

CHALLENGERS' CHATTER

JUNE 2017

RUM CITY SWIM MEET 2017

by Viv Merrill with highlights by Linda Hogg

Our road trip to Bundaberg on Sat. 10 June started early as you would expect. The pit stop was Sexie Coffee Roadhouse a few kilometres north of Maryborough to give Wendy our driver, navigator Vivien and back seat "boys" Trish and Mick a



seating of 10 members of a bikie gang that were having their morning coffee. Thanks guys!

A trip to Bundaberg is not complete without a visit to the distillery and the purchase of their Bundy liqueur of rum, chocolate and coffee. Yum! A great incentive for the rest of you to come next year!

The highlights included:

Tricia - Silver medal (three firsts)

Charlie - equal Gold

Rod - Gold Gold Gold. He even managed to swim the correct stroke in each race. Wife Liz won 3 raffle prizes

Jo swam Fly all day and also won Gold. Was last seen hugging the medal presenter (what was his name?)

Linda - Silver, kept warm by Lois' jacket. she definitely needed it!

Jacky didn't medal but won FIVE raffles from 6 tickets bought.

Mick, in his augural meet, was almost DQ'd in his first race for a block wobble and was outstanding in the pool. He also won \$50 and shouted us all a wine.

Rob Lucas was seen DQ-ing 3 relay teams for breaking, including 2 from Bundaberg

Viv was happy not to DQ anyone and was happy to be driven to Bundy by Wendy. Our mixed medley relay and our women's freestyle relay came in first!



stretch. We were able to check in at the motel, change clothes and arrive at the pool with plenty of time for a warm up.

The team of 8 -5 females and 3 males were second overall behind the winner Rum City. The meet was very well run with only a few DQ's from our 2 officials, and the meal afterwards was delicious. We then adjourned to our motel with a few nibbles, wine and lots of tales about our swimming. We knew from the last visit that it can be a bit cold, so we all came suitably rugged and Trish came dressed in her mermaid squad

knickers. I think Rob Lucas, from Mackay, felt the cold the most.

We all met the next morning at our favourite café Red Capsicum for the traditional bacon and eggs but not before we had rearranged the





 Birthdays
 of the Month

JULY

Joe Gilbert	2/07
David Pugh	6/07
Marcia Kimm	12/07
Jana Clancy	13/07
John Havilah	14/07 (80)

**Surely the smallest
 (most special)
 birthday group of the year !!**

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



JULY 2017 CLUB BREAKFAST

As there are five Sundays in July, the club is having an Endurance swim on 30 July
 This will be followed by breakfast on the pool deck.

The theme will be 🎄🎁🎄🎁 "Christmas in July" 🎄🎁🎄🎁
 It will be the turn of Lane #3 and any who swim in Lane #4 to provide the food.

... Carola Henderson

COACH'S TIPS



Freestyle Swimming

Be aware of the head position as the hand enters the water.
 Many swimmers lose their timing by incorrectly turning their head to breathe before the forward hand has entered the water.
 Often the difficulty is caused by turning the head too soon to inhale.
 Swimmers should see their hand enter or feel the water *before* turning the head to breathe.
 The turn of the head is made during the natural roll of the body.

Kicking

The key to easy and efficient kicking is to keep feet loose and flexible feeling water passing between toes of both feet is an indication that ankles are loose.
 Kick easy and aerobic - it helps to clear lactate. Loose ankles increase propulsion .

HAPPY

GOLDEN



50 YEARS OF TRUE LOVE



17th June 1967, Robert and Janet Martin were married in Morecambe, England.

They brought me and my brother Paul, into this world and lived most of their lives in Bolton, near Manchester. Then emigrated to Australia in 2012.

I want to wish them a very "Happy 50th Anniversary" with lots of love and champagne, CHEERS!

... Karen Martin



*Happy
50th
Anniversary*

Do Something Nice for Someone but Don't Tell Anyone

I've been reading a book called "Don't Sweat the Small Stuff" by Richard Carlson. It's full of lots of little lessons on keeping calm and seeing the good in frustrating situations so we don't get as stressed. One of the lessons suggests "Do Something Nice for Someone and Don't Tell Anyone."

I recently read a Biography by Ken Done, the Artist. I decided to follow this lesson and I wrote to Ken and told him what I loved about his story. I didn't tell anyone This worked until a postcard arrived in my letterbox with the words "Thanks Karen, Love Ken."

Then I had to explain to my Mum and Dad who Ken was and tell them about my nice gesture. So much for keeping it a secret! Mum and Dad went to Sydney to celebrate 50 years of marriage and went to Ken Done's Gallery and he just happened to be there. The painting in the background is worth \$24,000 ... roll on Tattsлото!!

... Karen



from Merrie England...

England has been terrific. We've seen so much, and realised how one could spend a lifetime just scratching the surface of this complex and fascinating country. We've spent most of our time in 'the North', and today (Tues) head to London via a night with good friends John and Margaret Huckle in Bedford.

We began with a night in London, staying in a cheap hotel near King's Cross, and riveted to the TV as the first 'leaders debate' of the national election was televised. Seven parties were given equal billing in the debate (Tories, Labour, UKIP, Greens, Lib Dems, Scottish Nats, Welsh Nats ... but not the DUP from Northern Ireland. The only leader missing was Theresa May, who sent a deputy – the first of her hubristic errors!

We took a train to Newcastle, picked up a car and drove to our first AirBNB in Sedgefield – a lovely renovated barn on a farm set in lush pasture. Our main 'target' was the Beamish outdoor museum, a large and remarkable property featuring working farms and replica townships with shops, buses, trams and trains from various eras. at Beamish there was a four-day Georgian Fair featuring farming demonstrations, a steam railway in action, cottage thatching, puppet shows, regimental recruiting, animals on display, coconut shy, barrel rolling, clog making, homemade food and drink and opportunities to dress up in Georgian costume.

Here you see two musicians who played on a range of historical instruments, and a Georgian gentleman (!!!) with two adoring wenches (??).



From Sedgefield we drove to Whitby on the Yorkshire coast, of Captain Cook fame. We toured the Cook museum but, as a bonus, discovered the Whitby Lifeboat Museum, telling the story of countless remarkable rescues (some ending tragically) including this extraordinary time when – faced with mountainous seas at Whitby, 200 men and horses hauled a lifeboat six miles through deep snow to launch a rescue at a different beach



Next stop Ripon, where we stayed in a converted Carpenter's cottage. Our hosts were Andre and Marika, both Belgian – he a publisher and collector of rare books and she a former soprano with provincial German opera companies. On our final night Andre fired up his self-built outdoor wood oven and we had dinner together in their beautiful cottage garden. They lived just a stone's throw from the three related museums we'd selected to visit – a workhouse (for poor, vagrant and petty criminal people in the 1800s), a police station and a courthouse (where some people were sentenced to transportation



to Australia). All fascinating. We also drove over to York to see two contrasting sites – an outdoor museum with 'stone age', Roman and Viking reconstructed settlements, and the famous and very high-tech Jorvik (Viking) museum in York itself



Our final destination in north/central England has been an apartment in (another) renovated barn, near the tiny village of Winkle near Macclesfield. The farm is a gloriously beautiful place, with old stone buildings set in rolling green pasture with lambs, cattle and chooks.

This photo was the day we set out on a long walk through farmyards, across creeks, past a remote brewery and a trout farm, ending at a character-filled isolated pub for a late Sunday lunch. (The brewery makes a delicious beer called Wobbly Wallaby!!).



from Merrie England... cont'd

Yesterday, from Wincle, Kathleen drove to Stafford to see a 'grand' National Trust estate (former home of royal photographer Patrick Lichfield), featuring a farm still run as a working Georgian-era business, while I took a train to Manchester (my first time in this impressive city) to see two museums – a 'Science and Industry' and a 'People's History'.

At the former, I saw the fascinating process whereby a bale of cotton becomes spun cotton and thence woven cloth – all done on original C19th machines.

At the latter, there was a terrific display of the history of progressive/radical ideas in Britain, from the Peterloo massacre of 1819 through to modern British politics.

Throughout our trip, the volatility and tragedy of current politics has been ever-present. The French elections, the British elections, the terrorist attacks in London and Manchester.

It's been a strange feeling, exploring an often remote past and at the same time being aware of tumultuous current events.

Today we head to Bedford via the National Motorcycle Museum in Birmingham. Then four days in London, and flying out of Heathrow on Sunday night. Brisbane on Tuesday morning. It's been a remarkable trip

.... Brian & Kathleen



IS SUSHI HEALTHY ??

Sushi typically consists of cooked, vinegar-flavoured rice, raw or cooked fish, vegetables and a seaweed wrap (known as nori) that holds everything together. It's traditionally served with pickled ginger, soy sauce and wasabi as condiments. But though those are the basics, you'll find an overwhelming amount of variety if you take a step inside a legitimate sushi restaurant. There are five main types of sushi—hosomaki, futomaki, uramaki, temaki and nigiri.

Hosomaki is a seaweed roll that contains rice and just one type of filling. Futomaki is a thicker seaweed roll that contains rice and several types of filling. Uramaki is a type of sushi that contains several ingredients, but the seaweed is on the inside of the roll and the rice is on the outside. Temaki is a cone-shaped roll meant to be eaten by hand (think of it like an ice cream cone, but the cone is nori). Nigiri is a simple type of sushi that consists of mounds of rice topped with thin slices of

uncooked fish. If you're looking to keep the calorie count to a minimum, hosomaki and nigiri are often good bets due to their simplicity.

The seafood included in sushi is almost always healthy. Tuna, salmon, yellowtail, mackerel, trout—all are low in calories, high in protein and serve up a significant dose of healthy omega-3 fats. Omega-3 fats are critical for optimal brain and body function, as they can help prevent inflammation, heart disease and possibly even cancer. If you're looking to pick a sushi that's sure to be high in omega-3 fats, go for something that includes salmon, tuna or trout. Shellfish like crab and lobster are similarly low in calories and high in protein, so the seafood included in sushi is usually quite nutritious. Nori is also quite healthy.

The rice used to make sushi can be problematic for a couple reasons. Traditional sushi rice is made with sugar, rice vinegar and white rice. This recipe helps the rice stick together and

makes the sushi taste better, but at a cost. White rice is already high in carbohydrates, and adding additional sugar can cause a greater spike in blood sugar and insulin levels. This contributes to overeating and puts you at a higher risk of medical conditions like insulin resistance, obesity and Type 2 diabetes. If you're being smart about your refined carbohydrate intake overall, the white rice used in sushi won't sabotage your diet; but you're probably better off choosing brown rice, which is higher in fibre (which will leave you feeling fuller for longer after your meal) and won't spike your blood sugar as much as white rice.

The vegetables used in sushi are often quite healthy. A sushi that contains nothing more than seaweed, rice, seafood and/or vegetables is almost always going to be a fairly healthy choice. But some ingredients or techniques used to make sushi can quickly degrade its overall nutritional profile (Updated: May 16, 2017)



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.

101 YEAR OLD INDIAN WOMAN WINS 100M SPRINT

For a bit of inspiration, copy and paste the link below into your browser to watch.

<https://twitter.com/Olympics/status/874298516125794306?>

t=1&cn=ZmxleGlibGVfcmVjcw%3D%3D&refsrc=email&iid=478f6bf05e884680b61957c845e31175&uid=409223535&nid=244+289476608

MSQ CALENDAR OF EVENTS

JULY						
8	LC	Brisbane Southside	QSM	South	16/17	Brisbane Aquatic Centre
22	SC	Genesis Aquatic	QGA	Sunshine	17/17	Genesis College
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	OVS	North Mackay Sinkers	QNS	Central	26/17	Pioneer River, Mackay
DECEMBER						



Important dates for Members

Bunnings BBQ	Sunday 16 July 2017 - Contact Julia Dunstall to volunteer
Members Meeting	Sunday 23 July 2017 after squad at the NAC
AGM	Sunday 3 September 2017 at the NAC

PEPPERS RESORT - VIEW RESTAURANT

Lunch - Friday 23/6



ENDURANCE 1000 REPORT

June 2017



Overview

Superb conditions for both ocean and pool swimming. Swim, swim, swim.

If you have a spare hour, Laguna Bay is so beautiful in these calm conditions. Take the time to go down and have a swim, coffee and just take it all in

Goal for the year

Please note

A minimum of 200 points for every able swimmer.

20,000 points by the end of Spring.

Tuesday swimming

If you are going to complete a long swim on any Tuesday morning (anything above 800m), please come early. If you can get poolside by 7.15 it is much easier to coordinate lanes and swimmers.

Quote for the month

We are what we repeatedly do. Excellence, then, is not an act, but a habit. — Aristotle!

... Aristotle

Vale Jeff Kimm

I have known Jeff for about 15 years. We originally met Jeff and Marcia at a share trading conference at Coolum Resort and have stayed close ever since. He was hard working, kind, talented, and had a great wit. I will miss him so much.

Endurance Interview ... with Studley Martin

When I first joined Masters in Noosa, Studley and I were both in lane one. Studley is now about lane 4 and still improving. He is passionate, hard working, loyal and always contributes to the Endurance program. In 2016 Studley came 4th nationally in the 50-54 age group.

What was interesting about growing up in Melbourne, born 1964?

Firstly, cold water. Our primary school took us once a year to the local Greensborough pool, the first week in November.

The water was freezing, but we still had to jump in, even skin and bones me. Its now an indoor heated pool, with a kids fun park, now called WaterMarc. My, how times have changed!

Secondly, study/work hard. *Life wasn't meant to be easy.* Secondary school was Eltham College which also taught alternative subjects like art, music, religious studies and even orienteering.

Worried about my grades I was shuffled from the suburbs to city to Melbourne High School. We wore a grey suit, I wore it badly and was always getting in trouble because my tie wasn't tied properly. It was a bit like the army, a lot of discipline but the teaching was good enough to get me into accounting at RMIT, also in the city.

I started the degree working full time for my father's accountant and studying part time. Add a 3 hour daily commute and there wasn't enough time for sleep. That ended and I went to study full time, also doing part time jobs like cleaning. The 3rd year of my degree was work experience with the Health Department of Victoria. I liked getting paid after being a student with limited cash. I never returned to the public service, working in public accounting for most of my working life.

After graduating in 1987 I moved to the Sunshine Coast where the weather was warmer, great environment, less traffic and friendly people. Why would I want to go back to the "Big Smoke"?

Also most of my school friends had left Melbourne for different parts of Australia or the world.

I joined the local cricket team, swam in the warm ocean and I soon started enjoying living on the Sunshine Coast.

After moving to Noosa in 1988 I swam more in the ocean, also boogie boarding -

I started swimming seriously in 2012 when my physio recommended swim coach Peter Diamond. This was after many cricket injuries after the age of 40. Running in cricket was not low impact especially on the knee, unlike swimming or yoga which I both started soon after.

i joined Noosa Masters Swimming in about November 2012 after a "Come and Try Day". Jan Croft was one of the coaches there and I received some technique advice.

I do ocean swims so freestyle in the endurance program comes easiest. Breaststroke was my second stroke in the endurance program, but I did little of that in 2016 after knee soreness. My knee is better this year so I am swimming more of the longer breaststroke distances. I also did the longer Backstroke distances in 2016 and plan to do the same in 2017. Butterfly, that's still a challenge over longer distances.

Things I have learnt that might seem basic to the more seasoned swimmers are to build up for swims, to do the necessary training. Secondly proper technique helps and lastly rest and recover after big swims.

...In the almost 5 years of swimming/ yoga I have had fewer injuries, but still do play cricket, also doing golf, gym and walking. I am very active, but mostly low impact these days

Quentin Lee
Coordinator

Endurance 1000 program
Mob 0477 524576

WELCOME TO A BRIGHT SPARK

Alert swimmers at our Sunday swim squad may have noticed an extra body in lane 3 ... Darren Pearce who recently joined our club.

He is a qualified Electrician who is self employed locally. Originally from Adelaide, he moved to the Sunny Coast almost 9 years ago, A recent change to

his home life has given him the time to get back into swimming. He swam at State Titles in his teens but stopped swimming when he started his apprenticeship in 1986.

Darren joined Noosa Masters to get back into some fitness and meet new people.

In his spare time he likes to go kite surfing and spending time with his adult kids

. Travelling is next on the cards for him.

You can contact Darren on 0419 345 093.

... Ed



VALE

Jeff Kimm

Members were saddened to receive the news that Jeff passed away last Tuesday, 27 June, following a short illness.

Jeff was the beloved husband and business partner of our fellow Noosa Masters Swimming Club member, Marcia, the backbone of our Endurance 1000 program's success, with Noosa awarded as State and National champions for the past 4 years.

It has been tradition now for several years, that following Tuesday Endurance swims, members adjourn to Jasper's Bakery for coffee and the delights that Marcia and Jeff have to offer.

Heartfelt condolences to Marcia and family, from all at Noosa Masters Swimming Club, on the sad loss of Jeff.

The NBN is coming to Noosaville in August.

This is a very good explanation of what's going to happen & how you can keep all your phones working.

https://www.youtube.com/watch?v=M_4-JLwBK-l&feature=youtu.be

FOLLOW THE ADVENTURES OF FRAN & ADRIAN WILSON

Recently Fran and Adrian shared a blog with members about their journey to Amsterdam. Members can share all their adventures, by using the following link.

<https://bonjournal.al/journal/75342-my-first-journal>

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Challengers Chatter

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