

# CHALLENGERS' CHATTER

MAY 2021

## Noosa Masters at Great Barrier Reef Games !!



Twenty-one swimmers headed to Cairns to compete for Noosa Masters at the Great Barrier Reef Masters Games. We fielded a big team of our core swimmers who were eager for a good competition.

Our team comprised - Linda Hogg, Peter Fidler, Julie Fidler, Lois Hill, Robert Jolly, Anne Besser, LiQun Hussey, Robyn Selby, Viv Merrill, Jacky Shields, Trevor Mathews, Helen Malar, Adele Tucker, Ian Tucker, Wendy Nothdurft, Diane Scott-Davies, Jo Matthews, Dana Galbraith, Greg Bott, Julie Bott, Flick Hawkins. All fit, keen and ready to race!

**Day 1** Amazing performances from all our swimmers. In the 400m races. Noosa medalled in every stroke with 7 gold; 6 silvers and 3 bronze. Some of our team entered two 400m events. Jo swam IM and Fly and won both and LiQun entered four 400m's on the same day! Congratulations to all our fit 400m swimmers, we definitely started well and amassed a stack of points and medals.

**Day 2** The busiest race day of the meet. The team was pumped and ready to race and did some great swims, the medals kept rolling in. First day of the relays we shone against some stiff opposition, placing 2nd (Adele, Helen, Jo and Wendy) and 5th (Lois, LiQun, Diane and Linda) in the Women's 240+ Medley.



rear: Dana Galbraith, Greg Bott, and Peter Fidler,  
centre: Lois Hill, Jo Matthews, Julie Fidler, Wendy Nothdurft, Adele Tucker,  
Diane Scott-Davies (just visible) Viv Merrill and Linda Hogg  
front: Julie Bott, Robyn Selby, Trevor Mathews, Jacky Shields, Helen Malar,  
Anne Besser, Ian Tucker, Rob Jolly and LiQun Hussey

The Top Guns from Noosa (Greg, Peter, Dana and Ian) earned Silver medals in the 240+ Men's Medley, holding off the strong Long Tan Legends team. Another 2nd (Helen, Jacky, Trev and Rob) in the Mixed Free 280+ team. All that glitters is not Gold! We were happy with another 12 shiny Silvers and some great times!

**Day 3** Gold Medals to: Ian Tucker in 200m Backstroke & Jo Matthews in 200m Fly.

Silver Medals to: Jo Matthews in 50m Fly with a PB of 40.40. A great swim Jo! Helen Malar in 100m Breast. Lois Hill in 50m Free. Greg Bott, Lois Hill & Adele Tucker in 200m Back and LiQun Hussey in 200m Fly.

Bronze Medals to: Rob Jolly in 100m Breast. Wendy Nothdurft in 50m Free & Jacky Shields in 200m Back.

Gold Medals for 2 of our relay teams - Women's 280+ 4x50m Free Relay of Robyn Selby, Anne Besser, Viv Merrill & Julie Bott. The smiles on their faces said it all!

Also Gold for the Mixed 280+ 4x50m Medley Relay of Lois Hill, Rob Jolly, Jo Matthews & Trev Mathews. Very exciting to watch all the relays at the end of the day.

Silver Medals to our Women's 240+ 4x50m Free Relay of LiQun Hussey, Julie Fidler, Felicity Hawkins & Wendy Nothdurft

Bronze Medals to our Mens 4x50m Free Relay of Greg Bott, Ian Tucker, Peter Fidler & Dana Galbraith.

Our Newbies, Julie Fidler and Dana Galbraith both medalled in their first competition with us and are a welcome addition to the Noosa team.

We had a dinner with members and friends at a Thai restaurant to celebrate our success at a GREAT GBRMG and to wish Felicity Hawkins the best for competing in the 10K run the next day and Michael Besser in the half Marathon.

Noosa medals: Individual medals, 11 Gold; 21 Silver; 15 Bronze; Total 47. Relays, 8 Gold; 16 Silver; 4 Bronze; Total 28. **Total medal tally 75.**

Congratulations to all 21 Noosa swimmers who competed. You all did a fabulous job representing our club.

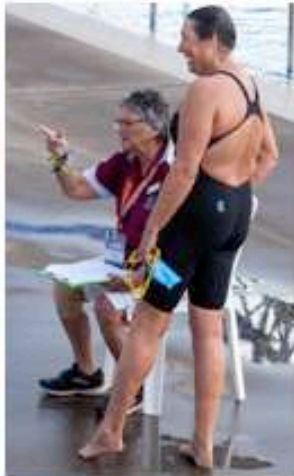
Thank you John Hussey for taking photos as well as time keeping, thank you Viv Merrill and Rob Lucas for their officiating duties, and a big thank you to all the NMSC members who supported us!

... Rob and Helen

(see photos next pages)



# GBR Meet ... Tobruk Pool



# GBR Meet ... Tobruk Pool



# GBR Meet ... cont'd ... Tobruk Pool



## Welcome ... Patrick Buxton



It's a privilege to be able to join a group of such dedicated and enthusiastic swimmers as the Noosa Masters squad.

My own swimming career began back in the early 70s in Edinburgh, Scotland, when I was invited to a birthday party at the Royal Commonwealth Pool. The "Commie" as we all called it, had been built specifically for the swimming at the 1970 Commonwealth games. It was the most amazing aquatic centre I'd ever seen. In fact, growing up in Scotland, it was the only aquatic centre I'd ever seen! It had this amazing glass panel where you could swim underwater and peer through the glass panel onto people queuing to pay to enter the pool. Our game at the time was to swim past the panel and make faces (or give the finger!) to someone in the queue! The highlight of a swim there though was when Mum would buy us a hot Bovril drink after to warm us up!

Inspired by this complex of 50m, 25m and diving pools, I joined the swimming club at my primary school. I still remember the 45 minute bus-ride, followed by a 20 minute walk, to get to the school pool for 7am session before school began. Twice a week in the winter months, with outside temperatures of -10degrees was testament to our dedication!

The school pool was 20 yards. For a wee 7 year old, a 2 lap race seemed the length of the English Channel. It also felt as cold.

My swimming career reached its climax when I held off stiff opposition in the final event (the "40yd front crawl") to win the Under 10 school championship. It's been downhill ever since, but I'm hoping now under the coaching of Jan Croft and the other Noosa Masters coaches, I'll soon be back swimming those "personal bests", and the halcyon trophy-winning days will return!

Realising I wasn't to become the next Mark Spitz, swimming took a back seat to hockey (my dad had played for Scotland so it was "in the genes"). I played rep hockey throughout school and then at Aberdeen University, where I was trying to squeeze in the odd lecture at the medical school in between beer and hockey. Somehow I passed final exams and then completed GP training in the Highlands of Scotland. My uncle had a practice in Inverness, and wanted to work for one more year before retiring. It was 1994 and a simple transition plan was made: I'd head to Australia for 6 month's work, travel for 6 months and then head back to take over his practice. What could go wrong?

Twenty-seven years later I'm still here. He's long since stopped hoping for my return and thankfully sold the practice to a friend of mine. "Sliding doors" I guess : I often wonder how different my life would be if he hadn't been wanting to work for that extra 12 months before retiring, and I'd taken over as the Inverness GP. Instead, I live on the glorious Sunshine Coast, have a wonderful partner Dee, and two amazing Aussie boys (Euan, in his final year of studies at the University of Melbourne; and Robbie, school captain at St Andrews Anglican College).

My first job in Australia was in Port Macquarie. I was lured there by a pamphlet for the hospital which failed to mention anything about healthcare, but had a lot of photos of bronzed Aussies surfing. The pamphlet had arrived at my apartment in Scotland one day mid winter. I looked out the window and saw 4 feet of snow. I called the number immediately and was on a plane a week later. The very first patient I saw at Port Macquarie had been bitten by a snake. I'd never seen a snake before, let alone knew how to manage a snake bite. Somehow he survived.

Since then I've had the privilege of working all over Australia, but my favourite jobs have been in Cape York and Far West Qld for RFDS, across the Top End and Gove with NT Air Med Service (before Careflight came about!) and my current role two weeks each month at Kununurra in the Kimberley. I get to experience amazing scenery, be immersed in Indigenous culture and treat the most wide-ranging and often rare and tropical pathology. Needless to say, I've subsequently dealt with multiple snake envenomations!

It also means I get to participate in the annual Lake Argyle swim, the social highlight of the year in Kununurra. I've done this swim for 5 years now, and our team of middle aged overweight blokes have progressed to the 20km quad team event - so we each swim 5km. Doing my first Argyle swim made me realise how much I'd missed swimming, and the benefits it brings - health and fitness, mental well being, but most importantly the post-swim coffees and social connections it brings.

Which is why I've now joined Noosa Masters squad. I'd like to thank everyone for welcoming me into the club so openly and warmly. And I'd recommend a Noosa team (or two!) enters next year's Argyle swim!

... Cheers, Patrick



The 2022 Alice Springs Masters Games are locked in for 1-8 October next year, so start planning (and training!) now. If you deferred your flights and accommodation from last year, make sure you rebook for 2022. We'll be in touch again to let you know about our confirmed Sports Program and when entries open. In the meantime, visit to find out more.

# Carnival Corner

Diary dates of meets can be found on the MSQ & MSA Websites

## Upcoming Meets

JUN19

### Brisbane Southside Masters SC Meet

June 19 @ 9:00 am - 4:00 pm.

Brisbane Aquatic Centre, Chandler, Brisbane.

Entries close 11<sup>th</sup> June.

See your name in lights, swim in the lanes of champions.

The venue is equipped with new high-resolution colour LED scoreboard also, a modern timing and recording equipment. Finishing time will be displayed beside swimmers' names on the scoreboard. Where available, reaction and split times will be published on the BSM website.

JUL01

### Toowoomba Tadpoles 1500m Postal

July 1 @ 8:00 am - July 31 @ 5:00 pm.

A good opportunity for members to increase the endurance program points tally.

JUL17

### Rum City Short & Sweet Meet

July 17 @ 12:00 pm - 5:00 pm

Bundaberg.

A previously well supported meet with members overnighing in Bundy.

AUG01

### Belgravia Masters Long Distance Meet

August 1 @ 8:00 am - 1:00 pm

Burpengary. These swims will be eligible to be entered into the Endurance program.

AUG21

### Brisbane Northside Masters Meet

August 21 @ 9:00 am - 4:00 pm. Fortitude Valley, Brisbane.



## June

|                 |       |                 |                    |
|-----------------|-------|-----------------|--------------------|
| Zana Dare       | 10/06 | Clinton Stanley | 15/06              |
| Samuel Tucker   | 11/06 | Sally Johnson   | 22/06 (Big 8-0 !!) |
| Dee Mooney      | 14/06 | Stephanie Jones | 25/06              |
| Georgie Hawkins | 15/06 |                 |                    |

*You think you are special JUST on your birthday  
No way ... you're special every day!*

| DATE             | LC/SC  | CLUB/MEET                        | CODE       | REGION       | SANCTION      | SURVEYED   | VENUE                              |
|------------------|--------|----------------------------------|------------|--------------|---------------|------------|------------------------------------|
| <b>JUNE</b>      |        |                                  |            |              |               |            |                                    |
| 19               | SC     | Brisbane Southside Masters       | QSM        | South        | Q9/21         | Yes        | Brisbane Aquatic Centre, Chandler  |
| <b>JULY</b>      |        |                                  |            |              |               |            |                                    |
| 1-31             | Postal | Toowoomba Tadpoles 1500m         | QTW        | South        | Q10/21        | n/a        | Any 25m pool                       |
| 17               | SC     | Rum City Short & Sweet Meet      | QBB        | Central      | Q8/21         | Yes        | Bundaberg Swim Academy             |
| <b>AUGUST</b>    |        |                                  |            |              |               |            |                                    |
| 21               | SC     | Brisbane Northside Masters       | QBN        | Sunshine     | Q11/21        | Yes        | The Valley Pool                    |
| 28               | LC     | Long Tan Legends                 | QLT        | North        | Q12/21        | Yes        | Long Tan Memorial Pool, Heatley    |
| <b>SEPTEMBER</b> |        |                                  |            |              |               |            |                                    |
| 4                | LC     | BRALC Long Course Meet           | QCD        | Sunshine     | Q13/21        | Yes        | Burpengary Regional Aquatic Centre |
| 18               | LC     | Noosa Masters                    | QNA        | Sunshine     | Q14/21        | Yes        | Noosa Aquatic Centre               |
| <b>OCTOBER</b>   |        |                                  |            |              |               |            |                                    |
| 9                | LC     | Rackley Masters Meet             | QRL        | Sunshine     | Q15/21        | TBA        | Centenary Pool                     |
| 9-11             | LC     | <b>Australian Masters Games</b>  |            | <b>Perth</b> |               | <b>Yes</b> | <b>Perth</b>                       |
| 23               | LC     | Maryborough Masters Meet         | QMB        | Central      | Q16/22        | Yes        | Maryborough Aquatic Centre         |
| <b>NOVEMBER</b>  |        |                                  |            |              |               |            |                                    |
| 7                | OVS    | Sinkers OVS Balnagowan           | QNS        | North        | Q17/21        | n/a        | Pioneer River, Balnagowan          |
| 11-13            | LC     | <b>Pan Pacific Masters Games</b> | <b>MSQ</b> | <b>South</b> | <b>Q19/21</b> | <b>Yes</b> | <b>Gold Coast Aquatic Centre</b>   |
| 28               | OVS    | Big Barrine Bash                 | MSQ        | North        | Q18/21        | n/a        | Lake Barrine                       |
| <b>DECEMBER</b>  |        |                                  |            |              |               |            |                                    |
| -                |        |                                  |            |              |               |            |                                    |

**Legend:**

|  |
|--|
| MSQ Swim Meets                               |
| MSQ Postal Events                            |
| MSQ Co-sanctioned Swimming Australia Meets * |

\* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SAL) hosted swim meets and have their results published in the MSA Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia. A number of SAL Meets have been co-sanctioned by MSQ for this purpose and are colour coded.

### COACH'S TIPS



#### Backstroke tips this month ...

- 1) Backstroke can't be done without an efficient leg kick. Do kick sets with arms in stretched position behind head ... emphasise stretched and streamlined position when leaving wall, head squeezed between biceps.
- 2) Try to build 5 fly kicks under water, use fins.
- 3) Swimmer's head should stay perfectly still. Any movement of head will slow swimmer down. Head position determines body position.
- 4) Stroke mainly on your side, body will move through more smoothly and with less resistance and help maximise use of core strength.
- 5) Straight arm recovery ensures little finger entry.
- 6) Work on bent arm under water. Pull with shoulder roll. Keep hand outside elbow, do single arm drill to ensure shoulder and hip roll.
- 7) Keep rib cage and hips high in the water.
- 8) Be aware hand moves faster towards completion of underwater pull.
- 9) As hand exits the water the thumb will leave the water first. Keep arm straight in recovery phase, avoid low recovery.
- 10) Flexible ankles are essential for kicking. Kick plays a massive role in propulsion of stroke, plenty of back kick must be done in training.

*Happy swimming - Cheers, Jan*

I got caught taking a pee in the swimming pool today. The lifeguard shouted at me so loudly I almost fell in !!

oOo

Went to our RSL last night and saw a **big** woman dancing on a table.

I said, "Good legs !!"

She giggled and said, "Do you really think so?"

"Definitely!" I said, "Most other tables would have collapsed by now."

*Cost me 6 stitches, but ... when you're seventy ... who cares?*





# Two memorable birthdays !!



**Sun 23 May.** After squad, we celebrated 130 years of lives well lived ... Grant Scotcher's 80th and Karen Martin's 50th birthdays. Karen set herself a Challenge for that morning in the pool, and selected the cake ... Grant just wanted a party!

### Grant's Message ...

On behalf of Karen and myself we thank all the members for helping us celebrate our individual "Zero" birthdays ... 50<sup>th</sup> 'n 80<sup>th</sup> respectively. Lovely autumn weather, beautiful cakes, cards with thoughtful messages on the Birthday cards, an enjoyable morning for all ! Karen set a benchmark by swimming 50 lengths achieving 2.5 km — top job Karen! If I make it to 90, I'll see if I can emulate her !! Ha ha ...



### The 50th Birthday Week ...

by Karen Martin

Thank you to the Club for providing my brilliant pink birthday cake and for Grant's too! Excellent cakes - Grant's was Gluten free! Thank you everyone for making it such a special morning, I loved it! I swam my 50 laps with the assistance of club elder, Bob McCausland, recording. It took just over an hour. Thank you Bob, you did a marvellous job! I loved my cards too with everyone's words and well wishes.



I also did another special (50) physical activity in my Self Defence class. This was quite intense. I did 50 Combat Bravos ... this is a kick left leg, kick right leg, squat down to the ground and back up - 50 times!

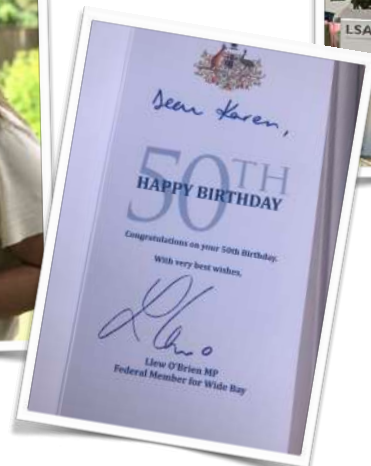
Then another miracle happened ... I went in the sea!

I don't particularly like it, but I have a Yoga friend who has nagged me for years to go in, so I said "OK, when I'm 50 I'll go in with you".

It was quite a strong current and I did go under the waves ... then I went to the Surf Club for lunch and felt like I was on Home & Away!

I had a great week. Thank you everyone for helping to make it really special!

Oh, and I nearly forgot ... I received an Official Birthday card to top it all off !! Wonder who I'll get one from when I'm 100 ???





# Have you discovered the new Tewanin murals and mosaics yet?

## A splash of colour

By Abbey Cannan

The Tewanin community and visitors celebrated a new splash of colour in the town at the annual Timeless Art Party on Saturday.

Tewanin Traders Association president Barbara Sheriff said the fresh art works truly brought Tewanin to life.

"They have so good for the community and there was a great crowd of people in attendance to see the finished art works," she said.

"We had two musicians playing - Di Brown on keyboard and singing with Fives on bongo drums and James Bingham on trouble bones and Andrea Korwin on guitar.

"We also had the amazing Nova Star Productions still walkers roving the streets and Ancho the Magician doing magic card tricks in the street."

Mural artist Sarah Sculley, who painted the drain pipes and Bendigo Bank, spent the day doing some kids paint on tin can lids which are going to be tied around trees in Tewanin next week.

"We also had Sue Hoskin, the mosaic artist that did the four mosaic wall murals, doing a hands on talk about how to mosaic," Barbara said.

The mural that the community made will be put up on a wall in Tewanin in the coming weeks.



Ancho, the Magician doing magic card tricks in the street.



Noosa Mayor Clare Stewart and Tewanin Traders Association president Barbara Sheriff in front of a mural by artist Travis Vinton.

MOONBAY/COALUI SOCIAL SCENE



The amazing Nova Star Productions still walkers roving the streets of Tewanin.



There are 2 additional murals by Artists Mark Barnas & Sarah Sculley. And 8 beautiful Mosaic panels by Artist Sue Hoskin



## Tewanin comes to life

By Abbey Cannan

Mural artists have been painting the walls of Tewanin with their incredible colours in preparation for the community's new 'Timeless Art Party'.

Tewanin Traders Association president Barbara Sheriff said they have been on a mission to bring the character of Tewanin to life.

"We received grants to commission four mural artists to paint murals on concrete walls in Tewanin (CMA), so we had a mosaic artist to do four mosaic wall murals," she said.

"It has been in the planning for the last six months and it finally came to the completion. Everyone in the community has been so excited and looking forward to it."

Artist Andrew Kelaher, also known as Grassi, spent five weeks painting a detailed Tewanin-themed mural on a wall near the local Newlands.

"So far everyone is really stoked and loving it," he said.

Although his work is now featured in galleries across Australia, including Queensland Galleries in Hastings Street, Andrew was initially embarrassed by his talent as a young man.

"As a teenager I didn't want my friends to know I was an artist so I hid behind my nickname Grassi (grape). I added an 'i' instead of 'y' making it Grassi, because I thought it was more artistic," he laughed.

"When we grew up in Sydney was a bit of a rough area and you could get beat up for things like being an artist."

"I used to paint in secret. The funny thing was I had this idea to write and I had a lot of breaks at a gallery in Sydney."

"This was until I did a show sculpture for a company and got sponsored by them. All my breaks came in the next exhibition because there were cases and cases of free beer."

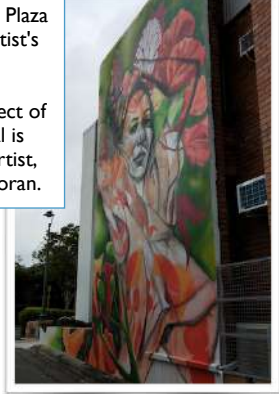


Artist Andrew Kelaher in Tewanin painting a magnificent mural.



Artist Travis Vinton, School Net Committee member Roslyn Simmonds, and Tewanin Traders Association president Barbara Sheriff.

Tewanin Plaza Mural. Artist's name is DRAPL. The subject of the mural is also an artist, from Cooran.



Left: Mosaics, start with Bendigo Bank



Mural by artist Andrew Grassi Kelaher in progress. Along the wall of Zabe café. It seems already an icon for Timeless Tewanin. Beautiful colours. Commissioned by the Tewanin Traders Association.

## Julie & Greg ... going along swimmingly !!



Greg and Julie met at a Uni Social function in Brisbane when Greg was in his third year of Engineering studies and Julie was in her first year of a Business degree majoring in Communications. Starting out as good friends and then progressing to dates and romance, they married five years later and are celebrating their 40<sup>th</sup> Wedding anniversary this July 4<sup>th</sup> – Independence Day!!

Swimming has always been a significant part of their sporting lives — both representing their schools in high school years and continuing into their uni days as a way to keep fit and healthy. They moved to Boyne Island, just south of Gladstone four weeks before the birth of their first child Tim, so that Greg could take up an engineering position with the Boyne Island Aluminium smelter.

During their years at Boyne Island, and with the addition of two more babies, Jon and Thea, they regularly drove 25 km to Gladstone, taking turns playing with their children in the tots pool whilst the other swam laps in the main pool. Four and a half years later, they returned to live in Albany Ck in Brisbane and established an electrical engineering business which they ran together for twenty-six years.

Regular swimming opportunities seemed to pause during the busy time in their lives which centred around raising a young family and running a demanding engineering business, so it wasn't until about 18 years ago that they started to regularly swim again at their local Albany Ck pool. It was at this time that they were approached by the then President of the Masters Swimming Club, Russell Wicks to join the Albany Creek club.

On a swimming stage, Greg and Julie's first major swim meet was the World Master Games in 2008 where they both competed and they have enjoyed numerous local, state, national and international meets over the past 18 years.

Following the sale of their Brisbane engineering business in 2015, Greg started working full time for Unity Water on the Sunshine Coast, precipitating the permanent move into their holiday home at Cooloom. Realising that they needed to join a coastal Masters club provided them with the opportunity to meet the friendly, social, and enthusiastic members of the Noosa Masters Swim Club.

In the past four years, prior to Covid, they were delighted to discover weeklong overseas swim treks and travelled with friends to the Greek Islands on two occasions and the Maldives as well. They have moved their 2020 Santorini swim forward to 2022 and look forward to this and more overseas swims when travel restrictions ease.

They find it impossible to imagine what their lives would be like now without the fun, fitness and friendships they have made over the past 18 years.

Both enjoy giving back as volunteers at a club and state level, to the organisation which has provided and hopefully will continue to provide them with so many opportunities, adventures and cherished memories.

... Cheers, Greg & Julie



## Apologies & Corrections

My apologies to Ian and Robin Mitchell who have never ceased flying the flag for the Saturday mob's aerobic/endurance swims and who have been so consistent in amassing so many points for the club ... so

all of a sudden Irene has become the second last member of 'the mob' and not the last!

Also, I was wrong in stating that I was the Aerobic Officer during the years mentioned, when, in fact, it was to Patrick and Dee Mooney that I handed over all the aerobic material and watches in 2008. I remember Rob Lucas helping Pat and Dee install the Aerobic program into their computer. So sorry if I upset the members mentioned ... I can only blame lack of research and old age.

... Bob McCausland

An annual competition is held by the New York Times to see who can create the best original Lexophile. Here's a few ...

1. I changed my iPod's name to Titanic. It's syncing now.
2. England has no kidney bank, but it does have a Liverpool.
3. Haunted French pancakes give me the crepes.
4. This girl today said she recognised me from the Vegetarians Club, but I'd swear I've never met herbivore.
5. I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.
6. A thief, who stole a calendar, got twelve months.
7. When the smog lifts in Los Angeles, UCLA
8. I got some batteries that were given out free of charge.
9. A dentist and a manicurist married. They fought tooth and nail.
10. A will is a dead giveaway.
11. With her marriage, she got a new name and a dress.
12. Police were summoned to a daycare center where a three-year-old was resisting a rest.
13. Did you hear about the fellow whose entire left side was cut off? He's all right now.
14. A bicycle can't stand alone; it's just two tired.

# ENDURANCE 1000 REPORT MAY 2021



We have five Tuesdays in June which will provide one additional opportunity to clock in some further points. Currently, we are running behind our point “run rate” compared to 2019, so if you have time for just one or two swims — just do it!

**Statistics** - We currently have 49 swimmers (66% of the membership) participating in Endurance. Fifteen swimmers have 200 points or more! The ladies have the top 3 high scoring points currently. Jo Matthews is leading the pack, closely followed by Denise DeCarlo and LiQun Hussey. Jim Barnes is the male swimmer with the most Endurance points in 6<sup>th</sup> place.

**Welcome back** - It was great to see Quentin Lee back in the water and doing Endurance. And Bob Morrison has started up Endurance as well and he managed to obtain 80 points for his efforts. It's great to have you both doing Endurance swims again!

**Endurance in Cairns** - Many of the Noosa swimmers at the Great Barrier Reef Masters Games swam one or more 400 m event. They packed in more than 100 Endurance points for the team. Well, done!!

**New to the team?** For anyone new to the team and you are wondering, what on earth is this Endurance program all about? Please reach out to me and I'll explain the program to you — [decarlo4567@gmail.com](mailto:decarlo4567@gmail.com).

## **Deckies Now Organised** -

From now through October each of the deckies (Denise, Helen, Jane, LiQun) are planning to take several months to travel (because we can)!. Linda Hogg, Rod Alfredson and Adele Tucker have offered to assist and fill in the gaps. We genuinely appreciate your help. If I need more deckies later in the year (which I just might) – I'll let you know.

**Special Equipment** – Thanks to Bob McCausland – we now have a unique piece of equipment used to alert swimmers they are on their last lap. Bob's cane!! Thanks, Bob, for your contribution to our Endurance Program. You can clearly hear the banging on the pool deck. Just make sure it is for you and not another swimmer!

... Denise DeCarlo



## **Clinton Stanley ...**

Clinton rocked up in his wet suit on Sunday morning, reeled off a 400 m Free and before the end of the session killed a 400 m fly !! Well done Clinton, and he's keen to do more ...

## EXERCISE PHYSIOLOGY WRAP ...

Here are Julie and Grey Bott looking very pleased with the meat tray that they won, at the Coolum Beach Hotel, while we were having dinner after our last exercise class with Sophie Lewis



Grant was also a regular and joined us for a drink. He was taking the photo.

It was great that Christine Barnes could join us for the dinner, but sadly, Lois, Adele, Ian, Sally, Viv, Tricia, Rod & Chris could not join us on this occasion.



Exercises before Endurance on a Tuesday and Squad on a Thursday continue until Thursday 27 May.

Well, done to Ian Mitchell, Wendy Ivanusec, Anne Besser, Carola Henderson, and Denise Decarlo who have been regulars at these sessions.

Mick was just about to embark on his boy's dinner of meat pie! Diane looking lovely. she had just had her hair done.



Also Jackie, Mick, Wendy N, Rod, Jim & I who have managed the Coolum sessions, plus the morning exercises.

Now it's time to watch this space ...

Ian has a treat in store for us, to use up the remainder of the funding.

... Jo Matthews

You will probably notice that I had fish and salad. 🐟

Thank you to all the participants!



Please support our sponsors

**Noosa Heads Life Saving Club**

Hastings St, Noosa Heads Q 4567  
Tel: 5474 5688

**Noosa Aquatic Centre**

Girraween Court, Sunshine Beach  
Tel: 5448 0288

**Bunnings Warehouse**

Noosa Road & Gateway Drive  
Noosaville QLD 4566  
Tel: (07) 5430 5400

**Ironman**

24 Lionel Donovan Dve  
Noosaville Q 4566  
Tel: 5430 6700

**Live Life Pharmacy**

22 Sunshine Beach Road  
Noosa Junction  
Tel: 5447 3478

**Terry White Pharmacy**

Shop 20, Noosa Junction Plaza  
Sunshine Beach Rd, Noosa Junction  
Tel: 5447 2244

**Bank of Queensland**

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