

CHALLENGERS' CHATTER

JUNE 2020

ROB JOLLY : GREETINGS FROM PARIS !!!

Bonjour mes amis ...

I've been following your info in Drive and all the club emails about the NAC opening and St Andrews, etc. I envy you having a swim. I have not been swimming since Hervey Bay!



Jolly @ The Louvre

Hoping that Paris pools will start opening soon as I need some swimming exercise. The rest of France has limited opening but Parisian pools remain closed ATM because of continuing infections in the Ile de France.

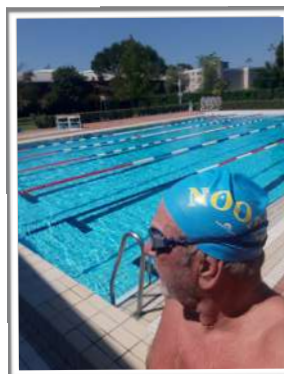
My original return booking with Scoot Air was cancelled by them and I received a refund. They will not resume European flights until March next year.

The scheduled departing flight I booked from Paris to Brisbane via Singapore with Singapore Airlines is not flying from Paris yet (and bookings have now ceased for that route online) they are only flying from other European cities via Singapore to Sydney then on to Brisbane (Mandatory Quarantine is supposed to be in the port of entry) so if/unless schedules change I might have to do time in Sydney?

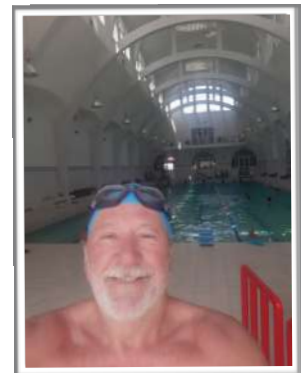
Nothing is written in stone with airlines though, there seems to be something new each day. I will just have to be patient and wait it out and see what happens. If my flight is cancelled because they are not flying from Paris I might have to book another way home from a different city in Europe or the UK.

Gerard is progressing well with his twice weekly physio treatments and getting to the stage that he was able to walk the same as he could before his last hospital stay. I feel satisfied that he will be able to manage by himself by the time I leave in August.

NOOSA CAPS SWIMMING ROUND THE WORLD - Jolly French piscines

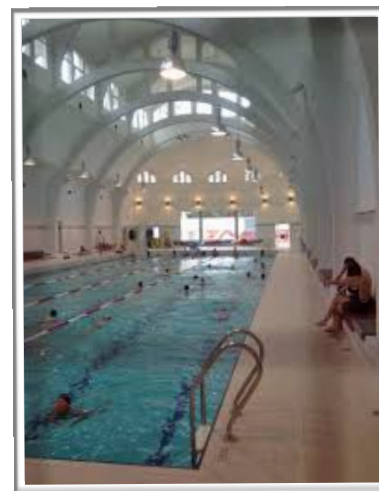


Jolly @ Valence in the Rhone Vallev. Southern France



Jolly @ Paris 13th Arrond't,

Rob Jolly is now back in Paris and showing off the Noosa style in the newly-opened French pools ...



Paris, a local Art Deco pool from the 30's called Piscine de la Butte aux Cailles (Hill of Quail)

WE'RE ALLOWED BACK TO WORK!

BUT! You've got to remember to:

AVOID MEN  M - mouth
E - eyes
N - nose

INSTEAD, FOLLOW WOMEN

W - wash your hands
O - obey social distancing
M - mask up
E - exercise and eat well





Community Spirit alive and well ...

Community spirit is alive and well in Noosa at the moment. A number of council staff have been deployed to assist community organisations,

here's Georgina (left) from the Noosa Aquatic Centre working at [The Food Hub in Noosaville](#).

Meanwhile, Noosa Leisure Centre has been well supported by locals who've been dropping off non-perishable food items for distribution to those in need. If you or anyone you know needs assistance with emergency food relief, or if you'd like to know more about donating head to Councils [community support and wellbeing COVID-19 page](#).

Library Click & Collect available
Noosa Library Service Events
libraryevents@noosa.qld.gov.au

The Peregrin Digital Hub has just delivered another 350 essential face-shields to medical professionals at local hospitals.

The Hub's team of teenage engineers, led by George Gleeson and Max Diamond, is constantly improving the design and increasing production with the Hub's 3D printers running well into the evenings to meet demand.

The team is calling for donations of buttonhole elastic to assist their efforts. If you can help, get in touch via the [Hub's Facebook page](#).

Last week the eatlocalnoosa.com.au website launched with over 100 local businesses already featured. This virtual marketplace is your one stop shop for everything Eat and Drink in Noosa and what is open now!

Designed to support local businesses you will find everything from heat and eat meals, takeaway meals including delivery, butchers, bakers, grocers, fruit and vegetables shops, seafood, coffee, eggs and dairy. https://eatlocalnoosa.com.au/?fbclid=IwARIRIf1tauDiFs_h1Nq0_QLJcOMOJ7gV6ux6hrBsRoEqfa3dAUuY36ihAXM

Planning is underway to re-establish the Noosa events calendar for 2020 and 2021. Tourism Noosa has been working closely with their key stakeholders and supporting event organisers as they make decisions with their committees and teams regarding postponements and in some cases, cancellation of their events in 2020. TN has had to assess all 2020 events, based not only on organisers needs but government regulations and general travel restrictions such as aviation limitations. Announcements on updated event activity are likely to come out once they have more information on restrictions.



Greetings from Marlene & Tom Robson

Dear friends in Noosa, just a wee note to let you know how we are.

France was in very strict lockdown from 16 th March so we had several weeks at home, keeping busy like most people sorting old paperwork and catching up on all sorts of postponed jobs. But the last few weeks have seen us getting out and about more. Shops have mostly re-opened, but face masks obligatory. Restaurants and cafes too, but mostly serving outside - fortunately the weather has been good. And the POOL re opened 3 weeks ago. Very organised, and one way system in changing rooms, but gosh, we feel so much better swimming in the sunshine!

We are both keeping well. Tom got his hip check a couple of months late but all is excellent and he has no pain there at all. Is keeping very active and is currently relaying slabs for our car entrance!!

Obviously we are not travelling at all and missing family, but Sunday Zooms are keeping us all in touch. We hope now to get away for a few days somewhere in France we have not seen before and spoil ourselves. We bought a new car end of January and so far it has done 900 kilometres. Must get it on to motorway and try out some of the unused buttons!

We enjoy seeing the various Facebook posts, and hope to come and see you soonish.

*Very best wishes and keep safe.
Marlene and Tom*

MASTERS SWIMMERS AT GOOD SHEPHERD POOL MAKE A



It has been a godsend having the Good Shepherd 25m heated pool available for swims (with a lane each) during the latter part of the lockdown.

Photo at right shows a few we were able to catch ...

L-R: Wendy I, Bob M, Ian T, Adele T, Grant S, Jo S, Studley M

Likewise, some of our swimmers have taken advantage of the St Andrews School pool at Peregian Springs.

The 'hard core' (no, not that 'hard core' !!) are persisting with their ocean swims and still enjoying it in spite of the lower temperatures. Hats off to you lot !!

How fortunate are we to have these resources on our doorsteps!



KAREN MARTIN HAS BEEN PRACTISING TOO ...

KNITTING !!

... Good job, Karen !!

A Poem by Pam Ayres ...

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates
You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while,
They'll think we've upped and died.
They'll never know the things we
did, before we got this old
There wasn't any Facebook
So not everything was told.
We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60's-----
If you only knew the truth!

There was sex and drugs and rock
n' roll, the pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull,

So here you find me stuck inside
For 4 weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me,
I'd while away the hour

I'd bake for all the family
But I've got no flaming flour!

Now Netflix is just wonderful
I like a gusty thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whisky, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this awful virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JANUARY							
-							
FEBRUARY							
01	LC	2020 Brisbane Sprint Champs		SAL	QC1/20	Yes	Brisbane Aquatic Centre
15	LC	Miami Masters Swim Meet	QMM	South	Q2/20	Yes	BLK Performance Centre
15	LC	2020 RMHC Qld Sprint Champs		SAL	QC2/20	Yes	Brisbane Aquatic Centre
22	SC	Sinkers Fun in Feb	QNS	Central	Q3/20	Yes	North Mackay High Pool
MARCH							
7	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q4/20	Yes	Hervey Bay Aquatic Centre
13	LC	Brisbane Senior Metro Champs		SAL	QC3/20	Yes	Brisbane Aquatic Centre
29	LC	Townsville Hammer Heads Meet	QHH	North	Q5/20	No	Northern Beaches Leisure Centre
APRIL							
4	SC	Albany Creek Short Course Meet	QAC	Sunshine	Q6/20	Yes	Albany Creek Leisure Centre
MAY							
8-10	SC	MSQ State Championships		MSQ	Q1/20	Yes	Tobruk Memorial Pool, Cairns
JUNE							
13	LC	Brisbane Southside Masters Meet	QSM	South	Q8/20	Yes	Brisbane Aquatic Centre
JULY							
1-31	Postal	Toowoomba Tadpoles 1500m	QTW	South	Q9/20	N/A	Any 25m or 50m pool
5	LC	Nudgee Bluefins Winter Meet	QNB	Sunshine	Q10/20	Yes	Nudgee College Pool
11	SC	Rum City Short & Sweet Meet	QBB	Central	Q11/20	Yes	Bundaberg Swim Academy
11	SC	Speedo Qld SC Preparation Meet		SAL	QC4/20	Yes	Brisbane Aquatic Centre
AUGUST							
1	SC	2020 Brisbane Senior SC Champs		SAL	QC5/20	Yes	Brisbane Aquatic Centre
14	SC	2020 McDonald's Qld SC Champs		SAL	QC6/20	Yes	Brisbane Aquatic Centre
22	SC	Brisbane Northside Short Course	QBN	Sunshine	Q12/20	Yes	Valley Pool
29	SC	Long Tan Legends SC Sprint Meet	QLT	North	Q20/20	No	Long Tan Memorial Pool
SEPTEMBER							
12	LC	Noosa Masters Swim Meet	QNA	Sunshine	Q14/20	Yes	Noosa Aquatic Centre
30 Sept – 3 Oct	SC	MSA National Championships		MSA		Yes	Sydney Olympic Park
OCTOBER							
3	SC	Maryborough Masters Meet	QMB	Central	Q15/20	Yes	Maryborough Aquatic Centre
11	OWS	Crater Lake Classic	QCN	North	Q7/20	N/A	Lake Barrine
24	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/20	Yes	Kawana Aquatic Centre
NOVEMBER							
1	OWS	Sinkers OWS Balnagowan	QNS	Central	Q18/20	N/A	Pioneer River, Balnagowan
11-14	LC	Pan-Pacific Masters Games		MSQ	Q17/20	Yes	Gold Coast Aquatic Centre
29	OWS	Big Barrine Bash (3Bs OWS)	MSQ	North	Q19/20	N/A	Lake Barrine – Atherton Tablelands
DECEMBER							

Legend:

MSQ Swim Meets
MSQ Postal Events
MSQ OWS – Open Water Swims
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. Please note that qualifying times will need to be met. You will need to contact the MSQ Administrator if you are interested.

Carnival Corner June 2020 : Upcoming Meets

... from Lois Hill

Celebrating back to squads !!

Upcoming Meets

Well, some event cancellations since the last Newsletter - here is a full list of Masters events cancelled.

Pan Pacific Masters Games Nov 2020.

Don't forget to cancel any rooms you may have booked!

Alice Springs Masters Games 10-17 October 2020

Toowoomba Tadpoles 1500 Swim in July (Postal)

Nudgee Bluefins Winter Meet Jul 5

Rum City Short & Sweet Meet July 11

Brisbane Northside Short Course Aug 22

Noosa Masters Swim Meet Sep 12

STILL ON THE AGENDA

1 MSA National Championships Sydney Olympic Park, (SC) - September 30 to Saturday October 3.

See details at <https://mastersswimmingnsw.org.au/2020-national-championships/>

The status of the Open Water events is yet to be confirmed

*** Those still interested in going please email the captains so that you can be informed immediately of any status changes of this event! Ignore this if you've spoken to Lois in the last 3 weeks!

2. Maryborough Masters Meet Oct 3

3 Sunshine Coast Masters Meet Saturday October 24

Now Things to look forward to NEXT Year

2021 MSA National Championships : April 30 - May 4

These will be held in Darwin 30 April – 4 May 2021 at the Parap Pool, & Open Water swim at the SAFE Waterfront Lagoon.

Quest Apartments is really close by (walking distance to the pool) is recommended & some members have booked already. Web site is [https://](https://www.questapartments.com.au/properties/nt/parap/quest-parap/hotel-rooms)

www.questapartments.com.au/properties/nt/parap/quest-parap/hotel-rooms

Special Noosa Rates

Room Type	per night/6 nights	per night>=7 days	days	Total 7day stay	
Studio	\$125	\$115	7	\$805	KS/2Singles:no balcony
1BR	\$175	\$165	7	\$1,155	KS/2Singles:balcony
2Br	\$225	\$215	7	\$1,505	1 bathrm:balcony
2BrExec (2Bathrs)	\$225	\$215	7	\$1,505	studio+1Br=2 bathrm:balcony
3Br (2 Bathrm)	\$305	\$295	7	\$2,065	studio+2Br:balcony

(A small assortment has already been booked for Noosa, with dates 28 April check-in and out May 5th. These may be of use to members who wish to share. Contact captains for details)

Otherwise book your own-

* email questparap@questapartments.com.au, mentioning you are booking as a Noosa Masters swimmer to get the special rates. (You will need to supply a credit card to make the booking)

Flight costs as at 29 June for 28 April 2021: Qantas QF824 (\$230 RedEDeal) & Virgin VA449 (\$299- Elevate), both direct flights fly early in the day. We have members who have booked on one or other of these flights.

2021 Great Barrier Reef Masters Games in Cairns 20-22 May

Enjoy your swimming!

Email ANY queries to Captains, Rob & Lois on captain.NoosaQNA@gmail.com

Isolation Audit

Besides staying home as much as possible, the best way to cope and thrive with COVID-19 (in the relative comfort of your own home, food etc) is to do an audit of what is actually already in your house. We were surprised at how much soap (of all things) we owned (in pretty shapes etc were under the bathroom sink). Squashing the toilet roll before putting it on the holder is a good visual reminder to use less.

The potential for many meals in the pantry. Thinking laterally - outside the square, all the cliches. Creating a new mindset - we even found some essential oils we got for Christmas that we had put aside - good for cleaning and refreshing the house.

Sharing advice and being willing to receive advice can help us all, at any time.

The Health Report : A different sort



Mark Besford

Mark continues to recover well and looks forward to joining us in the pool before long. He was labelled a 'miracle man' after leaping out of bed and walking easily through the hospital corridors post-op with no pain. Mowed his daughter's lawn after 2 weeks and walked 6 km a day, which proved to be a bit much, knees swelled up. He's eased off and is again on the road to a good recovery!

Sally Johnson

Sally Johnson had successful back surgery and is delighted to be out of pain. She's doing her rehab and making good progress. With cruise ships out of action at present, having son Chris home is a big bonus!

Adrian Wilson

The hip job went well and Adrian is recovering as expected. Can walk around the house without crutches but is still a bit unsteady outside. Looking forward to getting back in the pool, but doesn't know how long before that happens!

Joan Scotcher

Joan was truly living in agony while suffering through three procedure cancellations over six months until May 9 when surgery by Dr. Frank Connon. finally took place at Noosa Hospital. She was discharged after 3 days.

There's been a huge improvement over the last 7 weeks, no pain in the hip and walking well.

Thanks to all the members who have texted, phoned and emailed re her wellbeing.

All is good !

COACH'S TIPS



Butterfly

Will concentrate on basic drills this month , coming back to the pool after time out. Drills will be very important part of our programme .

Fingertip Drag: Will get your elbows out of the Water.

Fist/free: Closing your fist and swimming can really improve your stroke technique. At first it will feel clumsy and awkward, but it actually forces you to rotate your hips and move through the way you are supposed to. Alternate laps of free and fist .

Catch up: Catch up shows swimmers where their best leverage is, at the front one third of their stroke, shoulder above elbow, elbow above wrist, wrist above fingers .Remember for the first two weeks back in the water lots of easy relaxed swimming and drills with fins on

Happy swimming - Cheers, Jan



Happy Birthday

LOOKING
PRETTY
NIFTY
AT FIFTY!

July

LiQun Hussey 17/7 A big 5-0 !!

Age may wrinkle the face,
But lack of enthusiasm wrinkles the soul !
...Danish proverb

ENDURANCE 1000 REPORT

JUNE 2020



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/>

Hi Endurance members

Well, there is not much more to report than what our President has already conveyed to you in the Wednesday (aka Thursday) Club notes.

Our first swimming session since COVID 19 will be on Tuesday 30 June 2020.

It will be a training session and not an Endurance session.

But it is great news that the Club is back at the NAC - even under certain restrictions.

With regard to the Endurance 1000 program we are awaiting advice from Masters Swimming Australia on the recommencement of the program. Hopefully we will be able to continue the program - although it may be under some different rules.

We anticipate that the Club will receive advice on the future of the program in July 2020.

In the interim stay with the program and happy training.

Rod Alfredson
Endurance Coordinator





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 Q 4566
Tel: 5430 5400

Ironman

24 Lionel Donovan Drive
Noosaville Q 4566
Tel: 5430 6700

**Bank of
Queensland**

Tewantin Noosaville Branch
cnr Gibson Road and Mary Street
Noosaville Q 4566 Tel: 5470 3100

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Tel: 5447 2244

Live Life Pharmacy

Shop 2 Noosa Fair Shopping Centre,
Lanyana Way, Noosa Heads QLD 4567
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