QNS	Central	Q3/24	Yes	Mackay North State High School Pool
MARCH							
3	LC	Rackley Masters SC Meet	QRL	Sunshine	Q4/24	Yes	Centenary Aquatic Centre
9	SC	Hervey Bay Humpbacks Meet	QHB	Central	Q5/24	Yes	Hervey Bay Aquatic Centre
23	SC	River City Masters Meet	QRC	South	Q6/24	Pending	Musgrave Park Swimming Centre
23	SC	Atherton Mountaineers Swim Meet	QAT	North	Q7/24	Yes	Atherton Aquatic Centre
APRIL							
6	LC	Noosa Masters Meet	QNA	Sunshine	Q8/24	Yes	Noosa Aquatic Centre
18-21	SC	MSQ SC State Championships	MSQ	South	Q1/24	Yes	Brisbane Aquatic Centre
MAY							
3-7	LC	MSA LC National Championships	MSA	NT		Yes	Parap Pool, Darwin
JUNE							
8	SC	Rum City Masters Short & Sweet Meet	QBB	Central	Q9/24	Yes	Bundaberg Swim Academy
29	LC	Brisbane Southside Masters Meet	QSM	South	Q10/24	Yes	Brisbane Aquatic Centre, Chandler
JULY							
AUGUST							
3-4	LC	Belgravia Masters Long Course Meet	QCD	Sunshine	Q11/24	Yes	Burpengary Regional Aquatic Centre
24	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q12/24	Yes	Valley Pool, Fortitude Valley
31 Aug-1 Sept	LC	Nth Qld Masters Championships	MSQ	North	Q13/24	Yes	Townsville
SEPTEMBER							
7	SC	Genesis Spring Meet	QGA	Sunshine	Q14/24	Yes	Genesis Sports & Aquatics
OCTOBER							
5	SC	Toowoomba Tadpoles Meet	QTW	South	Q15/24	Yes	Glennie Aquatics, Toowoomba
12	LC	Maryborough Masters Meet	QMB	Central	Q16/24	Yes	Maryborough Aquatic Centre
26	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q17/24	Yes	Kawana Aquatic Centre
NOVEMBER							
3	OWS	Sinkers OWS at Balnagowan	QNS	Central	Q18/24	n/a	Pioneer River, Balnagowan
6-9	LC	Pan Pacific Masters Games	MSQ	South	Q19/24	Yes	Gold Coast Aquatic Centre

Swimming in Co/Dual-Sanctioned Meets

A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SA) hosted swim meets and have their results published in the MSA Results Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia, and the two clubs must be related as "one-clubs".

Criteria for MSQ/SQ/SA dual-sanctioned meets

Any "approved" SQ/SA meet, generally on the SQ/SA event calendar are automatically recognised as candidates for dual-sanction, subject to the following:

Qualifying

When Masters swimmers enter SA/SQ meets they must follow the qualifying standards of that meet, and where required must qualify with proven times. There will be no relaxation for Masters swimmers.

Rules considerations

If swimming in an SA meet, Masters swimmers are obliged to swim by the stricter SA technical rules, e.g.:

- No double-arm backstroke
- No butterfly with breaststroke kick
- Strict start and turn consideration, including movement on the blocks
- No medical disability recognised, etc.

What do I need to do?

- Meets must be officiated by SA or their region's/state's recognised technical officials
- Meets must be held in pools that have a correct survey of length lodged with MSA

The SQ Approved Meet Calendar

Approved SQ meets are listed on their Events Calendar page:

https://qld.swimming.org.au/events?keyword=&category=All®ion=All&field_event_date_time_end_value=&field_event_date_time_value=

There are several items you will need to ensure have been completed. Please allow enough time as some may take time:

- Ensure you check that all the criteria and conditions listed above are satisfied
- If the pool has not been recognised by MSA, you will need to seek survey documentation from the pool hosting the meet. Click on Pool Surveys at <https://mastersswimming.org.au/rules-and-policies/> for listings
- Inform the MSQ Business Manager of the meet you will be competing at
- Enter the meet via Swim Central
- Inform the MSQ Business Manager once you have competed so MSQ can process your results: admin@mastersswimmingqld.org.au



Kevin Alford presents ...

Entertaining ?? Informative ?? of course - we know Kevin !!

KEVIN ALFORD Cardiologist and Physician O. A. M.
M.B.,B.S. (Hons) UNSW SYD. F.R.A.C.P. F.C.S.A.N.Z. D.D.U.

- A/PROFESSOR MEDICINE (UNSW SYD)
- DIRECTOR BASIC/ADVANCED PHYSICIAN TRAINING. (ROYAL AUSTRALASIAN COLLEGE OF PHYSICIANS)
- MEMBER/EXAMINER SENIOR NATIONAL EXAMINATION PANEL (R.A.C.P)
- 2022/23 RECIPIENT COLLEGE MEDAL FOR OUTSTANDING CLINICAL SERVICE
- Medal ORDER OF AUSTRALIA for services to Medicine 2021

Kevin will be presenting talks at U3a Tewantin as follows:

Fri. Feb 23rd. 1.15 for 1.30pm

“ Heart Attacks. Exactly what are they and how are they treated. Explained in a simple, informative (and entertaining?) fashion for non medical people.”

Fri March 22nd 1.15 for 1.30pm

“Captain James Cook, The story of the man and his voyages and how they affected our world. The tale as you’ve never heard before”

Each will be a two part session, 45 mins each with tea/ coffee break between, held at U3A site Tewantin. I recall U3a requests a donation of a few dollars for the refreshments.

Sunday Squad at the NAC

14 January 2024

Congratulations Cristinlee !!



Cristinlee Hangdad attended the Allianz Adult Learn to Swim sessions and as a new QNA member has just swum her first ever 400m breaststroke for the 2024 Endurance Programme.



*Birthdays
of the
Month*

February 2023

An elite few this month

Julie Bott	1/2
Rob Jolly	8/2
Greg Bott	24/2

*It's better to grow old with a sense of humour
than no sense at all !!*

SMILE

a poem by Spike Milligan

Smiling is infectious, you catch
it like the flu,

When someone smiled at me
today,

I started smiling too!

I passed around the corner
and someone saw my grin.

When he smiled I realised I'd
passed it on to him.

I thought about that smile,
then I realised its worth.

A single smile, just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected.

Let's start an epidemic quick,
and get the world infected!



We
wish
you
all
the
best

KAREN MARTIN IS LEAVING

Let's give her a great send-off !!

INVITATION

Sunday 11 February 2024

Bring a plate to share over coffee

This was just the beginning ...

Jacky Shields had a BIG birthday on 22 January -
her BIG 70 !!

The club celebrations of this momentous occasion began on Sunday 21 January with a lovely GF Pear & Raspberry loaf and a deliciously iced carrot cake. The knife was plunged to an enthusiastically sung personalised version of the "Happy Birthday" song. Members also gathered at the Coolum Surf Club for a celebratory lunch on 24 January.

We suspect there were extended celebrations for this biggy!!

... Ed



Karen Martin is moving to Canberra !!

My time here has come to an end and towards the end of February I'm moving to Canberra after 17 years living in Noosa.

I joined the club in 2011 and for pretty much most of my 13 years I've remained the youngest and I always thought by the time I'm 70 I'll just be the boss of the club having been in it the longest, however this isn't meant to be.

Since I joined, I've loved everything about it, embraced the personal achievements, loved the friendships and support that the members offer.

Although there's not many left from 13 years ago, the club continues with new people adding their touch to its success and it really is one of the best clubs in the world.

My personal highlights are my achievements in Endurance, there was a time when every time I swam I kept beating my record.

Bob McCausland was behind some of this.

Dyanna Benny taught me how to do a breaststroke turn.

Bob Morse taught me tumble turns.

Robyn Selby taught me how to start with a push off the wall.

Various people tried to teach me how to dive but I never got the hang of that and I'm happy to leave that one behind.

I swam 50 laps in the 50m pool on the day of my 50th birthday in 2021.

I swam 50 laps in the 50m pool on the last day of being 50 in 2022.

I was awarded the most improved swimmer of 2012.

At a 2013 club meet I won my one and only bronze medal.

Only once did I swim under 9 mins for 400m freestyle with Rob Jolly pacing me.

I did my last endurance swim on 31st December 2023. It was a 45mins breaststroke, top points and smashed it and I was chuffed that all my 100m laps right to the end were consistent.

All these achievements can also be attributed to the wonderful coaches who guide us, give up their time and throw their teaching passion onto us.

I will really really miss this part of my life and wish you all every success in all your future goals .

I hope you will join me on Sunday 11th February for coffee on the deck after squad and we can say goodbye ... ahh 🥺

... Karen Martin



The Merrills catch up with The Bartons

December 2023

by Viv Merrill

During our recent trip to Scotland, England and Wales we caught up with Karen and Rod Barton in the lovely village of Birkdale, Southport. Quite different from Queensland's Southport but very reminiscent of Noosa. It is a seaside town' not far from Liverpool and situated on the Irish Sea and during the summer would attract all lovers of the beach and the sea. In fact, Southport is 1 hour's drive from North Wales, Liverpool or Manchester and well worth a visit.

Our stay with the Bartons was relaxed, enjoyable and much appreciated, and we hope to reciprocate next time they are in Noosa.



The Merrill's catch up with Rod and Karen

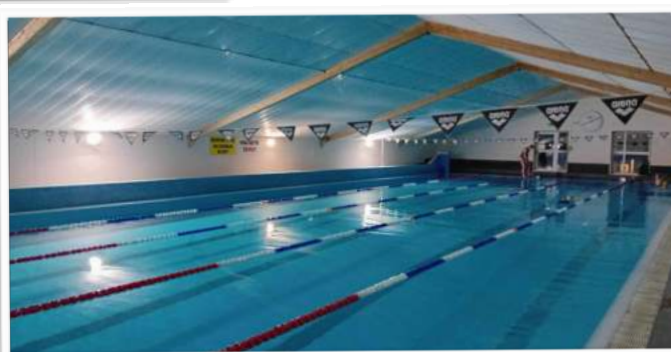
Lord Street, the main street in Southport was decked out in Xmas lights, some of which were quite spectacular and even though the weather was cold about 10 degrees the town was bustling with Xmas shoppers. Rod calls his town the Riviera of England! (see pic below + right)



We happened to be there on the Sunday which for Karen is a training session at "The Shed" and Sarah and I joined in. The coach, created a program around the 12 days of Xmas : 12 Laps to warm up, 11 Laps Freestyle or as he remained it for us Aussie Crawl, 10 Laps backstroke etc. I must remember this for Xmas session 2024! This was a first swim, halfway into our trip, so good to get a workout. Rod and Geoff went to the pub for a trivia night! (see pic below)



Crosby Beach, Sefton has a quite spectacular installation called Another Place, 100 naked sculptures of Sir Antony Gormley, the sculptor. He also created the Angel of the North for any Vera fans. (se pic at right)



ENDURANCE 1000 REPORT

January 2024



WE DID IT! The team has achieved the Top Scoring Club for 2023 – which is now 10 consecutive years. We amassed an amazing 20264 points. How great is that?! We will soon be announcing a team breakfast to celebrate our huge achievement.

Remote swimmers - We have three remote swimmers who also make a huge contribution to our Endurance program. Special thanks to Rob Lucas, LiQun Hussey and Irene Symons. I hope you can hear the applause from Noosa.

I don't know about you, but January has been a blur for me. By the end of the month, we will have completed five Tuesday Endurance swims. A great start to the year. So far 15 swimmers have gathered 622 points – over 40 points each!

Welcome back – A huge welcome back to Barrie Bedding. Barrie is one of our “original swimmers” even before we were swimming at the NAC. At 87-years young, it's great to see Barrie back in the pool – and doing Endurance.

Some of you would be aware that Jane and Mark Powell have not re-joined the team for 2024. We now have 2010 points to make up as Jane and Mark always completed the whole Endurance program. So, it's time for **each of us** to roll up our sleeves (or should I say strap on our goggles) and do a few more Endurance swims in 2024.

Old 2023 Binders – I will be archiving the old 2023 binders in February. If you haven't done so already, please remove your old 2023 timesheets. We will re-use these binders in 2025.

Twilight Swims – We plan to do four Twilight swims throughout the year. The first one will be held on 9Feb. Flyer to come out soon. During the winter months – we will hold Twilight Swims on a Saturday and earlier in the day so it's a bit warmer.

2023 Top Achievements

The following swimmers completed the whole Endurance Program with Top Points:

Denise DeCarlo, Brian Hoepper, LiQun Hussey, Jo Matthews, Jane Powell, Mark Powell, Irene Symons and Ian Tucker.

The following swimmers completed at least 3000 metres during their 60-minute swim:

Denise DeCarlo, Nathan Glarvey, Studley Martin, Jo Matthews, Mark Powell, Jacky Shields, Ian Tucker and Adrian Wilson. Studley gets the top aware with 3325 metres!!

... Warmly, Denise

Denise DeCarlo
Endurance Coordinator
0447 255 388
decarlo4567@gmail.com

COACH'S TIPS



A few tips from my swim pro website to start with ...4 ways to swim faster ...

- 1: pull with EVF , early vertical forearm
- 2: tighten your streamline off every wall,
- 3 plan a consistent training g schedule.
- 4:work on your breathing technique.

Now for the normal tips Benefits of using a pull buoy or not,

A PB helps us to achieve a more efficient body position by keeping our butts dry and our feet high. We learn how efficient swimming should feel. When swimming with a PB it is easier to focus on high elbow catch and is also helpful with breath control and great for hypoxic sets with 3/5/7 pattern breathing. **DOWNSIDE** - use if one can limit hip rotation. Power in your stroke doesn't just come from your arms and shoulders, a lot of it is derived from your hips. Using a PB makes your hips flatter which will reduce your stroke length. Be realistic about why you are using a PB.

Happy swimming - Cheers, Jan

Chinese Zodiac

2024 - Year of the Wood Dragon



This year, the Chinese New Year falls on February 10, 2024, marking the "Year of the Wood Dragon." This unique combination is anticipated to bring excitement and noteworthy developments. The Year of the Wood Dragon stands out for the rare fusion of the Dragon's strength with the attributes of wood.

That is the 4721st Chinese year. The first day of the Chinese astrological year is also the first day of **Tiger Month**. The first day of the Wooden Dragon is February 4, 2024. If a baby was born before February 4, then the baby's Chinese Zodiac sign is the Rabbit, not the Dragon. [February 24, 2024, is the Chinese Lantern Festival](#).

Before reading 2024 Chinese Zodiac Predictions, you have to know what your Chinese animal sign in Chinese astrology is. Your Chinese zodiac sign is not determined by [Chinese New Year's Day](#). The Chinese New Year is based on the [Chinese Lunar Calendar](#). The Chinese Zodiac uses the Chinese Stem-Branch calendar, which is a solar calendar. To find your correct Chinese zodiac sign using your birthday, please visit our [Verify Your Chinese Zodiac Sign](#) page.

2024 is the Yang-Wood Dragon year. Yang-Wood is connected to the tall trees, forest, or wooden posts. According to the Chinese Five Elements, the colour of Wood is associated with green. Therefore, 2024 is also called the Year of the Green Dragon. The zodiac sign of 2024 is a dragon hidden in the forest or a dragon climbing on a post. The nickname of the Dragon is the dam according to the Chinese astrology. The main element of the Dragon is the Yang-Earth, which is the mountain. The tall tree of Yang Wood could grow very tall and strong because of the dam in the mountain. Therefore, 2024 is also a strong Wood year.

Since the major element of the dragon is Yang Earth, Dragon's characteristics inherited from Yang Earth. Therefore, dragons are steady, reliable, honest, generous, forgiving, and calm. Chinese dragons are triphibious animal. According to the legendary stories, dragons have appeared on the land, under the sea, and in the sky. The Dragons like to hide themselves inside the cloud. People cannot see their heads and tails at the same time. Chinese dragons can spit either fire or water. Therefore, dragons are mystic, cloudy, misty, blurred, unpredictable, and unreachable.













The dragon is a symbol of power and wealth. Only Chinese emperors were allowed to wear imperial robes with dragon symbols. Therefore, dragons are born as a natural leader. They are aggressive, ambitious, self-confident, and determined. Dragons have a strong desire to win any competition.

Chinese Horoscopes: Life Rise & Fall Chart

Chinese Horoscope is a Yin Yang Five Element theory, not only the relationships of the zodiac animal signs. If you know your birth time, then you can have your complete Chinese astrology birth chart, your **Lucky Element, and the Rise & Fall Life Chart**. The Lucky Element is the secret code to help people to live luckier, wealthier, healthier, happier, and longer. If you don't know your Lucky Element today, then you return from the treasure mountain empty-handed.

Do you want to know which Chinese zodiac signs will have the best luck in 2024, the 'Year of the Wood Dragon'? The Rat is the most fortunate sign, with many chances to achieve their goals. The Pig will enjoy romance and happiness, while the Monkey will discover new ways to express their talents.

Explore the 2024 Horoscope of Other Chinese Zodiac Signs

-  [Rat](#)
-  [Ox](#)
-  [Tiger](#)
-  [Rabbit](#)
-  [Dragon](#)
-  [Snake](#)
-  [Horse](#)
-  [Goat](#)
-  [Monkey](#)
-  [Rooster](#)
-  [Dog](#)
-  [Pig](#)

Hope you all have a bit of fun with this.

... Ed



**Noosa Masters Swimming Club
thanks its generous sponsors
for their support**

PLATINUM



GOLD



SILVER



BRONZE



In the spirit of reconciliation the NMSC acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

Editor
Wendy Ivanusec
Tel: 0414 727 302

Challengers Chatter
PO Box 21, Noosaville 4566

Assistant Editor
Brian Hoepper
Tel: 0421 884 809