

# CHALLENGERS' CHATTER

NOVEMBER 2013

## 2013 NOOSA EYELINE 100 SWIM

Perfect swim conditions greeted the 9 Noosa Masters Swim Club members on Friday, 1 November.

Jessica Tye, Swimming with siblings Holly and Saffron in the family Division, finished in a smart time of 18:46.

Fastest of our members, Mark Powell, was happy to break the 18 minute mark with a credible 17:57.

### Others

Age Group	Category	Swimmer	Time	Place
60-69	Female	Barbara Gruber	20:44	1
		Wendy Twidale	22:21	3
		Vivian Merrill	24:38	5
		Gillian Bensted	25:12	6
60-69	Male	Brian Cairns	18:31	6
70-79	Female	Jan Croft	19:24	1
70-79	Male	Tony Frost	20:45	1

Putting Jan's finish into perspective, the second placegetter was more than 5 minutes behind.

... Tony Frost

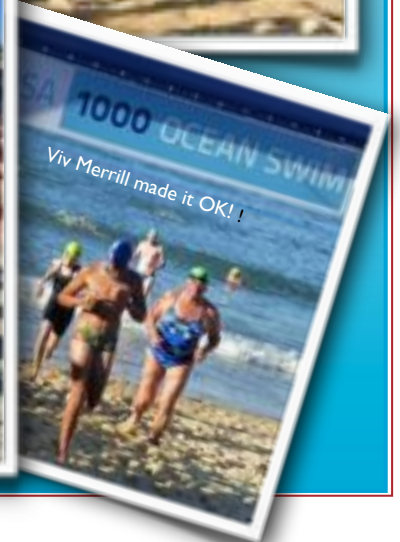
Holly Tye out-sprints hr mother, Jess, to the finish



Lots of familiar faces here !! !



Viv Merrill made it OK! !



## THEIR FIRST EYELINE SWIM ...

Family wave - Chris, Holly, Saff & Jess



I jumped in with Julia to warm up the limbs before racing, but Holly, Saff & Chris decided to "save themselves" for the race.

After a bit of tough talk between Holly & I, we were set off & racing, Holly & I leaving Chris & Saff in the bubbles as they struggled in the 1st leg, Saff being pinned to the sand at one point underfoot, and Chris being closed in on, finding it hard to break through the crowd. At the half-way mark as I emerged from the water, I spotted Holly not 5-10 metres ahead. Julie Robinson screaming at us both the "GO HOLLY!! GO JESS!!", Holly didn't know I was there, but said she heard me puff "holly!!!" Then I was determined to catch her, and

to the finish (18:42) and turn, fists raised, to see me finish 4 seconds later (18:46).

It was just magic, with friends cheering us in at the finish line. Chris then came in 20:54 & we all waited in the finish pits looking for Saff who was being tumbled & swum over by much larger people & looking hopefully to shore every few strokes in a brave 24:37.

It was such a proud moment & we were elated & excited for the rest of the evening.

After catching up with friends for a beer at the Sheraton, we headed for the presentations, just in time to see Bardie & Jan win their age waves.

We are so lucky to count these two champions, and all the Masters our friends in & out of the water.

An absolutely unforgettable family experience, we will always remember fondly.

... Jess Tye

It was a big moment for me & Chris when we all decided to enter the Eycline 1000 this year in the Family & Mates wave.

Jan & Bardie kindly ran us all through the course along with Lois on a breezy Saturday afternoon 2 weeks prior. It was less than ideal, but an excellent preparation for the race, as we faced a typically choppy afternoon ocean unusually filled with large jellyfish. We all managed to whack a jelly each with stings on inner thighs armpits wrists & bellies. Holly seemed to escape injury by screaming so loud, we initially thought she'd encountered a shark the size of JAVVS!!

On the day of Eycline, we arrived with Holly's friends Emily & Jessie, and met up with Julia who swam in her age-group, and of course, all the "fossils" scattered over the beach, making it a very social pre-race event. Julia's parents kindly offering to lug all our gear from the start to finish line.



Jess & Saff after the Eycline

powered to the next buoy sticking right beside her. I called her again, & she spotted me, and then we both put our heads down and, like Jan had advised "sprint the back straight". I was thinking, AHA! I can just glide in her wake now & pull out when we near the beach, but she is very strong, and started pulling away from me. I felt the banana protein shake I had at lunch, in my throat & that was it, she was heading off & away. I swam to shore until my nose touched the sand, and got up just in time to see her heading

Julia Saff Jess before Eycline



## JOE GILBERT STORY - PART 2 by Tony Frost



Over the past few decades people have re-located to Noosa to "semi-retire", some seeking to pursue a passion, hobby or interest through life skills acquired from their past experiences and careers.

A standout in this category surely must be our fellow Master swimmer and friend, Joe Gilbert.

Landing in Noosa late 1978, Joe soon discovered that there was no Holden motor vehicle dealer in the Noosa Shire and was successful in being appointed by GMH in 1979.

Timely, the Noosa Heads Lions Club was being formed, sponsored by the already established Tewantin Noosa Lions Club. As a member, Joe revelled in this new club with his enthusiasm, ever-willing to assist the Noosa community with worthwhile projects.

Confidently, as Noosa's "Holden man", Joe called on a gentleman, a retired bank manager, from the New South Wales Illawarra region, who had become a Motel owner on Gympie Terrace, Noosaville. Little did they realise, this meeting of two fine young men was going to change a quiet coastal resort (population 8,000) to a thriving mecca for some of the world's finest athletes which attracted 12,000 competitors in the 2013 Triathlon, 3 decades later.

Dave Power, an icon in the world of distance running, winning Gold Medals (10,000 metres and Marathon) at 1958 Empire Games in Cardiff, Wales, and Bronze medal in 10,000 metres at Rome 1960 Olympic Games. He continued his love of running, winning the World Cross Country Championships, held in Germany, when in his early forties. As a mentor for younger athletes, Dave was invited to 'live in' Australia's competitor village at Sydney's 2000 Olympics, encouraging these

young athletes to enjoy the honour of representing their country.

The first meeting of Joe and Dave was memorable. Joe recalls:

"I called on him to see if he was in the market for a new Holden motor vehicle, but he turned the tables on me. I came away from the meeting making a firm commitment that I would do my best have the Noosa Lions Club support him in his endeavour to raise money for the next Olympic appeal."

**"How typically, Joe !"**

The vehicle for this fundraising would be running of an annual Noosa Marathon, Half Marathon and 5km races each year. Proceeds from the event, 3 year intervals between Olympic appeals, would be distributed by Noosa Lions Club, as it saw fit.

Dave had harboured a desire for many years to raise funds to assist young athletes to achieve their goals, and here was a great opportunity!

To run such an event, a course had to be found.

Joe and Dave spent numerous weekends measuring, traffic counts and flows - but alas, Boreen Point Road was unsuitable, as only 5 kilometres was sealed.

But, as fate had it, Dave was invited to participate in the "Pines Triathlon" on the Gold Coast, as the runner in a team event. He returned to Noosa, all fired up, contacting Joe

"Forget the Marathon, let's run a Triathlon, as we only need 10km instead of 42km for the run leg," said an excited Dave.

"Triathlon" had suddenly become a 'fashionable event' for budding fitness fanatics.

Joe convinced his fellow Lions Club members of this project, hence the "Noosa Triathlon" was born in 1982 - thanks to Joe and Dave.

Noosa Heads Lions Club registered the name "Noosa Triathlon" and for many years owned the rights.

A giant exercise, to say the least. Lions members organised: Marshalls, volunteers, organising and running the event.

1982 (first Triathlon)

150 individuals

50 teams (of 3)

Total competitors 300

2013 - total competitors 12,000

Who caused this explosion? Joe Gilbert & Dave Power.

From the 1982 Triathlon, Noosa Lions Club were able to donate \$4,000 to the "1983 Olympic Appeal Year". Noosa Lions Club ran the event for 20 years, before handing over to Garth Prowd and his United Sport Marketing Team.

Clearly, Joe the "Action Man" devoted so much of his time to Noosa Triathlon that it went from strength to strength every year.

TRUE ... but not entirely. Joe was a member of the Sunshine Coast Masters Swim Club, Swimming at Tewantin Pool, he played golf regularly, sailed weekly, still sold Holden motor vehicles as GMH Agent and still made time to wine and dine regularly with his wife Joy and great friends, Dave and Heather Power.

**What a life! What a man !**

*Net edition ... Joe 1995 to today.*





## SUBARU NOOSA TRIATHLON - USM MULTI SPORT FESTIVAL 2014 ...



Standing: Wendy Ivanusic, Ken Bensted, Brian Cairns, Helen Malar, Joan Cairns, Adrian Wilson, Jacky Shields, Brian Hoepper, Mark Powell, Mark Besford.  
Seated: Ian Tucker, Adele Tucker, Robyn Selby, Mary Lester, Maree Warr, Gillian Bensted



### THE GREEN MACHINES ...

What a great event, great weather, exceptional performances and what a great outcome for the Club!!

In addition to the terrific individual members and team performances across the many festival events, our swimming club is \$2725.70 better off financially through the significant effort and contributions of our volunteers. Didn't we all look so cool in our green shirts!!

This year USM provided us with the additional opportunity to provide bar services at the VIP/Trackside bar and also during the Triathlon presentations at the Woods'. These extra activities more than doubled the income received last year so a great effort all round.

The club is very fortunate in having the number of members, member's partners, friends, ring ins and others who so willingly provide their time in volunteering, thank you all for your contribution.



A big thank you to Robyn Selby and Mark Powell for coordinating the volunteers as one of our regular coordinators, Bob Morse was enjoying himself in Europe celebrating the arrival of Bob and Wendy's first granddaughter.



## SUBARU NOOSA TRIATHLON - USM MULTI SPORT FESTIVAL 2014 ...



drain, Mark Dee Gillian & Mareet



Brian Hoepper hard at work !

The events Noosa Masters volunteered for were;

1. Noosa Run Swim Run – Wednesday 30.10.13, 5.30am to 9am
2. Noosa Breakfast Fun Run – Friday 01.11.13, 6am to 9am
3. Noosa Eycline 1000 – Friday 1.30pm to 5.30pm
4. VIP/Trackside bar – Saturday 12pm to 6pm
5. VIP/Trackside bar – Sunday 10am to 3pm
6. Woods Bar – Sunday 1pm to 6pm
7. Noosa Triathlon – Sunday. Not officially one of our volunteer events however Wendy Ivanusec was up early and arrived at 4am to lend a hand.

Ted from USM wasn't expecting Wendy but was really grateful to have her there during the busiest time and immediately set her to work.

The club is fortunate in having a great working relationship with the USM team (Brian Clancy, Ted Irvine, Aaron Freeman and others) and acknowledges the generous support they provide.

We look forward to this Noosa Multi Sports Festival again next year and other USM volunteering events during the coming year.

The Management Committee will discuss how best to utilise the income in additional benefits to our members.

... Ian Tucker



Jane Powell - excellent on crowd control





## EVERGLADES EXCURSION ...

For all its stunning beauty, it is remarkable that the Noosa Everglades - the jewel in the crown of Cooloola's National Park - is still uncharted and unexplored territory for some of the most intrepid Sunshine Coast locals.

On 12 November, a crowd of Noosa Masters decided to change all that - Jane Powell booked a guided boat trip with morning tea and lunch provided - BYO drinks.

Our host and Captain was an ex Kiwi and a very funny guy - kept us entertained all day and served up a huge amount of interesting information as the boat scraped its way through Lake Cootharaba, the shallow, tea-coloured lake that is the gateway to the Everglades. Lake Cootharaba has an average depth of one and a half metres and expands over ten kilometres. We peered down into the murky shallows to see the rippled, sandy bottom. We spotted Boreen Point township perched at its edge and passed Mill Point, home to one of the earliest timber settlements in Queensland, and then Elanda Point. We saw heaps of water birds.

Scraggy paperbarks cling to the eroded bank, their exposed trunks resembling tentacles that escape into the water. We scrape past Kinaba Information Centre that sits at the northwest corner of the lake with its resident family of pelicans. This where Kin Kin Creek and upper Noosa River empty into the lake and the Noosa Everglades begin.



The sky is ocean blue stamped with animal-shaped clouds, the air soupy with humidity. The bush envelopes us as we glide into the narrow channel flanked by Kinaba Island. Paperbark tea-trees hover over the river, their leaves dripping into the water. They are responsible for tainting the water brown. Banksias frost the edge of the banks.

At Fig Tree Point, our boat empties, with everyone eager to stretch their legs and partake of a splendid morning tea. It is wonderful to think that in 1837 Lieutenant Otter, accompanied by a rescue party, arrived at this very point to rescue a damsel in distress who would become legendary in these parts. Eliza Fraser was captured by the Aborigines on Fraser Island and later brought here.

On our way to Harry's Hut and lunch, we slide through a slender ribbon of the river known as The Narrows. We are all in good spirits with the postcard perfect

stands today and was purchased by Harry Spring, a pharmacist from Cooroy, and used as a weekend fishing shack.

Today Harry's Hut is a listed and protected cultural site managed by the Environmental Protection Agency.



conditions. There is a group of backpackers, some three to a canoe, zigzagging up the river, stopping to take photos. Our Captain jokes with them. Just after noon our vessel is secured to the jetty at Harry's Hut campground. Surprisingly, we have the place to ourselves and many can't resist a refreshing swim in the river before lunch.

More than 150 years ago this outpost was a hive of activity with the smell of men and animal sweat, billy tea on the boil and freshly cut timber. It was a bustling logger's camp where bunya and hoop pine, red cedar and white beech were felled upstream and floated down river and taken out by bullock and horse teams. The original logger's hut still

After a substantial lunch of fish or steak with various salads, tea, coffee or juice - the leftover bread was fed to the giant, voracious catfish at the wharf. The return trip was relaxing, with the river's glassy surface providing many photographic opportunities. A handful of birds' nests dangled precariously on outstretched branches above the river. We spotted an osprey's nest with young but looked in vain for a petite blue-breasted azure kingfisher. As the sun set on a day spent at a dreamy pace discovering the arteries that make up this blue water highway known as the Noosa

Everglades, we're left feeling very contented, a little bone shaken, yet somehow thirsting for more.

Thanks Jane for all the trouble you took to make this such a pleasant day for us all !!

... Wendy Ivanusec

# THE IPSWICH MEET 2013

Embracing the mantra of 'quality not quantity', Noosa Masters sent a team of two to the Ipswich Masters Meet on Sunday 17<sup>th</sup> November. Promisingly, Rob Jolly and Brian Hoeppe are both drawn from the renowned 1947 gene pool. They journeyed enthusiastically to the historic city, expecting to return home 'trailing clouds of glory'.

Alas, science doesn't always triumph. Late in the day, Rob and Brian plunged into deep conversation, searching for the most apt epithets to describe their performances. For Rob, 'predominantly disappointing' seemed a good choice. For Brian, however, 'abjectly abysmal' was chosen. But even that was an understatement!

To be fair, Rob turned in a stunning 100m Freestyle around 1.20 to set a PB. But he best describes the three other races as 'forgettable'. Brian, meanwhile, provided the comic relief for spectators in his 100m Fly event. Nominating at 1.55, he was somehow drawn in the top heat, with other swimmers around 1.05! When the others touched at the end of their two laps, they turned around to see Brian



still plodding up his first lap. Despair enveloped them all, and their long and patient wait to leave the water was relieved only by warm tea and biscuits delivered by St John's Ambulance. The crowd, meanwhile, decided to pass the time by setting the words 'boo ... boo ... boo' to a quite catchy tune. Brian plodded on regardless, sticking to his race plan. (See: 'Finish; Eventually; Somehow.) He finally touched in the growing dusk, and (the sun having set during that second lap) the last three events had to be cancelled. Eschewing polite goodbyes, Rob and Brian made a hasty departure, narrowly avoiding the lynch mob.

On the trip home, Rob (determined and focused as ever) practised his breaststroke pull-down while simultaneously driving the car. Brian, meanwhile, composed a thoughtful sonnet titled 'Giving up Fly'. He'll perform this at the Global Café on Thursday night, accompanied by Rob on tea-chest bass.

The Ipswich meet attracted 52 entrants, a good result for this time of year when swimmers turn their attention to boiling puddings and writing notes to Santa. A number of records was broken, including by the evergreen George Coronos (95) and a couple of very smart Ipswich relay teams. Happily, the host club won the day.

Finally, to balance the bleak news above, we have to declare that Rob and Brian shared the silver medals (actually bottles of wine) in the 65-69 cohort. Hearty and deserved congratulations. What champions. True role models. (ED: *Hang on ... there were only three swimmers in that age group!!!*) Sprung!!

Ah well, as Kipling said:  
'If you can meet with Triumph and Disaster  
And treat those two imposters just the same'

... Brian Hoeppe

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



### 4-month preparation for State & Nationals.

**Dec** Increase the frequency of workouts, if you only swim twice a week try to swim 3 or 4 times  
Not harder or longer but more often.

**Jan** Try to increase the duration of workouts, not harder but longer.  
For example, if you normally do 2.5 km try going 3km

**Feb** Increase density, more swimming less rest.

**Mar and early Apr** Increase intensity or speed with more rest.

### TAPER ...

Some people will benefit with a 2week taper but often 1 week will be enough. More rest is important, we still need to keep up some speed work. Remember there are no shortcuts to success, hard tough training is required but you must also ...train smart.



## WENDY WENT TO BALI ...

In mid-October, 6 members of U3a and their partners spent a hectic two weeks of sightseeing, visiting villages, workshops, sharing in Balinese family ceremonies, feasting, shopping, elephant riding, snorkelling and still finding time to relax, with some members also attending sessions of the Ubud Writers' Festival, a few even playing golf on one of the island's most beautiful courses.

A highlight was visiting the Samuh/ Bugbug Kindergarten sponsored by Eileen and David Walder as part of

their 'Boots for Bali' charity. The group handed out donations of books, educational materials, toys, musical instruments and other items while enjoying the children's songs and shy smiles.

The Walders presented money to pay for classroom ceiling fans, furniture and the next year's water bill. This past year, teachers at the Kindy had worked for no pay as the children's families are too poor to pay the fees. Rather than deprive the little ones, they chose to go without themselves.

The U3A group also made huge donations of clothes, footwear, spectacles, torches and other much needed items to several village families.

The final night Balinese feast, complete with pig on the spit and delicious local food shared with the villagers, left everyone with lasting memories of these interesting people. .

... Wendy Ivanusec



## MELBOURNE CUP 2013



Fascinators and hats were dusted off, frocks and trousers washed and pressed as swimsuits took a back seat when club members and partners gathered for the Melbourne Cup get together. Maybe next year we could have a "fashions on the field" for women and men as everyone looked spectacular. (Even Mary was wearing a frock!!)

This year, Viv and Geoff Merrill very kindly opened their beautiful home at Doonan for us to gather and watch the race 'that stops a nation'. Everyone took a plate of delicious finger food and along with champagne and beer etc, it wasn't long before everyone was swept up in the atmosphere of the occasion.

Jacky, Gillian and Robyn organised the much sought after sweeps for the big race but it was gathered around the gambling board that John Hordyk brought, where the action seemed to be happening before the main event. Punters bought a 'horse' for a dollar and using packs of cards the races progressed amid laughter and shouts of anguish/joy as the horses made their steady way toward the finishing line and a little sum of money for the winner and the club. Thanks John - we had a lot of fun with this!!!

A few people managed to come away from the fun-filled afternoon with a win from the sweeps but it was unanimous that everyone had a great time.

Thank you Viv and Geoff for your wonderful hospitality.

... Carola Henderson



Had a great swim off **Whitehaven Beach**. The down leg was easy but coming back was incredibly hard against the rip!

I thought I was going to die with 350 m to go!

Thank you Jan for your squad which has taught me to never give up!

I ended up 2<sup>nd</sup> in the over 60's which I was very happy with.

The photo is me at the presentation with Ky Hurst,

I know it is expensive but if we can get cheap airfares next year we should try and get a Noosa team together.

Cheers, Brian Cairns

## TRAVELOGUE #2...

We are now in the land of the B'N'B - big noisy bird – iced vo-vos and sulphur crested cockatoos dominate. For the October full moon, we were nestled on the eastern shore of Yarrarie Lake 25 minutes west of Narrabri in the Namoi Valley, north west NSW. It's a milky shallow saucer shaped expanse thought to have been formed by a meteorite bouncing off the earth - you guessed it - millions of years ago.

Since leaving home Sunday 06 October 2013, we've upgraded our power system (Thanks Matt – it's working brilliantly), stayed a few nights with Kris on the Gold Coast and Sally's brother Tony and sister-in-law Nesi on the outskirts of Grafton. Their place is part of an old dry run where the dairy cattle were moved during floods. Now it is home to double barred finches sipping on Wisteria and Jasmine vines shading the outdoor living "room". Thanks to Tony the ute tray was de-rusted and painted while Tilly (our camper) stood spider like in their house paddock. Our tourist guide Nesi, introduced us to Minnie Waters surrounded by Yuraygir NP.

The beachfront campsites have been added to our *must stay* list but for now we are heading west.

We stayed one night in a free camp on the Gwydir River on the Bundarra Road between Inverell and Bingara, where the Bogan art of nailing thongs to trees (we think) marked favourite camping spots. Just 2 meters from the flow, we could not hear each other speak but slept like logs. A week later a fire went through that area.

Cold windy conditions greeted us at Kaputar NP (rhymes with computer). The Bundabulla Circuit walk around the top of the plateau, led us to 4 lookouts with views over the western plains, agricultural land and the Pilliga Forest where protests over gas exploration are hitting the news.

Closing up, we realised that Tilly had moved a couple of centimetres forward on the ute tray and the gas strut that makes opening her a breeze was in danger of being squashed. We must have looked worried for the 3 blokes next door soon jumped to the rescue levering

her back with a big crowbar. While we were very thankful, they were the same blokes that had refused to put out their fire the night before when another camper tried to negotiate a dousing as it was very gusty and a total fire ban was coming into effect at 12 midnight. They were within their rights but did not show a lot of common sense and gave us a few sleepless moments throughout the night.

Tilly (Matilda our slide on camper) now has 2 new bits of bling - shiny front turnbuckles to complement those on the back and stays still on the ute. Country folk are very helpful and reasonably priced.

We are now on the Darling River run between Bourke and Wilcannia (photo attached), just taking our time with lots of walks, talks with the locals and finding birds we've never seen before. With our 4WD, low profile set up we can get into out of the way places and leave the hordes of grey nomads (those others) to the bitumen. Its a great way to see this fantastic country, we are really enjoying it.

*Love ... Lyn and Sally*

### THE COLOURS OF LAUSANNE

Here is a few shots of the foliage of Lausanne in Autumn  
Glorious colour palette for a person who has not seen a real Autumn for the past 13 years spent in the sub tropics.



### FREE SWIMMING LESSONS .

I am saving a fortune on swimming lessons for my children! Coming into the summer season, I was keen to get my kids back in the pool and swimming confidently. The closest swimming pool that offers lessons is over 70km away and for my three kids, it was going to cost \$360 for 10 lessons for the term. So I did a little research and came across a fantastic website called [uswim.com](http://uswim.com) which offers free swimming lesson plans and instructional videos. I decided to take on the challenge to teach them myself. Fortunately I have a friend who has a pool with a step on the edge, so each week I download the new lesson plan and do my own lessons with the kids. The kids love it and I see it as a great bonding opportunity. Plus it is completely free - even if we had to do it at the local town pool it would only cost a few dollars in comparison!

*(courtesy of Simple Savings)*

**Annual New Year Club BBQ  
at Ivan & Wendy's  
Sunday 12 Jan 2014, from 12.30pm  
19 Lilly Pilly Place  
park on council reserve at rear -  
back gate will be open.**



# MORSE'S MEMORIES ...



## FLAVOURS FROM PARIS

Our favourite cafe for breakfast and the breakfast and a flavoursome number of stalls at the street



## FUN IN VICHY

Here is 2 ptrs of the 5 ptrs of sauterne that Tom purchased from a very knowledgeable friend for our visit. Fortunately we did not drink all of it. The baguettes in Vichy are to die for.



## NEWS FLASH ...

Hey everyone!

Nic Pirie went to NZ. Had a ball! ended up coming 3rd which was a surprise :)

You can play a bit of where's Wally in the start pic. Nic's on the boat ramp on the right.

You can see the 'neenish tart' togs :)

It was cold but nowhere near as cold as last year. About 18 degrees they reckoned. 5 knot winds as opposed to 45 knots last year. It was cool/refreshing as long as you were moving :)

No wetsuit this year :) only 104 out of the ~1500 competed without a wetsuit :)



### **GLOBAL CAFE - Thurs, Nov 21**

If you didn't come, you don't know what you missed ... good food, reasonably priced, BYO - convivial company, ready to share their wine !!  
What more could one ask?

See you next time !!

## NIGHT OF FLY ...



Terror reigned in the grandstand as the FLY approached remorselessly. Mesmerised swimmers unable to escape hypnotic calls of 'fly swimmers to the marshalling area', vainly struggle to resist. Followers of the FLY surround the hyperventilating pair ensuring no escape.

Nic Pirie swam his first ever 200m fly! Look at the look of terror beforehand. But he made it! Rachael did 100m fly for the first time in a combined heat at their club night at Somerset Hills. What an achievement!

... Karina Horton, QAC

## NOVEMBER BREAKFAST ...

Sunday 24<sup>th</sup> saw a good roll-up to the monthly breakfast which was catered for by Lane 0.

Everyone tucked into the generous spread and there was no lack of conversation around the tables. The urn has been considered unnecessary, so thanks to Carola for the loan of her kettle and for being the "keeper of the catering supplies"

. Thanks also to Mary who hopped in early and got all the tables set up.

The winner of the raffle this month was Jane Powell, who seemed delighted with her bottle of wine!

There will be no Christmas Breakfast this year - Santa is too busy!



**See you all on 15 December for a club Xmas get together BBQ riverside on Gympie Tce.**



# MICHELLE SWAM WHITEHAVEN TOO ...

Friday, 22 November 2013

Hello All

We left Cairns 06:15 7th Nov, did an overnight sail to Magnetic Island arriving 14:30 next day. Wasn't too bad sail during the night, we both managed to have a kip along the way. My shift 03:00 > 09:00 is the best time to be on watch. The skies full of stars, distant lights of boats, lumens of Lucinda Jetty radiating over parts of Hinchinbrook Island, watching the sun rise. How good was that. Unfortunately the seas at Hinchinbrook turned into the SE 18kn so it was a rough, roly sail to Magnetic Island, once arriving we were surprised to see about 12 boats anchored up.

Left Magnetic Island 05:00 9th Nov, it was a small armada departing. It's a wonderful sight to see so many sails early in the morning travelling south.

We had a good sail to Cape Bowling Green, after rounding the point, the sailing deteriorated – SE 15kn, not what we wanted - motors on - half way down the wind changed into the east - motors off - full sails, peace & quiet at last. Arrived Cape Upstart 6pm. To our surprise there were about a dozen boats anchored up. Every time we visit Cape Upstart the seas are always roly, the wind gusts over the hills, this time to our surprise there was calm seas, no wind. It was a pretty sight from our boat with all the boat lights on, as well as the homes along the shore, the distant lumens of Townsville.

Left Upstart 05:30 10th Nov – again an armada of sails on the water travelling south, we had calm seas, so engines & sails again. The water at this time of the year is full of algae, the smell is overpowering, the hulls of the boat leaving tracks on the surface, seems to be more prevalent around the Bowen area. Bushfires along the shoreline. By late afternoon the winds picked up – East

20kn – perfect. We had another mono sailing beside us. The owners radioed over to say they are happy to have a “Sunday afternoon race” over to Gloucester Island, also telling us they have taken photos of our boat under full sail, I did the same for them. We promised to meet up in Airlie Beach to swap USB's, to download photos.

We stayed around the Whitsundays for a week as we had family & friends arriving for few days, they were both on the same flight. I had spoken to our friends during the week. My friend was staying at Hammo to do the Triathlon & Whitehaven swim, he suggested that I do the Whitehaven swim. Yes well the only bit of swimming I have done over the last couple of months was chest high wallowing in the shallows around a distant island somewhere. Whilst at Airlie I managed to have 2 days lap swimming in the lagoon dodging the tourists, 2 days of walking to the shops (one kilometre away) that was it.

On the Sunday we motored over to Hammo to pick up our friends for a sail around to Whitehaven for the day. So many boats & people. Only 3 races, 2Km open & age, 750m age & anything goes, 350m juniors. It was very well run & everyone was having fun. The day was bit cloudy, very hot, 10kn east wind, clear seas, no algae, no smell. As always there was a melee at the start, once rounding the buoy I found rhythm & swam as if it were a training day, passed a few bodies, so started to enjoy myself.

The final swim to finish line was hard as the waves were slapping into the face, seas got choppy, swallowed some water, had a few hands clipping my feet, someone pulled on my togs, another hit over the head, the person in front of me zig zagging & not keeping out of the way, my cap was falling off, the finish buoy looked like it was heading out to sea. Once I rounded the last buoy relief, only 50m to the shore. I tripped running up

the beach, my cap flew off, this pair of hands grabs mine & holds them high. When I looked around it was the zig-zagger - it was the colour of the togs I remember.

We didn't hang around after the race as we were hungry & going sailing around some of the islands for rest of afternoon. By 6pm we were back at Hammo storms had broken out & we had our friend to drop back to shore, plus the tide was outgoing.

Once our friend was back on shore we found shelter around near Gulnare Inlet, we were safe. It was a wonderful few days with family & friends. All too soon they had to fly home. We left Shute Harbour 20th, off to Goldsmith Island to meet up with friends whom we met at Cairns earlier in the year. We will spend couple of weeks with them. They are spending Christmas at Keppel Island we are coming home.

Today 22nd Nov we are south of Whitsunday Islands at Wigton Island, approx 50Nm off shore from Mackay. This is such a pretty island, sandy shore, pine trees, coral surrounding the shoreline clear calm water. Staying out on the surround reefs for a week. It's good to have people to travel with that have the same interests, plus safety in numbers. We met another boatie anchored here, he built the aquarium on Daydream Island, he has told us the area to go snorkelling/diving here & also another couple of islands/reefs further out to go visit & explore.

All too soon this sailing season will be over, Rick & I will be home (in about 3 weeks) & hope to catch up with you during the summer season.

Cheers for now

Be happy, be safe, keep smiling

ShelJJ

**PS: The Whitehaven Swim - 2nd in my age group !**



*Somehow ... these two have made it to Tasmania - Devonport, to be exact at time of writing - but well on the road again by now - and loving every minute!*

*An email account of the travels to date will be circulated !*



# ENDURANCE 1000

## Report for November

Congratulations to all those who have points on the board for 2013 so far achieving over 20,000 points. There are three or four who have completed the entire program and a couple who have gained top points equalling 1005. Really great!!

We are getting soooooo close to achieving our goal. If we are to make it we are going to need a big effort from all those who haven't yet done any swims.

Sunday 8th December is a great opportunity to get started.

We have two lanes reserved for those who want to do a timed swim to gain some extra points for the club. We really need you to swim for 1/2, 3/4 or hour. You can stop any time and have a drink, a chat or catch your breath and there is no pressure.

We are there to encourage and applaud your efforts. Think about it, and "come on down" !!

Please contact myself or Mary Lester as we will need to organise people to be there to time you.

**20000 + in 2103**

**Marcia Kimm (0407 034 095)**

**Noosa! Noosa! Noosa!**



<http://www.whathappenedinmybirthyear.com>

## December Birthdays

<b>Eulah Varty</b>	<b>3/12</b>
<b>Ian Robinson</b>	<b>7/12</b>
<b>Lyn Willoughby</b>	<b>8/12</b>
<b>Alex Weatherall</b>	<b>12/12</b>
<b>Lyle Woods</b>	<b>18/12</b>
<b>Maree Warr</b>	<b>10/12</b>
<b>Mark Powell</b>	<b>23/12</b>
<b>Barrie Bedding</b>	<b>31/12</b>

**HAPPY BIRTHDAYS TO ALL  
FROM ALL OF US**



### SOCIAL EVENTS

15 Dec - Xmas BBQ  
get together - Gympie Tce

### CRAFTERS MEETING

Tue 3 Dec, 1-3pm  
at Jaspers Bakery, Weyba Rd

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

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

### Challengers Chatter

PO Box 21, Noosaville 4566

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