

CHALLENGERS' CHATTER

JUNE 2022

Brisbane Southside Meet Summary

by Helen Malar

Brisbane Southside Masters Long Course Meet was held on Saturday, 18 June 2022 at the Brisbane Aquatic Centre. A world class facility with electronic scoreboard to see our names & times up in lights.

There were 179 entrants from 33 clubs. 3 World records were set as well as 9 National records & 15 Queensland records.

5 swimmers from Noosa Masters competed earning 205 points & 11th overall.

Gold, Silver & Bronze Medals were awarded to various age groups.

Trev Mathews - Silver with 48 points & improving his freestyle times with every competition.

Ian Robinson - Silver with 46 points & a PB in his 50m Fly.

Helen Malar - Bronze with 45 points & swimming fastest 50m free time since 2016.

John Simonidis - swam all 4 strokes over 50m with a fast time in 50m fly.

Looking forward to seeing John swim 100m Fly???

Jan Croft - swam all 4 Freestyle races to see where she is at after being in & out of the water over the last 12 months. Great evenly paced 400m race Jan!

Champion Club of the Meet was Miami Masters & Small Club Best Average went to Gympie Gold Fins (a very impressive club of fast young swimmers).

MSQ congratulated the 60 Queensland Swimmers who achieved individual World Top 10 Status in 2021.

These included Noosa swimmers Jan Croft & Jo Matthews who were awarded special swim caps.

Congratulations to Jan & Jo on achieving this remarkable result!



Jan Croft & Trevor Mathews



Jo Matthews FINA Top 10 + Qld Record



Helen Malar & Trevor Mathews



Jan Croft (left) with a few other FINA World Top 10ers



World Record breakers - Miami + Tony Goodwin



NOOSA TODAY

Friday 17 June 2022



It seems Noosa Masters swimmers have answered Kipling's call to 'fill every unforgiving minute with 60 seconds' worth of distance run.

In one crowded month, the Noosa flag has flown at the national championships in Sydney, the Australian Masters Games in Perth and the Queensland State championships in Cairns.

Shrugging off the lockdown mentality of recent years, Noosa took on challengers from clubs across the nation, all eager to embrace the new normal of post-pandemic life.

The results were impressive. In Sydney, the nine Noosa clubmates won 27 individual medals, while two relay teams also medalled.

They competed in the famously fast Sydney Olympic Park pool, awash with memories of the smashing guitars relay at the 2000 Olympics. Perhaps prompted by that history, most of the Noosa team swam personal bests (PBs) in favoured events.

The Sydney celebrations had barely finished when Noosa's Jo Mathews - world-ranked butterfly exponent - boarded the red eye plane for Perth.

She was Noosa's sole representative in the West, but made a mighty impact. In nine events Jo collected five gold, a silver and three bronze medals.

Wearily packing medals in her bag, Jo began the 5000 kilometre journey to Cairns. There, 18 Noosa teammates were already warming up in the superb Tobruk Memorial pool.

Notably, on day one of competition, the Tobruk heritage was invoked in a moving speech by Miami Masters' Jay Neville.

Jay drew attention to the words emblazoned on the poolside pillars - courage, mate-ship and sacrifice - and commended their value in life beyond the fields of war.

Over three days of competition, the Noosa tally grew to 88 individual medals, while 13 relay teams achieved podium finishes. Perhaps most gratifying was the fact that every Noosa swimmer medalled at least once. A fine finale to a month of competition across the continent.

... by Brian Hoeppe



July

Dana Galbraith	9/7	Mary Barclay	16/7
John Havilah	14/7	LiQun Hussey	17/7

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

Bundaberg Rum City Swim Meet

by Rod Alfredson

Two Noosa members made the gruelling trek north to attend The Rum City Carnival on 11 June – Liz undertaking an officiating role and Rod as the sole Noosa competitor.

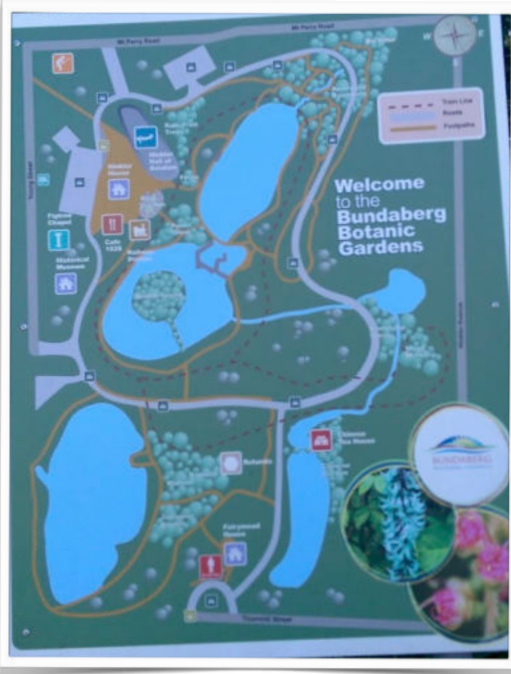
First stop was our motel, after which we made a mercy dash to the Rum Distillery to restock one of our member's supplies after an unfortunate incident where her last reserves met with an unfortunate accident.

The meet was held in an indoor 25 metre pool with 60 plus competitors from eleven Master's Clubs vying for the ultimate prize. This was somewhat disappointing for the host club as they usually have over 90 competitors attending.

The Carnival was well organised and run but somewhat hampered by the bloody cold weather. Never before have so many rushed to the starting blocks and inside for the warmth!

I entered five events, achieving two firsts (200 Breaststroke, 100 Backstroke) and three seconds (25, 50 and 100 Breaststroke) – 47 points in total and was rewarded with a bronze medal. Two of the other contestants in this age category achieved the perfect 50 and were awarded joint gold. Not only good swimmers but equally skilled in choosing which events in which to compete. Rum City Masters won the carnival followed by Hervey Bay Masters, Maryborough Masters and Sunshine Coast Masters. Despite my valiant efforts, Noosa Masters with only 1 swimmer ranked 10th. Ah Well!!! There is always next year.

On Sunday 12 June we did the tourist trek visiting the Hinkler Hall of Aviation, Fairymead House, Sugar History Museum and the local museum all situated within the grounds of the Botanical Gardens. Breakfast at Bargara followed after which we headed south to Childers for lunch. Our eventful weekend was brought to a close.



Botanic Gardens
&
Hinkler Hall of Aviation



Fairymead House,
Sugar History
Museum

Did You Know?

Australia is the
3rd LARGEST
RAW SUGAR SUPPLIER
in the world with 80% of our
sugar exported overseas

"Ships of Shame" – Sydney Belle 1885

The Sydney Belle, when first built was a three masted, square rigged ship. At the end of the era when steam vessels started to take over the seas however the Belle (like many early rigged ships) was revamped to accommodate general purpose work and operate more efficiently in the wind.

The Sydney Belle did many trips to the Bundaberg area, bringing island natives to and from the islands to work on mostly sugar cane farms.

The trade in human beings to the sugar plantations in Queensland spanned a period from approximately 1867 to 1906, when an Act of Parliament was passed as part of the infamous White Australia Policy putting an end to the import of labour and subsequently deporting of all the islanders; including those who had made Australia their home.

The Belle was the last ship to bring islanders to the Bundaberg area when she landed in Maryborough on the 20th October 1903 carrying 112 male, and 4 female islanders. The men responsible for this voyage were Captain Rees Reynolds, First Mate Joseph Hopkins & Bosun/Recruiter J. Stevenson. Skippers were paid 20 pounds for each islander they recruited and 8 pound for each islander returned. The average Kanaka paycheck was around 3 pounds per year.

Model: Double planked on frames with all red & white Australian cedar timber.
Approximately 600 hours work
Model built by R.Hillier of Bargara.

The Barnes's Garage Bash, 2022

by Christine Cooper

Well, once again.....That was a night of laughs, joyful singing and music making, energetic dancing, entertaining recitations and fabulous food. Helped along with a little wine, people left their inhibitions behind and bravely entertained the assembled throng.

We had a full "Entertainment Board" kicking off with our own Jimmy Barnes supported by Christine. The Sunny Coasters strutted their stuff and managed to get quite a crowd clapping, stamping and generally moving together in a "bootscootin routine". Boy, that certainly was a memory challenge Note to self... More practice needed.

Adrian and Fran, despite rushing back from Lamington, and arriving just in the 'nick o'time', gave us a very professional performance. The audience enthusiastically joined in with "Father Papering the Living Room" and responded warmly to Fran's beautiful rendition of "Feel my Love", very ably accompanied by Adrian on Uke. Now there's a talented duo!

We then learned from Jane, when she presented her delightful, original poem, the joys of sharing her kitchen with the endearing little antechinus. A great way to learn a bit more about our native fauna and literary talent of our swimmers.

Carola once again engaged the throng by very capably orchestrating The Pub Choir to the amazement of both singers and audience. Such a joy to participate in group singing in three part harmony. I don't know if anyone can remember the words but the pleasure and sense of accomplishment was certainly memorable. Thank you Carola ... a great experience!

The QNA Ukers, now numbering around 12 strummers and a kalimba, wielded their "four strings" with great gusto, again proving that making music together is a lot of fun even for late starters. With a selection of a few songs from their 'extensive' repertoire, it was terrific to have people singalong, clap and even dance.

After a break in proceedings to graze on the delicious fare everyone had brought along, the evening continued with more dancing, jamming, singing and poetry reading. Mark Powell gave us an entertaining recitation of "The Bush Christening". Mark also noted sadly, that the Club's most notable "Bush Poet", Bob McCausland, was not with us, entertaining us with one of his favourite humorous renditions with a twinkle in his eye.

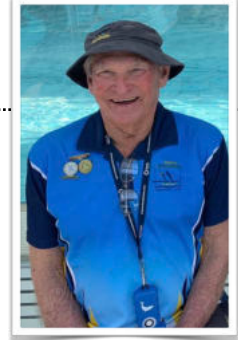
Finally, huge thanks to Jim and Christine Barnes, for opening up their home to host such a great evening. Jim and Christine did all the preparation to make this happen. Even with the hiccup of a postponement due to potential Covid spread, they willingly rescheduled and provided us with a terrific opportunity to get together and build friendships, a keystone of our Club and Masters Swimming.

Thanks to everyone who was able to come and support the event. A special mention must be made of Jenny Noak who came all the way from Kingscliff to be amongst friends.



Farewell old friend : Bobby McCausland

by Bob Morse



On 25th September, 1929 Robert Thomas McCausland was born in the Murwillumbah area where he attended school and, after graduation, took up an apprenticeship in the building industry. Bob secured work in Murwillumbah in the building industry then moved to Mackay in 1964 where job prospects were better. As a Master Builder he established a very successful building business in the region.

Bob met his life partner, Olga, at a local dance in Mackay and they married on 18th September 1954. Bob and Olga raised four children, 3 in NSW and the last in Queensland. Olga passed away in September 2020.

Bob and Olga were active in the Mackay Masters Swim Club while living there before moving to Tewantin in early 2000 where they searched out and joined the Noosa AUSSI Challengers Swimming Club.

The Club had recently moved its home base from the Tewantin School pool to the newly completed Noosa Aquatic Centre, where, having gained Masters status in its own right, the club adopted the name of Noosa AUSSI Challengers Swimming Club. Bob and Olga joined the club at a time when existing members were leaving in great numbers. Since moving to Noosa, the club had lost the "fun and friendship" that was a constant at Tewantin and, without a coach, limited training and "fitness" was also a problem. Joe Gilbert, Joyce Faunce and Bob Jarvis took control of the club in late 2000 and worked towards returning the atmosphere of the club to the "good old days".

It was during this time that Bob and Olga became deeply involved in helping Barrie Bedding develop, expand and coordinate the Aerobics Program (now E1000), thus providing a training and fitness activity that, among other things, attracted a resurgence in membership. They built the base for what has seen our club develop to win the National and State Aerobics Trophies for the past eight years.

I was delighted to recommend Bob and Olga for Hon. Life Membership of the Club. The Office Bearers at the time were Joyce Faunce, Joe Gilbert and me as President. During the discussion that followed Joyce mentioned that she thought Bob swore too much. "Really" said Joe, "I have never heard him swear what does he say"? He says "bloody" was Joyce's reply. After Joe and I stopped laughing, the vote was a resounding 3-0 in favour. Prior to this, only Joyce Faunce and Joe Gilbert were Hon. Life Members. Shortly thereafter, Bob and Olga were again recognised for their constant work for the club by having a perpetual Trophy named in their honour. The McCausland Medal (now an engraved glass) was to be presented annually to a swimmer they deemed worthy.

Bob was a very accomplished swimmer winning medals at several local and State Championships. He was never one to allow a little muscle soreness to stop him competing or swimming the Aerobics (E1000) Program. Remember that when Bob joined our club, 5 km swims were part of the program.

Only 8 weeks before his passing Bob swam an hour breaststroke in the 25m pool and gained second top points. When his shoulders started to become less flexible, he would tell me how he had worked out a way to continue to do butterfly and freestyle and thus still swim in the program. He was in his 80's then.

Bob loved Australian Bush poetry and we would often scan over the verses in The Complete Works of Banjo Patterson and Henry Lawson which I owned and would bring to club functions occasionally. With a little help, he could recite a remarkable number of works from those two bush poets. As he and I travelled south through rain to attend Joyce Faunce's funeral, Bob recited poetry all the way while I drove and the wipers on the car flip-flapped in time to the rhythm of the poems.

On his last visit to the pool, we sat together and chatted. He told me that this would be his last swim as he was feeling that his "time was at hand". He was not afraid of the final journey that lay in front of him because his faith was strong and he would be soon with his life partner, Olga, once more. He had enjoyed a wonderful life and regretted nothing. He had all his affairs in order and had left messages for his children at home, about how to conduct his final farewell. It was my knowledge that Bobby wanted to pass away at home but when that became too difficult, he was happy to be comfortable and cared for at Katie Rose.

In my quiet times at the end of the day while watching the flames dance in the log fire, I think of Bobby and ask myself:

*Did you greet everyone today with a smile
Did you listen quietly to their frustrations and failures
Did you lift their spirits with quiet words of encouragement
Did you give of yourself through honest comment and response
Did you always have a joke and friendly face
Did you never complain about your sore muscles or physical disabilities
Did you get up and just keep going
Did you keep rolling your arms over even though your shoulders were frozen and
Did you look forward to the next day with the same enthusiasm that you lived the past one*

Bobby was all these things to me, and as I read the emailed tributes from many of our members posted after the announcement of his passing, obviously he was these things and more to other members of our club.

For those who have faith, take solace knowing that Bobby and Olga are now reunited. For those who don't, be reassured that he passed quietly, peacefully, with all his family around him and in no pain.

Farewell old friend, Bobby. It was an honour to know you.

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JULY							
1-31	Postal	Toowoomba Tadpoles 800m	QTW	South	Q11/22	n/a	Any 25m pool
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

Learn how to swim with a high elbow



To do this freestyle technique well, flex your arm and keep your elbow high - out of the water and in the water during the underwater arm pull - so that your forearm is facing backwards rather than downwards for as long as possible.

While recovering your arm forward, don't extend it completely above the water before letting it drop in the water because it increases drag and can also lead to swimmers' shoulders issues over time.

It is better to enter the water with your hand shortly after it has passed your head, then to extend the arm forward under water.

Save energy by using a relaxed two beat kick for middle and long distance swimming.

Happy swimming - Cheers, Jan

Farewell Ian !!

Ian Fraser - from Canada - and a member of the same club as our old friend, Eula Varty, visited and swam with us for quite a while. We think he enjoyed the coffee and chat with us afterwards.

He definitely enjoyed the squad sessions and his time in Australia.

After his last swim he handed out some of his Canadian Club's caps.

A lovely gesture!

Thanks Ian. We hope to see you again some day!



How Good is **your** Aussie English ?

Jim Egoroff, a Russian, arrived in Australia in 1950 aged nine and always spoke Russian at home. Some years ago, while overseas, Jim was asked to give an English lesson to a group of Russians who thought they knew English in the 1990s. He told them the following story and laughed uproariously because they couldn't understand a word of it.

His glad rags in a total shambles, his horse scratched, poorly shod Ted caught some dreaded lurgy in the clink and nearly snuffed it. He was real crook, so he asked to see a man of the cloth. Before he went downhill and gave up the ghost, he was a real spunk and could have parked his shoes under any girl's bed any day. A half-decent wench could always afford to pay his parking fees. He could charm birds off trees, and he could tickle any lady's fancy - even if, occasionally, he might tickle the till in the cafe.

He said that before he was ready to kick the bucket, before he was dead to the world, he was going to try to extract some guts from the local pigs who framed him. "They stitched me up good and proper," Ted said. If he had his way, Ted would have them hung, drawn and quartered.,

He said when the police caught him red-handed, "My heart was in my mouth". He swore black and blue that he didn't do it and told them they were talking a lot of bull, saying "Pull the other leg, it plays 'Jingle Bells'".

Whilst Ted was out of circulation at Her Majesty's pleasure, his old lady dropped her bundle and hit the roof. She couldn't believe that after working around the clock, her niece - her own flesh and blood - could dob Ted in to the local constabulary and spill the beans about the hot gear stashed in Ted's pad.



POEM

The computer swallowed Grandma
Yes, honestly, it's true
She pressed Control and Enter
and disappeared from view
It devoured her completely
The thought just makes me squirm
She must have caught a Virus
or been eaten by a worm.
I've searched through the recycle bin
and files of every kind
I've even used the Internet
but nothing did I find
In desperation I asked Mr Google
My searches to refine
The reply from him was negative
Not a thing was found on line.
So, if inside your Inbox
My grandma you should see
Please copy, scan and paste her
and send her back to me !

Ed: This is just how I feel after a recent computer catastrophe!!

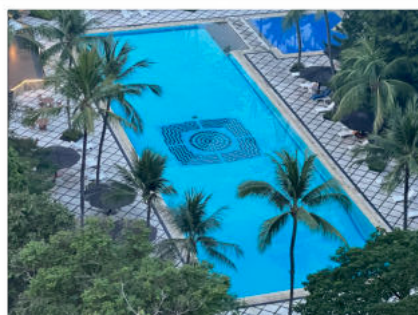
WHAT DO YOU THINK?



I'm in Jakarta at the Hotel Borobudur, an ageing but graceful lady. It has a full Olympic pool in its amazing grounds. I did a good swim this morning. Rare to have a pool like this in Indonesia.

Anyway, I thought that maybe, as many people from the club travel the world and keep on training, we could collect and publish photos of them in our newsletter.

... Cheers, Jim Travers



ENDURANCE 1000 REPORT

June 2022



Cooler mornings have kept some folk away from the pool on Tuesdays, although the water is always lovely.

While some members are quietly ticking off their program swims, Tricia is still struggling with the QNA portal which does not tally with our count. Again, we apologise for the inconvenience. It is frustrating. I can advise that our point tally is approaching 9000. This is wonderful for halfway through the year, but we will need to pick up the pace if we are going to earn over 20,000 points by the end of December.

So, the time has come, 'the walrus said' ... for some insults! ... in the hope of encouraging more of you to participate in the Endurance program.

It really is the best place to practice all those tips our wonderful coaches give us during squad, and

- increase your aerobic capacity ... **SWIM ENDURANCE**
- defy your age ... **SWIM ENDURANCE**
- develop economy of motion ... **SWIM ENDURANCE**
- become leaner ... **SWIM ENDURANCE**

- increase your aerobic threshold ... **SWIM ENDURANCE**
- defy your genetics ... **SWIM ENDURANCE**
- increase fatigue resistance ... **SWIM ENDURANCE**
- burn that fat ... **SWIM ENDURANCE**
- improve your body composition ... **SWIM ENDURANCE**
- stop wasting oxygen ... **SWIM ENDURANCE**
- **Help our club retain the Endurance Trophy!!**
- **SWIM ENDURANCE**

Enduringly yours,
Jane Powell
Endurance Coordinator

Here are 4 training tips to build your swimming endurance:

START SLOW, BUT STAY CONSISTENT

Good swimming endurance is something you need to work your way up to slowly and steadily. If you push yourself too hard, too fast, there's a higher likelihood of burnout and increased risks of injury.

Start by focusing on perfecting your technique. This will help you swim more efficiently, allowing you to save more energy while swimming at a faster speed.

Once you're swimming with good form, gradually increase your total workout distance and set intensities. Don't rush into it and take recovery days, but swim consistently. Going slow and steady will get you where you need to be, while ensuring you don't run into any injuries along the way. Building swimming endurance is about putting in the hours, and using these hours wisely.

INCREASE DISTANCE, LOWER REPS FOR A GIVEN SET

You don't have to be increasing your total swimming distance daily to improve stamina. In the process of increasing your training load, you can switch up your sets so you're swimming the same total distance but still working to build your endurance. You can do this by increasing the distance and lowering the repetitions.

For instance, instead of doing your regular 8x50 set, do a 4x100, and then do a 2x200, and work your way up to a 400. Even though you're swimming the same total distance, you're taking away your rest and pushing yourself to swim longer non-stop.

DO INTERVAL TRAINING

That said, you should definitely still do interval training, even when you're able to swim longer distances without rest. Interval training works both the aerobic and anaerobic systems, so you're building strength and improving cardiovascular fitness.

You have a few options when it comes to interval training depending on your goals.

One option is to lower your intervals for a given set. For instance, instead of doing a 4x100 on 2 minutes, you can lower it to 1:45. Once you're comfortable with that pace, lower it to 1:40, 1:35, 1:30, and so on. The same applies if you're basing intervals on rest time. Lower your rest time from 20 seconds, to 15 seconds, to 10.

Another option is to maintain the same intervals, but increase the intensity of your swim. For instance, keep doing an 8x50 on 1:30, but aim to hit a faster time in every rep.

DO DRY-LAND OR CROSS-TRAIN

Incorporating strength training into your program can help you better utilize the different muscle groups to power your strokes. By working on your arms, back, core, and legs outside of the pool, you're strengthening them so you're able to sustain more stress on your body without fatiguing too quickly. This means longer pool time without getting as tired, and you'll see improvements in your overall swim performance.

Physiology Fuel-Up
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Noosa Junction



Department of Sport
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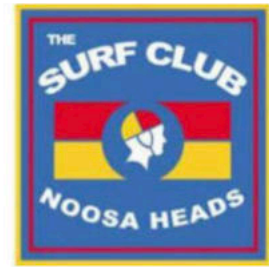
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