

CHALLENGERS' CHATTER

JULY 2018

NOOSA MASTERS AT GENESIS AQUATICS MEET

by Bob Morse

A small but colourful team bused to the Genesis Swim Meet on Saturday 21st July, plus one by own transport. As previously, we stopped off to pick up a team from Sunshine Coast Masters, but were delayed at their pool by two of their mob running late. During the respite, a conversation was overheard between two of the geriatrics in our team attempting to hatch a plan to convince everyone that we should cancel our last two medley relays on the day. It seems that they (the geriatrics) were both scheduled to do 50m butterfly in those last medley relays. Other great decisions were also made by the organisers such as, "there will be no P at the BP, take a P at Sunshine Pool instead". We are fortunate to have such wisdom in our midst!

Eventually our driver, Pieter Santifort, got us all safely to our destination, where we were met by Charley, who was pleased to see that he also had arrived at the correct destination.

The sky was bright blue, but alas, the "brass monkeys" arrived before us and turned the gentle southerly breeze into a freezing experience. The 25m pool was warm to the touch (only because our hands were iced over by then), but the large pavilion to the North shaded not only all the grandstands, but half the pool as well!



QNA Medal winners:

L to R Jenny Nock, Bob Morse, Mick Jones, Charley Moore

The sun worshippers in our mob purloined the chairs set aside for marshalling and headed for the ten square metres of sunlight in the far south eastern corner of the pool complex and refused to move until the sun eventually disappeared later in the day.

The midday start and "brass monkey" finish is not a fun way to run a carnival and some of the Officials on the day felt the same. Competitors were seen everywhere rugged up in fleecy lined snow suits, hidden behind hoods with their knees doing the dance of the "freezing limbs".

Eventually we hit the pool with some very good performances from everyone in the 100m events. Linda swam a very creditable 1:32 for her free, Jennifer an equally stunning 1:39, Annie a very consistent 2:03, Charley a winning 1:41, Bob a comfortable 1:34 back, LiQun opened her account with a fine 25 free of 18:31, Mick a medal winning 22:33 for his 25 free, and Pieter began with a quick 16:13 for his 25 free.

Things got cold and inconsistent after that until the freestyle relays where we all swam one relay after the other, cold wet and exhausted, but we won all of them!

The geriatrics won the day as, with chattering teeth, they persuaded all to cancel the medley relays. Just as well, as the only competitors still in the pool at the end of the day were all under 35 except for George Green at 74 who is just amazing!

Medals flowed to those who stayed the course and remained partially unfrozen with Silver going to Charley and Bob, and Bronze to Jennifer and Mick. The latter had to be picked up off the floor and then convinced that, in winning a medal, one actually has to go and collect it!

In reality, everyone deserved a medal for attending such a cold location and staying the distance, especially a platinum medal to Wendy who travelled with us on the bus and cheered and time-kept all day.

Also a platinum medal to Pieter for getting us there and back safely and for putting up with the chatterings of Mick, who claimed the seat next to the driver on the homeward journey as a reward, and who was "high as a hippie" after winning his Bronze!

See you all at the next Swim Meet....

PHOTOS FROM GENESIS

Team Noosa: Pieter, LiQun, Charley, Jenny, Linda, Bob, Wendy, Mick, Annie



Mick's mate, Mick, Charley, Annie



STOP PRESS

The Wide Bay Swim Carnival is being held at the NAC on 4 & 5 August.

We still have our lanes in the 50m pool, but parking could be an issue, so either car pool or park in the Bicentennial car park and walk through.

Mick Jones + medal - quietly boasting ??



Annie Collins and Linda Hogg - rugged up



Jenny Nock at Genesis - all rugged up early in the day !



Charley, Jenny & Bob

SAM PENNY'S UK CHANNEL SWIM ... UPDATE

Well... I can't believe I've finally made it to the UK!

We have landed in the middle of a heatwave and this little Queenslander has been melting in 35deg heat! I'm just about to head off for my first swim at a lake nearby to where I am staying called Lake Heron. I'll get a couple of hours in to blow the cobwebs away and then will swim 1hr everyday until the big one.

We head to Canterbury on 31st which will be our base. I'll drive to Dover each day to swim in the harbour and with the resident seal. Dover is described as the English version of Gympie so glad we chose the beautiful town of Canterbury which is just 30mins away.

The weather has been hot here for 6 weeks, with dry brown grass everywhere. I watch the Channel temperatures everyday and it has hit 19 deg which is 2 deg higher than what I was expecting. It hasn't been this warm in the Channel at this time of year for at least the last decade.

I had done quite a lot of cold water acclimatisation back home so was ready for the cold. Nice to have one less thing to worry about.

I have hired a guy from London, Tim Denyer, to be on our boat and manage everything. He's an expert at this so will make the trip more controlled. Helen will be in charge of social media. We expect it will be 28 deg when I swim, so hopefully she'll spend her time in her bikini which will surely motivate me to swim faster and get back on that boat.

It hasn't really hit me yet - the scale of what we are about to undertake. I have been living and breathing this for so long, it just feels normal now.

I'll give you all the tracking details and where we will put our live videos when we know a likely date.

Maintain the rage Noooooosa!

Happy
Birthday

August

Kerry Blackwell	2/8
Mick Jones	4/8
Jo Matthews	..7/8
Brian Hoeppe	8/8
Dyanna Benny	23/8
Elaine Campbell	24/8
Rob Lucas	29/8

Wishing you all a happy and fun-filled birthday !

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



Hi Everyone,

Our swim meet is on the 15th September so it is time to start planning our raffles for the day, which in the past have been a wonderful.

We are planning to do things a little differently this year in the hope of reducing so many smaller prizes. What is planned is that we will make up, from your generous donations great and attractive hampers or similar, with the buyer placing their raffle tickets in separate boxes for each individual hamper etc

Thus I am sending out a request for 1 or 2 quality items that can go in generous hampers e.g. wine, pasta, biscuits, jams etc etc (but please not from the back of your pantry).

Please note that we are very happy to have donations of other items for the raffle but they need to be of a substantial nature.

Any baskets etc that can be used to make up the hampers would be greatly appreciated.

We will have a make up day at my place on Tuesday 11th September, so mark in your calendar. I am also asking for volunteers to sell the raffle tickets on the day.

... Cheers, Robyn



Joe Gilbert Story - amended

An above-average student who also excelled on the sporting field - particularly in Rugby - representing the school's First Fifteen team : Runners up 1946 and GPS Champions 1947. Joe's Rugby passion continued, playing with GPS Old Boys.

Joe played for Qld 1951-53 and was selected to play for the Wallabies on tour to South Africa 1953, but was unable to go because of his new job and the birth of his first son.

His Rugby career culminated in 1957 when he represented Queensland against the New South Wales Waratahs .

Not surprisingly, Joe's playing position was Hooker in the front row - not a place for the faint hearted. He was well equipped, being the Queensland Golden Gloves Boxing Champion (1949) before being the Australian Universities' Boxing Champion the following year in both Middle and Light Heavyweight Divisions.

Like many young Brisbane lads who gravitated to either the Sunshine or Gold Coasts on summer weekends and joined Surf Life Saving Clubs, Joe joined Burleigh Heads Mowbray Park S.L.S.C., gaining his Bronze Medallion in 1949 and Instructor's Certificate in 1951.

Recently, I caught up with one of his fellow Surf Club mates, Ken Bostock, who remembers a young Joe vividly, recalling - "A great guy who, when necessary, could let his fists do the talking."

Joe first married Anne Rolfe with whom he had 4 children. They divorced in 1961 and married Joy 4 years later in Sydney 1965. Together they raised the 4 children.

Joe and Joy celebrated 50 years of wedded bliss this year. With four children (Christopher, Ross, Sean and Penny), 7 Grandchildren and 4 Great-grandchildren, life couldn't be sweeter!

Joe returned to Brisbane to work as country sales Manager for GMH. He then took family to Sydney as Australian Sales Manager for Thiess Toyota Trucks, then to Melbourne as Australian Sales Manager for AMI - the National franchise for Toyota Cars. While in Melbourne Joe bought a Toyota Dealership and became General Manager of Nissan Australia before retiring to Noosa Heads.

Ed: During the recent research and preparation of the Club's early history, Joe's family requested these amendments be made to the article about Joe which appeared in a previous edition of Chatter.

We thought it appropriate and timely to enlighten the large influx of new members that we have gained in our club throughout the last couple of years, by giving them a glimpse into the life of one of our four esteemed Life Members.

Yes, the photo on page 1 belongs to one of our members at the tender age of twenty. Joseph Henry Gilbert started life shortly before the Great Depression of 1930 in the Queensland border town of Mungindi, some 99 miles west of Goondiwindi.

Soon afterwards, his family moved to Goondiwindi, the town that has produced two mighty greys ... Gunsynd and Joe Gilbert !

Joe's secondary education took him to Brisbane State High School.

New to do in Noosa

See Noosa from the air on a [helicopter adventure tour with Airborne Solutions](#), including scenic flights from beach to hinterland, Food and Wine Tours, Heli Pub Crawls and a two-day Granite Belt Vineyard Explorer tour.

Explore the beautiful Noosa River with [Nauticycle Noosa](#), a unique way to get around the calm waters – take yourself on an easy 30-minute or 1hr ride.

Have fun with the new 4-seater electric pedal boats with [Eco Noosa River Adventures](#).

Learn to make your own guitar while enjoying a great coffee and admiring custom and handmade guitars at [Walton Guitars and Coffee Showroom](#) in Noosa Heads.

And learn to build your own surfboard at a [Bare Naked Wooden Surfboards](#) workshop..

Wind down on Sunday afternoons with live music at the Piano Bar at Noosa Convention Centre, Noosa Lakes Resort, Tewantin, noon to 5pm, just a short stroll from Noosa Marina and overlooking Noosa River and Lake Doonella.

NOOSA SWIM MEET 2018 15 SEPTEMBER 2018

We would like as many club members to enter the postal events, which are 800m and 400m in all strokes, you are allowed to do two postal events from the 11-31 August, so please even if you are not able to make the swim meet, try and enter them. I will certainly be doing the two postal events, due to being Meet Director on the day.

The meet starts at 10.00 am with a warm up from 9.15 am. On the day there are 200, 100 and 50m swims in the 4 strokes and a Medley Relay. There will be no lunch break, so that we hope to have an early finish, where we will enjoy a BBQ and present the awards.

You will also notice a snappier programme, thank you to Ian Tucker for his hard work in leading the sub committee. Please enter online.

CARNIVAL CORNER 2018 AUGUST 2018

Diary dates of approaching carnivals for Noosa Club: More information when it is available.

25 August - QBN Brisbane

Northside - Short Course at Valley Pool. Brisbane Northside (QBN) at Valley Pool Wickham Terrace on 25 August.

Entries, via Entry Manager, closing on 18th August - payments to QBN account (details from entry flyer) .

Enter online for Brisbane Northside and our Swim Meet. Please let Lois know about Brisbane Northside and if you wish to swim the 1500 or 800 m races, these start at 8.30 am and if no one wants to enter them, then the bus if required can leave later

15 September - NOOOOOSA Long Course ...**be ready!!**

29 September - QAL
Aqualicious Long Course,
Centenary Pool, Spring Hill

6 October: QMB
Maryborough Short Course

27 October - QSC Sunshine
Coast Long Course at Kawana
Waters Aquatic

7-10 November Pan Pacific
Masters Games Long Course
and Open Water (11 Nov)
Book your accommodation now
– Meriton Southport suggested:
Entries open

Reserve these 2019 dates

MSA Nationals-March
18-23 2019, Adelaide: Please give your Expressions of Interest to Club Captains asap? This will help in accommodation recommendations for the meet which will be held in Marion, Adelaide (not in the pool in centre of Adelaide).

Please reply to captain.noosaQNA@gmail.com with a Yes /No/Maybe

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



Hello again Tip Time ... **Just a few tips this month on tapering**

Tapering is a term used to describe a reduction in training before a competition.

The exact length of taper depends on two major factors - first, how fit you are coming into your competition and secondly, what type of event you have trained for . If you have a large base of uninterrupted training and have your endurance, speed and power levels at high levels, the taper can be longer.

The more unfit you are, the more important it is for you it keep training until three days out from the event.

The longer the event you are training for the longer the taper should be. This allows time for the accumulated fatigue to disappear and possible muscle damage to be repaired,

Moderately trained athletes need only taper for 3-5 days to improve performance. While gradually reducing the training volume, the intensity of each workout should be maintained.

... Happy swimming - Cheers, Jan



BOUQUETS

Finally - a Trophy display cabinet has been completed for use by Masters and the 3 other NAC swimming clubs.

Sincere thanks to Jo for organising and supervising its installation, and Mick for the blue paint job (gratis) and Tricia for arranging the signage from Officeworks, also at no cost.

Cap & Pen Winners. **Congratulations to ... Helen Malar** for still supporting the club, while recovering from eye surgery. **Jenny Nock**, nice to see you back after your family illness, well done for doing your first Endurance swim and entering the Genesis Meet. **Jan Croft** for being such an amazing coach! And last, but by no means least ... **Robyn Selby** for a PB in her 400m free at Endurance Sunday+ **Bob Morse** who won the cap and the pen, for modelling not the latest jammers, due to leaving them behind, but instead a pair that have been around since the 2000 Olympics, they were certainly airy, by all accounts! Bob was also awarded his Vorgee 5 Million Metres tee-shirt and Jo received her 1 Million Metres certificate.

Congratulations to our Saturday Endurance Swimmers **Karen Martin** took 4 minutes off her 1500 m Backstroke time from 2013 and **Bob McCausland** at 89, who achieved top points for his 1 hour backstroke **Thanks Olga** for timing and to **Adele Tucker** who swam another PB and got top points. Adele has been quietly getting PB's and top points for all of her swims. *Both Bob and Adele took home a cap and a pen, huge congratulations, guys!*

Congratulations to all the swimmers who attended the Genesis meet and particularly Bob, Charley and Jenny who brought home Silver medals and to Mick Jones for his Bronze medal, fabulous. When Jo sent a text to Mick after reading Linda's report, she asked him why he had not been bragging? He said he was too busy fielding calls from the press!

Well Done to Dyanna and Adrian who received their Excellence Programme Awards.

Help please for Ian Tucker - as the Convener of our swim meet on the 15 September, he needs volunteers to help in the preparation and on the day. Less than half of club members have volunteered to help. PLEASE, PLEASE stand up and offer your support. Robyn is still receiving donations for the raffle.

Thanks to **Mick Jones** for accompanying me to the Grants, Network and Nibbles night and for working with Jo to submit a Grant to 'Get in the Game - get going clubs'. We hope to provide participants with an opportunity to learn & improve their swimming & general health by fostering an inclusive learning environment through a development camp. Professionals in their field would run sessions on stretching, breathing & light weights; health + nutrition; sports physiotherapy; technique swimming; sports psychology; yoga & meditation, plus some fun activities. By August we will know if we have been successful.

Thanks Lanes 3 & 4 for another scrumptious breakfast! Wear's hot Taiwanese noodles were a special treat! **Sue Curtis** won the raffle. And Lane 0 on 29th - esp. Wendy I for the delish GF Mandarin cake!

Welcome to **Jackie, Leanne, Rosalind, Vince and Dennis** visiting Masters Swimmers from Victoria. Welcome back **Kim Kelly** after her travels overseas and also **Dyanna Benny**.

Bon Voyage to **Kerry and Julie** from Melbourne.

Phyllis Dillerisms ...

Tranquillisers work only if you follow the advice on the bottle - keep away from children.

Reason the golf pro tells you to keep your head down is so you can't see him laughing

I asked the waiter, 'Is this milk fresh?' He said, 'Lady, three hours ago it was grass.'

Nationals - March 18-23 2019:

Can the Captains please have your Expressions of Interest for this asap? This will help in accommodation recommendations for the meet which will be held in Marion, Adelaide (not in the pool in centre of Adelaide).

Interesting Links ?

Link to **FOUR PAWS N/L**

<https://mailchi.mp/four-paws.org.au/four-paws-australia-july-newsletter-7103omkez4?e=e15524d68a>

Link to **FNPW Backyard Buddies N/L**

<http://www.backyardbuddies.org.au/b-mail/b-mail-july-2018>

ENDURANCE 1000 REPORT

JUNE 2018



Find out about the Million Metres Program

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>

To download the Million-Metres-Record-Card-and-Application-Form

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres/>

“INSPIRATION”- a recent swim by one of our octogenarians (nearly at the end of his octogenarian era), Bob McCausland is an inspiration to us all. Bob swam a one hour backstroke in the 25 meter pool on Saturday 14 July which earned him and the club the maximum points for the swim. A great effort Bob – keep those arms turning over.

Other members of the Saturday endurance swimmers have been beavering away. Karen Martin took four minutes off her 1500 meters backstroke swim when compared to her 2013 swim. Congratulations Karen. Other sterling performances have been put in by Adele Tucker, Ian Tucker and John Havilah knocking out those long one hour swims. Adele believes that the improvement in her recent performance at endurance is due to a reduction in alcohol consumption (Dry July ???) – surely there must be a better way? Well done guys!!

Quentin Lee and Wear Armstrong, as usual, have been putting in solid performances along with our one arm swimmer Jo.

Results to 30 June 2018-points accumulated by each individual endurance swimmer were circulated last week. This provides everybody with the opportunity to check their points tally and assess their own individual performance.

The invitation is open to those members who have not opened their book yet to come along and participate. Remember 5 months until the end of the year.

To quote from the song by Francoise Hardy “Only you can do it”. After jogging your memory, no doubt this rendition will now stay in your mind for the rest of the day.

Out of retirement? Yes – can you believe it? After some cajoling, Robyn Selby did a 400 meter swim at Endurance on Sunday. The cheer squad was out to help bring Robyn home in the last 50 meters. Well done Robyn!! No doubt, many more swims to come.

Big Thanks to all swimmers and timers for Sunday 29 July Endurance.

Many thanks to Adele for organising this Sunday Endurance which ran very smoothly.

Regards
Rod

Rod Alfredson
Coordinator
Endurance 1000 program
Mob 0418 260716
rod.alfredson@bigpond.com

New Eats in Noosa

From brews to burgers and funky new bistros, try these new eats and drinks in Noosa.

The Noosa Brewery Trail is new from [Sunshine Coast Craft Beer Tours](#) who take you on a delicious tour of 3 Noosa breweries – the new Land & Sea in Noosaville, Eumundi Brewery at the Imperial Hotel and Copperhead Brewery in Cooroy. Go behind the scenes, meet the brewers and sample fresh, local beer (includes transport).

[Grill'd](#) has opened in Hastings Street, serving healthy burgers with ethically produced and locally sourced products.

Circa Cooroy is a cool, new bistro and patisserie in the Noosa hinterland, open Wednesday to Saturday for lunch and dinner and on Sunday for lunch with wood-fired pizzas and house-baked treats.

Larder & Baked, new in Noosa Junction has breakfast, fresh salads, lunch and quick bites to take away, as well as coffee and drinks in a gorgeous new setting.

Seniors Week

This Seniors Week, 18-26 August, join us to connect with people of all ages and to celebrate the many contributions older people make in our community. Enjoy cake and a cuppa at Cooroy Library or Noosa Leisure Centre, or attend one of our special Seniors Week info sessions. [More](#)

SENIORS WEEK AFTERNOON TEA @NOOSA LEISURE CENTRE

Event Type: General

Date: Friday, 24 August 2018

Start Time: 2:00 PM

Library: Off-site venue

Description:

Join us at Noosa Leisure Centre for tea and cake to celebrate Seniors Week.

Other:

Free. No booking required.

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>Bunnings Warehouse Noosa Road & Gateway Drive Noosaville QLD 4566 Tel: (07) 5430 5400</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 Tel: 5470 3100</p>
<p>Zoggs Swimwear E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p>Tewantin Priceline Pharmacy 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p>Ironman 24 Lionel Donovan Dve Noosaville Q 4566 Tel: 5430 6700</p>	<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin Q 4565 Tel: 5449 9550</p>
<p>Karen Martin Barber Shop 28 Sunshine Beach Road Noosa Junction QLD 4567 www.barbernoosa.com.au</p>	<p>Paul Rily Ray White Noosa River 113 Poinciana Avenue Tewantin Q 4566 Tel: 5449 8800</p>
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<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q 4565 Tel: 5470 2888</p>	<p>Dan Murphy's Noosaville 17-21 Mary St, Noosaville Q 4566 Tel: 1300 723 388</p>
<p>Officeworks 1 Gateway Drive, Noosaville Q 4566, Tel: (07) 5449 5400</p>	<p>Real Insurance c/- The Hollard Insurance Company P/L Level 12, 465 Victoria Avenue Chatswood NSW 2067 Tel: (02) 8883 7351</p>
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