

CHALLENGERS' CHATTER

NOVEMBER 2017



Most of
"Team Noosa"

AQUALICIOUS TWILIGHT SWIM MEET

Saturday, 25 November 2017

Noosa was well represented at the Aqualicious Twilight Swim meet. We had 16 swimmers and completed in 19 relays.

This was the last swim meet of the year and is designed to be a fun meet with the emphasis on relays to make sure it is fun and competitive.

The overall Average Club Point Score was taken out by University Club with an average of 47.6 points per swimmer. QUQ also won the overall points score with 714 points followed by Noosa with 681 points and South Side with 624 points. So this was a good effort by us to come second.



Tricia had to try out Pieters 'bed'

- Jackie deciding to start the back stroke swim by standing on the blocks.
- Stephanie holding off a fast finishing Southside Club in the 240-279 4x50 mixed relay and winning by 0.11 seconds.
- The bus trip home was a great adventure.

The Ian Davis Memorial Relay for the club closest to their nominated time was won also by University in a time 0.3 second difference. From memory, Noosa were about 2 seconds off their nominated time.

(Oops – fire the handicapper! - OR everyone practice counting while they swim???)

Wazza (new member) was the only Noosa swimmer to win a raffle prize and, in fact, won TWO prizes ... taking over from Jacky!

THANK YOU

- to Viv for supplying chips, fruit 'n' nuts and chocs for the bus trip home.
- to our driver Pieter for his patience and going above and beyond the call of duty and entertaining us with his Bee Gees DVD. Made trip home very quick.



There were some great swims put in by all the relay teams. The relays were great fun and, while it is not fair to pick on one or two swims, I do have to mention a couple of meet high lights that I saw,

- to Wendy I and Tricia for supporting the team by timekeeping all evening.

- to Lois for the very efficient printouts of everyone's races and relays.

(A request was heard for a larger type in future after a number of swimmers were seen vying for reading glasses)

- to Julie Bott who collected Lois's paperwork and took over that part of the Captain's role!! Then returned the folder Pieter's on Sunday!!

And from her hospital bed, Lois said -

"Well done team – 2nd behind those young rockets at USQ is fantastic!!

Thanks to the four who filled in for me – I was cheering from here!

Glad you were trying a new backstroke start method Jacky ... or was it that the late throw into that race had upset your mental preparations for all your events?"

... Greg Bott

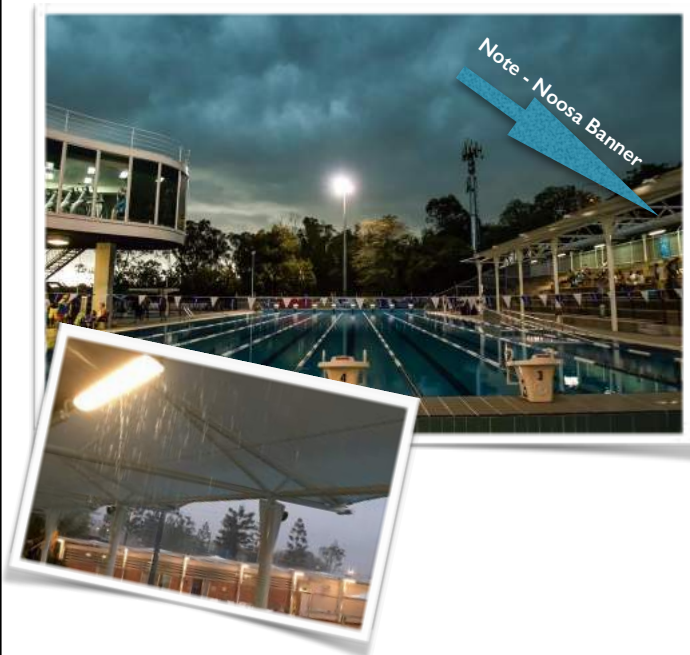
(with input from Helen Malar/Lois Hill)



Wazza the winner!
with Tricia

AQUALICIOUS ...

Last year



This year



Debbie Leach -DK Imagery - took the following photos. No doubt you saw her working hard all afternoon with great results. Thanks a lot Aqualicious and Debbie! I'm sure our members will keep you in mind should they need a really professional photographer,



Centenary Pool



"On your mark!" - Greg Bott



"It's a long way!" - Linda Hogg



Jacky Shields - ready to mount the blocks for her backstroke event!



Egg and spoon race



QUQ cleaned up - winning Ian Davis Trophy, Average. point score AND Overall point score!

Aqualicious Ian Davis Memorial Trophy

for our newer members ... who was Ian Davis?

Ian Peter Davis

11 July 1958 – 15 May 2010

On Saturday, 15 May 2010 at the Noosa Challengers swimming event in Queensland, Masters Swimming NSW immediate Past President, Ian Davis, of the Queensland Aqualicious Club (formerly from Wett Ones in NSW) passed away following a cardiac arrest at the poolside.

Those who attended Ian's funeral heard of the enormous respect in which this wonderful man was held ... from his family, Queensland Law Reform Commission work colleagues and his many, many friends.

His appetite for life, sense of humour, his level headedness, wit, intelligence, grace, humility and profound sense of justice were outlined.

He is still missed by all of his friends in the Masters Swimming community, especially those who relied on his good judgement and sage advice, those who swam with him in both his Clubs and those who relished the warmth of friendship that emanated from this great man.

Ian's tireless contribution on all levels was legendary and the world is a better place for Ian having been part of it.



This shared tragedy drew the Noosa and Aqualicious Clubs closer together, creating a special bond which endures today.

... excerpts from original tribute by MSNSW



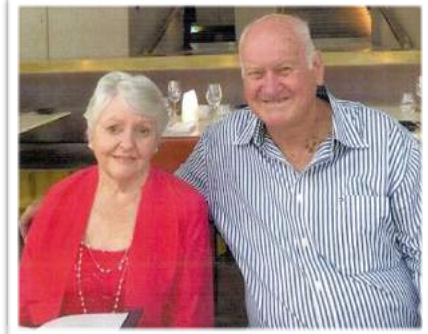
50th Wedding Anniversary

Tony & Kay Frost

was the first venture into accommodation by Australia's iconic airline, Qantas Airways.

The hotel was operated by Qantas until 1982, subsequently by Sheraton, then Rydges, before the French Accor group took over in 2002 and successfully operated the hotel under the Sofitel banner, known as the Sydney Sofitel Wentworth Hotel. To celebrate, they brought out the Moulin Rouge dancers!

The Wentworth Hotel has a reputation for having a touch of royalty amongst it's guests : British royals : Queen Elizabeth and the Duke of Edinburgh, Prince Charles and Diana, Prince Andrew and Fergie, the Danish royals - Prince Frederik and Mary.



Actress, Sophia Loren, launched her autobiography at a hotel reception in 1971.

Kay and I were married at St.Phillips Church, from which guests would have had a short stroll to the Wentworth Hotel in Charlotte Place, but with its demolition, reception plans moved to the new Wentworth Hotel in Phillip Street, one kilometre away.

A great reception venue and a great night was had by ALL!

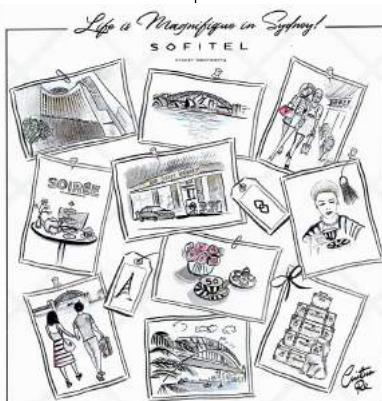
Fifty years - three great kids (all different) aged 48,46 & 42 years and six beautiful grandchildren 2 to 29 years ... what a journey!

... Tony Frost

To celebrate 50 years since our wedding on 30th October 1967, Kay and I spent four days as guests of the Sydney Sofitel Wentworth Hotel, where ours had been the first wedding reception held at the new Qantas Wentworth Hotel.

On the evening of 13 December 1966, the original Wentworth Hotel, in Charlotte Place, near the Sydney Harbour Bridge, closed its doors after 84 years with the new Wentworth Hotel opening it's doors at 9.30am the next day, 14 December 1966.

The new Qantas Wentworth Hotel



Bonjour Tony and Kay,

Welcome back to Sofitel Sydney Wentworth. We are delighted to have you stay with us and I trust your time here will be 'Magnifique'. Congratulations on your 50th wedding anniversary. Please do not hesitate to contact us if we can be of any assistance.

Kind Regards,



CLUB BREAKFAST

November Club breakfast was moved to this *Sunday, 3 December* to be held on the pool deck after swimming.

This will be the last club Sunday breakfast for 2017.

It is the turn of Lane #3 and any swimmers who sometimes swim in Lane #4 to provide the food. Have a chat to the other members in your lane and decide what each of you will bring.

Any questions?

Contact Carola : crhend@bigpond.com



CLUB XMAS GATHERING - ho! ho! ho!

5.30pm Sunday 10th December, on Gympie Terrace

On the river bank at the covered BBQ area (opposite Como Units)

BBQ if you would like, fish 'n' chips if you prefer
or just bring a plate to share!
BYO drinks plus a chair

Fantastic prizes will be awarded for :

BEST Christmas Earrings,
BEST Solar Light Display (on person),
BEST Dressed (male and female) and
BEST Christmas headwear.

So join the fun for a Happy Christmas party !!!!!!!



CLUB NEW YEAR BBQ

Sun. 14 Jan 2018 from 12.30pm

At Ivan & Wendy's big backyard - 19 Lilly Pilly Place, Noosaville.

Park out the back under the trees on Council Reserve, Eumundi Rd.

Turn in at first power pole past Goodchap roundabout
BYO meat, drink and toss in a chair just in case!

NEXT BUNNINGS BBQ

Tue. 16 Jan 2018

Keep the date free so you can sign up to Volunteer !!

Birthdays
of the Month

December

Ian Robinson	07/12
Tom Robson	08/12
Maree Warr	10/12
Alex Wetherill	12/12
Jane Powell	19/12
Mark Powell	23/12
Barrie Bedding	31/12 (Big 80)

**Happy Birthday to you all
from all of us**

*You're a year older than you've ever been before
But a year younger than you were last year
And younger than you'll ever be again !!*



COACH'S TIPS



Use of pull buoy Benefits of using a pull buoy or not !

Using a pull buoy teaches you correct body position.

A pull buoy helps us to achieve a more efficient body position by keeping our butts dry and feet high. We learn how efficient swimming should feel. When swimming with a pull buoy it is easier to focus on the high elbow catch. It is also helpful with breath control. Great for Hypoxic sets of 3/5/7 patterns.

Downside

Use of a pull buoy can limit hip rotation. Power in your stroke doesn't just come from your arms and shoulders, a lot of it is derived from your hips. Using a pull buoy makes your hips flat, which will reduce your stroke length.

Be realistic about why you are using a pull buoy!

Happy swimming ... Cheers, Jan

Baby birds ...

Every year scores of baby birds are taken to vets and RSPCA Qld's Wildlife Hospital when in fact they should have been left where they were.

"Sadly this happens all the time," said RSPCA Qld's spokesperson Michael Beatty. "People think they're doing the right thing by "rescuing" chicks that are healthy and being looked after by their parents. They mean well but it often ends up very badly for the chicks."

So do you know what to do if you find a baby bird? Here's our check-list of what to do:

Is the bird a nestling or a fledgling?

Does the bird have feathers? If not, or if it has only fluffy down, then it is a nestling, and needs help straight away, as it cannot keep itself warm. If you find a nestling, please take it to a vet or bring it in to the RSPCA as soon as possible.

If the bird has its flight feathers, then it is a fledgling. Before rescuing a fledgling, ask yourself:

- Is the bird calling or making a noise?
- Is the bird bright and responsive?
- Can the bird perch on your finger?
- Can the bird spread its wings evenly and flutter to the ground when encouraged to fly?

If the answer to all of these questions is a definite "yes" then the baby bird should be able to be reunited with its parents. It is best for a baby bird to be reunited with its parents, as no human carer can teach a young bird all that it needs to learn to survive.

To try to reunite the baby bird with its parents, place the bird on a low branch in a bush and watch to see if the parents come to feed it. You can also place the baby bird in a bucket with a few drainage holes. The 'home-away-from-home' will protect fledglings and baby birds from predators.

Cats and dogs can kill and severely wound native birds and wildlife, particularly the young and flightless. Responsible pet ownership includes confining your cat/s and dog/s (particularly at night).

Residents can further assist native birds by planting bushy indigenous shrubs and ground cover to provide protection and camouflage. This will help increase the survival rate of young birds, and will significantly reduce the injury and mortality rates of all wildlife species.

DATE	LC/SC	CLUB	CODE	REGION	SANCTION	SURVEYED	VENUE
JANUARY							
27	Short	Albany Creek	QAC	Sunshine	01/18	Yes	Albany Creek Leisure Centre
FEBRUARY							
10	Long	Hervey Bay	QHB	Central	02/18	Yes	Hervey Bay Aquatic Centre
17	Long	Mareeba	QMA	North	03/18	Yes	Mareeba Memorial Pool
MARCH							
14 – 17	Short	MSQ State Champs			04/18	Yes	WW 11 Memorial Pool, Rockhampton
APRIL							
7	Long	Atherton	QAT	North	05/18	Yes	Atherton Pool
18 – 21	Long	National Champs				Yes	Perth, Western Australia
MAY							
5	Short	Yeronga	QYP	South	06/18	Not compliant	
12	Long	Rats of Tobruk	QRT	North	07/18	No	Tobruk Pool, Townsville
26	Short	Whitsunday	QWY	North	08/18	Yes	Cannonvale Pool, Proserpine
JUNE							
3	Short	Rum City	QBB	Central	09/18	Yes	Bundaberg Swimming Acad.
9-10	Short	Clarence River	NCM	NSW	10/18	No	Yamba NSW
23	Short	Brisbane Southside	QSM	South	11/18	Yes	Brisbane Aquatic Centre
JULY							
AUGUST							
12	Short	Townsville Aquaholics	QTA	North	12/18	Not compliant	Kirwan Aquatic Centre
25	Short	Brisbane Northside	QBN	Sunshine	13/18	Yes	The Valley Pool
SEPTEMBER							
15	Long	Noosa	QNA	Sunshine	14/18	Yes	Noosa Aquatic Centre
29	Long	Aqualicious	QAL	Sunshine	15/18	Yes	Centenary Aquatic Centre
OCTOBER							
6	Short	Maryborough	QMB	Central	16/18	Yes	Maryborough Aquatic C
13	Short	University of Qld	QUQ	Sunshine	17/18	Yes	UQ Aquatic Centre
27	Long	Sunshine Coast	QSC	Sunshine	18/18	Yes	Kawana Waters Aquatic C
27	Long	Long Tan Legends	QLT	North	19/18	Yes	Long Tan Pool, Townsville
NOVEMBER							
3	Short	Cairns Mudcrabs	QCN	North	20/18	Yes	Gordonvale Pool, Cairns
7 – 10	Long	Pan Pacific Masters Games			21/18		Gold Coast Aquatic Centre, Southport
25	OWS	North Mackay Sinkers	QNS	North	22/18	N/ A	Pioneer River, Balnagowan, Mackay

Queen's Baton relay route announced

Residents can now start planning their Queen's Baton Relay festivities with the release of local route information and community event details.

The Baton will arrive in Noosa on March 26 next year, ahead of the XXI Commonwealth Games on the Gold Coast.

Departing Tewantin's Read Park it will follow a seven-kilometre course through Tewantin, along the river's edge and on to Noosa Parade toward Hastings Street.

From Hastings Street, the baton will travel along Main Beach to reach its final destination, Noosa Heads Surf Club.

NOOSA TRI VOLUNTEERS REPORT



Noosa Tri Festival 2017 has come to a happy conclusion with our enthusiastic band of volunteers turning up on time or early as asked and performing the assigned tasks with alacrity.

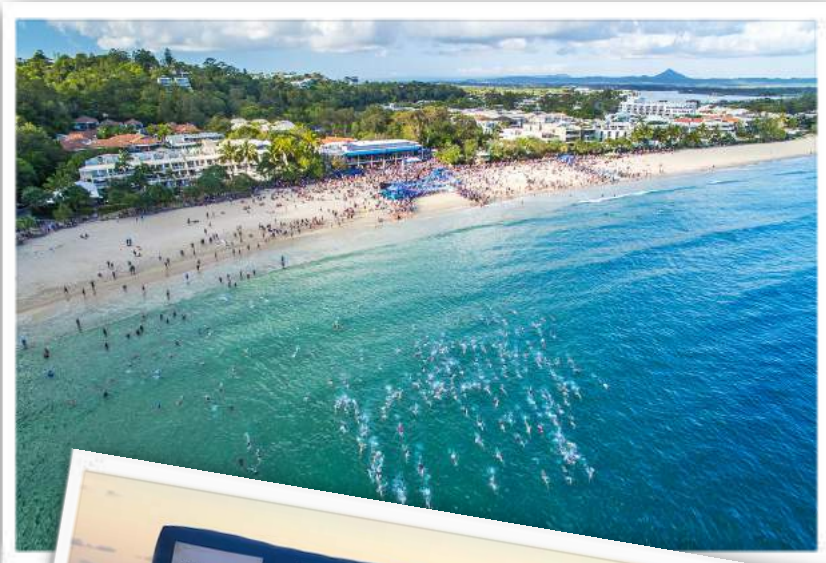
These volunteering opportunities with Ironman provide essential fundraising support for the club, good team building for members and maintain our public profile within the community in keeping with our motto of "Fun Fitness and Fellowship".

Wednesday morning "Run swim run" was an early start but a great way to support the young surf club members and aspiring athletes to get a taste of the Duathlon event.

Friday morning saw the Brekky Fun Run contingent start with a little confusion about Marshall placements around the course but by the time the event got underway everyone was in their correct place.

Friday afternoon for the Arena 1000 was similar to organised chaos for the first hour as the novice Ironman crew got to deal with a huge influx of late registrations while we veteran "checkin folk" got on with the job of numbering and sign in. I think my approach of getting everyone there early was validated by the need to process a big early influx of swimmers. Even my sister Roslyn visiting from Ohio enjoyed writing numbers on all the "hot bodies".

Sunday morning saw the earliest start of all - 4.45am - for the 10 "Vollies" who turned up to Marshall the Start and Finish chutes. The high tide kept the beach crowd to a minimum either side of the chute but still allowed most of our contingent a ringside seat to one of the best swim events anywhere in the world. Calm, warm, clear seas and minimal swell ensured there were minimal problems for swimmers and officials alike.



Thanks again to all our volunteers your contribution is greatly appreciated.

... Mark Powell



Noosa's Come & Try Events

As you know Noosa Masters received a much-welcomed financial grant (\$7,500) from the QLD State Govt. last year to conduct two Come and Try days and fund the purchase of a new computer, software, printer and shade structures.

Due to the congested start to the year these activities were scheduled to run late in the year and we are about to complete our second Come & Try Day on Sunday 03 December 2017.

There is still time to engage with your network and encourage like minded people to Come and Try

with the club and bring new members to the fun, fitness and friendship aspects of our club.

To date we have had over 25 registrations of interest and a large proportion attending one or more of our Come and Try days.

We were hampered with attendance for two of the last three Sundays with heavy rain dampening the "get out of bed" spirits of our prospective champions.

Registrar Robyn has now signed up several of the Come and Try participants and a few more are still considering joining in 2018.

I would like to especially thank Karen Martin for providing very

professional coaching to our Come and Try beginners and for making them feel welcome and relaxed during their sessions.

A big "thank you" for all those club members that have also supported the program with welcoming, buddy sessions in the pool and words of encouragement during the coffee after and chat.

The club will undoubtedly also reap the benefits for years to come of the new equipment purchased with the funds.

Our appreciation is extended to the QLD Govt. Department of Sport & Recreation (Tania Lewis) for all their help.

... Ian Tucker

Queen's 70th Wedding Anniversary

On Monday 20th November, 2018 the Queen and Prince Philip celebrated their 70th Wedding Anniversary. Our club is all about achieving our own personal goals, dreams, building friendships and a Wedding Anniversary should be celebrated too! Very few achieve 70 years of marriage, whether through a loved one dying or divorce, but I thought this would be an opportunity to remember our loved ones and celebrate our own achievements whatever they may be!

... Karen Martin

Ed: Our Karen Martin designed and sent the bus "congratulations to the Queen & Prince Phillip"

... we await the Royal response !!



2017 MERRILL'S MELBOURNE CUP

A very big THANK YOU to Viv & Geoff Merrill for hosting our annual Melbourne Cup lunch at their beautiful home high on the hill in Doonan. Noosa Masters swimmers, partners and friends, as well as our other NAC squad swimmers, were all in attendance sipping champagne - all dressed up in their Cup day attire, looking very different from when we are at the pool or beach!

The sweeps were very much in demand this year, with Robyn and Helen busily taking \$322 over 4 sweeps. Horses were flying everywhere with some people delighted with favourites...but does the favourite ever win?? Not often!!

Grant Scotcher had the winning horse, lucky number 22 Rekindling - not just in one sweep but in two!! Well done to Grant and all the other lucky winners!

It was a fun day with everyone contributing to lunch (including a couple of very yummy pavlovas for dessert which disappeared in 10 mins flat)!

A very relaxing afternoon of fun and friendship.

... Helen Malar



SPEED CAMERAS

Keep an eye out for this one at the new exit to Maryborough ...

Beware !!!

Look for abnormalities in the Armco safety rail.

This one gets you and you don't know where it was that you were booked.

Coming to a road near you. Should bring in another mountain of revenue!

This new style speed camera is on the highway leading into Maryborough!

It's one of many that will be installed over the next 12 months throughout Qld ...and of course, everywhere else, after that!!!



Thank you to Helen Malar for organising the theatre outing to see 'Lipstick Dreams.'

Thank you to Quentin for the spruced up notice board, it looks great!

Thank you to Karen Barton for swimming so many Endurance events for the club while visiting with Rod. She joined the 3000m club in Freestyle and Backstroke.

We look forward to welcoming you back next year!

Welcome back Keith, Wear and Annie. Roger, Emily and Guisepe.



If you wish to swim at Albany Creek on the 27 January, your postal swim needs to be completed between the 11 December and 7 January.

Please see Jane Powell if you are interested in doing a sponsored swim to raise funds for the restoration of the Great Barrier Reef.

Jane and Mark are also considering organising a swim around Mudjimba Island on a calm morning in January for those who are interested.

Our coach, Jan Croft has agreed to do starts and turns in the last 15 minutes of the 4th Thursday of the month squad. Anyone not wanting to take part will be set an extended warm down.

Old hats and goggles to Dyanna Benny for the refugee centre.

Old Volunteer shirts to Wendy I for "Boots for Bali" Charity.

HOME NEEDED



This is Lexi. She's an 8 week-old German Shepherd.

I bought Lexi as a surprise for my wife but it turns out my wife is allergic to dogs so we are now looking to find her a new home.

She is 60+ years old, an attractive and caring woman who drives, is a great cook and keeps a clean house.

Jacky Shields has the replacement ladies swim costumes for those who require them, you will need to go up a size. For those who required a smaller size last time, they are now available.

ENDURANCE 1000 REPORT

November 2017



Overview

Hi folks - our goals remain the same – a minimum of 200 points for every swimmer and 20,000 points by the end of Spring (as I write this we have three days till the end of Spring).

As at mid November 2017, we are still behind the target we achieved in 2016.

After a bit of a rev up by Jo we had a BIG role up at the endurance session on Tuesday 21 November 2017. We had a very successful session earning in excess of 400 points. Thanks to those who participated.

Also well done to our new member Wear Armstrong (130 points) and to Karen Barton who racked up a magnificent 430 points during the Barton's short visit to our shores. The Powells, Ian Tucker and Rob Lucas have achieved the maximum 1005 points.

In early November 2017, a detailed list of points earned by each Club member was distributed which provided members with the opportunity to check their points tally and compare individual performances. Any discrepancies please do not hesitate to contact Tricia.

On a lighter note, some of the time keepers at the endurance sessions have requested waterproof apparel for when Adrian dives off the blocks – big splash! Unfortunately, the provision of waterproof gear is not provided for in the employment terms and conditions..

*Rod Alfredson
Coordinator
Endurance 1000 program
Mob 0418 260716
rod.alfredson@bigpond.com*

Congratulations to our high achievers !!



Congratulations Jo Matthews for receiving a State Record Certificate achieved at the Worlds in April this year in a time of 3.39.80 for the 200m Butterfly.



Congratulations to Studley Martin for achieving his 2 million metres. He is modelling the 1 million metre shirt and



Congratulations to Stephanie Jones, who received 4 Certificates recently.

.A National Record in the 800m Free and State Records in the 400m, 200m & 100m Free ... an amazing achievement, well done Steph, you make it look easy !!

Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Noosa Bookshop Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 PH:5470 3100</p>
<p>Zoggs Swimwear E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p>Tewantin Priceline Pharmacy 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p>Ironman 24 Lionel Donovan Dve Noosaville Q 4566 PH: 5430 6700</p>	<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin Q 4565 PH:5449 9550</p>
<p>Karen Martin Barber Shop 28 Sunshine Beach Road Noosa Junction QLD 4567 www.barbernoosa.com.au</p>	<p>Paul Rily Ray White Noosa River 113 Poinciana Avenue Tewantin Q 4566 PH: 5449 8800</p>
<p>Coast genuine eel skin <i>Genuine eel skin purses, wallets and accessories</i> Genevieve Barker - Director 0414 379 232 www.coasteelskin.com</p>	<p>Scooter Style Noosa Motorcycles, 16 Rene St Noosaville Q 4566 Tel: (07) 5455 5249</p>
<p>VICI Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>	<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>
<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q 4565 Tel: 5470 2888</p>	<p>Dan Murphy's Noosaville 17-21 Mary St, Noosaville Q 4566 PH: 1300 723 388</p>
<p>Officeworks 1 Gateway Drive, Noosaville Q 4566, Tel: (07) 5449 5400</p>	<p>Rolling Wines and Asset Insure Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p>Hinter-Coast Transport <i>Charters-Schools-Weddings-Tours</i> 1300 658 971 0410 602 632 www.hinter-coast-transport.com</p>	<p>Real Insurance c/- The Hollard Insurance Company P/L Level 12, 465 Victoria Avenue Chatswood NSW 2067 (02) 8883 7351</p>

Challengers Chatter

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