

CHALLENGERS' CHATTER

JULY 2017

BRISBANE SOUTHSIDE SWIM MEET 2017

Brisbane Aquatic Centre - Sleeman Sports Complex, Chandler



Jacky Shields for swimming really well and once again taking home a raffle prize, how do you do it Jacky?

Linda Hogg for completing a great 400m Freestyle swim, organising the relays and being a fantastic supporter.

Thank you Jan, for allowing me to do medley training at swim sessions, which enabled me to do 2PB's - the 400IM & 200IM and **thank you Bob** for teaching me a decent backstroke start, which gave

An intrepid group of 7 attended the Brisbane South Masters Swimming Long Course Meet on 8 July 2017 and managed a commendable fifth place finish behind the much larger clubs of Brisbane Southside - 32 entries, Miami - 22 entries, Aqualicious & Redlands - 13 apiece.

There were 30 clubs represented and 156 entries.

It was a very well run meet, apart from the 20 minutes that I stood on poolside waiting for my 400IM race ... there were issues with the electronic timing!

Thank you Jacky Shields for keeping me company and trying to keep me warm! It is a pool with a very cold atmosphere; however the water temperature is spot on.

Congratulations to:

Stephanie Jones, for achieving two State records in the 400m & 100m Freestyle and third place in her 60-64 age group.

Dyanna Benny, for completing some very impressive swims and gaining first place in the 65-69 age group.

Greg Bott, for stepping up, focusing and swimming a gutsy breaststroke leg in the mixed medley relay and gaining first place in his 60-64 age group.

Ian Tucker for being a wonderful chauffeur to Jacky, Linda and myself, plus gaining a third place in the 60-64 age group.



me a great time in my 50m backstroke.

Of course I had to throw in two butterfly races and was pleased to end up with second place in the 60-64 year age group.

... Jo Matthews



 Birthdays
 of the Month

AUGUST

Kerry Blackwell	2/08
Mick Jones	4/08
Joe Matthews	7/08
Brian Hoeppe	8/08 (70)
Mark Besford	11/08
Dyanna Benny	23/08
Elaine Campbell	24/08
Rob Lucas	29/08

Happy Birthday everyone !

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



BAREFOOT BOWLS

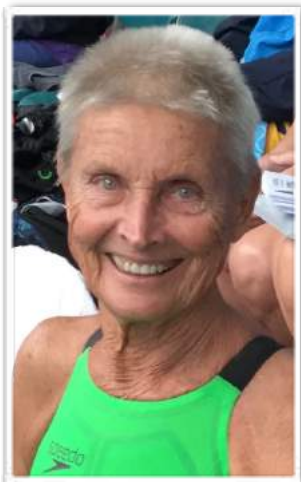
Date	27 th August 2017 (Sunday)
Time	2.30pm (approx. 2 ½ hours)
Venue	Noosa/Tewantin Bowls Club
Cost:	\$10 per head (includes nibbles)

Contact: Adele Tucker
Tel: 0417 069 229 / 5412 2980

**ANNUAL
GENERAL
MEETING**

**Sunday, 3 September
at the NAC after squad**

COACH'S TIPS



July Tips

1. After streamlining off the wall take your first breath on you 2nd or 3rd stroke not your first .Swimmers that breathe on their first stroke will often slow themselves down at a time when they do not need a breath .
2. Keep your head down in line with your trunk . Don't look forward or otherwise you will have the tendency to lift your head which will In turn cause your legs and hips to drop and you will have to kick harder to keep them up .
3. Try to swim more on your side rather than flat on your stomach and chest . Roll from side with each stroke, this allows you to engage the large back muscles in addition to the shoulder muscles.
4. Learn how to swim with a high elbow .This freestyle technique consists of flexing your arm and keeping your elbow high in the water during the underwater arm pull so that your forearm is facing backwards rather than downwards for as long as possible .

Happy swimming ... Cheers, Jan

JOLLYWORLD

My trip so far ... by Rob Jolly

50m Breast Vichy

British Masters



I arrived in Paris at the beginning of June, regrettably without having my usual stopover rest in S.E. Asia. First competition with my French club Paris Aquatique two days later at the Tournoi International de Paris (still jet-lagged) but managed to medal.

A week later my French friend Gérard and I used the low cost Air France airline Transavia to fly from Paris Orly to Edinburgh where we spent several days exploring the city. I swam twice at the Royal Commonwealth pool, known colloquially as 'Commie', the entry was GB 6 pounds (over A\$10) a time! A great complex, I had a lane to myself both times....at 6 quid I expected it. In Paris it costs me 17 Euros (A\$25) for 3 months unlimited entries.

Gérard admires British Royalty and is very knowledgeable about British history so one of the first stops was a tour of Edinburgh Castle which dominates the city skyline. We then walked the Royal Mile to visit Holyrood Palace the official residence of the British monarch in Scotland. We also visited the Royal Yacht Britannia docked at Leith harbour to be greeted and guided by an Aussie girl from Tasmania. Needless to say we stopped for tea and scones at all and Gérard kept brochures, receipts and even serviettes for his archives. We both enjoyed our first trip to Edinburgh and these fascinating visits, often walking in places where royalty walked before (insert 'Queen' jokes here).

We hired a car in Edinburgh and drove north to Aberdeen for me to compete in the British Masters Championships. A visit to Glamis Castle the Queen mothers childhood home on the way north was a must. Parts are still lived in by her family. I also have family in Aberdeen so the family reunion with cousins was enjoyable, they also came to see me compete and were thrilled to see me win 4 gold and 2 silver medals.

After the competition we set off for a five day self drive tour of the Scottish Highlands and the spectacular Cairngorms National Park. Starting with yet another visit to a royal residence Balmoral. We stayed in B&B cottages in the mountains and even a Faulty Towers look-a-like without the attitude. A highlight was riding a funicular railway to ascend the northern slope of Cairn Gorm where both east and west coasts of Scotland are visible. Loch Lomond National Park was next, we stayed in a cottage in the village of Balquhidder where Rob Roy is buried. Gérard was amused as I drove alongside the Loch singing 'The Bonnie Banks O' Loch Lomond' all the way to Edinburgh for the flight back to Paris.

Five days later and another hire car for a horrifying drive in torrential rain to Vichy in central France on the Autoroute. Gérard drove often with only one hand

on the wheel as he gesticulated at the other at mad drivers overtaking above the speed limit of 130 kph!

The French Masters competition in Vichy had 1000+ competitors and they were much stronger than my British opposition in the 70-74 yo age group. I managed a silver in 200 Br and a bronze in 50 Br a 4th by a whisker in 100 Br and 2 x 7th's in 50/100 Free.

Noosa Masters members Tom and Marlene Robson were volunteering at the championships and Marlene competed winning three gold medals in backstroke. Tom is recuperating from an illness so did not compete but coached me with tips and encouragement through the meet.

We stayed in an Airbnb studio in the centre of Vichy near the historic Thermal Baths, it was very comfortable and convenient to the beautiful city centre and not far from the pool. The last night in Vichy Tom cooked us a delicious dinner at their home and we celebrated our medals with champagne, lots of good wine and swim talk.

I was surprised and well pleased with my results considering my intake of Haddock and chips, Scottish breakfasts (with Haggis) French baguettes, cheese and wine. I even managed to lose a couple of kilos in the process. Now comes the serious stuff preparing for the World Masters in Budapest.

I hear you Jan... "lose weight and train more!"

"I will try!!"

BUNNINGS BBQ ... SUNDAY, 16 JULY, 2017

There's nothing like turning up to an event EARLY! And the Chief BBQ Queen (CBBQQ) should have checked that Bunnings don't open until 9am on a Sunday!

Moving forward, the exceptional set-up team of Mary, Kerrie, Grindle and Maree rallied the Bunnings staff to get the gear out early for us to get the show on the road. Nothing like sizzling sausages on a cold winters morning...

The last BBQ we held in January was a bit of a "Down Down" (sales were down) so the CBBQQ adjusted inventory accordingly. The Snags were on the burner and sales were coming in multiples, by 10:30 am we had gone through half of our stock - the growth market this time was in purchases for Puppies!

"Could you put that aside for Benji (to cool down) while I do my shop, we'll pick it up on the way out" – Sure not a problem! By Midday the CBBQQ was in a bit of a state and zoomed to Woolies for more bread & sausages, we still had 4hours to go!

All hands were on deck to push out the wieners in blankets, 2 chefs on the BBQ, 1 prepping bread/serving and 1 cashier. Studley was a natural for cashier but needs to work on his up-selling of drinks! Both Greg & Stuart had issues with the "level" of caramelisation the onions should achieve before being ready.... don't we all watch Masterchef? And Carola & Julie are just professionals that know their way around a kitchen/BBQ.

By the last shift, sweat had been sweated – the warmest winter BBQ to date, Mark and Sandy had arrived and it was time to pack down after 500 Sausages had gone through the pass. That's a lot of gunk on the BBQ and hats off to Mark for cleaning it!

We learnt a few things along the way this time, Dogs are the next target market and Pasito (old style passionfruit soft drink) had the top drink sales. Maybe we like to reminisce when we eat our snags?

Thanks again for a stellar effort Team!

... Julia Dunstall
Chief BBQ Queen



27 AUGUST 2017 CLUB BREAKFAST

It will be the turn of Lane #0 to provide the food.

... Carola Henderson

WHAT WAS THE #1 SONG ON THE DAY YOU WERE BORN?

This plays the song that was Number One on the day you were born. And, if there is a video available with the artist, it will play it for you. Enjoy the show – feeling old? click on below.

<http://playback.fm/birthday-song>

Word play #7 – the solution

In Word Play #7 you were asked about the particular physical characteristics linked to the words 'adroit', 'dexterous', 'gauche' and 'sinister'.

The 'images' clue showed two right-handed writers and two left-handers.

And indeed, the words 'adroit' and 'dexterous' are linked to the word 'right', while the words 'gauche' and 'sinister' are linked to the word 'left'. They are derived from the French 'droit' and the Latin 'dexter' – both meaning 'right' - and to the French 'gauche' and the Latin 'sinistre' - both meaning 'left'.

So 'dexterous' literally means 'right-handed', and 'ambidextrous' literally means 'having two right hands'.

This is more than of academic interest. Words can be 'political', in having powerful effects on people and situations. Perhaps this is best demonstrated by remembering that, in schools until the 1950s, 'left-handedness' was considered 'wrong-handedness', and left-handed pupils were often treated badly: for example, being hit for writing with the left hand; being forced to sit on their left hand and to write with their right (or 'correct') hand. Psychologists seem certain that being treated like this produced severe effects in some pupils, the most common being that they developed a stutter in their speech.

Next, you might like to think about the 'politics' and 'power' of these words - light/dark, bright/dull, white/black.

Who'd like to be a 'white knight, a bright fellow with a sunny disposition and fair ambition to bring enlightenment to the world'?
Who'd prefer to be a 'black knight, a dull fellow with a dark mood and foul aim to make the world a benighted place'?

And what about the 'dark web', the 'black market', 'the Dark Ages', 'the black sheep', 'the dark horse', 'a black day'?

It's only in recent times that various Indigenous peoples around the world have reclaimed the word 'black', adopting it proudly after centuries of its use as a term of abuse. Words can, indeed, be political.

MSQ CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
AUGUST						
14-20	LC	Fina World Championships				Budapest, Hungary
19	SC	Brisbane Northside	QBN	Sunshine	18/17	The Valley Pool, Brisbane
SEPTEMBER						
9	SC	Caboolture & District	QCD	Sunshine	19/17	St Peters School, Caboolture
17	LC	Miami	QMM	South	20/17	Miami Olympic Pool
23	SC	Maryborough Masters	QMB	Central	21/17	Maryborough Centenary P
OCTOBER						
7	SC	University of Qld	QUQ	Sunshine	22/17	UQ Pool, St Lucia, Brisbane
21	LC	Sunshine Coast	QSC	Sunshine	23/17	Kawana Waters Pool
21	LC	Long Tan Legends	QLT	North	24/17	Long Tan Pool, Townsville
NOVEMBER						
25	LC	Aqualicious	QAL	Sunshine	25/17	Centenary Pool, Brisbane
25	SC	North Mackay Sinkers	QNS	Central	07/17	North Mackay SHS Pool
26	OWS	North Mackay Sinkers	QNS	Central	26/17	Pioneer River, Mackay
DECEMBER						

JOHN HITS THE BIG 8-0!



Fellow Noosa Masters swimmers joined long time member, John Havilah, to share a celebration of his 80th birthday. Joining us in 2003, John quickly showed his love of swimming long distances, including 5 kilometre in his aerobic program.

This octogenarian has regularly been a supporter at our annual carnival, sponsoring one of our events .

Thanks to our welfare officer, Grant Scotcher, who organised a tasty carrot cake for the occasion.

... Tony Frost

ALOHA from Noosa Waters Sports & Social Group Calling all beach bums, wahines & grommets...

NOOSA WATERS WIPEOUT!!

RACV RESORT

Hang 10 on the deck dudes!
Okanus, sarongs, bermudas
or beach casual

\$90pp
bubbles on arrival
3 course dinner
lucky door prizes

**FRI 6 OCT
2017
6.30 FOR 7PM**

**RSVP
FRI 22 SEP**

ROCK ON WITH 'ESCAPE HATCH'

Convenor & Kahuna : Sue Lloyd 0457854652 Ring for special dietary requirements
Book your table/tickets via www.noosawaters.org or cheque made to NWRASSG post or drop in to Treasurer: 2/8 Skipper Pl., N.W.



ROD & KAREN BARTON

Rod and Karen Barton (UK) are visiting Noosa again ... Yeaah !!

ETA 20 October, probably feeling good for nothing, then departing on 16 November.

They are available for house sittings, dog/cat sitting, weddings, birthdays, and barmitsvas, etc, between these dates. You can contact them at karenandrod@hotmail.com.

ENDURANCE 1000 REPORT

July 2017



Overview

The endurance points are accumulating, we are doing better than I would have expected

Goal for the year

Please note

A minimum of 200 points for every able swimmer.

20,000 points by the end of Spring.

Sunday 31 July swimming

Jane will be organising a roster for the morning swim. Please take note of the start times, especially those completing longer distances. We will need to start early.

Quote for the month

Live in the sunshine, swim the sea, drink the wild air.

– Ralph Waldo Emerson

Endurance Interview ... with Jo Mathews

One of the many attributes Jo possesses is passion. When Jo swims there is nothing left on the table, she gives it everything. It is a wonderful personal trait that is infectious.

Where did you grow up, live, and what did you do prior to moving to Noosa?

Hi I'm Jo Matthews ... I was born in London England, at age 5 I decided I wanted to be a PE teacher, so after I qualified, I taught in Hertfordshire and then Dorset.

I knew if I wanted to travel I needed to go after five years of teaching, otherwise I would be entrenched and never leave, so I decided to go to Africa and Australia to find out how they taught PE.

Initially I travelled all over South Africa and that is where I met my husband, but I was determined to still come to Australia, so I went to Sydney before joining him in Swaziland, Tanzania and Botswana.

When my two beautiful daughters were 4 and 2 we returned to England, Unfortunately I then became a single parent. I threw myself into my career and moved around the Home Counties with promotion. In 1994 Mike Fibbens, who was ranked 5th in the World for the 50m Freestyle, came to the school where I was teaching to support a sponsored swim event that was raising funds for Cancer. I was very nervous organising such an event and consequently, after a throw away comment, found myself on poolside having to race him! I had swum briefly in a club in my teens, but had not done a serious swimming race in 25 years!! We finished together and as he shook my hand, he said you must get into Masters Swimming, you will be very successful. So, the next day, I joined the local club. Unfortunately I have never had the opportunity to thank Mike.

In 1999 I was persuaded by some Kiwi swimming friends to take a sideways move in my career and move to Timaru in the South Island of NZ. In 2003 I took the top job of Principal at a Catholic High School in Masterton NZ. I was very happy there for 8 years, until I decided, after my Mother passed away, that there was more to life than just work and swimming. So I gave away the teaching and started my own homestay business.

A year later I was diagnosed with 'b cell nodal marginal lymphoma.' Only 1% of the population can get this type. Of course ,being me, I had to celebrate that!!! I was gutted when they would not let me swim, due to infection, but I had set my heart on going to the Worlds in Kazan, Russia, so after 18 months of treatment, I fought my way back to allow me to take the trip. In the meantime my eldest daughter Rebecca had grown up, moved to Brisbane, married and had two little girls. So to enable me to see them more often than every three months, I decided to move closer.

When did you first move to Noosa and join the Masters?

Do you enjoy living adjacent to Noosa?

I first moved to Peregian Springs in December 2016, it is wonderful being so close to the pool. In NZ I used to travel 50 minutes each way to swimming, six times a week! I had trained with Jan on my visits to Noosa previously, so I joined Noosa Masters straight away.

Your passions and favourite music

I love being fit and healthy, being ill was never part of my psyche. I love jazz, pop and music from the 60's and 70's.

How long have you been swimming the Endurance program?

I joined the Endurance programme in February 2017 after Tricia invited me along and explained how it worked.

What do you get out of being involved?

It is a lovely supportive group of people, who inspire me to swim at my very best.

How does being involved in the Endurance program influence your approach to swimming or other passions?

It encourages me to swim distances that previously I had not had the opportunity to do, I feel pretty pleased with myself if I get top points and can see my name on the Queensland Masters swimming site.

What advice would you give others?

You can do it; anything is possible if you are determined.

What was your greatest moment swimming endurance?

Completing 800m Butterfly in 17 mins and 13 secs.

Quentin Lee
Coordinator

Endurance 1000 program
Mob 0477 524576

quentinlee1957@gmail.com

Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Noosa Bookshop Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 PH:5470 3100</p>
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Challengers Chatter

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