

CHALLENGERS' CHATTER

MAY 2014

2014 NOOSA SWIM MEET



A day that can only be described as WOW! So many of our members contributed to it's success.

For days preceding, the heavens opened up threatening the best laid plans by our COMMITTEE.

" If organisation is the key to success, we believe that we have left no stone unturned," said Club Treasurer, Ian Tucker. On arriving at the Noosa Aquatic Centre early Saturday morning, only to be greeted by a bright sunny day, Meet Director, Brian Hoepper, was overheard saying: " BRING IT ON." In the pool, a great day unfolded with the 400 metre swims, the brainchild of our Committee to allow swimmers to officially break records.

Swimmers didn't disappoint with a National record by Brett Fischer (Riverside City) and State Records to Tracy Clarkson (Brisbane Northside) & Christina Scolaro (University of Qld.) . Colin Marks (Nudgee) established world record for 400 metres freestyle in the Down syndrome category which has already been ratified.

By now our announcer, Julie Robinson, had her vocals in full throttle, introducing Councillor Frank Wilkie to officially welcome all and declare the Meet officially open at 10.00 am. 157 swimmers nominated, representing 26 Masters clubs: 12 from metropolitan Brisbane region and 14 from country Queensland , New South Wales & Tasmania: Gladstone, Bundaberg, Hervey Bay, Maryborough, South Burnett, Toowoomba, Gold Coast (Twin Towns & Miami), Northern NSW (Clarence River) and Hobart.

A carnival renowned for opportunities, it was great to see 7 Down Syndrome swimmers representing their Masters swim clubs:

Jana Clancy & Clinton Stanley (NOOSA), Ross Hughes, Colin Marks & Matthew Walker (NUDGEE), Nicholas O'Regan (REDCLIFFE) and Zac Telfer (YERONGA). Good luck to five of these swimmers who are off to Mexico later this year for the Down Syndrome World Championships.



2014 NOOSA SWIM MEET



Julie Robinson

BOQ \$100 winner Lyn Bull (QAC) with Bardie Gruber



Noosa Bookshop \$100 winner Victoria (UQ) with John Havilah



Real Trophy \$200 winners Rob & Sue Ellis, Brian Cairns & Kerryn Spinks (Noosa)



Hinterland Noosa \$100 winner Ann Bligh (QSC) with Bardie Gruber

EVENT TROPHY WINNERS:

NOOSA BOOKSHOP:
100m FREESTYLE: Victoria Dewer-Fowler (Uni.Qld)

PRICELINE:
50m BACKSTROKE: Ashleigh Forsyth (Miami)



John Konrads Trophy winner Simon Smale (QBN) with Ian Tucker & Bob Morse

Brett Fischer (Riverside City) Male 50-54 yrs
100m breaststroke: 1.15.79, 200m

individual medley : 2:39.71,
400m breaststroke: 6:05.36, George Green (Bundaberg) Male 70-74 years
200m backstroke: 3:09.68, NOOSA MASTERS

(Stephanie Jones, Robert Jolly, Ian Robinson & Jan Croft) Mixed 240-279 years
Medley Relay: 2.34.51

NOOSA AGE GROUP PLACEGETTERS:
Courtney McMahon, Jessica Watt-Hine, Jana Clancy, Shannon Hill, Julia Dunstall, Grindle Rudder, Stephanie Jones, Dyanna Benny, Wendy Twidale, Jan Croft, Eulah Varty, Nick Pirie, Clinton Stanley, Ian Robinson, Adrian Wilson, Bob Morse, Rob Jolly, Tony Frost, Terry Mortimer, John Havillah, Geoff Lander, Bob McCausland & Joe Gilbert.

BANK OF QUEENSLAND:
50m BUTTERFLY : Lyn Bull (Albany Creek)

SCOOTER STYLE:
50m BREASTROKE: Karina Horton (Albany Creek)

JOHN KONRADSTROPHY:
200m FREESTYLE: Simon Smale (Brisbane Northside)

HINTERLAND NOOSA BUS COMPANY:
50 metres FREESTYLE : Ann Bligh (Sunshine Coast)

NOOSA HEADS SLSC: Pointscore for SMALL Clubs: YERONGA

NOOSA HEADS SLSC: Pointscore for LARGE Clubs: BRISBANE NORTHSIDE

PAT MOONEY TROPHY for CHAMPION Club: NOOSA

THE REAL TROPHY: 4x50 freestyle handicap relay: NOOSA "OUT of AFRICA" team: Kerryn Spinks, Brian Cairns, Sue & Rob Ellis.

The splash and dash continued for 5 hours, with many calls of "NOOSA, NOOSA", some swimmers excelling, others producing PB's, or just happy to be swimming.

NATIONAL RECORDS:

Brett Fischer (Riverside City) Male 50-54 yrs 400 metres breaststroke: 6:05.36

STATE RECORDS:

Tracy Clarkson (Brisbane Northside) Female 65-69 yrs 400m butterfly: 8:10.17 & 100m butterfly: 1:45.28, Christina Scolara (University of Qld) Female 400m breaststroke: 6:46.31,

2014 NOOSA SWIM MEET



Joe Gilbert

Small Clubs Trophy winners \$100 + trophy-YERONGA



Large Clubs Trophy winners \$100 + trophy-BRIS NORTHSIDE



Aveo Hamper winner Tracy Clarkson - BRIS NORTHSIDE



Peregrin Springs Perpetual Trophy winners (4th successive year!)-NOOSA
- Relay Team Rob Jolly, Ian Robinson, Stephanie Jones & Jan Croft

Champion relay team (Steph, Jan, Ian & Rob) : less than 1 second off a National record.

Bardie cracking the 7 minute barrier in her 400m.

A HUGE THANKS to:

- Our Committee
- Sponsors
- Noosa Aquatic Centre
- Damien Smith & staff for catering
- St.Johns Ambulance
- Brian Hoeppe - Meet Director
- Julie Robinson - Announcer
- Ken Benstead & Janice - Marshalling
- Mark Besford- Warm ups
- Viv Merrill - Chief Timekeeper
- Grant Scotcher -Check Starter
- The Timekeepers - Lorna, Olga, Bob, Rod, Linda, Dianne, Lynette, Wendy & others who volunteered.
- Carola Henderson - whose magnificent work ensured that officials,timekeepers and raffle sellers were kept in refreshments.
- Sandy Warren & Kay Frost - Raffles
- The Officials

...Tony Frost



A mighty effort by ALL Noosa swimmers to amass 2,082 points to win the inaugural PAT MOONEY Perpetual Trophy.

Co-Captain, Bardie, commented: " I think our relays alone won it for us."Just a few notable performances, included :Robyn Selby's PB in 50 metres freestyle, complete with "fast suit".

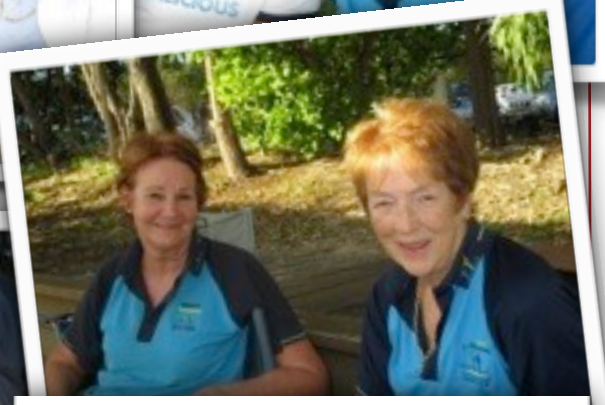
Wendy Ivanusec's amazing breastroke leg in the winning Mixed 4x50 m 280+ Relay that took Gold from arch rivals, Miami (including FINA world champion) & other challengers.

Helen Malar's great breastroke swim, nudging out all rivals.

Rob Jolly's PB in 50 m freestyle ... looking good for UK & French champs.



2014 POOLSIDE PICS



MISQ 2014 CALENDAR



2014 MASTERS SWIMMING EVENTS CALENDAR

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
JUNE						
15	LC	Caboolture/Redcliffe	QCD/QPN	Sunshine	16/14	Redcliffe War Memorial Pool
22	SC	Rum City	QBB	Central	17/14	Bundaberg Swim Academy
JULY						
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
AUGUST						
9	SC	Maryborough Masters	QMB	Central	08/14	Maryborough Centenary Pool
23	SC	Brisbane Northside	QBN	Sunshine	20/14	The Valley Pool
SEPTEMBER						
13	SC	Toowoomba Tadpoles	QTW	South	21/14	Glennie Pool, Toowoomba
OCTOBER						
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
NOVEMBER						
1	LC	Whitsunday Warriors	QWY	North	24/14	Proserpine Pool
6 - 8	LC	Pan Pacific Masters G			25/14	Gold Coast Aquatic Centre
9	OVS	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	OVS	North Mackay Sinkers	QNS	Central	30/14	Pioneer River, Mackay



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OUT OF AFRICA ...

by Brian Cairns

CAIRNS/ELLIS GOLF & SAFARI TRIP – APRIL 2014

Towards the end of March Joan & I together with Sue & Rob Ellis set off to South Africa with 4 other couples from our golf club who had never been to Africa before.

First stop was Cape Town where we stayed at a lovely hotel at the Victoria and Albert Waterfront, with magnificent views of the famous Table Mountain. Highlights of our stay in Cape Town were:

- a cable car ride to the top of Table mountain



- a visit to the Delaire Graff Wine Estate near Stellenbosch where we were taken on a private tour by the General Manager (kindly arranged by Rob) followed by a gourmet lunch accompanied by wines from the estate

- a visit to Cape Point where the Indian and Atlantic oceans meet in a most spectacular fashion



The list goes on with numerous wine tastings, a wine blending competition (won by Sue, Rob and one of the other couples) a round of golf at Paarl Valley, wonderful scenic drives and of course lots of eating and drinking!

After 5 days in Cape Town we took the inland route to George, a pretty town on the famous Garden Route. For the next 3 days we were based just outside George at Fancourt, a really great resort incorporating 3 championship golf courses.



Although none of us played particularly good golf we all enjoyed the stunning courses. There were two pools at the resort the outdoor one being freezing cold and the indoor one heated to over 30degC! So neither got much of a working-over!



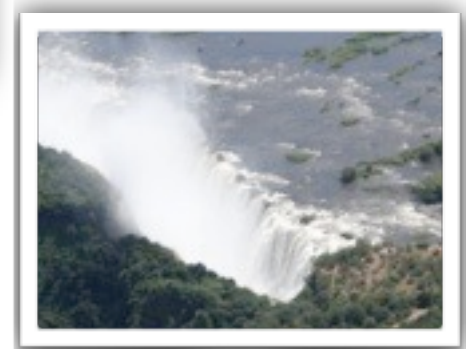
George was followed by a short trip to Knysna , also on the Garden Route. Here we stayed at another golf resort, Simola, high up in the hills overlooking the town. Golf was once again on the agenda. Another spectacular but difficult course and as a consequence , again, some pretty ordinary golf.

Next stop was Sun City north of Johannesburg where we stayed at the Palace hotel. The whole resort, which is huge takes as it's theme the novel, King Solomon's Mines by Rider Haggard.

The opulence of the Palace Hotel is difficult to describe, suffice to say that it is done in great taste and blew the minds

of our Aussie friends. Two days of golf, one on the Lost City course (one of the par 3 holes surrounded by a moat containing crocodiles) and the other on the world famous Gary Player course. Need I say it again, ordinary golf. The pool at the hotel was over 50 metres so at least we were able to have a couple of decent swims!

After an overnight stop in Johannesburg we were off to Zambia for our safari. We flew into Livingstone where the mighty Victoria Falls are situated. The Zambezi was in full flood so “ the smoke that thunders” truly lived up to it's name.



We stayed at a great lodge ,” Tongabezi”, with the Zambezi river literally on the doorstep of our chalets and nightly visits by the resident Hippos on our patios.

The school to which we donated our volunteer T-shirts was a 2 minute walk from our lodge. We had about an ½ hour visit where we met with one of the ladies who runs the school as well as one of the Head Teachers. Unfortunately it was Easter holidays so we weren't able to see the school in action, but did meet a couple of the pupils. The school is 100% self-funded so any donations, be they monetary or otherwise are always gratefully accepted. Besides the shirts the group also donated stationary supplies. Thanks to everyone, and also to Brian Clancy and USM.

The 3 days that we were at “Tongabezi” went all too quickly with sun-set cruises , canoeing, fishing, a visit to the Falls as well as a helicopter ride above them and of course game-spotting.

OUT OF AFRICA ...

continued

A scheduled flight to Lusaka, the capital of Zambia, was followed by a charter flight on two small aircraft which took us to an airstrip adjacent to our next lodge "Kasaka River Lodge" where we were housed in luxury safari tents.



Once again the lodge was on the banks of the Zambezi. Besides several game drives in open vehicles we also had the option of cruising along the banks of the river. We were lucky in that we saw Elephant, prides of Lion, one of which was at a "kill", hippo, crocs, buffalo and many more.

Whilst most of the party opted to go Tiger fishing on one of our days, Sue and I chose to do a 7k canoe trip which was quite incredible, but also a little hairy as we passed very close-by to several pods of Hippo!

Despite being a sewer and not a fisherman, Joan was the only one to land a Tiger fish, all 8lbs of it.



Watching the sun go down in the middle of the bush or on an island in the middle of the Zambezi whilst sipping on G&Ts is one of magic moments of a safari.

Next and final stop was at "Kapani Lodge" on the banks of one of Luangwa rivers ox-bow lagoons.



We had 3 wonderful days with game drives morning and evening. Again we were incredibly lucky with the game we saw.

- A pride of about 20 lion satiated by a buffalo feast, so much so that they looked incapable of moving. They were in the same place for 3 days recuperating.



-A female Leopard and 2 cubs who were feasting on a baboon. It's rare to see leopard let alone cubs!



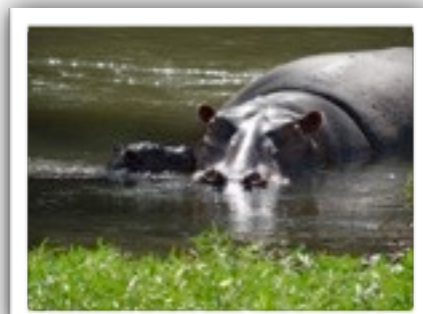
- 2 packs of Wild dog, which are rare and so a treat to see



-Herd upon herd of Elephant including lots of babies, the youngest of which was only a month old.



-Giraffe, zebra, bushbuck, waterbuck, impala, kudu and so the list goes on



All too soon it was time to say goodbye to our hosts. A night in Lusaka and another in Johannesburg and then we were winging our way back to Noosa with some wonderful memories to be savoured until our next trip to Africa.

Ed note: Thanks Brian for sharing this wonderful experience with us all.



CLARENCE RIVER MASTERS

Saturday 07 & Sunday 08 June 2014

Yamba Community Pool –

Angourie Road Yamba

25m POOL SURVEY HAS POOL SHORT, NO RECORDS CAN BE SET.

(6 lane: heated outdoor pool

Anti-wave ropes)

Saturday: 11am Start

(Warm-up from 10am)

Sunday: 10am Start

(Warm-up from 9 am)

STATE OF ORIGIN SHOOTOUT

RELAY LUNCHTIME SUNDAY.

FORMAT 4M & 4F x 50M HANDICAP

– TROPHIES FOR SELECTED SWIMMERS

Closing date: ALL ENTRIES FRIDAY 23 MAY, 2014 (NO LATE ENTRIES)

Overall weekend fee \$65 includes pool entry, sausage sizzle and Dinner.

· Meet only \$30 includes pool entry and sausage sizzle.

· Accompanying person to dinner \$35

Result Certificates for all swimmers

Trophy for top average pointscore club

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

Upcoming events

[FINA World Championships\(27/07/2014 - 10/08/2014\)](#)

▪ [Alice Springs Masters Games - October 11-18. Alice Springs, NT. Entries close September 3.](#)

▪ [Pan Pacific Masters Games\(1/11/2014 - 9/11/2014\)](#)

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 ...

Dance Dates : 5 Apr (Belli), 10 May , 17 May Ball, 9 Aug (Belli), 6 Sep (Belli), 11 Oct (Belli), 15 Nov (Belli), 31 Dec (Belli)



MAY -
The month Karen
Martin's Dad turned 70 !!

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.

2014 BYRON BAY OCEAN SWIM



BYRON BAY WINTER WHALES 2.5 K OCEAN SWIM, 4 May.

This iconic event held annually at Byron Bay, the first Sunday in May, didn't disappoint the 1631 participants who lined up for the 27th annual swim. Not ideal conditions with an 11 degrees Celsius overnight temperature and a 30 KPH westerly breeze, the only consolation that water temperature was 24 degrees. Noosa Masters Swim Club provided 10 hearty souls. 9.00 am: The briefing: informing all that this event over the past 26 years had raised \$570,000 for the local charities. The announcer informing all gathered: THIS YEAR WILL BE DIFFERENT.

We are going to donate all profits to: THE NSW POLITICIANS SLUSH FUND.

All present were slightly bemused, but to a 72 year old male, a regular swimmer at Byron, this comment produced a wry smile across his face. The swimmer being Bruce Baird, a former State and Federal politician and Dad of the recently anointed NSW Premier, Michael Beard.

Following the briefing, hundreds of swimmers bused to Wategoes, barely clad in Lycra, none more spectacular than our own Jan, a true fashion statement in a colourful one piece.



On disembarking her bus, Eulah summed up conditions immediately, opting for a road return journey to Byron. Fellow Noosa competitors praised Eulah for her brave and common sense decision. Safety of ALL swimmers was paramount.

The first wave of swimmers departed at 10.00 am with the younger departing in 3 minute intervals.

Unfortunately, those who breathe to the right copped regular infusions of saltwater, let alone not sighting the buoys positioned to the left throughout the course.

Well done to all our swimmers who finally found the finish line!

OUR SWIMMERS: Dyanna Benny, Jan Croft, Anne Gripper, Bardie Gruber, Stephanie Jones, Grindle Rudder, Adele Tucker, Eulah Varty, Tony Frost, John Havilah & Ian Tucker.

CONGRATULATION TO PLACEGETTERS:

Female: 70 -74 years, Jan (1st), 65-69 years, Bardie (2nd), 60-64 years, Dyanna (3rd)

55-59 years, Stephanie (2nd) Male: 75-79 years, John (2nd)

WORKPLACE FREEZER SAVES ME A FORTUNE ON LUNCHES

I no longer have an excuse for buying lunch at work - and I'm saving myself a fortune! With limited freezer space at home, I was struggling to do the whole 'cook in bulk and freeze' thing to save money. Then I discovered my completely empty work freezer. Now, whenever I cook in bulk or have leftovers, I pop them in the fridge, then take them to work and put them in the freezer there to defrost and reheat delicious and nutritious lunches as required. I also freeze bulk baked goods such as hot cross buns and muffins so I'm not tempted to buy treats for morning tea either!

... Simple Savings

MEET LINDA HOGG ...



I recently moved to the Sunshine Coast from Hervey Bay with my husband Peter and have purchased a house at Marcus Beach. We have spent the last 10 years running the Telstra Store in Hervey Bay which we sold in December last year.

I was raised in Townsville and have no swimming background other than spending most weekends hanging out at the local pool to avoid the heat. I had always wanted to join the Masters swimming in Hervey Bay but there never seemed to be enough time.

Now that I am enjoying retirement, joining Noosa Masters Swim Club was a priority and I am thoroughly enjoying learning correct technique and of course a chat as often as possible.

Peter and I have two children. Fraser is 22 and a chef in Melbourne and Leah is 20 and works at the Telstra Store in Garden City Brisbane. We also have two fur babies: a 12 month old standard schnauzer called Chilli who is completely loopy but I am told she will improve with time and Oscar the cat who keeps the dog in line.

Life has led us from Townsville to Cairns for ten years, Brisbane for another ten year stint and then Hervey Bay. I am hoping that we are now settled in Marcus Beach for a lot more than ten years. I am looking forward to being an active member of the club and having a go at competitive swimming – once I have learned how to dive.

Cheers!! Linda

IAN POPE'S COACHING CLINIC : 10-12 April 2014

In relation to the above article which appeared in the April edition of "**Challenger's Chatter**", the editor wishes to clarify a statement made regarding funding and payment received by Ian Pope for his clinic.

Noosa Masters Swimming Club received a total of \$10,000 from the Queensland State Government towards a number of activities designed to increase membership, participation and training.

The coaching clinic performed by Ian Pope is one of many elements paid for from these funds. The Club apologises if any misunderstanding arose as a result of this article that included the figure of \$10,000 which may have been assumed was paid to Ian Pope. This is incorrect, the money is allocated to multiple activities in the program.

COACH'S CORNER ... BY JAN CROFT



Backstroke

1. Keep ears underwater
2. Hips up, keep spine straight.
3. Leverage in backstroke comes from a rolling action. Without a rolling action, the potential power of the stroke is dramatically reduced.
4. A rolling action of the body is crucial in developing an effective arm stroke. Without a roll the hand cannot anchor properly.
5. Kick... Pigeon toe position produces more foot surface with which to kick the water.

Keep swimming.

Cheers, Jan

MARLENE & TOM'S OZ ADVENTURES

Hello there, we are back in France after our Australian trip.

Since we left Noosa with our French friends Anne and Gerard we had 2 weeks in Currumbin and a week in Yamba with our daughter from Sydney and her family.

That was fun with the grandchildren, and included a visit to a local fish farm run by an old friend of my son in law - they farm Mullaway, which we sampled and they are delicious.

On the way back to Sydney we stopped off Easter weekend at Port Stephens - Nelson Bay was packed, but we took the ferry to Tea Gardens and also visited Shoal Bay and Fingal Bay which are beautiful.

Tom and I had a weekend in the Southern Highlands for Tom's great niece's wedding - a beautiful area too especially in Autumn but very cold after being in Queensland. So we covered a fair bit of the East coast this trip, from Noosa to Jervis Bay.

But the big adventure came towards the end of our visit when the 4 of us did a six day trip to the Red Centre with Wayoutback.

The group of 15 we travelled with, plus 2 guides, comprised 9 nationalities and 9 mature people and 8 youngsters, so a good mix.

Despite very little or no previous camping experience the 4 of us had fun, after a difficult first night, arriving at the first campsite after seeing the sunset over Uluru, and getting up before dawn to see the sunrise, and not being very good at organising our tents and sleeping bags in pitch dark.



Bought torches at a garage next day and after that it was easier, sort of!

Wayoutback prides itself on camping at the edge of regular campsites or even way out!

After 4 days we were experts at campfire cooking etc and ready for the night under the stars in our swags- amazing.



Mind you the final night at a motel in Alice Springs was real luxury.

We visited Uluru,



the Olgas, the magnificent King's Canyon, Ormiston Gorge and the beautiful Glen Helen as well as an Aboriginal village to see crafts.



What a brilliant trip and the 4 wheel drive bus was an experience too.



We are back training with our club here and our carnival is on 8/9 June, the first time we have competed for a while. On 2/3 July, as last year, the French Nationals are in Vichy.

All the top French swimmers are obliged to attend and because of the Commonwealth Games in Glasgow later in July, we are expecting some overseas swimmers, including James Magnusson and Cameron McEvoy so looking forward to that.

Then we head for Glasgow, my home town to see a bit of the Games.

In September we are welcoming Tony and Kay Frost on their way through to Montpellier for the World Surf Lifesaving Championships.

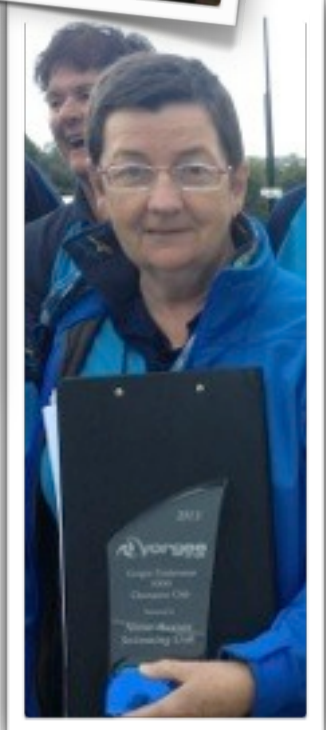
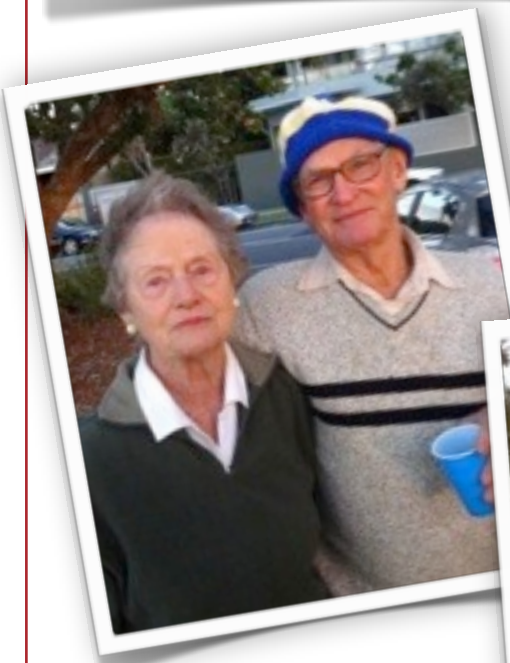
Good luck and safe travelling to all those going to Montreal.

Best wishes from Marlene and Tom Roberts

Sometimes when I reflect back on all the wine I drink I feel shame. Then I look into the glass and think about the workers in the vineyards and all of their hopes and dreams. If I didn't drink this wine, they might be out of work and their dreams would be shattered. Then I say to myself, "It is better that I drink this wine and let their dreams come true than be selfish and worry about my liver."
- Jack Handy

E1000 RIVERSIDE CELEBRATION

see back page for Endurance Report





just a few of those who contributed to the Club's success



BRUCE & SANDY'S ANNUAL BASH



This year's theme "Australiana" ...

On a beautiful Autumn evening, just a week after our carnival, Sandy and Bruce Warren once again opened their home to the now annual Noosa Masters "Hat Party".

This year the theme was "Australiana" so wasn't too hard for members and partners to find an Akubra/ hat with corks, board shorts /jeans, tee shirt/shirt to suit the theme. We even had a coastguard on duty, a surf lifesaver, an

evening southern hemisphere sky, a few Wallabies and State of Origin supporters as well as many people wearing the national flag in many 'interesting' ways.

Best dressed for the ladies was won by Wendy Morse as a "happy little Vegemite" and best dressed (or undressed - yes you Mark) for the men was won by just about the only male who didn't arrive dressed in an R.M. Williams style. This was Ian Tucker who was dressed in his Sydney Olympic Games outfit. That brought back lots of memories for many people who watched the Olympic torch run throughout Australia in 2000.

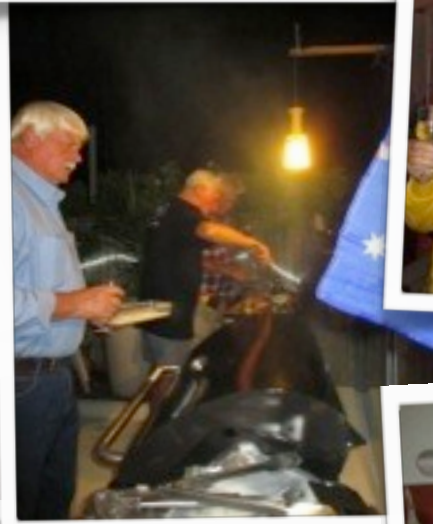
Members once again excelled themselves in the food preparation with sausage rolls, Aussie cheeses, delicious salads and desserts to tempt our taste buds as well as some essential 'Cherry Ripes' and 'Crunchie Bars' to finish off the night. Copious amounts of amber fluid and grape juices were quaffed to ensure it was a successful "Australiana" party.



Sandy and Bruce - thank you so much for a great night out and we wait with anticipation for next year's theme!!

... Carola Henderson





OKRA



Sunday, May 11, 2014 by: Michael Ravensthorpe

[Okra, Digestive Issues, Health Benefits](#)

(NaturalNews) Okra, also called gumbo or lady's finger, is a tall, flowering plant that is cultivated in tropical, subtropical and temperate regions around the world. It has been prized for centuries for its edible green pods, which transform into a thick, gooey mucilage once cooked. However, many cultures like to cook okra pods with acidic ingredients, such as lemon juice, which reduces their mucilage and makes them suitable for drier vegetable dishes.

Although not as well-known as other super-greens, such as broccoli and kale, okra shares a similar nutritional profile and its significant health benefits are gradually being confirmed by peer-reviewed studies.

Health benefits

Anti-diabetic properties -- A study published in the *Journal of Pharmacy and Bioallied Sciences* in 2011 found that diabetic rats that were fed okra peels and seed powder over a 28 day period experienced a significant reduction in blood glucose levels compared to the control group. The researchers attributed this result to okra's high fiber content, which "helps to stabilize blood sugar by regulating the rate at which sugar is absorbed from the intestinal tract."

Another study published in the *Jilin Medical Journal* in October 2005 found that regularly consuming cooked okra could help prevent kidney disease. "Those who ate okra daily reduced clinical signs of kidney damage more than those that simply ate a diabetic diet." This information helps to reinforce okra's anti-diabetic properties, since an estimated 50% of all kidney diseases are triggered by diabetes.

Digestive benefits -- Mucilaginous foods, including [okra](#), have often been praised for their ability to treat digestive issues. A study featured in the *Public Library of Science* in January 2014, for example, showed that the polysaccharides present in immature okra pods possessed considerable anti-adhesive properties (i.e., they help remove the adhesive between bacteria and stomach tissue, preventing the cultures from spreading). Okra's polysaccharides were particularly effective at inhibiting the adhesion of *Helicobacter pylori*, a bacterium that dwells in the stomach and can cause gastritis and gastric ulcers if left unchecked. Therefore, eating more okra can keep the stomach clean and create an environment that prevents destructive cultures from flourishing.

Potent natural laxative -- Okra's digestive benefits aren't just limited to treating stomach problems. According to *Self's* "NutritionData," one hundred grams of okra contain 10% of the recommended daily intake (RDI) of fiber. More important than the quantity of okra's fiber, however, is its quality. Due to its slippery mucilage, this fiber is not as harsh on the intestinal tract as that of wheat and other hard-textured foods. It smoothly sails down the colon, absorbing all toxins and excess water in its path. Okra's efficacy in this regard has prompted many researchers to liken it to an oil that lubricates the engine of the body.

Promotes healthy skin and blood -- One hundred grams of okra also contain approximately 27% of the RDI of vitamin C and 50% of the RDI of Vitamin K. Vitamin C is, of course, an essential antioxidant that aids in the growth and repair of bodily tissues. For this reason, eating more okra can rejuvenate one's skin and hair, and also shield one from degenerative diseases associated with long-term free radical damage. Vitamin K, on the other hand, plays an important role in blood clot formation and can help treat blood-related conditions, such as nosebleeds, bleeding gums and heavy menstrual bleeding.

LEXOPHILES

When fish are in schools, they sometimes take debate.

A thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles, U.C.L.A.

The batteries were given out free of charge.

A dentist and a manicurist married.

They fought tooth and nail.

A will is a dead giveaway.

With her marriage, she got a new name and a dress.

A boiled egg is hard to beat.

When you've seen one shopping center you've seen a mall.

Police were called to a day-care centre where a three-year-old was resisting a rest.

Did you hear about the fellow whose whole left side was cut off? He's all right now.

A bicycle can't stand alone; it is two tired.

When a clock is hungry it goes back four seconds.

The guy who fell onto an upholstery machine is now fully recovered.

He had a photographic memory which was never developed.

When she saw her first strands of gray hair she thought she'd dye.

Acupuncture is a jab well done.

That's the point of it.

And the cream of the wretched crop:

Those who get too big for their pants will be exposed in the end.

IAN & JULIE ROBINSON IN HAWAII

by Tony Frost



YES MRS.ROBINSON:

A recent well earned break for Ian & Jules, we believe it was to celebrate a belated BIG 50.

A snap here showing their style at Pearl Harbour on the Hawaiian island of O'ahu.

"WHAT HAPPENS IN HAWAII STAYS IN HAWAII "

AU REVOIR EULAH & BILL!!

It is always a shock when the time comes to say "farewell" to Eulah & Bill - they are like part of our family now and the few months they spend with us in Australia each year seems to go faster each time. We were sad to see them go, but are consoled by the thought ... "they'll be back!!" Eulah has embraced the Endurance programme and has contributed many valuable points as a 'fair dinkum' member of Noosa Masters. She also competed for us in a number of carnivals scoring top points each time - thanks a lot Eulah. Now 81, Eulah is planning a 17 day walk across England, competing at the World Masters & American Masters just to fill in some time before their return to Oz. A number of Noosa Masters gathered at Jaspers to say "goodbye" and were pleasantly surprised when Marcia & Jeff produced a deedeelicious cream sponge in their honour which was soon demolished amidst much smacking of lips and murmurings of 'mmmm' - I think that means it was just OK. ... Ed



ENDURANCE 1000

ENDURANCE REPORT – MAY 2014

Noosa Masters winning the National and State Endurance trophies for 2013 was celebrated in fine style with pizza, champagne and great company along the foreshores of our beautiful Noosa River!!

A big thank you to all Endurance swimmers, time keepers and organisers.

Also a big thank you to Robyn Selby and the Committee for organising, and footing the bill, so we could wallow in our Endurance glory.

We are now back to the reality of another Endurance year – with 5 of the 12 months already gone!!

However, a big effort has already been made with points already over 8,000. And, we still have postals and 400 swims from our own terrific meet yet to be included.

25,000 points last year was fabulous, and maybe the ultimate. BUT, maybe just maybe we can really blow the other clubs and history away by striving for 30,000 points! A big ask in a year with a big competitive calendar. But then again we are a club with a very big heart.

Whatever the final points, obtaining the National and State Trophy for two years running is our 2014 goal.

Before signing off, we welcome one of our newest Endurance members Barry Lloyd. In his own words “I’m not a sprinter”. Maybe not Barry but you are one hell of an Endurance Swimmer!!

Mary Lester
for
Marcia Kimm
Endurance Program Co-ordinator

Keep on swimming for fun, fitness and friendship

The trouble with the rat race is that even if you win, you're still a rat, said Lily Tomlin. "Let us endeavor so to live that when we come to die even the undertaker will be sorry!"



Kerryn Spinks

<http://www.whathappenedinmybirthyear.com>

June Birthdays

Dee Mooney	14/6
Clinton Stanley	15/6
Sally Johnson	22/6
Stephanie Jones	25/6
Sue Ellis	30/6

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

NOOSA'S MASSIVE E1000 YEAR

National Endurance Champions -

Noosa 1st with 25,161 points, 2nd Talays (Tas) 19,752 points, 3rd Darwin Masters (NT) 19,752 points.

TOP ACHIEVERS: Five Noosa swimmers gained maximum points (1,000), Mark Besford, Brian Hoepper, Geoff Lander, Rob Lucas and Irene Symons.

Other credible efforts came from Jacky Shields (891), Brian Cairns (855), Bob McCausland (854), Ian Mitchell (827), Mark Powell (775) and Bruce Warren (775).

With a membership of 93 swimmers in 2013, sixty-nine (69) contributed to the Endurance programme ... a reflection of the great club spirit among our members.

SOCIAL EVENTS

Breakfast by Lanes 3 & 4
Sunday 1 June, after squad

CRAFT AFTERNOON

1-3pm, Tues 3 June
Venue: ask Robyn Selby

Every Sat.. 7.30 am -
Main Beach - Ocean Swim

VISIT OUR WEBSITE ...
www.noosaaussichallengers.com

Challengers Chatter

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