

CHALLENGERS' CHATTER

JUNE 2019

2019 BUNDABERG SHORT & SWEET MEET

by Lois Hill

Bundaberg 15 June 2019

The swimming gremlins were at work just before the meet! Out of our 8 entrants to this event 3 had to pull out due to injury or illness, and 2 of the remaining 5 had colds, but still swam! The only healthy ones were Robyn, Viv and Mick, with Helen and Jo the cold sufferers!



Team Noosa + Rob Lucas

25m. The secret training in the 25m pool is showing results!

The individual age group medal results are –

Jo Matthews	Gold
Helen Malar	Silver
Viv Merrill	Bronze

Thanks to Wendy I, who travelled to Bundaberg to time-keep, and our Mackay member Rob Lucas who drove down to work as an official for the day.



Viv Merrill happy with her medal

But this didn't deter them from doing some great times!

Our 'weekend' away started with the Friday arrivals trialling a restaurant none of us had tried before. "Rowers on the River" was a great place for a meal—the restaurant overlooks the river, has carpet so easier for those hard of hearing, and the food was exceptional. 10 points for food, service, and value for money.

The rest of the team crammed into Mick's car and drove Saturday morning - after Tricia throwing herself down Mick's stairs (two different stories about responsibilities for this!) and injuring herself.

Thanks to the Hervey swimmers who helped the early ladies with Noosa's tent. It was all ready when the rest of the team arrived.

The 4 ladies (Helen, Jo, Robyn, Viv) swam magnificently in their events with Viv surprising even herself in a couple of events ... well done Viv! Jo flew in her usual fly events, Helen swam excellent free and breaststroke short events, and the 'fab four' swam in the 2 relays, coming 2nd in both freestyle and medley 240+ events. Not to leave out Sultan Mick ... he was spotted doing a mighty good-looking backstroke while coming 2nd in his age group in the 25m Backstroke – no turns to suit Mick! He also did well in coming 3rd in the breaststroke. More importantly for Mick, 3 PBs in 3 swims, one a 'record' by nearly 2 seconds over



Helen Malar, happy with her swims



Tricia, Mick and Lois



Robyn (photo bomb Lois) & Mick

Without dedicated people like Rob we couldn't have these meets.

Maybe some of our members who don't want to race could think of becoming officials? (get to travel, and party with the team after the meets).



2019 Short & Sweet ... cont'd



The Sultan of Swing
... &/or Swim?

Wendy and Lois have a note for future time-keepers at Bundaberg – “Make sure you wear only bathers and t-Shirt, or at least have a change of clothes ... or wear a raincoat!”. However, as it was hot, it didn't matter that we were drenched most of the time during the carnival due to the lack of space behind the blocks and around the indoor pool. (see photo below).



Thanks to the remaining ill & injured swimmers (Tricia, Corals and Lois) for their support as well.

The small club trophy was won by Sunshine Coast, beating favourites QAL, who were trying to knock off Noosa! – well done QSC!



QSC with trophy

After the presentations and meal (generous), we all hurried back to



Helen Malar + medal



QNA + QSC shared a good time



Viv & Corals



Nibbles

the motel for an evening of nibbles, hot music courtesy of Sultan Mick, and jokes from Wendy.



Friday night dinner by the river



Hopefully some of the jokes will appear in the Chatter so the non-attenders don't feel left out from the frivolity.



What was so funny?

You'll have to come to another Meet to find out ... what happens on tour, stays on tour!



Sunday breakfast at Red Chili, then a trip to the Bundaberg Distillery to sample the goodies, and to top up the year's supplies. Some visited a new venture, The Ohana Cider House & Tropical Winery. This was well worth the visit and a supply of great cider is gradually being drunk in Peregrin.



Rob Lucas collected his 2018 E1000 trophy



So, be prepared for next year - it will be here before we know it!

20 year Memberships



At the Noosa Masters Members Meeting held on Sunday 23 June 2019, the Club's first 20 year membership badges were awarded to Barrie Bedding and Tony Frost.

A huge commitment - congratulations to both of you!

If previous committees had decided to commence our membership badge recognition and year count from our club's commencement at Noosa, both Val and Barrie would have received their 20 year badge some time ago.

But today, however, I am very pleased and proud to present Barrie with this 20 year club membership badge.



Bob Morse: introductory talk for Barrie Bedding

Our Club was started at Tewantin School Pool in the early 90's by two dedicated women, Sandra Hudson and Janette Gemmel, who are the founding members, and with the help of other enthusiastic swimmers like Joe Gilbert and Bob Jarvis, they quickly built the numbers up to an impressive and competitive group of 30+ members.

Barrie and Val Bedding joined the fledgling club in mid 1995 and have both been constant members up until last year when Val, due to mobility issues, could not rejoin this year, but Barrie remains a member. In fact, with the exception of Joe Gilbert, who was a constant member for 26 years, Val and Barrie are our longest constant members, Val for 24 years and Barrie now 25 years.

In mid 1999 the club moved to the new Noosa Aquatic Centre and Barrie and Val got straight into the work that the move required. Val, together with Joyce Faunce, selected the club colours and Barrie took up a position on the Committee, taking on the role of Aerobics Recorder and organiser. Both Barrie and Val have been great supporters and contributors to our very successful Aerobics/now Endurance program.

When I first swam with the club, Val and Barrie were an essential part of the organising committee and backbone of the club, along with Joyce Faunce, who became Secretary at the age of 80yrs, Joe Gilbert, Bob Jarvis and others.



Wendy Ivanusec: introductory talk for Tony Frost

Tony's passion with swimming started when, as an 8 year old, he joined Manly Amateur Swimming Club, where he remained a member for the next 10 years, swimming each Saturday & Sunday, during the season. Sprints on Saturdays, 55 & 110 yards. Distance swims on Sundays, 220, 440 & 880 yards.

The Club was steeped in tradition: Olympic gold medallists: Freddy Lane (Paris 1900), Cecil Healy (Stockholm 1912), Andrew 'Boy' Charlton (Paris 1924 & Los Angeles 1932), John Devitt (Melbourne 1956 & Rome 1960).

On Leaving school, Tony progressed to Surf Life Saving, competing in Surf swim events. He remains an active member, still patrolling after 60 years.

In 1993, he was involved in the formation of Nippers at Sunshine Beach, taking up to 36 kids to Tewantin pool, sharing just two lanes.

Tony thought this was simply crazy, hence a push for a 50 metre Olympic Pool, convincing Noosa Council through the Noosa Olympic Pool Asscn. (NOPA), that there was a community need for a 50 metre pool,

with the Noosa Aquatic Centre opening on 1st May, 1999.

Noosa Mayor, Bob Abbott, threw out a challenge to Tony ... 'We are building you a 50 metre pool, what about a swimming club'.

Tony accepted the challenge and took on the Presidency of the Noosa Swimming Club for its first 3 years.

A Masters Swimming Club was formed a couple of months later, named NOOSA AUSSI CHALLENGERS (NAC). Tony joined as a member. He had been asked to join the Masters Swimmers at Tewantin, where they were a branch of the Sunshine Coast Masters, based at Cotton Tree 'I will join when there is a 50 metre pool', he had said.

Whilst never putting his hand up for a committee position, he had held a couple of positions: Publicity Officer for several years and, as editor of the Challengers' Chatter for a few years, assisting Wendy Ivanusec.

Tony is proud to say that he has been a member for what has been an amazing 20 years and he's met some incredible people, including:

Bob McCausland: who showed us that Aerobic swimming can be enjoyable.

Joyce Faunce: 80 year old Joyce put up her hand for the important position of Club Secretary following the Challengers troubled first year, and handled the task just as well as she swam in the pool.

Jan Croft: known to several of us through her Triathlon feats, was invited to join in 2006 ... the rest is history.

Wendy Ivanusec: an inspiring lady, joined in 2002, took over from Joyce as Secretary for 8 years and her Challengers Chatter has become quite iconic.

Spending 20 years as a member of the Noosa Masters Swimming Club, has been special, also helping him to continue his love of swimming.

And to top it off, Tony has just completed his 5 million metres, with the paperwork yet to be submitted!

ROB JOLLY'S AMERICAN ADVENTURES

My adventure in USA began on 16 June with a week of training with the Long Beach Grunions Masters swim club before travelling to New York to compete in the week-long International Gay and Lesbian Aquatics World Championships.

Team New York Aquatics (TNYA) is hosting the IGLA Championships in New York City. The last time the LGBTQ+ swimming community gathered in NY was 25 years ago, during Gay Games 4 in 1994, an occasion that marked the 25th anniversary of the Stonewall Uprising, the catalyst of the gay rights movement. As it will be Stonewall's 50th anniversary and World Pride 2019 in New York there will many swimmers, water polo players, divers, synchronised swimmers, open water swimmers and supporters from all over the world for an IGLA meet that promises to be unlike any other, I am pleased and proud to be part of it.

TNYA have arranged for student accommodation studios at the Fashion Institute of Technology in Chelsea, Manhattan to be available for rent to IGLA participants during the summer vacation. My friend Gerard from Paris is joining me in New York and we are looking forward to staying at FIT in the heart of The Big Apple. The swimming competition will take place at New York City's finest aquatic complex, the Flushing Meadows Corona Park Aquatic Centre.

After IGLA we are travelling by train to Washington DC for the Independence Day celebrations.

Then Gerard will return to France and I will go onward by train to Chicago for a few days and then join the Amtrak California Zephyr from Chicago with stopovers in Denver and Sacramento. I have been invited to stay with a friend who has recently moved to an inherited family property at Loomis near Sacramento. We plan to do some work on the property and undertake some trips into the nearby Sierra Nevada Mountains and Lake Tahoe.

Then it will be San Francisco for a week and a reunion and training with swimming friends from the Tsunami Masters swim club. Next stop will be San Luis Obispo to stay with swimming friends I met in Stockholm and Paris. We will be training at a private health club with a 50 m pool ... Oh la la ... What a life!

Onwards to LA and more swimming with West Hollywood Aquatics and the Long Beach Grunions to prepare for the US Masters Swimming Championships in Mission Viejo CA. from 7 - 11 August.

Then it's back home in time for the reopening of NAC.

STOP PRESS

From your editor ...

Rob reported strong opposition at the IGLA meet in New York. He's pretty happy to report he managed 2 Silver and 1 Gold (record), but didn't say what in. Wonder if we can guess ??

Rob at the US Masters



World Gay Pride in NY Sun, 30 June



Rob with Daniel Kowalski



Robbie & Ceri Weeks : House-sitters Extraordinaire

We will be house sitting until 17th July in Noosa Waters, but would love to stay in the area until around the end of August.

If you or anyone you know would be interested in having us house sit, we would love to hear from you.

We're open to all areas around Noosa and surrounds but from where we can easily cycle and also not too far from the NAC. Have housesat in Noosa, Peregian, Marcus Beach and Coolum areas previously.

Please contact us on 0407 048 921 or email ceri.weeks@hotmail.com



Inaugural State of Origin Relay

Sunday, 23 June was the date for the inaugural State of Origin Handicap Relay.

Four teams, Queensland, Cockroaches, Victoria and a team From Away had registered with their respective times for 50 metres.

The Queensland Team depleted by injury and a non arrival was bolstered by Mick Jones off the bench and a ring in Jo Matthews.

Teams:

Queensland

Linda Hogg, Mick Jones, Jo Matthews, Mark Powell

Cockroaches

Jenny Nock, Wendy Nordurft, Robyn Selby, Jane Powell

Victoria

Felicity Hawkins, Lois Hill, Chris Cooper, Annie Collins

From Away

LiQ Hussey, Denise DeCarlo, Adele Tucker, Ian Tucker

Our Starter and Referee, Viv, got the teams away well and the race was on.

The team **From Away** greeted the judge first only to be disqualified for breaking! It was a serious break of 14 seconds.

The **Queensland** Team, anchored by a surging Mark Powell came second and was declared the winner.

Members appeared to embrace the concept and it is hoped that a perpetual shield could be the incentive in coming years. With more time to plan we would also expect some tighter rules around eligibility and handicaps.

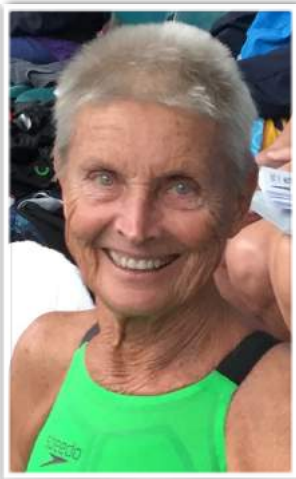
... Mick Jones



What weighs more, a pound of gold or a pound of feathers?

You might think that this is a trick science trivia question. But, if you guessed that they weigh the same, you're wrong. A pound of feathers weighs *more*. Why? Gold is weighed in the **troy measurement system**. Therefore, when you convert them both to a uniform system, a pound of gold weighs approximately 373.24 grams and a pound of feathers approximately 453.59 grams.

COACH'S TIPS



Hello again ...Tip Time !!
KEY TO SWIMMING FASTER IS TO RELAX

Maintain good body position by looking at bottom of pool especially in training don't look at the feet of person in front of you.

Let it go , don't clench your jaw, open your mouth underwater as you exhale, swimming with open mouth uses less energy and can help you soften your breathing.

Recovery ... goal is to find most comfortable way to get arm back to start of stroke. Relax the back and shoulders loosen up the wrist and let the arm swing especially in open water.

Feet ... for an efficient kick, point toes inwards and think floppy feet, tap big toes.

Happy swimming - Cheers, Jan

Bunnings BBQ Fundraiser Report



Our happy little organising team, Li Qin, Annie, Chris and Mick has been rebranded as “Three Barbies and a Ken”. Not sure who the bright spark was that came up with that!

Setting up went well with John Hussey kindly helping Mick pick up the ice from the Surf Club.

At this point ,we need to say a huge thank-you to Noosa Heads Surf Club for their support in supplying the ice and to Brian Clancy from Ironman events for providing the large esky to transport the ice. This is of critical importance as the “guidelines” specify that those tasty snags must be stored in eskies below 4 degrees. So, thanks to the ice-team, we fulfilled our requirements.

Mick was keen to get the early bird customers so he fired up the barbie ... all on his own ... only to get a



slap on the wrist from the Bunnings set-up team Well he won't be doing that again!

Our last event on April 16th was smack in the middle of school holidays so it was a winning date with lots of peckish kiddies and tradies keen to try our sizzling sausages.

After a slow sausage selling start, which had the first shift a bit concerned that we may have over-catered supplies, trade picked up to a steady pace.

The emergency supply call came at 1.30pm ... “We need more sausages and bread!” AND then again at 3.00pm.

All up, we needed 6 more bulk packs. The rain didn't seem to deter the hungry hordes!

Big thanks to all those who volunteered their time. Each shift worked like a well oiled machine. Mick has now mastered the placement of sausage at the ‘correct’ angle ‘atop’ of the onion, as the “guidelines” state. Well done, Mick!

All up, this was a successful fundraising event for the club. We took **\$1066** and made a profit of **\$741**.

DATE CLAIMERS

For those who missed out on taking part this time ...

Never Fear...

We have been allocated two more dates for 2019 – Monday, September 30th and Tuesday, December 3rd

So pop these in the diary right now and avoid missing out on a fun event and see if we can improve on our last performance and do a PB!

... Christine Cooper

This is my grand mom, she has very bad eye sight (one of her eye is blind) but she was so happy to see her great grand son.



This is how Tom gets a haircut



Night Market for dinner – my favourite !!



Were you wondering about Wear ?? I received this lovely message a couple of days ago - just in time for the Chatter !!

Hi Wendy

How are you? I heard that the weather is cold in Noosa at the moment. Have you started swimming again yet?

We came back to Taiwan before the Eva Airline does the strike, so lucky! The weather is hot and humid in Taiwan at the moment, we have AC all day.

We have good food all the time which is so good for me. I used to eat outside a lot and can choose many foods.

My grand mom and my family are very happy to see us. I had one swimming meet last Saturday and another one on the following Sunday.

The main reason for me to join those competitions is to meet old friends;) They are looking forward

to seeing Tom (not me) 😊 that's what they said.

I have been thinking about you. Next year we can join the Taiwan Master Swimming Competition in November. The weather will be much nicer than now;)

I have so many videos as well;) I'll show u more soon! Hopefully to bring you here next year.

😊 Wear

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JULY							
1-31	Postal	Toowoomba Tadpoles 1500m	QTW	South	Q13/19	n/a	Any 25m or 50m pool
6	SC	Brisbane Southside Masters	QSM	South	Q28/19	Yes	Brisbane Aquatic Centre, Chandler
20	SC	Genesis Masters	QGA	Sunshine	Q14/19	Yes	Genesis Aquatic Centre
AUGUST							
3	SC	Townsville Aquaholics	QTA	North	Q15/19	No	Kirwan Aquatics
5-18	LC	Fina World Masters		Gwangju, Korea		Yes	Nambu University Municipal Aquatics Centre
24	SC	Brisbane Northside Masters	QBN	Sunshine	Q16/19	Yes	The Valley Pool
24	LC	Long Tan Legends	QLT	North	Q17/19	Yes	Long Tan Memorial Pool
SEPTEMBER							
1-30	Postal	Rocky Crocs Postal	QRH	Central	Q29/19	n/a	Any 25m or 50m pool
14	LC	Noosa Masters	QNA	Sunshine	Q18/19	Yes	Noosa Aquatic Centre
28	SC	Maryborough Masters	QMB	Central	Q23/19	Yes	Maryborough Aquatic Centre
28-29	SC	Lismore Masters Games	QTR	South	Q19/19	Yes	Trinity Aquatic Centre
OCTOBER							
5-12	LC	Australian Masters Games		Adelaide		Yes	SA Aquatics & Leisure Centre
12	SC	University of Qld Masters	QUQ	Sunshine	Q20/19	Yes	UQ Aquatic Centre
26	LC	Sunshine Coast Masters	QSC	Sunshine	Q22/19	Yes	Kawana Aquatic Centre
NOVEMBER							
3	OWS	Sinkers OWS Balnagowan	QNS	North	Q24/19	n/a	Pioneer River, Balnagowan
9	LC	Aqualicious	QAL	Sunshine	Q25/19	Yes	Centenary Pool
24	OWS	Trinity Lismore Masters	QTR	South	Q26/19	n/a	Shaws Bay Ballina
DECEMBER							
1	OWS	Big Barrine Bash	MSQ	North	Q27/19	n/a	Lake Barrine

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 (SAL) 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. A number of SAL Meets have been co-sanctioned by MSQ for this purpose and are colour-coded.

NAC closed for 6 weeks maintenance



Session Times at Good Shepherd 25m Pool

- Tuesday: 7-8am 3 lanes
- Thursday 7-8am 4 lanes: must finish on time
- Sunday 7-930am 2 lanes for endurance, 6 lanes for squad
- \$5.00 cost p.p. cash on the day
- Coffee at the Leisure Centre each morning after swimming session

Birthday News



Jenny Nock celebrated her BIG 70 in fine style with her family and friends as well as, a little belatedly, with her Masters buddies. Better a little late than never! Best wishes for many more healthy, happy birthdays to come, Jenny!



Happy Birthday

Our latest Media Tarts!



Rob Jolly and Wendy Nothdurft attended the free swim clinic with James Magnussen at Chandler on 11 June.

When James asked if anyone wanted to challenge him, Rob (of course) put up his hand; but then commented on the difference in ages.

James offered to give him a head start of one second for every year i.e. 44 seconds.

Had this occurred, James would have done the 100m in 1:30, so Rob would have won!

July

Well, I never ... our ONLY July birthday is drum roll ...

LiQun Hussey on 17 July

How special is that ??

*Age is not about getting older ...
It's about how much fun you've had !!*

JUNE CARNIVAL CORNER - Upcoming Meets

6 July: Brisbane Southside Masters: Short Course at Brisbane Aquatic Centre, Chandler, 10am start

The bus is leaving the NAC at 6:45, expected back at 6:30pm. Good luck – Gerry Little is debuting for us at this meet, and Ceri Weeks from Tassie also swimming for Noosa! Welcome to both Ceri and Gerry.

20 July: Genesis Masters Short Course (QGA) at Genesis Aquatic Centre, 12:00 pm - 5:00 pm

There will be no bus for this meet. Contact captain if you are interested in swimming at Genesis. Those interested will be notified as a group so you can arrange transport. Relay teams will be organised for any swimmers who have put entries on MSQ Entry Manager by 11 July. To help, please email captains when you have made an entry on Entry Manager.

24 August: Brisbane Northside Masters Short Course (QBN) at The Valley Pool –

No more details at this time

15 September: NOOSA CARNIVAL - PUT IN YOUR DIARIES NOW!

Please send replies/queries to Captains at captain.noosaqna@gmail.com
See Summary from Masters Web site for 2019 in other part of the Chatter.

ENDURANCE 1000 REPORT

JUNE 2019



We held our first Endurance session at the Good Shepherd Pool on Tuesday 25 June under the efficient supervision of Linda - our Deckie for the day. Welcome back Linda from that Northern Hemisphere holiday!

Although our numbers were down a little, our swimmers did very well. Our timers were coming to grips with timing in a 25 metre pool.
Well Done Guys!

June 30 is the fifth Sunday of the month and, as such, will be devoted solely to Endurance.

Adele Tucker will be conducting the session. Hope to see you all there.

This is a great opportunity to reel in the deficit we have with our current year points tally.

... Regards, Rod

Rod Alfredson
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Endurance 1000 program
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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/>



Our last day in Berlin. Homeward bound from tomorrow.

Kathleen succumbed to a bug over the last couple of days, and so missed a most enjoyable Sunday. (But has recovered and today went to the natural history museum ... a priority visit for this trip.)

Meanwhile I visited the simple but powerful local museum - 'Everyday life in the DDR', which captured well the repression and conformity of life behind the Iron Curtain, but also the inventiveness, imagination and sometimes courage with which many people subverted the 'party line' or simply got on with life regardless.

Sunday was a treat musically ... I joined thousands packed into Bebelplatz to see a free concert conducted by Daniel Barenboim.

It was terrific, particularly the Mendelssohn violin concerto featuring Jiyoon Lee, who is now concertmaster with Barenboim's Staatskapelle orchestra.

And it was so interesting to see Barenboim's conducting style, ranging from the extraordinarily understated and sensitive to the demonstratively exuberant. Age seems not to have wearied him!



... Love from Brian & Kathleen

Please support our sponsors

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**Noosa
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