

CHALLENGERS' CHATTER

JULY 2021

Bundy brings out the best!

Nothing compares with competing in the Bundaberg Swim Academy's 25 metre pool. The atmosphere in the indoor pool is steamy! It evokes memories of a Swedish sauna or London's 1952 smog. There's a simple explanation! On Saturday mornings the pool hosts 'learn to swim' classes, with a water temperature well north of 30 degrees. At noon, to cool it down for the Masters meet, a fire hose is wielded with wild enthusiasm.

In the resulting fog, swimmers grope their way to the starting blocks and, at the gun, plunge into the lukewarm lanes. Underwater, visibility is reduced to about six inches! Swimmers make wild guesses about where the end wall is and, notably, Captain Rob is unable to see



Jo Matthews, Brian Hoepper, Jacky Shields, Rob Jolly

whether he is swimming the correct stroke!

But we love it !!! The Rum City Masters host the friendliest swim meet on the planet. Teams arriving are warmly welcomed, the meet runs like clockwork and helpful

Bundy volunteers are everywhere. And, astoundingly, the tiny pool produces some remarkable performances.

Noosa Masters did well. Ten swimmers competed - Anne Besser, Linda Hogg, Brian Hoepper, Liqun Hussey, Wendy Ivanusec, Rob Jolly, Jo Matthews, Sam Penny, Ian Robinson and Jacky Shields – and all swam admirably. They won eight individual medals (3G, 2S, 3B) and placed in all four relays;

Noosa won the splendid shield for top points in a tight field of 94 entrants from seventeen clubs; and Jacky, Rob, Jo and Brian (*photo above*) combined to break the State Medley Relay record (280+) held by arch rivals Miami Masters since 2013.



noosa masters ... Bundy snaps



Above: Rob & Brian admire Fiat 500 station wagon at Tiaro Retro Coffee Shop

Below: Jacky, Linda & Jo meet the Bundy Bear



Winners are grinners !!



cold Linda??

Sam Penny, Rob Jolly, Wendy I & Li Qun Hussey



below: new club tent + LiQun & Rob Jolly



Anne & Jo + medals



Jo & Jacky sample Bundy Rum

Bundy brings out the best ... cont'd

There were a few hiccups! Jacky and Brian almost missed their starts, dashing to the blocks in various states of disarray... Anne and Michael went to the wrong pool initially ... and, in a postscript, Rob put the hard-won trophy on the roof of his car and (almost) drove off. On a positive note, John Hussey did a huge amount of time-keeping, and those of us in his lane swam some extraordinarily fast times. (Ed: please ignore this pathetic attempt to be funny by implying corrupt practice!)

There's always more to 'Bundy' than the swimming. For a start, the award presentations take place amid a delicious 'country feast'. The main course is followed by dessert ... imagine 'I can't decide among the three so I'll have them all!' The feast and a couple of drinks set everyone up for the night. For half the team staying at the Spanish Motel, this meant wine and reminiscing around the pool until the rugby test on TV drew us back to our rooms (*).

In Bundy, there are various Sunday morning treats. Liqun and John found a delightful café in North Bundaberg, and most of the team joined them there for a scrumptious breakfast that wouldn't be out of place in a Little Collins Street laneway. Then it was off variously to the huge Shalom College outdoor markets, the beckoning Bargara beach or the 'obligatory' Bundaberg Rum Distillery. On the trip home, we were weighed down by more than medals!

Put simply, a great weekend of Camaraderie, Competition and Celebration.

Can't wait for next year's 'Short and Sweet' meet in Bundy!

(*). This 'back to our rooms' produced an extraordinary *ménage à trois* episode which the editor will probably suppress. (Ed: true!)

... Rob Jolly and Brian Hoepfer
(aka 'The Boss' and 'Nifty')



Rob & Wendy I with their Bundy loot !



Ménage à trois ...
who could this be?



L-R : Jo Matthews, Brian Stehr, Linda Hogg, LiQun Hussey
Took our medals to training on Monday, so that we could thank Brian for his coaching to allow us to be superstars.

Noosa Masters 'Comedy of errors' honour roll



2018 Southport

Rob mistakenly swims every stroke except the correct one in medley relay. Runs towel-flicking gauntlet of relay teammates. Has word 'THINK' tattooed on toes. It doesn't help!



2021 Chandler

Adrian loses togs in key event. Abandons race because of excessive drag. Female spectators faint. Adrian accepts role in 'Survivor'.



2021 Bundy

Michael and Anne go to wrong pool for Bundy meet. Enjoy the peace and solitude of an empty pool. But decide to sue Google Maps anyway.



2021 Bundy

Brian misses marshalling in FLY. Races to start clutching half-eaten burger. Swims in tracksuit, beanie and sunglasses. Sinks, along with burger. DQ'd.



2021 Bundy

Jacky misses marshalling. Emulates Gypsy Rose Lee in mad dash to start. Someone steals the trail of dropped clothes. They appear on eBay that night. Jacky makes unsuccessful bid. Wears swimsuit to breakfast and lunch.



2021 Bundy

In fading evening light, after several glasses of wine, Rob places Bundy trophy on car roof. Drives off. Bent and buckled trophy viewable in display case at the NAC.



2021 Peregian Beach

Brian receives urgent appeal from Australian Olympic swim team. Packs togs and flies to Tokyo. It's a hoax (idiot!). Two weeks isolation with only Japanese language TV and frozen sushi. Becomes a Buddhist monk.

Trevor and Helen explore Northern Australia

Trev and I are having a great trip around northern Australia. Perfect weather around 30degC most days with cool nights. Highlights have been -
1. Undara Lava Tubes 2. Boat cruise on Cobbold Gorge, 3. Glass bridge over Cobbold Gorge, 4. Swimming in hot springs & canoeing at Lawn Hill NP. 5. More hot springs at Katherine, 6. Boat cruise down Katherine Gorge.



COACH'S TIPS

Backstroke ... common faults and a few tips



Don't crossover on entry. Enter in front of shoulders, not behind your head.

Not getting a proper catch. Push water towards your feet, not the side of the pool.

Not rotating properly. For more power and efficiency, drive your body rotation from your hips, taking your shoulders with it so your body rotates 30 to 45 degrees.

Two drills that will help correct these faults.

Single arm backstroke: This drill helps with body rotation and hand entry. Once you have reached the end of your stroke, rotate to the other side, even though you are not using that arm. Rotating to both sides will allow you to work on this important aspect of your stroke

Double arm backstroke. This drill works every aspect of backstroke except body rotation. This drill forces you to place hands correctly on entry at 11 and 1 o'clock, not pointing directly behind you. Unless you are hyper flexible, the only way to effectively do a backstroke pull in this drill is to bend your elbows about 90 degrees.

Happy swimming - Cheers, Jan



Brisbane's Ekka

The best of Queensland will be showcased for nine days in August when Brisbane's Ekka returns.

The Royal Queensland Show, or Ekka, was cancelled for just the third time since it started in 1876 last year because of COVID-19 restrictions.

However, the cancellation has triggered a heightened sense of anticipation for the return event which will see RACQ continue as presenting partner.

Royal National Agricultural and Industrial Association of Queensland (RNA) Chief Executive Officer Brendan Christou said staff, exhibitors and the public could not wait to welcome back "Queensland's largest and most-loved annual event".

"There is wonderful community sentiment for the show and we feel very optimistic about this year's Ekka," Mr Christou said.

"After a very challenging 2020, I look forward to the people of Queensland coming back together again to celebrate our great state.

"I'm also looking forward to seeing the competition exhibits with our exhibitors spending many months preparing for the show and getting entries ready."

Queensland farming communities have embraced the Ekka's return despite the ongoing impact of drought in many regions.

"Our farming families are incredibly passionate and supportive of the Show," Mr Christou said.

"They rely on events like the Ekka that not just showcase and reward the best of the best, but also provide much-needed respite and highlight the many challenges they face, such as drought."

"We've had great interest in our agricultural competitions this year with thousands of entries already received."

Miles district cattle breeder and RACQ member Julie Nixon is looking forward to resuming her association with the Ekka that stretches back nearly 30 years.

She has regularly won prizes for her Hereford and Gelbvieh bulls, including grand champion, and her husband Aderian has been a long-time cattle steward at the Ekka.

"It was actually quite timely to have a break last year, just to rethink things, but it's awesome to go back," Julie said.

"We do it more to catch up with friends, see our peers, see how our cattle are going compared to other people's cattle."

"It's just one way to get like-minded people together."

In a break from tradition, the 2021 Ekka has been reduced from 10 days to nine, from 7-15 August, and will include two full weekends and the traditional public holiday.

This year crowds will be capped at 45,000 each day to meet COVID-safe plans.

Truffle Trek

by Jane & Mark Powell

A truffle is an edible fungus which grows in the roots of Oak trees. The seedling Oak trees are inoculated with fungal spores. Hazelnuts are grown as companion plants and the resultant truffles - ugly black lumps(!) are highly valued for their culinary qualities. The flavour imbued by truffles to food is described as 'umami'.

Dogs are trained to find truffles growing just below the soil surface in the Oak orchard. The dog handler then marks the spot with a ribbon and harvesters come along behind to gently dig the truffles up. We use plastic trowels and wear gardening gloves, raincoats, rain pants, rubber boots, beanies and layers of warm clothes. There is often more than one truffle growing together. It is a very labour-intensive process. It is also cold, often wet, dirty and uncomfortable work.

The things we do for our kids!



We left home in June 2021, hopeful to reach south-west Western Australia to visit 'my mob'. The deserts were green after good rains and colours of mesas, river gums and birds were saturated ... so beautiful. Big starry skies at night, cozy camp fires and friendly fellow travellers ... we love this lifestyle. We took three weeks to traverse the country, but could have enjoyed a longer meander: there is so much to see.

Our young people (son William and daughter-in-law, Nicola) are both veterinarians, but have been involved with their dogs and truffle harvests for a number of years now. Last year they invested in an orchard of their own, and helping them achieve the best return on their investment is our reason for being here. It is definitely paying off!

Carnival Corner

Diary dates of meets can be found on the MSQ & MSA Websites

Upcoming Meets

AUG 21

Brisbane Northside Masters Meet

August 21 @ 8:30 am - 4:00 pm Valley Pool, 432 Fortitude Valley, Brisbane.

Short Course Swim Meet 25m-1500m

Distance swims (800 and 1500) will start at 8:30am and will be deck seeded. Warm-up for this meet will also commence at 8:30am. Competition for events 9 onwards will commence at 10:30am.

Enter now via Quick Entry! Meet Flyer:

<https://mastersswimmingqld.org.au/event/brisbane-northside-masters-meet/>

AUG 28

Long Tan Legends Swim Meet

August 28 @ 12:30 pm - 5:00 pm Long Tan Memorial Pool, Cnr. Fulham Rd & Lindeman Ave Heatley, Townsville, Queensland 4814 Australia

Entries close: 20 August 2021 Meet Flyer:

<https://mastersswimmingqld.org.au/event/long-tan-legends-swim-meet-2/>

SEP 4

Belgravia Masters Long Course Meet

September 4 @ 8:00 am - 5:00 pm Burpengary Regional Aquatic & Leisure Centre (BRALC), 1 Aquatic Centre Drive, Burpengary, Qld 4505 Australia

Save the date.

[Find out more »](#)

SEP 18

Noosa Masters Meet

September 18 @ 9:00 am - 5:00 pm Noosa Aquatic Centre, 6 Girraween Court, Sunshine Coast, Queensland 4567 Australia

You are invited to come along to the Noosa Masters Swim Meet, to be held at the NAC on 18 September 2021, from 9am warm up. Individual closing date: Sunday 05 September 2021 Relay Entries Close: Sunday 12 September 2021 Meet Flyer:

<https://mastersswimmingqld.org.au/event/noosa-masters-meet/>

OCT 9

Rackley Masters Meet

October 9 @ 8:00 am - 5:00 pm Centenary Pool, 400 Gregory Terrace, Spring Hill, Qld 4000 Australia

Save the date.

[Find out more »](#)

OCT 23

Maryborough Masters LC Meet

October 23 @ 8:00 am - 5:00 pm Maryborough Aquatic Centre, Corner of John and Kent Streets, Maryborough, Queensland 4650 Australia

“ NOOSA MASTERS STRETCH THEMSELVES ”

“ Noosa Masters Swimming Club recently used The Queensland Government provided \$2,000 (COVID SAFE Active Clubs Kickstart program) to enable members to participate in a combined YOGA/GYM/AQUA exercise day ”

The morning commenced in the serene YOGA studio environment with Di Campbell instructing in various stretching and strength based poses utilising ropes, padded bolsters and belts to test the limits of flexibility in members hamstrings, quads, shoulders, back and core muscles. Many of the class had never experienced the flow of a yoga class before and assess the benefits of the exercises for their primary activity of swimming.

This Yoga exercise simply warmed the members up for the next Gym circuit class at the Noosa Aquatic Centre where Georgina combined a rotation of simple exercises aimed at improvements to strength, flexibility and range of movement, which would enable members to improve their swimming strokes.

Having completely warmed up and expended the majority of their energy, the thought of a gentle Aqua Aerobic session in the pool lulled members into a false sense of relaxation.

Kirsten on the other hand set about pushing their limits using the water to create the resistance that each participant can adjust with the amount of physical exertion expended. After a full morning of three different exercise formats, members enjoyed a healthy and hearty lunch provided by the NAC Café. The beginnings of various exercise routines for members.

... Ian Tucker



Kay Frost was pleasantly surprised and chuffed to receive a get well card from several Noosa Masters swimmers following her 8 days in Noosa Hospital, 5 of those in isolation. She has been home since last Wednesday and hopefully will need another two weeks to feel stronger. Thanks again to the caring members.

Kay was foundation member of our club, joining in 1999. She competed in the first couple of Pan Pacs, medaling in several freestyle and backstroke events. With back issues, thanks to lifting heavy patients during her nursing career, her swimming days with Noosa masters ended about 6 years ago. Hospitals today have lifting machines ... lucky for nurses today!

QNA is celebrating its 21st!



Get together with past and present members to celebrate!

Thursday 9th September, 5.30 – 8.30pm

on the deck at Noosa Heads Surf Club



**sunset
drinks and
canapes**



**historical
photos**



**celebratory
cake**



**a few
speeches**

What to do ...

1. Tell us you're coming ...

Email Chris Cooper at social.noosaqna@gmail.com to say you'd like to come, and Chris will send you an invitation and more details (cost will be approx. \$30pp)

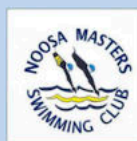
2. If you know any past members who might like to attend ...

Send their email address to Chris by Monday 9th August and Chris will contact them.

3. If you have any interesting photos that could be displayed ...

Email the photo as an attachment to Brian Hoeppe at b.hoepper@iinet.net.au or let Brian know that you have non-digital photos of interest.

Let's celebrate 21 years of 'Fitness, Friendship and Fun'!



Buttock Tattoo Terror Lands Rotherham Pair In Hospital

A great story taken from a recent copy of *The Yorkshire Herald* and published hereunder as a public service warning about dangers to health !!!

A furious row has broken out between a local tattoo artist and his client after what started out as a routine inking session left both of them requiring emergency hospital treatment.

Furious film fan and part-time plus-size XXXL model Tracey Munter (23), had visited the 'Ink It Good' Tattoo Emporium in Wellgate, Yorkshire last week, to have the finishing touches applied to a double buttock representation of the chariot race scene from the iconic 1959 film, *Ben Hur*.

Tattooist Jason Burns takes up the story.

"It was a big job in more ways than one", he told us "I'd just lit a roll-up and was finishing off a centurions helmet. It's delicate, close up work. Next thing is, I sense a slight ripple in the buttock cleavage area just around Charlton Heston's whip, and a hissing sound – more of a whoosh than a rasp – and before I know what's happening, there's a flame shooting from her arse to my fag and my beards gone up like an Aussie bush fire!"

Jason says he rushed to the studio sink to quell the flames, only to turn round and see Tracey frantically fanning her buttock area with a damp towel. The flames had traveled down the gas cloud and set fire to her thong which was smoking like a cheap firework.

"To be honest", said Jason, "I didn't even realise she was wearing one. You'd need a sodding mining licence and a torch to find out for sure. She could have had a complete wardrobe in there and I'd have been none the wiser."

Jason and Tracey were taken to Rotherham District Hospital accident and emergency department where they were treated for minor burns and shock. Both are adamant that the other is to blame.

"I'm furious" said Jason, "I've got a face like a mange-ridden dog and my left eyebrow's not there any more. I don't know about Ben Hur – *Gone With The Wind* would be more appropriate. You don't just let rip in someone's face like that ... it's dangerous!"

But Tracey remains both angry and unrepentant.

"I'm still in agony," she said, "and Charlton Heston looks more like Sidney bloody Poitier now. Jason shouldn't have had a fag on the go when he's doing close up work, there's no way I'd guff on purpose. He'd had me on all fours for nearly an hour. I can only put up with that for so long before nature takes its course. My Kev knows that. I give him my five-second warning and I'd have done the same for Jason, but I didn't get a chance – it just quietly crept out."

Ted Walters from the South Yorkshire Fire and Rescue Service wasn't surprised when we asked him to comment on what had happened.

"People just don't appreciate the dangers" he told us. "We get more call-outs to flatulence ignition incidents than kitchen fires these days now that people have moved over to oven chips. We have a slogan '*Flame 'n fart – keep 'em apart*'. Anyone engaging in an arse-inking scenario would do well to bear that in mind in future.

On behalf of the entire Fire and Rescue Service, we wish them both a swift recovery."



August ... a lot of you this month !!

Kerry Blackwell	2/08	Mark Besford	11/08
Mick Jones	4/08	Rob Lucas	29/08
Jo Matthews	7/08	Jackie Coulter	29/08
Brian Hoepper	8/08		

Live Life and forget your age !!!

Dana Galbraith ... You were missed off the birthday congratulations last month, I'm sorry to say. However, we all send our belated best wishes for health and happiness and feel certain that you nonetheless would have celebrated in fine style on 9 July !!

Hi fellow QNA members,

Did you know there is a 500m/1k/3k Pier to Pub ocean swim at Hervey Bay on 14th August?

It's a straight swim down the beach along with the tide – hence I am going to do the 3km. No buoys to find and no tide to fight!

It would be fun if any of the Noosa members would like to participate. I will be travelling up on Friday and leaving Monday staying at the Beach Motel on the Esplanade at Torquay. I had no trouble booking.

All the best
Corals
Maroochydore QLD 4558
0438 754 723



ENDURANCE 1000 REPORT JULY 2021



It is our Winter in Noosa but the enthusiasm is high in Squads and Endurance.

Lynette Clemitson came back to swim and did her second Endurance this year – a 60 minute freestyle. Good on you Lynette! You are not just a keen surfer, but an excellent swimmer who demonstrates endurance well.

I timed Jo Matthews over her 800m butterfly and tried to figure out how could she fly so easily, managing 32 seconds faster than the last one she did a month ago. Go fly Jo!

There are some keen swimmers who swim quietly. Tony Frost comes to the pool in the early afternoon on Saturday to do his Endurance swimming, he says it is a nice warm and quiet time for swimming and Bob Martin is his timer. Tony did a 400 free last Saturday and plans an 800 free next, his first since 2019, all in slow motion, however still top points, amazing! Tony hopes to complete all freestyle distances for this year.

Wendy Ivanusec comes early on Tuesday mornings to time 92 y.o. Bob McCausland in the 25m pool which is warm and quiet. Bob has done some very good swims with his times improving.

Unfortunately, one of our dedicated E1000 swimmers, Rob Lucas, who lives in Mackay, has been unable to do his usual full programme as he was involved in an accident and suffered two breaks in a lower leg. He's in rehab, feeling lucky it was not more serious – so we wish him a speedy recovery and hope to see him bright-eyed and bushy-tailed next year! Tricia Chalmers misses entering all of his terrific swims.

A big thank you to every swimmer, time keeper, deckie and the dedicated times recorder who make our Endurance mornings go smoothly and well.

LiQun
Relief Endurance Coordinator

Rob Lucas tells Bob McCausland how it all happened !

It was **not** a fall but an accident on my electric tricycle!

I was riding to Seniors on Thursday, 10th June and was not paying sufficient attention while passing through a line of stopped traffic to see someone sneaking down an illegal lane (not road marked for through traffic) and the car hit me on my left side.

The impact broke both bones in my left leg, threw me up on the bonnet, smashing the windscreen and then I rolled down onto the road, landing mostly on my bum ... which caused damage and severe bruising to my hips.

The ambo's were very quick and good, put me under until I woke up in Mackay Base in ED. The next morning they operated to repair the breaks and insert rods.

I can tell you my stay at the Base Hospital was not pleasant, just filled with pain.

It has been much better here at the Mackay Private (Rehabilitation) Hospital in Norris Road.

Now, with the swelling in my left leg finally going down, I am feeling much better and progressing well towards recovery. The Base concentrated mainly on the leg break and ignored the damage to my hips.

Now the main source of pain and discomfort is my hips! But that is settling as well. I expect to be in here (rehab) until end of July before going home and returning regularly for physio.

That means I have August to get mobile enough to come down to Noosa (Wendy has very kindly offered me accommodation). So, hopefully, I will be seeing you all about mid-September, to show off the scars!

... Cheers Rob



What does a hale and healthy 92 y.o. enjoy most after a big Endurance swim?



Does Trish 'n' Chips make you swim faster?

Is Bob leading young Karen astray?





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 QLD 4566
Tel: (07) 5430 5400

Ironman

24 Lionel Donovan Dve
Noosaville Q 4566
Tel: 5430 6700

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22 Sunshine Beach Road
Noosa Junction
Tel: 5447 3478

Terry White Pharmacy

Shop 20, Noosa Junction Plaza
Sunshine Beach Rd, Noosa Junction
Tel: 5447 2244

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Tewantin Noosaville Branch
Cnr Gibson Rd and Mary St
Noosaville Q 4566
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