

# CHALLENGERS' CHATTER

MARCH 2014

## HERVEY BAY SUCCESS ...



### HERVEY BAY MEET

**Saturday 15<sup>th</sup> MARCH 2014**

The Hervey Bay meet showed off the Noosa Masters at their best. Yes, the swimming was terrific. But what most impressed was the friendship, conviviality and sense of fun that was on such display.

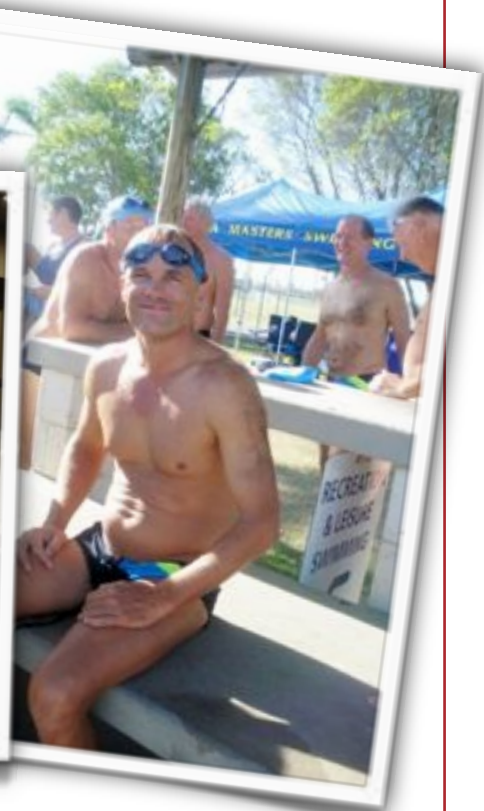
Again, most of the twenty-five Noosa swimmers and their several supporters arrived on the Friday at the hospitable Fraser Lodge Holiday Park. We set ourselves up in the excellent villas, cabins, van sites and campsites before adjourning to the familiar back room at Paolo's Italian restaurant on the esplanade.

The next morning, fifteen hardy souls – fortified with Italian carbohydrate – took to the beach for the open water swim, where Noosa dominated the placings across the age groups. At the post-swim café breakfast, we sang lustily a birthday greeting to Bob Morse!



# EVERY PICTURE TELLS A STORY





That afternoon, Noosa continued its dominance in the pool. We constituted about 30% of all the entries, and so it was no surprise that Noosa won the trophy for highest aggregate club points – testament to the depth of talent and commitment right across the 25-strong team. There were some great highlights – Mark Powell and Rob Jolly duelling in the breaststroke; ditto Wendy Twidale, Helen Malar and Grindle; Julia blitzing the medley and also doing indescribable things to the host club's mascot(!); and, again, Noosa displaying its depth in the relay teams. There were medals galore

## FRASER COAST Chronicle

### Fear grips coast as barbarian hordes descend!

Monday 17<sup>th</sup> March 2014  
from our special correspondent

They are known as the 'Norse Raiders'. And they evoke memories of those wild, unruly seafarers who – aeons ago - crossed the chill North Sea and sacked the Yorkshire villages, returning in their longboats laden with treasures of gold, silver and bronze.

And so it was that, last Saturday, these raiders from the land of Noosa descended upon our hapless Hervey Bay, confounding us with their bizarre rituals and stunning us with athletic prowess. A sudden invasion, a two-day encampment at 'Fraser Lodge', a foray into the feeble surf, a dramatic campaign at the Aquatic Centre ... and the treasure was theirs. That night, we wide-eyed locals gathered and watched as the 'raiders' celebrated with prodigious drinking and crazed dancing. Next morning, having again gorged themselves at a beachside eatery, they departed, gloating as they held aloft their trophies and issuing dire threats that they would return in the new year. We are afraid. Very afraid.

That night fourteen of us set off to the RSL club for the meet presentation dinner. The night belonged to the three awesome 'sisters'. Channeling the witches from a Baz Luhrmann 'Macbeth', Steph, Grin and Julia shook up the night. They discombobulated the RSL regulars, cowed the local women and scared the pants off a trio of bikers who took to the hills on

Bob's birthday. Sleep beckoned except for a few hardy drinkers and conversationalists.

Next morning, many of us regathered at the local coffee shop for a relaxing breakfast before heading off home or enjoying an extended stay at 'the Bay'.

... Brian Hoeppe

their Harleys. And they set the dance floor aflame. In their wake came an almost-as-outrageous gaggle of 'geeks' and 'beauties' scarcely recognizable as the usually demure Noosa Masters!

We finally headed back to 'Fraser Lodge', only to find the rest of the team had well-and-truly partied themselves out in an impromptu celebration of

# ANTARCTIC ADVENTURE

by Helen Malar

very welcoming, showed us around the base & ended up in their bar which is a bit of a legend in the Antarctic because of their homemade vodka of which we all had a shot or 2. (10am in the morning). Nearby is a place called Wordie House which is a British Antarctic Heritage site which has

an old whaling & research station.

While on board ship we had many interesting lectures & short films given by Marine Biologists, Zoologists, Geologists. We had a lecture by the Chief Scientist on Climate Change as well as an amazing talk & film on Shackleton & his 1914 Expedition. We had sessions on the local

weather & how to read weather charts as well as a Professional Photographer who helped everyone with their cameras & photography. How to get off Auto was a popular session!

It was a trip of a lifetime & hugely educational!



Travelled to Ushuaia which is the southernmost town in Argentina, often called the End of the World. Boarded our ship, the MS Expedition with 130 passengers & sailed east into the calm waters of the Beagle Channel. We passed Chilean naval settlement of Puerto Williams, the southernmost settlement in the world. Great views of snow-clad mountains as we headed to the open sea, past Cape Horn & into the Drake Passage. After 2 days crossing the open sea we reached the South Shetland Islands where we used Zodiacs with 10 people in each to visit the islands where we saw penguins, Giant Petrels & Leopard Seals.

We made our way through channels lined by glacier-covered mountains, saw Humpback Whales, a small pod of Orca Whales & Crabeater Seals on small icebergs. We went ashore at Port Lockroy which is a British Base, saw lots of Gentoo Penguins nesting with their furry chicks which were only a few weeks old.

Continued south through the Lemaire Channel, famous for its stunning scenery as we navigated the narrow seven mile passage. We entered Pleneau Bay, boarded the Zodiacs & cruised through the vast field of icebergs from tiny ice cubes to icebergs larger than stadiums. An amazing endless variety of ice sculptures & hues of blue & whites. The sun shone all day, the seals basked in the sun & we all had an incredible day.

We visited Vernadsky Station which is a fully working Ukrainian base. They were



been preserved from the early days of polar research. We hiked to the top of the hill behind the house which had a 360 degree view of the magnificent surrounding waterways, icebergs & mountains.

After days of near perfect weather (very unusual), the last day changed into howling winds of 40 knots & rough seas (normal Antarctic weather). We headed for Deception Island, navigating through a narrow entrance called Neptune's Bellows & into a volcanic caldera. By the afternoon, the winds had died down a bit & we were able to board the Zodiacs & head to land to explore Whaler's Bay which is





## Upcoming events 2014 MSA National Championships(

[23/04/2014 - 27/04/2014\)](#)

[MSA Master Coaching Class  
\(3/05/2014 - 4/05/2014\)](#)

- [Asia Pacific Outgames  
\(10/05/2014 - 16/05/2014\)](#)
- [FINA World Championships  
\(27/07/2014 - 10/08/2014\)](#)
- [Pan Pacific Masters Games  
\(1/11/2014 - 9/11/2014\)](#)

## ANZAC DAY 25 APRIL 2014



## 2014 Postal Swims Calendar

### Bunbury AUSSI Stingers Winter Postal

MSA Sanction Number: 01/14

**Date** 1 May to 30 June 2014  
**Details**

Swimmers need to complete 3 x 400m's in 1 Freestyle, 1 Backstroke and 1 Breaststroke (or Butterfly)

**Forms** [CLICK HERE](#) to view the event flyer

[CLICK HERE](#) to view the event entry form

### Tuggeranong Trifecta

MSA Sanction Number: 03/14

**Date** 1 July to 31 August 2014

**Details** Swimmers need to complete three swims.

Each swim **must** be in a different stroke, and individual medley is allowed for 400m or 800m.

**Forms** [CLICK HERE](#) to view the event flyer and entry form

## Old Time Dancing

Saturday night monthly Old Time dances are a lot of fun. The address is approx. 11 km along the Kenilworth Road from the Eumundi turnoff. There is a 5 piece band called 'The Sunshine Swing'. They have a great sense of humour.

Admission is \$14.00 and it starts around 7.45pm till midnight. The supper (included in the price) put on by the local country ladies is delicious.

.If anyone is interested please ask them to see John Hordyk ...

Here are Dance Dates for 2014.  
[5 Apr \(Belli\)](#), [10 May](#), [17 May](#)  
[Maleny Show](#), [21 Jun \(Belli\)](#), [26 Jul \(Maleny Deb Ball\)](#), [9 Aug \(Belli\)](#), [6 Sep \(Belli\)](#), [11 Oct \(Belli\)](#), [15 Nov \(Belli\)](#), [31 Dec \(Belli\)](#)

## Diarise this date ... 24 May 2014

**Sandy & Bruce's Annual Bash**  
- **this year's theme ...**  
- **AUSTRALIANA**

# New Health Study

A new study has found that women who carry a little extra weight live longer than the men who mention it.

## Notice

Mark Besford (Mob 0420 360 277) has returned from his sojourn in Tassie and from now until January is offering to housesit for anyone who needs their place cared for while they are away. He is also looking for any sort of handyman jobs - gardening, painting, cleaning gutters, washing windows - you name it, he'll do it for you.

# MIAMI SWIM MEET

by Ian Tucker

Ian Tucker - blue cap - at the start of his infamous race. Photo Nic Pirie



## TEAM NOOSA MASTERS – Miami 08 March 2014

Jan Croft, Julia Dunstall, Stephanie Jones, Jane Powell (Postal), Grindle Rudder, Adele Tucker, Wendy Twidale, Bob Morse, Brian Hoepper, Terry Mortimer, Mark Powell (Postal), Clinton Stanley and Ian Tucker



The Miami Masters Swim meet, not one that Noosa generally gets too excited about, saw a renewed interest this year following the disappointment caused by the cancellation of the River City swim meet in January which resulted in the Miami meet being the first hit out in 2014. With a busy competitive year ahead, several members were keen to establish how the weeks and months of training were paying off or if a change of strategy was needed??

Noosa Masters sent a team of 11 to Miami with 58 Individual entries including postals from Jane and Mark Powell. Several of the swimmers decided to stay the Friday night either in Brisbane and or the Gold Coast arriving to a fine day much more refreshed than a drive from Noosa.

The day progressed with some very good performances from everyone, several PB's, age group winners and place-getters and success in the relays after some confusion on original entries not conforming to the exact code!! Brian. Some memorable moments from Ian's first up 200 freestyle (1.59 nominated instead of 2.59!!) saw him alongside the guns most of which were half his age, well Ian had them bluffed from Marshaling to the starting blocks, madly running around at the start for official time keepers for the "record" swim, little did they know of my real time. The Gun

fired and off like a rabbit, well they just got away faster and ultimately had a long wait until I finished HaHa. (A lesson in checking your nominated times)

A classic Team Noosa event saw Brian, Wendy and Grindle draw lanes 5, 6 & 7 to battle out alongside each other in the 200m Breast with Brian prevailing for the Guys and the Gals close behind. Steph blitzed them in the 50/100 and 200's with close to PB's in all, Julia romped home in the 200m butterfly at the

end of the meet and Adele swam great backstroke to perform PB's and perfect her turns. Terry Mortimer (70-74) represented the Club for the first time and performed very well ending the day with 1 x first, 2 x 2nd and 1 x 3rd from 4 events. Congratulations

All in all a very good swim meet, excellent results from both the postals and placing's on the day leading to a good indicator of form ready for Hervey Bay next weekend.

Thank you to the team supporters who travelled to Miami including John Twidale, Sue Stanley and husband, Chris.

## COACH'S CORNER ... BY JAN CROFT



### Tip time again ..

Swimming with a squad is one of the best ways to improve quickly, learn new skills and improve fitness. It is a great way to meet other avid and like-minded ocean swimmers and have fun at the same time.

The best training to do in the pool is your 'interval training'. Because the environment is controlled you can focus on repetition and quality.

Make sure your program mixes up the pace at which you swim, for example

5x400m with 20 seconds rest; 10x200m with 10 to 15 seconds rest; 20x100m with 10 seconds rest

Cheers Jan.

# MISQ 2014 CALENDAR



## 2014 MASTERS SWIMMING EVENTS CALENDAR

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
<b>April</b>						
1 April - 31 May	Postal	Cairns Mudcrabs	QCN	North	09/14	
5	SC	Albany Creek	QAC	Sunshine	10/14	Albany Creek Leisure Centre
5	LC	Rats of Tobruk	QRT	North	11/14	Tobruk Pool
23 - 26	LC	State & National Championships			12/14	Southside Pool, Rockhampton
27	OWS	State & National Championships			13/14	Yeppoon
<b>MAY</b>						
10 - 16		Asia Pacific Outgames				Darwin
17	LC	Noosa Masters	QNA	Sunshine	14/14	Noosa Aquatic Centre
17	SC	Cairns Sea Eagles	QSE	North	15/14	TAS Aquatic Centre
<b>JUNE</b>						
15	LC	Caboolture/Redcliffe	QCD/OPN	Sunshine	16/14	Redcliffe War Memorial Pool
22	SC	Rum City	QBB	Central	17/14	Bundaberg Swim Academy
<b>JULY</b>						
12	SC	Brisbane Southside	QSM	South	18/14	Brisbane Aquatic Centre
26	SC	South Burnett	QSB	Sunshine	19/14	South Burnett Aquatic C
27 July - 10 Aug	LC	World Masters Championships				Montreal, Canada
<b>AUGUST</b>						
9	SC	Maryborough Masters	QMB	Central	08/14	Maryborough Centenary Pool
23	SC	Brisbane Northside	QBN	Sunshine	20/14	The Valley Pool
<b>SEPTEMBER</b>						
13	SC	Toowoomba Tadpoles	QTW	South	21/14	Glennie Pool, Toowoomba
<b>OCTOBER</b>						
4	SC	Redlands Bayside	QRB	South	22/14	Ormiston Pool
18	LC	Long Tan Legends	QLT	North	23/14	
11 - 18		Alice Springs MG				Alice Springs
<b>NOVEMBER</b>						
1	LC	Whitsunday Warriors	QWY	North	24/14	Proserpine Pool
6 - 8	LC	Pan Pacific Masters G			25/14	Gold Coast Aquatic Centre
9	OWS	Pan Pacific Masters G			26/14	TBA
15	SC	Cairns Mudcrabs	QCN	North	27/14	Gordonvale Aquatic Centre
29	LC	Aqualicious	QAL	Sunshine	28/14	Centenary Pool
29	SC	North Mackay Sinkers	QNS	Central	29/14	North Mackay High School
30	OWS	North Mackay Sinkers	QNS	Central	30/14	Pioneer River, Mackay

## Ian Pope Coaching Clinic

Your Club has secured the services of Ian Pope to run a coaching clinic for Noosa Masters in April 2014. The Clinic will run over three days commencing on Thursday 10<sup>th</sup> and completing on Saturday 12<sup>th</sup>.

The program will vary as follows;

<b>Thursday 10<sup>th</sup></b>	<b>7.30am – 9am</b>	<b>Freestyle: stroke and technique</b>
<b>Friday 11<sup>th</sup></b>	<b>9.30am – 11.00am</b>	<b>Form Strokes: Butterfly, Breaststroke &amp; Backstroke</b>
<b>Saturday 12<sup>th</sup></b>	<b>7.30am – 9am</b>	<b>Competition and racing</b>

The Club encourages all members' interested in competitive swimming to attend some or all of these sessions. Some may wish to attend and observe rather than participate in the session which is also beneficial.

Please block out the times in your diaries and advise if you intend to attend one or all sessions in the pool or as a spectator. A form will circulate at squad sessions to confirm your interest and days.

*Ian Pope is an Olympic and national swimming coach from Australia.*

*As of 2010, he is the head coach of Melbourne Vicentre Swimming Club in Melbourne.*

*He served on Australian Olympic coaching staffs in 2000 and 2008. [Wikipedia](#)*

*As a lead up you may wish to practice by viewing the Ian Pope series of DVD's*

# MARK & JANE POWELL IN NZ SOUTH

Early the next day we parted with our Camper van in Picton and enjoyed the comforts of Buccaneer Lodge at Waikawa near Picton. Here we were able to catch up with laundry and enjoy a fine restaurant meal washed down with our new favourite wine "Roaring Meg" enjoying the vista over the marina and up the sound to the north.

Our next part of the adventure started early with Nat from Sea Kayak Adventures taking us to the Mail boat for the run up to Ship Cove at the North western end of the Queen Charlotte Sound. The mailboat dropped us off there at about 11.00 am and took our bags to Furneaux Lodge at the head of Endeavour Inlet.

The next bay after Ship Cove is called Resolution Bay I think named after one of Jimmy Cooks ships.

We hiked with our daypacks over the headland through the forest enjoying spectacular vistas in all directions out over the Marlborough Sounds.

Our day's end destination was a hub of a civilised activity with cruise boats, sports-fishers and float planes all bringing visitors to the restaurant and bar to sample the remote hospitality. Jane and I enjoyed a refreshing swim off the pontoon in the clear cool water after a warm day hiking.

Our next walk took us mostly at sea level around the edge of Endeavour Cove to Punga Cove Resort. Again our bags were waiting for us but this time they were joined by our bicycles ready for the next day's adventure. Punga Cove Resort is built into the side of a mountain, with our accommodation at the top of the resort and the bar and cafe at water level. Needless to say we kept our trips back to our room to a minimum while we enjoyed our sundowners and dinner at the cafe.

Jane was feeling daunted by the prospect of a full days riding (26 km) on the single track if it was going to be anything like what we had just hiked over. I on the other hand was champing at the bit. I knew we would have to walk /push a lot of the technical uphill sections but I felt confident we should be able to manage most of the downhill. Fortunately the brakes on both bikes were excellent and they needed to be as they took a fair hammering. The scenery in all directions was breathtaking.



The last sweeping down hill of nearly 8 km through a mix of open country around exposed hillsides looking down on dolphins playing in the deep sheltered coves then closed scrubby bush merging into peerless virgin Beech forest was an absolute hoot.

Our B & B at Portage was a delight with a view over the bay framed with multiple examples of the tree fern.

Our final day on the QCT was a day of kayaking in a double sit in kayak which we thoroughly enjoyed although neither of us had paddled such a double craft before.



We had picture perfect conditions with warm sunshine and lots of marine life including seals to observe along the way. A brisk sea breeze pushed us in for the last 2 kms to Anakiwa to pick up the mail boat back to Picton.

The only blemish on the day was my taking us broadside to the beach at our final destination where the short bay chop dumped an unnecessary amount of cool sea water in our laps. In hind sight we should have run straight up on the beach that way Jane at least would have stayed dry.

Overnight regroup and pick up hire car was the next plan of action followed by a scenic and tortuous path across the width of the island to Golden Bay arriving at our "bach" at Ao Marama Collingwood in the late afternoon.

From our room we could see all across the bay to Abel Tasman NP and it was a

brief walk down to the wide sandy shallow shelving beach where we were able to collect Cockles and Pippi's to make a wonderful seafood repast for our second nights dinner.

On another afternoon while Jane was enjoying a yoga session with our hostess I went long line fishing with James our host. It is a different way of fishing with a set of 25 hooks towed 1 km out to sea by an electric powered drone. We ended up coming home with a lovely pair of Snapper. I was set busy filleting fish while being plied with home brew. I must have done an OK job as Rosie and James invited us to join them for dinner.

The Golden Bay area is a delight to visit with many craft and art galleries displaying truly tasteful and unique works as well as the natural beauty on display at Abel Tasman Park and Wairaki Beach and Pupu Springs.

One day I hooked up with Steve Newport from Nelson Helibiking and a bunch of MTB enthusiasts from Nelson and we rode the Rameka Track.



5 hours of MTB heaven with 10 km trail downhill single track over 900 metres of elevation- for those that are interested I will bore you with Go Pro footage that in its raw state takes up 30 Gb of disk space.

Our last 2 days was taken up with the trip back to Christchurch with an overnight stop at Kaikoura - which in Maori basically means "eat Crayfish" - but as we had lots of left over smoked salmon from our second visit to a salmon farm we had to eat that instead.

Again we had fantastic weather with clear sky and warm days with the local sea life of Seals, dolphins and Sperm whales all coming out to play where we could see them from the shore.

a great holiday - we will visit again - hopefully not with a 30 year gap in Mark's case. It is great to be home again as well.

... Mark & Jane Powell, Feb 2014



# MARK & JANE POWELL IN NZ SOUTH

Jane and I have just returned from a wonderful holiday on the south island of New Zealand .

Our 3 weeks there was broken up in roughly 3 sections each a week long- first week with a Campervan motorhome which we picked up in Christchurch the morning after we flew in. The second week we had a day either end of 4 days walking biking and kayaking the Queen Charlotte Sound Track. The third week saw us staying at a "bach" ( Kiwi for beach shack) on Golden Bay in the Northwest corner of the south Island.



*Mt Cook framed over Lake Tekapo*

Climbing out of the Canterbury Plains saw us heading into the hills around Wanaka with our first night stop at a vineyard Maori Point on the Clutha river. We camped amongst the vines by one of the farm dams and walked in the long evening down to the river. There was of course the obligatory plunge in the chilly fast flowing but ever so clear Clutha River as it makes its way from the Lake Wanaka and Lake Hawea at Wanaka down to Lake Dunstan near Cromwell.

Of course we had to sample the local drop and found they produce wonderful Pinot Gris, Pinot Noir and a Rose that is eminently quaffable.

Next stop at Wanaka found us wanting to head up to the snowless ski fields but the road is closed on weekends to all but the local paragliding aficionados who floated ever so gracefully through the clouds to the valley floor in front of us as we negotiated some of the shorter walks

around Diamond Lake. We enjoyed our picnic lunch in a sunny field before heading over the pass at Crown Range to Queenstown skirting as we did the wintertime ski field of Cardrona.

Some Coolum friends were coincidentally visiting the "Adrenaline Capital" so we met for dinner but chose to skip the Bungy Jumps and Sky Dive.

*An early start saw us flying thru clear morning skies (in an 8 seater Britten Norman Islander) across the Alps to Milford Sound. Our young pilot took us low across the peaks and passes with the feeling one could almost reach out and touch the snow and the crags.*



Our boat ride on the sound was very special with iconic peaks and waterfalls and marine life -- all to be enjoyed as we motored down the length of the sound to the Tasman Sea.

Our flight back across the alps saw us take the detour to Glenorchy landing on a grass strip by the lake where the Dart River joins Lake Wakatipu. Here we boarded another tour for a bus ride through some of the film locations for "Lord of the Rings" before an exhilarating jet boat ride at high speed over very shallow very narrow waterways before ending up back at Glenorchy and a bus ride back to Queenstown.

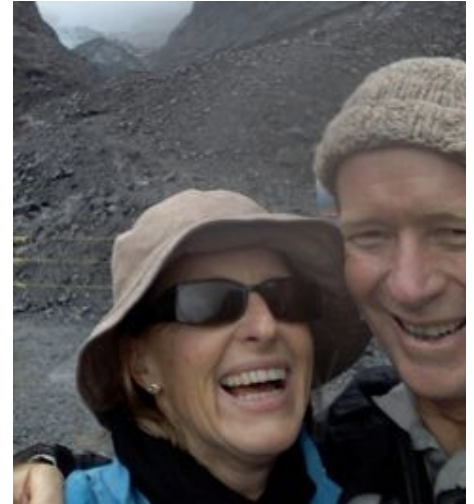
Arrowtown was our next coffee stop and we found it to be a fascinating historic village

A big day of travel found us pitching camp at a salmon farm on the west coast but we stopped along the way to look at waterfalls and rainforest and waterways with lots of flat skipping stones waterworn through the centuries of water and ice.

The salmon farm provided us with a hearty breakfast and take away cryo-vac packs of smoked salmon which fed us for several days at a very reasonable price.

We enjoyed a couple of brisk walks along the valley floor in the mist and rain to both the Fox and the Franz Josef Glaciers and whilst they are inspiring as

monuments to the forces of nature at work they were not pretty places to visit resembling more of a quarry or a mine site than a place of beauty.



We stayed overnight at Franz Josef village to stock up on a few provisions and in the morning we took a couple of hours to enjoy the "West Coast Wildlife Centre" where they have a fantastic interpretive and rehabilitation centre for Kiwi research and rearing especially for the rarest of the 5 Kiwi species the "Rowi"

At lunch time we found ourselves at Ross - another old gold mining town but instead of gold we found an artist Steve Maitland carving Jade or Pounamu as they call it here . <http://jadeartross.co.nz/> is a link to his website

.An extraordinarily talented musician, carver and sportsman- it was a delight to spend time with him.

We took to the sky just south of Hokitika on the West Coast Tree Top Walk walk thru remnant podocarp and Rimu forest of native timbers with tiny delicate orchids clinging precariously to branches and trunks 20 metres or more above the ground over looking Lake Mahinapua and it's lakeside campground where we spent the night.

25 km East of Hokitika an early morning walk took us across the suspension bridge at Hokitika Gorge with its impossibly blue water so coloured from "rock flour" suspended in the glacier melt waters.

Another big day of driving saw us sweep up the west coast to Greymouth and along the Grey river Valley before heading north east to St Arnaud in the Alps on the banks of Lake Rotoiti.

# DIRT TALES -

by Mark Besford

## Excerpt from Dirt Tales #16c 4423.77 km

Leaving Waratah, again feeling a little anger towards the greed of mining companies and Governments that support what I consider to be immoral practices.

We back track 36 kms to the turn off to Cradle Mountain but the forest drive is very pleasant. We are only 10 kms after the turn off with the vegetation changing back to hills and plains of button grass with Cradle Mountain just coming into view but still 50+ kms away.

“Cradle Mountain does not look too exciting or spectacular from where I’m sitting” comments Benny.

“It might just be the angle we are approaching it from” me responding.

We travel in silence till we reach the campground with quickly setting up and off to the fantastic information centre a mere two hundred metres from the camp.

The camp ground is amazing. The camp kitchen and amenities blocks quite large and well equipped. Both buildings are constructed of stone and timber. The design, along with the colour of stone used is ascetically pleasing blending harmoniously with the vegetation. The layout of the park and facilities is worth a visit just to see how environmentally friendly a caravan park can be built.

Eight a.m. and we are waiting eagerly at the bus shuttle terminal to be driven to Dove Lake. The shuttle service runs from 8 a.m. till 5 p.m. seven days a week during this peak period - it is fantastic. The 15 km drive to Dove Lake is pretty with me appreciating the views as I am not driving.

Dove Lake sits below Cradle Mountain, Marion’s Peak, Little Horn, Hanson’s Peak and Mt Campbell all being over 1200m giving the impression of guardians protecting it.

Off we set on the 6.5 km walk around Dove Lake greeted by the first of many boardwalks. We travel about a kilometre with the vegetation changing many times with Benny commenting.

“I was not expecting the vegetation to be like this and the boardwalks are just fantastic”.

We continue in silence till reaching the Ballroom Forest with me saying.

“Who would have thought? This is so beautiful Benny and no one around to spoil the tranquillity. The smell of the forest ... can you smell it?”

We sit in silence for maybe 3-5 minutes immersed in the smell of this forest before a hoard of Chinese tourists come tramping through making so much noise I actually felt like asking them to be quiet. They pass us like a hoard of locusts devouring the silence and smell of this place with Benny saying.

“Bejesus!, what is wrong with those people. They did not even stop to look at this place, just passed through like a freight train running behind schedule”.

We continued the walk in peace and quiet. I am so glad we did this walk early as it is just on 11 am with the sun extremely hot.

Arriving back at the transit centre I acquire information on the best route to go up Cradle Mountain tomorrow. Benny has decided he does not want to hike for eight hours so he has opted for the thirty minute Enchanted Walk.



I leave at 6.30 am and drive to Ronny Crk car park to start the ascent up to Cradle Mountain. The easiest access route is by following the Overland Track from Ronny Creek past Crater Lake to Marion’s Lookout and on to Kitchen Hut then to Cradle Mountain.

The views and wildflowers were amazing but be warned of the chill factor up over eight hundred metres especially if there is a breeze. The overall walk is not what I would call hard until I reached Kitchen Hut and for the next kilometre it certainly became challenging scrambling over huge dolerite boulders which my knees did not like, especially on the way down.

In my opinion the view on top although great was not as spectacular as Mount Sprent in the Frankland Range and Scott’s Peak in the Arthur Range down



Strathgordon way with not forgetting the spectacular drive from Mount Field to Strathgordon.

It was a full day to say the least. The round trip of Cradle Mountain took me nine hours as I was very slow coming back down. Arriving back at camp and looking forward to a nice cold beer or two, etc.

I have a very light dinner drink my beers and lay in bed going over the journey from Queenstown to now. Just dozing off when I hear this strange noise - I focus on the entrance of my tent seeing what appears to be a Tasmanian devil. Rubbing my eyes just to make sure I am not hallucinating.

On opening them again the animal is still there scrounging around in the enclosed fly but unable to get in the actually sleeping compartment. Still in a daze I yell at the creature, "Go on, get out!, get out!"

The next 30 seconds or so I just stare at this creature still not sure as to whether my mind is playing tricks on me. The devil scurries out with me smiling to myself thinking. ... "How good was that?"



Mark is now back in Noosa with plenty more stories to tell !!

## MEET PETER DONELAN ...

Born 1940, learnt a lot in the "School of Hard Knocks", worked as a Jackeroo and an Overseer on different stations from mid-west NSW, to Brewarrina, then down to the Riverina. Could never get to Queensland!

Got a bit of dirt outside Canberra at that stage ... a bachelor's Paradise! Got hobbled and very happy!!!

Came to Queensland and led a Townies life, most people I ran into reckoned that selling was the way to go, so had to put a new hat on and learn how to sell (easier said than done, believe you me!), but after a few hard years, eventually got the hang of it.



However, in the process I learnt how to sell many products but my favorite would have to be land, and I became rather good at it too!

About 1988 - looking for a new challenge - I got interested in Triathlons and so went down that path. Had a lot of fun learning the different disciplines - swimming was my best leg, then biking, running. Well, I put myself down as a plodder, but I had a ton of fun along the way.

My beautiful wife passed away on the 7<sup>th</sup> of the 7<sup>th</sup> 2007. Took me quite awhile to get over that, but have a lovely daughter, so still have a family. Then, when I saw an ad in the paper sometime ago, I gave it a ring and here I am. Ian Tucker was the man I spoke to and he invited me in.

Little did I know Jan Croft would be my swimming Coach ... we used to chase each other in Triathlons, but she always seemed to get to the line before me!!!

Well ... there you go, that's me in a nutshell.

... Peter

# 2013 CLUB TROPHIES

Members not on e-mail must request a copy of the Minutes of the 30 March 2014 Members' Meeting from the Club Secretary



2013 Club Trophies



Mark Besford  
2013 E1000 Trophy



Mary Lester  
2013 "Challenger of the Year"



Bob McCausland presented Marcia Kimm with  
the 2013 McCausland Medal



Studley Martin  
2013 "Most Improved"



Brian Hoepper  
2013 E1000 Trophy



Wendy Ivanusec  
2013 "President's trophy"

# WATERMELON JUICE ...



I always knew **watermelons were great recovery food** after long or hard training or racing. Why? They're loaded with water and have a [high glycemic index](#) meaning they help replace muscle and liver carbohydrate stores well, even if you need to eat a lot of it to get the energy stores back. Here is some **new research suggesting the humble watermelon may also be good for relieving muscle soreness.**

## The Research

Seven healthy and active sport science students ( $22.7 \pm 0.8$  yr,  $68.9 \pm 3.8$  kg,  $170.8 \pm 3.6$  cm) completed a repeat sprint cycling test once every five days. One hour prior to each test, they drank one of three drinks: 500 ml of natural watermelon juice (contains 1.17 grams of the amino acid citrulline), 500 ml of enriched watermelon juice (containing 6 grams of citrulline – 1.17 grams natural plus added 4.83 grams), and a placebo created to look and taste like watermelon juice. One hour after drinking the 500 ml, each subject warmed up on a cycle ergometer for 5 minutes at 75 watts then

completed 8 x 30 second sprints separated by one minute of rest then a 3 minute cool down. The researchers measured heart rates during each test, blood lactate during and after the tests, and both ratings of perceived exertion (6-20 scale) and muscle soreness levels immediately after the test then 24 and 48 hours after the tests on a 1-5 scale.

## The Results

There were no differences in cycling performance, ratings of perceived exertion, lactate values or heart rates during the tests. Muscle soreness was no different between the three drinks immediately after or even 48 hours after testing. However, **24 hours after testing, both the watermelon juice and enriched watermelon juice drinks resulted in lower levels of muscle soreness than the placebo drink** with no difference between the two watermelon drinks.

## The So What?

This Spanish study strongly suggests that (yet again) natural products such as watermelon juice can help athlete performance, in this case recovery. The theory is that the **amino acids found in watermelon (citrulline and arginine) aid blood flow and decrease inflammation.** While the study used healthy active sport science students and not trained cyclists, it does suggest that **as little as two cups of natural watermelon juice may help us recover from hard training or races.**

*Source: Tarazona-Diaz, M. and others (2013) Watermelon juice: potential functional drink for sore muscle relief in athletes. Journal of Agricultural and Food Chemistry, 61: 7522-7528*



Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite number of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

Your tongue is the only muscle in your body that is attached at only one end.

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

Zero is the only number that cannot be represented by Roman numerals.

Kites were used in the American Civil War to deliver letters and newspapers.

The song, Auld Lang Syne, is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year.

Drinking water after eating reduces the acid in your mouth by 61 percent.

Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

Nine out of every 10 living things live in the ocean.

The banana cannot reproduce itself. It can be propagated only by the hand of man.

Airports at higher altitudes require a longer airstrip due to lower air density.

The University of Alaska spans four time zones.

The tooth is the only part of the human body that cannot heal itself.

In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.

Warner Communications paid \$28 million for the copyright to the song Happy Birthday.

Intelligent people have more zinc and copper in their hair.

A comet's tail always points away from the sun.

The Swine Flu vaccine in 1976 caused more death and illness than the disease it was intended to prevent.

Caffeine increases the power of aspirin and other painkillers, that is why it is found in some medicines.

The military salute is a motion that evolved from medieval times, when knights in armor raised their visors to reveal their identity.

If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.

# IVAN & WENDY IVANUSEC IN NZ NORTH

At the same time as the Powells were in the South of NZ, we were in the North!

We have a couple of good friends living in Papamoa Beach. He is terminally ill and we didn't know if we'd see them again. So when I saw a cheap airfare Coolangatta-Auckland return, grabbed it on impulse and worked out how we could catch up with other NZ friends also.

The weather was kind for almost the entire time we were away which was a blessing as it had been bad!

Stayed in a backpackers in Auckland - pretty awful really (Nomads) had our own toilet and shower but the room was really tiny, airless (no window) glass above door taped over to keep the hallway light out, awful brown carpet which made one wonder ... a nozzle for the vacuum cleaner which would clean corners & under the 'mattress' - a slat bed with a thin foam 'mattress' - most uncomfortable. I've always bragged that I can sleep on a picket fence ... sure can !! Only two hooks on back of door and 2 in bathroom, TV & remote not working (who cares?). Sprung doors banged at all hours of day and night, Ivan had NO water for one of his showers - trickle arrived later - a great start to our adventures !!

Jumped on a ferry from Auckland to Waiheke for a "Taste of Waiheke" tour. Picked a really bad day - 5 weddings on the Island and record crowds (it WAS a Saturday after all !!) - 3 ferries required to transport the huge numbers instead of the usual one. We had to wait for the last ferry to deliver the last few of the 'Taste' tour group - then the ferry driver turned out to be a "P" plater (?) - three goes at docking - 45 mins lost of the tour but still had to catch the 4pm ferry back to Auckland - so all a bit rushed - especially lunch. Never mind, we enjoyed what there was. Next, another ferry to Devonport with a guided tour of the area - numerous pretty little houses and a carriage with 4 draught horses waiting to meet the ferries. A relaxed day with delish lunch at McHugh's on Cheltenham Beach. Our Auckland friends entertained us royally and those who visit Noosa regularly went out of their way to show us as much as they could of Auckland in the short space of time we were there.

Hired a 2002 Toyota something front wheel drive. - I forgot to take my drivers licence, so Ivan did ALL the driving ... remember that one girls! For \$50 a day it did the job.

Drove to Kerikeri near Pihia and the Bay of Islands - our stay there was on acreage - walked through a magnificent Kauri Forest, visited the Rainbow Falls and took a trip to Russell, full of history - the oldest church in NZ - with its bullet holes. And in Kerikeri, the picturesque Stone House (first NZ settlement) beside a rollicking stream, wandered 'neath a massive magnolia tree in bloom and through the surviving original fruit trees and gardens.



Thence to Waihi Beach to visit Maree & Malcolm Warr. The town of Waihi has a rich gold & silver mine (now open cut) Maree was commissioned to make a life sized bronze statue of a miner which stands in the main street with a plaque commemorating her work. We were most impressed!!



Climbed to the top of a lookout for the view over Bowentown, out to sea & back along the full length of the beach to Waihi on one side and the inlet to a vast estuary and river on the other hemmed by rolling green hills - just beautiful!

One day we drove up the west side of the Coromandel Peninsula - a beautiful scenic drive).

One night we had a lovely evening in the back yard eating small battered local fish fillets in our fingers, piece by piece, as they were cooked in small batches by Malcolm and liberally washed down with wine - of course! Another night we dined at the local, recently renovated and upmarket Waihi Beach Hotel, the food was good but wine a ridiculous \$70+/bottle!

On to Papamoa Beach, via Katikati, a mural town - and were lucky enough to spot an artist at work on her mural.



A large bronze wall acknowledges the contribution of the early settlers including the Chinese. On arrival, we found Rod (bone cancer) enjoying the best health he has had for the past 12 months, able to spend time each day on his other 'section' a couple of blocks away, where he grows vegetables and feeds the proverbial 40,000, which gives him great pleasure. He has an infusion once a month at a hospice and has patches for pain changed every 3 days. Apart from needing a bit more rest than usual, he is managing really well just now - so that was a real bonus, as we had prepared for the worst. Enjoyed a Chinese Banquet at Mount Manganui one Friday evening, then discovered a wonderful market taking place in the park opposite with music, food, drink and natural products of all descriptions, but no fresh produce. Most came to buy food/drink and listen to the music - a monthly occurrence.

Visited a Kiwi fruit farm at Te Puke and learnt how, by grafting the golden variety to green kiwi root stock, they are beating the deadly PSA virus which had devastated the golden kiwi industry.

# IVAN & WENDY IVANUSEC IN NZ NORTH



From Papamoa Beach we travelled to Lake Taupo visiting bubbling mud pools and the Huka Falls & Prawn Farm (dreadful food) en route. Found a great place to stay in Taupo then explored - it was blowing a gale but that didn't deter people from swimming in the Lake (it is summer after all !!) and kids frolicking in the shallows naked - the waves in some parts of the lake were so big people were heading out with surfboards !!



Then to Raglan (West Coast) where Rod & Di had holidayed for many years kayaking and fishing the huge waterways. Raglan has a massive reputation amongst the surfing fraternity, so, after finding a great B&B. "Ocean View" has only been going since Xmas. We headed out late afternoon to watch the surfers from a hillside and were not disappointed - big surf, big rollers & loads of surfers !!



Fish & chips by the water for dinner ... and sunset over the water. Over a delicious breakfast in a room overlooking the ocean, we met a very interesting young Austrian man who had been disappointed not to see orcas chasing manta rays - we obviously hadn't done OUR homework, as this was news to us !! He does a LOT of walking all around the world and may come to Australia next year.

En route to Raglan from Taupo we wandered about the famous gardens of Hamilton .

Back in Auckland, returned the car and next morning, wandering up the main street, we banged straight into a couple who play bowls with Ivan and are neighbours of good friends in Noosa Waters - their cruise ship was in just for that day and we were flying out next morning - what a coincidence! Just as well I wasn't there with another bloke!! A last long lunch with our friends at their lovely Bucklands Beach home overlooking Auckland Harbour and its islands before the ferry ride back to town - suddenly it was all over!



After unpacking, washing & putting suitcases away it already seems as tho' we've never been away, yet a whole month has disappeared from the year! We have some great photos and wonderful memories to remind us of warm NZ hospitality, spectacular scenery, laughter and good times shared with dear friends!

... Wendy Ivanusec

## Upcoming Masters Events

- [Asia Pacific Outgames](#) - **May 10 - 16**. Darwin, NT.  
Registrations close Friday April 11.
- [FINA World Masters Championships](#) - **July 27-August 10**. Montreal.  
Registrations close Sunday June 11.  
[CLICK HERE](#) to register.  
[CLICK HERE](#) for the answers to FAQ
- [Alice Springs Masters Games](#) - **October 11-18**. Alice Springs, NT.  
Entries close September 3.
- [Pan Pacific Masters Games](#) - **November 1 - 9**. Gold Coast, QLD.

# ENDURANCE 1000

**MARCH 2014**

## **THE SWIMMING'S HOT AND IT'S ON FOR YOUNG AND OLD !**

Only three months into the Endurance 1000 Program for 2014 and it's on for young and old.

### **THE LADS**

The indefatigable Bob McCausland is already on 378 points, with the never give up Brian Cairns keeping in touch with 300 points. BUT it's the young gun Ian Mitchell on 380 who has thrown down the gauntlet with his catch me if you can attitude! And it seems that quite a few have said "You're On"!!

Total for the lads = 1978 (18).

### **THE LASSES**

Irene Symonds was streaking ahead on 225 but sadly has had to withdraw for 6-8 weeks due to injury. Meanwhile, Dyanna Benny on 205 is trading strokes with Jacky Shields on 200. Whilst Adele Tucker is starting to backstroke her way through the field with 167 points.

Total for the lasses = 1907 (25).

I named a few Endurance Swimmers this time – just to get all our competitive juices flowing!

However, the reality is that all Endurance Swimmers are doing a great job for their club, as well the personal benefits they reap mentally and physically from such swimming.

Thanks everyone!!!

At time of writing the total points are = 3885.

Keep swimming for fun and fitness – Noosa! Noosa! Noosa!

... Mary Lester  
for  
Marcia Kimm  
(0407 034 095)

Endurance 1000 Program Coordinator



Kerryn Spinks

<http://www.whathappenedinmybirthyear.com>

## **April Birthdays**

<b>Rod Barton</b>	<b>5/4</b>
<b>Linda Hogg</b>	<b>6/4</b>
<b>Tony Frost</b>	<b>12/4</b>
<b>Wendy Ivanusec</b>	<b>18/4</b>
<b>Leo Versteegen</b>	<b>24/4</b>
<b>Olga McCausland</b>	<b>25/4</b>
<b>Julia Dunstall</b>	<b>27/4</b>
<b>Jessica Watt-Hine</b>	<b>28/4</b>
<b>Nic Pirie</b>	<b>29/4</b>

**HAPPY BIRTHDAY TO ALL OF YOU  
FROM ALL OF US**

**If you ever get a sudden urge  
to run around naked,  
you should sniff some Windex first.  
It'll keep you from streaking.**

## **SOCIAL EVENTS**

TBA

## **CRAFTERS MEETING**

TBA

**Every Sat.. 7.30 am -  
Main Beach -Ocean  
Swimming**

VISIT OUR WEBSITE ...  
[www.noosaaussichallengers.com](http://www.noosaaussichallengers.com)

## **Challengers Chatter**

PO Box 21, Noosaville 4566

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