

CHALLENGERS' CHATTER

JULY 2022

Ceri Weeks receives AUSTSWIM Award

by Lois Hill

At present we have one of our illustrious heroes with us – Ceri Weeks from Tassie!



Ceri has been very involved with AustSwim for many years, and this week was awarded yet another Tasmanian AUSTSWIM award.

What are the awards?

“The AUSTSWIM Awards acknowledge individuals, swim schools and organisations for their contribution to aquatic education and water safety through leadership, innovation and community spirit – helping students and their community to be safer in, on and around water.”

(Noosa Aquatic Centre won an award in 2020 ... Queensland AUSTSWIM Recognised : **Swimming and Water Safety School of the Year**)

Ceri and her Launceston swim school have featured in many Tasmanian awards over the years, such as ...

“**Presenter of the Year**” and

“**Austswim Recognised Swim Centre**”

6 awards to her **Launceston Swim School** - 20, 18, 15, 14, 13, 11

And this year she's been honoured with the hero award of ...

Tasmanian Most Outstanding Contribution to AUSTSWIM

Here's what the 'Spec' for the award is -

“Many people from broad industry sectors engage, interact and support AUSTSWIM to achieve its purpose. Many of these people volunteer and/or undertake additional functions and input for the greater good of the industry and aquatic education sector;

'paying it forward' is a common theme in this award category.



Lois Hill presented Ceri Weeks with her 'Platypus Award'

The focus for this award is broad. A nominee's input and impact is beyond local; it extends to community, organisational, industry, allied industry, state, national and often international.

The impact, influence, interaction and engagement of nominees for this award are vast. Their knowledge, skill and understanding of AUSTSWIM, its place, function and purpose within a global context is of the highest standard.

AUSTSWIM, its teachers, aqua instructors, staff and volunteers have been enhanced as a result of the nominee's input.” (end)

Apart from her work with her swim school in Launceston & local AUSTSWIM, Ceri has been very active running “**AUSTSWIM Teach the teachers courses overseas**”, mostly in Asia.

Ceri ran the First **AUSTSWIM** course in India in Nov 2013 and has personally trained more than 100 swim teachers and 2 Presenters in India: Probably there would have been more if COVID hadn't intervened.

She has also run courses in Mauritius and Nepal.

Looking through the brochure about the AustSwim Award categories, I noticed many had different icons : and Ceri's award the “**Most Outstanding Contribution to AUSTSWIM**” had a **Platypus** – so it's much easier, and **maybe even environmentally correct** to say “Ceri received the **Platypus Award.**”

However, today I found 2 others for “Accredited Teachers” with the same platypus icon but they had the Teacher text in the logo, so Ceri's is PURE Platypus. It seems Platypus is the icon for **AUSTSWIM** Australia.

So – Ceri, please accept this special Tasmanian PURE Platypus Award from Noosa.

And thank you for all the work and efforts you've put into AUSTSWIM over the years – you're a true HERO!

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
AUGUST							
13-14	LC	Belgravia Masters Long Course Meet	QCD	Sunshine	Q12/22	Yes	Burpengary Regional Aquatic Centre
27	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q13/22	Yes	Valley Pool, Fortitude Valley
27	SC	Long Tan Legends Super SC Sprint	QLT	North	Q14/22	Yes	Long Tan Memorial Pool, Townsville
SEPTEMBER							
10	LC	Rackley Masters Meet	QRL	Sunshine	Q15/22	Yes	Centenary Aquatic Centre
24	LC	Noosa Masters Meet	QNA	Sunshine	Q16/22	Yes	Noosa Aquatic Centre
OCTOBER							
15	LC	Maryborough Masters Meet	QMB	Central	Q17/22	Yes	Maryborough Aquatic Centre
29	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q18/22	Yes	Kawana Aquatic Centre
NOVEMBER							
6	OWS	Sinkers OWS at Balnagowan	QNS	North	Q19/22	n/a	Pioneer River, Balnagowan
9-12	LC	Pan Pacific Masters Games 2022	MSQ	South	Q20/22	Yes	Gold Coast Aquatic Centre
27	OWS	Big Barrine Bash	MSQ	North	Q21/22	n/a	Lake Barrine, Atherton Tablelands
DECEMBER							

Legend:

MSQ Swim Meets
MSQ Postal Events
MSQ Co-sanctioned Swimming Australia 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 Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia and the two clubs be related as "one-clubs". A number of SAL Meets have been co-sanctioned by MSQ for this purpose and are colour coded. Contact the MSQ Administrator for more details.

COACH'S TIPS

To improve your swimming ...



Short and sweet this month -

1. Increase the frequency of workouts
2. Increase the duration of each workout
3. Increase the volume
4. Increase the density - more swimming - less rest
5. Gradually increase the intensity or speed of workouts

*Happy swimming
Cheers, Jan*



August

Kerry Blackwell	2/8	Mark Besford	11/8
Mick Jones	4/8	Sandra Lyons	18/8
Jo Matthews	7/8	Terry Carter	26/8
Brian Hoepper	8/8	Genevieve Barker	27/8
		Rob Lucas	29/8

*Age is strictly a case of mind over matter.
If you don't mind, it doesn't matter !*

Bastille Day, 14 July 2022 : Sunset at NH Surf Club

What a gorgeous view at sunset from the Noosa Heads Surf Club when we got together on the western deck for a drink and a meal!

Steven, the restaurant manager had once again allocated us a dedicated area where we could mix, mingle, sip and nibble in a relaxed atmosphere.

All up we had 30-plus members and their partners come along. It was great to have some of our newer members come and have the opportunity to get to know each other out of the pool.

A small but enthusiastic group met at 4.00 pm and, led by Helen Malar, enjoyed a pre-sunset walk out to the Boiling Pot. All reported it was a delightful thing to do at this time of year.

Given that it was still some school holiday time, it was a pretty busy night - so we certainly appreciated being tucked away from the crowds ... I'm thinking that next time we have an event at the Surf Club, it would be much easier to have platters to hand around as we did last time, as the wait-time in the meals queue was quite long.

I'm always happy to receive any feedback that you think might help to improve on any of our social events.

To acknowledge that it was Bastille Day, people took part in a French inspired, lucky draw. Congrats to Neil and Mokoto, Adele and Liz who drew winning numbers. A special mention to Wendy and Ivan Ivanusec who got into the French mood with touches of blue, white and red. A rousing rendition of the Marsellaise didn't quite get to soaring heights. However ... thank you, Kevin, for your sterling efforts in this regard!

Thanks to everyone who came along. It's always great to get to know each other - and partners - a little better in circumstances other than in the pool.

In the next week, I will email out the proposed calendar of social events for the next 6 months so you can pop them in the diary. There's been some great suggestions from people, so if you have any ideas ... please let me know.

Socially yours,
Chris Cooper, Social Coordinator



Terry & Di Parker
+ Neil & Mokoto



Trevor Mathews, Helen Malar
+ Chris Cooper



Sandra Lyons + Rod & Liz Alfredson



Kevin & Yvonne Alford



Adele Tucker & Lois Hill



Ivan & Wendy Ivanusec



Dee Mooney + Ceri
& Robbie Weeks



Diane Scott-Davies +
Peter & Linda Hogg



Richard Hill & Ian Tucker



Ken & Gillian Bensted

Briefly ... what's on in Noosa

courtesy of Parkyn Hut Information Centre

+ **Sunshine Butterflies** launches an employment initiative for people living with disability.

THIS WEEK IN NOOSA

Find out what's on this week in Noosa - from live music and events to art exhibitions, degustation dinners, new adventures, and more! CHECK IT OUT HERE:

@www.parkynhut@westnet.au ; link Tourism Noosa

(right click on title to take you to the link)

EAT & DRINK

DISCOVER NOOSA'S BEST NEW EATS

Get to know Noosa's best new Noosa restaurants, with a few old-favourites thrown in, with our guide to the best new Noosa eats.

GUIDES

FOR THE LOVE OF KIN KIN

A trip to one of our favourites, the tiny town of Kin Kin, where you'll feel like you've stepped into another world..

THE BEST WAYS TO TACKLE THE NOOSA TRAIL NET...

Never heard of the Noosa Trail Network? Don't worry, you're not alone. This weaving maze of farm roads, single track, gravel trails and private roads...

UPCOMING EVENTS

JUL 21 - JUL 31

NOOSA ALIVE!

NOOSA alive! is a 10-day festival of arts and culture, bringing exciting performers to venues around Noosa, with a program of events covering ...

31 JULY

NOOSA ENDURO

This weekend's Noosa Enduro gravel and mountain bike festival hits up the Noosa Biosphere Trails with 30km, 60km and 100km courses, and a Kids Enduro suitable for all levels.

Festival Village at Noosa District Sports Complex, Tewantin has live entertainment, cycling retailers, food trucks, local craft beer and more, with free entry from 10am all weekend.

AUG 14

NOOSA CLASSIC

Cycle through the Noosa hinterland's villages on the Noosa Classic road cycling gran fondo, with a range of rides through the gorgeous Noosa

AUG 21

COOROY MOUNTAIN RUN

The 'Cooroy Mountain Park - Dash For Cash' is a fun 5km trail run through the picturesque region of Cooroy, with a \$5,000 Cash Prize Pool up for...

AUG 26 - AUG 28

ITALIAN FOOD & VINO FESTIVAL

Ciao! Something delizioso is coming to Noosa! Get ready to discover the best the Noosa region has to offer. Uncover hidden food and vino gems,

AUG 28 - SEP 04

NOOSA JAZZ PARTY

The Noosa Jazz Party is a unique annual event, celebrating all things traditional jazz. Set over 10 days, individual jazz musicians who are among the...

MORE EVENTS

SEP 10 - SEP 11

COOLOOLA FARMERS TRAIL

Experience and taste your way through some of the best, freshest produce around the Noosa region on the Cooloola Farmers Trail, a 2-day

OCT 01 - OCT 03

GREAT NOOSA TRAIL WALK

The Great Noosa Trail Walk is a community event, which is hosted annually in the country towns of Cooroy, Kin Kin, Cooran and Pomona. The 56km walk,...

OCT 01 - OCT 09

NOOSA OPEN STUDIOS

Get involved in the Noosa art scene, and visit the private workshops and studios of 100 remarkable local artists during the Noosa Open Studios Art...

OCT 15

WILD WOMEN ADVENTURE RACE

Bike - paddle - run - adventure! The Wild Women Adventure Race is a triathlon-format event for teams of two, in the Noosa country, designed to...

OCT 26 - OCT 30

NOOSA TRIATHLON

The biggest Olympic-distance triathlon in the world, the iconic Noosa Tri is raced around Noosa's stunning main beach, town centre and hinterland.

Microwave: Steam away messes

Don't waste elbow grease on the crusted messes in your microwave – just let them steam clean.

Cut a lemon in half and squeeze the juice into a microwave-safe bowl. Add the lemon pieces to the bowl, along with 1/2 cup of water. Nuke the water and lemon for three minutes on high, or until the liquid starts to boil. Without opening the door, let the lemon water stand for five minutes. The lemony steam will help break down the gunk, making it easy to wipe off after you remove the bowl.

Take out the turntable to clean it, then wipe down the top, bottom, sides and door of the microwave before putting it back.

Endurance Buddy

Have you ever thought, 'I'd like to do an Endurance swim, but I don't have anyone to time me.' ?

Have you ever thought, 'I'd be happy to time an Endurance swimmer but how can I let them know I am available?' ?

Hav you ever thought, 'if I offer to time someone swimming , perhaps they would then time me. But how do I start this conversation?' ?

Problem solved!

There is now a WhatsApp group called:

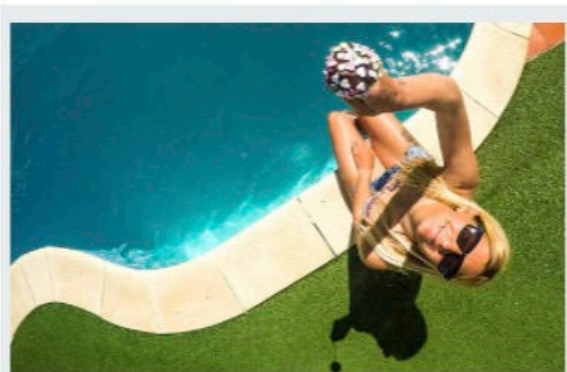
Endurance Buddy

This will allow swimmers and timers to meet,

so you can swim through your Endurance program at your own pace, in your own time, and help each other to reach your Endurance swimming goals.

It's easy!

- * Download the App (WhatsApp)
- * Let me know your telephone number to include you in the Group
- * Post your offers and requests, and **SWIM ENDURANCE**



When Insults had class

These glorious insults are from an era "before" the English language got boiled down to 4-letter words.

A member of Parliament to Disraeli: "Sir, you will either die on the gallows or of some unspeakable disease."

"That depends, Sir," said Disraeli, "whether I embrace your policies or your mistress."

"He had delusions of adequacy." Walter Kerr.

"He has all the virtues I dislike and none of the vices I admire." Winston Churchill.

"I have never killed a man, but I have read many obituaries with great pleasure." Clarence Darrow.

"He has never been known to use a word that might send a reader to the dictionary." William Faulkner (about Ernest Hemingway).

"Thank you for sending me a copy of your book; I'll waste no time reading it." Moses Hadas.

"I didn't attend the funeral, but I sent a nice letter saying I approved of it." Mark Twain.

"He has no enemies but is intensely disliked by his friends." Oscar Wilde.

"I am enclosing two tickets to the first night of my new play; bring a friend, if you have one." George Bernard Shaw to Winston Churchill. "Cannot possibly attend first night, will attend second ... if there is one." Winston Churchill, in response.

"I feel so miserable without you; it's almost like having you here." Stephen Bishop.

'Hunting Black Gold' by Jane Powell

My picture book is about a boy and his pet, and an educational book about truffles.

Illustrated throughout with realistic water colour paintings and cartoons, it can be enjoyed by the young and their grownups.

It is available online, or you can buy it from me, the author and illustrator, for \$18.00

Mob. 0407 620 070
email: powell.markjane@bigpond.com



The man with a broken wing inspires us all ...

At a recent Endurance 1000 Tuesday, a regular QNA Masters member did what many thought was unachievable. Swimming one arm breaststroke he achieved 800m recording sub 3.0mins for each 100m. You should try it!! He not only managed to keep straight but great technique for the one arm stroke and a powerful kick and glide. Witnessed by several members our "Encouragement and Inspiration Award" for the month goes to Quentin Lee ... well done and congratulations!

PS. This endurance wasn't done for fun. Quentin had recently broken his arm surfing at Main Beach, so the broken wing will take a bit longer to mend ... watch out for ongoing feats!

All Members can achieve Endurance swims, we do a 400m as warm up every squad!!!!

Get out there support the Club achieve ongoing success with E1000 awards but above that do it for yourself, challenge and conquer.

If unsure how to start, contact Jane Powell.

*Enduringly yours,
Jane Powell
Endurance Coordinator*



ENDURANCE 1000 REPORT July 2022

Swimmers continue to quietly achieve personal goals over various distances in different strokes through winter, and Tuesdays on the cafe deck after our swims are swum continue to be convivial moments of fellowship.

The point score is gradually building and we are halfway to our annual goal now. This is fantastic! But we will need to increase our pace if we are to top 20,000 points and retain our trophy.

At a recent committee meeting, the need for a communication network to link swimmers with timers out of hours was mooted. This has resulted in the launch of Endurance Buddy, a WhatsApp group (see poster prev. page) which we hope will facilitate this. Please talk to Jane if you would like to be included in Endurance Buddy.

Sunday, July 31st, being the 5th Sunday of the month, was an Endurance Sunday as there were no coaches and no squad was scheduled. Swimmers were asked to come along and participate in either freestyle or breaststroke swims, allowing all swimmers to share lanes, so more swimmers could participate. They were also asked to be prepared with a plan of swims to do and talk to 'Deckie Jane' on arrival about their wishes.

There was an enthusiastic response by both time-keepers and swimmers which allowed about 18, mainly long distance, swims to be completed. A most satisfying result ... thanks everyone!!

*Yours Enduringly,
Jane Powell*

The Cynical Philosopher

Just read that 4,153,237 people got married last year. Not to cause any trouble ... but shouldn't that be an even number?

I find it ironic that the colors red, white, and blue stand for freedom ... until they are flashing behind you.

When wearing a bikini, women reveal 90% of their body - men are so polite they only look at the covered parts.

A recent study has found that women who carry a little extra weight, live longer than the men who mention it!

Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?

Money talks ... but all mine ever says is 'good-bye'.

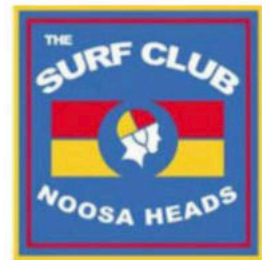
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Sunshine Beach



Department of Sport and Recreation



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Noosa Branch



Noosaville



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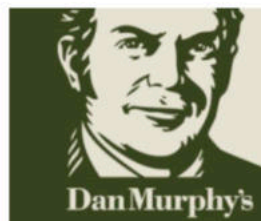
Vorgee Queensland



Noosa Junction



Noosa Junction



Noosaville



Noosaville



Noosa Junction



Noosa Junction



Seasons, Noosa Junction

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.

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