

CHALLENGERS' CHATTER

NOVEMBER 2020



Can you recognise our own Rob Jolly in another life ?
Jolly by name, ... Jolly by nature !!

2020 MSQ Unprecedented Postal COVID Re-Emergence Time Trial Meet

Fantastic results from nine Noosa Masters swimmers in the recent MSQ Postal Meet!

LiQun Hussey (25 entries) Jo Matthews (24) Anne Besser (21) Adele Tucker (10) Helen Malar (9) Wendy Ivanusec (7) Rob Jolly (6) Diane Scott-Davies (4) Wendy Nothdurft (4).

Twenty-four clubs competed and the Noosa team achieved 4th place with a total of 867 overall points, only 1 point away from 3rd place.

Considering some clubs had more than twice as many participants as our team we did extremely well.

Everyone had placings in the top 3 in an event. Jo Matthews excelled in her events with 23 first places! Madame Papillon indeed!

Many thanks to Lois Hill for organising the event and doing all the ground work. Thanks to all the timekeepers and helpers who also made it possible.

The Postal Time Trial results have now been added to the MSA Results Portal and Meet Mobile.

You can check them out here:

<http://portal.msarc.org.au/index2.php>

Well done to all!

... Helen Malar/Rob Jolly (Club Captains)

2020 Upcoming event
Bay to Beach OWS Coolum SLSC
Saturday, 05/12/20

To raise money for much needed Surf Rescue equipment for Coolum Beach SLSC.



Karen Martin : Barber to the rich & famous!



Regular visitor to Noosa over the past few winters, Frank O'Neill, had his return to his Sydney home somewhat delayed by Covid-19.

Two days before his due flight departure, his main concern was to find a barber to trim his overgrown locks. To his rescue ... Karen Martin was willing and able to assist this 94 year old fashion-conscious gentleman.

Frank is well known in swimming circles as having first broken the magic 60second barrier for 110 yards freestyle in 1948, although not quite being the first swimmer to achieve this mark. In the heats of the Australian Championships, Bruce Bourke swam a fraction under one minute, only to be beaten by Frank in the final (59.6 seconds).

Our own Bob McCausland remembers travelling from Murwillumbah to Newcastle to witness Frank O'Neill attempt to break the magic one minute mark for 110 yards.

Without a coach and no tumble turn at the half way mark, this was quite outstanding for the young swimmer, whose parents had the lease on Manly baths, with a 55 yards harbour pool his back yard!

After representing Australia in 1952 Helsinki Olympics, hosted by Finland, Frank returned to Manly, turning his hand to swim coaching, losing his amateur status, hence was no longer allowed to enter swimming competitions any more. In his 10 years of coaching, all of his swimmers achieved excellent styles in all four form strokes, many winning medals at the NSW swim championships. Richard Ling swam in the 4 x 200metre relay at the 1964 Olympics, Tokyo.

After Manly, Frank built an indoor 25metre swim complex, later selling this to Forbes Carlile (MBE), following which he ventured into Frank O'Neill Swim Pools, constructing concrete swim pools for thousands of Sydney residents throughout the sixties and seventies, enabling them to build oceanside residences at Manly, one of which later sold to NSW Premier, Sir Robert Askin.

Maybe, in 2021, he might join lane our O swimmers for a few laps?

... Tony Frost

Have you got a "Mule" Dollar?



Australians could be hanging on to a \$1 that could be worth thousands of dollars, and not even know it!

A mother in Melbourne has posted on the Facebook group [Melbourne with Kidz](#) that she found a "mule" dollar coin from the year 2000.

These coins were produced due to a technical error by the [Australian Mint](#) in Canberra twenty years ago.

Mule dollars are slightly thicker than a regular \$1 coin in appearance and also have a double rim around the Queen's head.

"It's a small number of the year 2000 \$1 coins that had been minted using the incorrect obverse die (heads side) and

released into circulation by mistake and only discovered a year or two later," the mum wrote after doing some research.

"With just a 1.4 millimetre difference in diameter between the 10 cent and \$1 coin, you can clearly see a double rim circle going around the edges of the coin."

The Daily Mail reported that there are just 6000 coins that were minted incorrectly.

A few of these coins have been placed on eBay at a value ranging from \$700 to \$5000.

"Check your change and empty out the kids piggy bank! You could be sitting on a winner," the mum said.

This article originally appeared on [Over60](#).



The Health Report #11

Information brought to you by Jane Powell



Alzheimers / Dementia

All this year I have been writing about inflammation, heart disease prevention and the CAC scan.

So, if heart disease doesn't scare you, does Dementia?

Dementia/Alzheimers is common, and it should be rare.

But the good news is, the root causes of heart disease and dementia, (along with many Metabolic Insulin Resistance Syndrome chronic diseases) ... OVERLAP ... ie: to prevent and treat diabetes or heart disease or dementia, we can follow the same guidelines!

Put simply, the main cause of dementia is inflammation, due to:- toxins, trauma, and metabolic syndrome driven by the Standard American/ Western Diet.

I have been explaining how you can change your cardiovascular risk.

You can change your dementia risk too!

... by changing your diet.

Follow a ketogenic diet:

- * Remove refined carbohydrates from your diet.
- * Remove industrial seed oils from your diet.
- * Consume nutrient dense fats.
- * Consume first quality proteins, from pastured/wild animals.
- * Increase fibre and eat a vegetable rainbow.
- * Incorporate intermittent fasting.

'Such a diet will promote optimal cognition and support your vascular tree.'

Dementia & Coronary Artery Disease are going to be catastrophic, expensive public health issues in the coming decades, yet prevention and intervention is simple.

Ref: Dr Dale Bredeson (author: *The End of Alzheimers*) via *The Fat Emperor* ... IHDA:ie This group recommends the Coronary Artery Calcification Scan

COACH'S TIPS



Coach : Jan Croft

Backstroke

Key to moving fast in backstroke is not to move head.

Use arms and legs as fast as you can, head remains still even when body rotates.

A steady head helps the swimmer rotate, it lets the hand recover and enter at the right place.

If you move your head from side to side your body will follow your head and you will move side to side down the pool.

Keep a neutral position , tucking the chin in just slightly, look up and slightly towards feet, not too much, leaning into the water keeps the hips high.

Lean in with back of head, less drag to overcome.

Happy swimming and Happy Xmas

... Jan



2020 QNA State of Origin Relay wash-up

The secret Tri-bunal has met, considered all protests and contents of paper bags, and upheld the original results of the 2020 State of Origin Relay - Southern Sistas, followed by SwimImports, Mighty Maroon and the Cockroaches.

Teams were as follows;

Mighty Maroons - Captain Mark Powell, Jim Barnes, Jan Croft, Linda Hogg, Wendy Ivanusec and Sue Silburn

Cockroaches - Captain Jane Powell, Anne Besser, Kerry Blackwell, Bob Morse, Adrian Wilson and Robyn Selby

Swim Imports Captain Ian Tucker, Denise DeCarlo, LiQun Hussey, Jo Matthews, Grant Scotcher and Adele Tucker

Southern Sistas: Captain Lois Hill, Diane Scott-Davies, Chris Cooper, Annie Collins, Jacky Shields and Carola Henderson

Thanks to all those who participated and helped with the 2020 State of Origin Relay. We have received positive feedback with some suggested improvements for next year. As we expected there were some discrepancies and we will work on those for next year. It was fairly difficult in some cases to get accurate times but the contest was run in the right spirit and that was the main aim. It was pointed out also that some competitors who nominated a time from a recent time trial easily surpassed this time under race conditions. A point well worth noting

Now for some extra notes from the statistical analysis:

Mick donated a bottle of wine for the inaugural **"Closest to Nominated Time"** award.

Congratulations to Anne Besser – **spot on the nominated time!** This is the same time Anne recorded on 14th October during the Postal Time Trials, and for SOO she wasn't wearing the race suit!

Jane & Mark Powell, and Adrian Wilson were under one second below their entry times - thanks to some info from other swimmers in their lanes and a little input from Mark and Adrian and much probing by the recorder.

The Swim Imports team had the widest disparity of variation from the nominated time - some faster, some slower.

They were followed by the Southern Sistas - but they were very consistent in that each swimmer swam faster than entry time, varying from 2.3 to 6 seconds over.

Every other team, except the Cockroaches, had at least 1 member swimming faster than 7 seconds, but luckily had some swimming slower to bring down the overall time differential! Look at SwimImports for the 3 big 'overs'!

Lois has compiled a comprehensive spreadsheet listing each competitor, their actual time and a comparison with their nominated time. Thanks Lois.

We have enclosed the spreadsheet results for interest. Congratulations again to the **"Southern Sistas"** who were worthy winners. And thank you to all the teams for a fun 'event' and to those members who had the hard task of timing and recording for the correct swimmer - well done!

Bets now open for the 2021 State of Origin Relay!

... Mick, Viv and Lois

| 2020 State of Origin | | | | 8/11/2020 | | Entry | | H'Cap | | RESULTS | | | | | |
|------------------------------------|------|--------------|------------|-----------------|-----------------|---------------------|-----------------|-------------------|-----------------|-------------------|-------------------|-----------------|-----------------|-----------------|--|
| Team | SWIM | Surname | First Name | Time | TEAM TOTALS | GAP | Final Time-Sum | Final Times | Final Times | Handicapped | Differential | Differential | Swett Time | Total | |
| | m | | | | | | swimmer lap | (Cum Times) | d time | faster than Entry | Slower than Entry | faster than | differentials | | |
| SouthernSistas-senior Lois | | | | FIRST | | | | Final Times(50m | Final Times | Handicapp | Differential | Differential | Swett Time | Total | |
| NZ | 1 | HENDERSON | Carola | 01:01.00 | | | 00:58.70 | 00:58.70 | | 00:02.30 | | | | | |
| VIC | 2 | COLLINS | Annie | 01:10.00 | | | 01:04.30 | 02:03.00 | | 00:05.70 | | | | | |
| VIC | 3 | COOPER | Christi | 01:04.00 | | | 00:58.00 | 03:01.00 | | 00:06.00 | | | | | |
| VIC | 4 | HILL | Lois | 00:54.00 | | (calculated) | 00:49.00 | | | 00:05.00 | | | | | |
| WA | 5 | SHIELDS | Jacky | 00:52.50 | | (calculated) | 00:49.00 | 04:39.00 | | 00:03.50 | | | | | |
| SA | 6 | SCOTT-DAVIES | Diane | 00:44.00 | | | 00:40.00 | 05:19.00 | | 00:04.00 | | | | | |
| SS | | TOTAL | | 05:45.50 | 05:45.50 | 00:00.00 | 05:19.00 | | 05:19.00 | 00:26.50 | 00:00.00 | 00:26.50 | 00:26.50 | 00:26.50 | |
| Swim Imports- Captain Ian | | | | SECOND | | | Actual 50m | (Cum Times) | ed time | faster | Slower | faster | differential | | |
| Other | 1 | DE CARLO | Denise | 00:50.00 | | | 00:41.18 | actuals recorded | | 00:08.82 | | | | | |
| NZ | 2 | TUCKER | Sam | 00:40.00 | | | 00:31.57 | | | 00:08.43 | | | | | |
| Other | 3 | MATTHEWS | Joannz | 00:38.09 | | | 00:44.16 | | | | 00:06.07 | | | | |
| NZ | 4 | TUCKER | Adele | 00:58.00 | | | 00:48.69 | | | 00:09.31 | | | | | |
| Other | 5 | HUSSEY | LiQun | 00:40.00 | | | 00:41.03 | | | | 00:01.03 | | | | |
| NZ | 6 | TUCKER | Ian | 00:37.00 | | | 00:35.93 | | | 00:01.07 | | | | | |
| SI | | TOTAL | | 04:23.09 | 04:23.09 | 01:22.41 | 04:02.56 | | 05:24.97 | 00:27.63 | 00:07.10 | 00:20.53 | 00:34.73 | | |
| Mighty Maroons - CaptainMar | | | | THIRD | | | watch 50 times | (Cum Times) | ed time | faster | Slower | faster | differential | | |
| QLD | 1 | BARNES | Jim | 00:38.00 | | | 00:36.14 | actuals recorded | | 00:01.86 | | | | | |
| QLD | 2 | SILBURN | Sue | 01:00.09 | | | 00:52.69 | | | 00:07.40 | | | | | |
| QLD | 3 | IVANUSEC | Wendy | 01:10.00 | | | 01:12.25 | | | | 00:02.25 | | | | |
| QLD | 4 | HOGG | Linda | 00:45.00 | | | 00:42.76 | | | 00:02.24 | | | | | |
| QLD | 5 | CROFT | Jan | 00:44.00 | | | 00:46.82 | | | 00:02.82 | | | | | |
| QLD | 6 | POWELL | Mark | 00:35.00 | | | 00:34.32 | | | 00:00.68 | | | | | |
| | | TOTAL | | 04:52.09 | 04:52.09 | 00:53.41 | 04:44.98 | | 05:38.39 | 00:12.18 | 00:05.07 | 00:07.11 | 00:17.25 | | |
| Cockroaches Captain Jane | | | | FOURTH | | | (calculated) | (watch cum times) | time | Differential | Differential | faster than | differentials | | |
| NSW | 1 | MORSE | Bob | 00:40.00 | | | 00:35.41 | | | 00:04.59 | | | | | |
| NSW | 2 | BLACKWELL | Kerry | 01:05.00 | | | 01:00.59 | 01:36.00 | | 00:04.41 | | | | | |
| NSW | 3 | BESSER | Anne | 01:01.00 | | | 01:01.00 | 02:37.00 | | 00:00.00 | 00:00.00 | | | | |
| NSW | 4 | SELBY | Robyn | 00:58.74 | | | 01:02.19 | 03:39.19 | | | 00:03.45 | | | | |
| NSW | 5 | POWELL | Jane | 00:42.00 | | | 00:41.81 | 04:21.00 | | 00:00.19 | | | | | |
| NSW | 6 | WILSON | Adrian | 00:35.00 | | | 00:34.38 | 04:55.38 | | 00:00.62 | | | | | |
| NSW | | TOTAL | | 05:01.74 | 05:01.74 | 00:43.76 | 04:55.38 | | 05:39.14 | 00:09.81 | 00:03.45 | 00:06.36 | 00:13.28 | | |
| Handicap Details | | | | | 05:45.50 | Slowest time | | | totals | 02:05.74 | 00:31.24 | 01:00.50 | 01:31.74 | | |

2021 UPCOMING EVENTS

Some details pending, will be made available on the MSQ website.

Albany Creek Masters Postal

01/01/2021 to 28/02/20 : any 25m or 50m pool.

A good competition to start 2021.

Hervey Bay Humpbacks Swim Meet, 06/03/21

HBAC.

Always a good weekend competing and socialising.

MSQ State Championships 9-11/04/21 Kawana Aquatic Centre.

Right on our doorstep, let's support our neighbours.

Great Barrier Reef Masters Games

22-22/05/21 Tobruk Memorial Pool Cairns.

Now that the borders are open, we can expect visitors from all over to make this competition lively.

Muddies Annual Crater Lake Classic OWS 21/05/21.

Follow up the pool meet with a OWS in the beautiful freshwater Lake Barrine in the Atherton Tablelands.

Brisbane Southside Masters Meet 19/06/21

Brisbane Aquatic Centre.

Contact us for information : Rob or Helen, Club co-Captains
captain.noosaqna@gmail.com

What is a 2nd Cousin ?

How many times have we scratched our heads and tried to work out the first cousin, second cousin, second cousin once removed and more?

Cousins share a common ancestor that is at least two generations away, that means they share a grandparent or great grandparent. Brothers and sisters are not cousins because their shared ancestor, that is their parents are only one generation away.

What is a second or third cousin or even fourth or fifth cousin? It all depends on how far your cousin is away from your Common Ancestor.

First cousins share a grandparent (2 generations) ... $0+1 = \text{first}$

Second cousins share a great grandparent (3 generations) ... $1+1 = \text{second}$

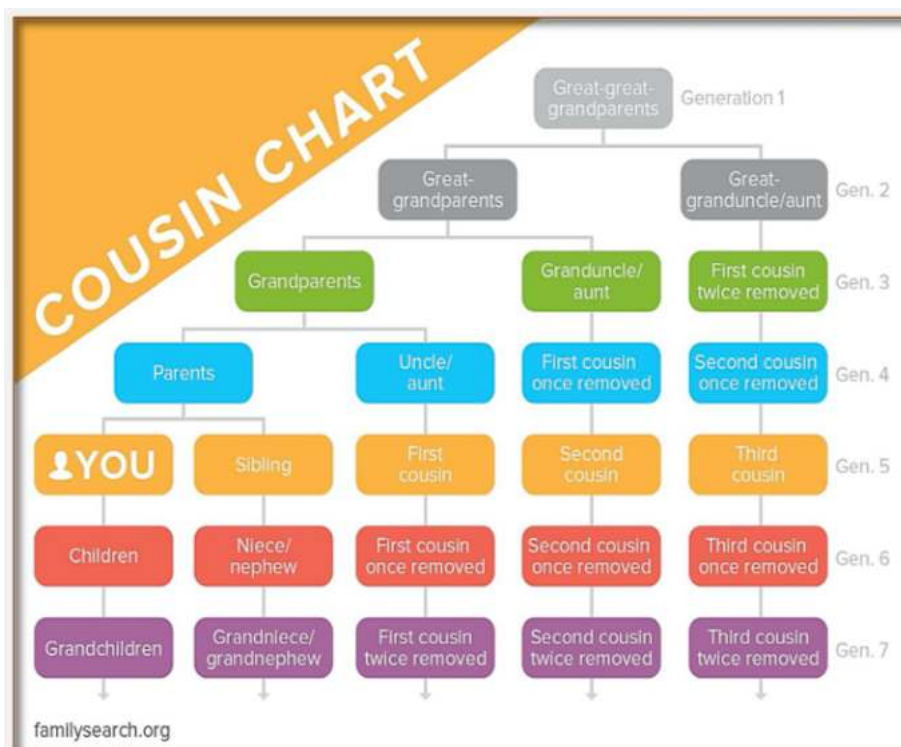
Third cousins share a great great grandparent (4 generations) ... $2+1 = \text{third}$

Fourth cousins share a 3 x great grandparent (5 generations) ... $3+1 = \text{fourth}$

TIP: count how many greats are in your Common Ancestor's title, add 1 to work out what number cousin your relative is. If you have common grandparents, add the one and you are 1st cousins.

Where does the term *once, twice or three times removed* come into all this?

Removed means you are separated by 1 or more generations. Your parent's 1st, 2nd or 3rd cousins are also your cousins BUT once removed. They are either a generation above or a generation below you. Twice removed, they are 2 generations above or below you.



QNA goes barefoot !!

... by Christine Cooper

The storm season is a challenging time to organise outdoor social activities ...

Sadly the SUP and kayak event had to be postponed. Several people have asked when it's happening again, so perhaps we could set another date.

Barefoot Bowls Tues 24th Nov

We had 28 take part and played in teams of 4.

What was lacked in skills was made up with enthusiasm!!

Thankfully the rain held off despite the threatening clouds

Lots of laughing, a few snappy socks, and some closet bowlers who demonstrated some very sharp and competitive bowling skills.

For some of our intrepid bowlers, those balls had a very nasty habit of going completely in the opposite direction from the intended path at times veering into the game being played on the next rink

The food platters were generous and well received and everyone got a nibble or two.

Indeed it was a very pleasant evening all round.

Thanks to the Bowls Club and Wendy, who were very helpful in getting the evening up and running.

A particular thank you to John from the Club, who kindly volunteered to get us started and instructed us on the basic rules and etiquette on the green

People seemed keen to do it again and suggested this could become an annual event

Some keen folk may even nip down to have another round. The Bowls Club takes bookings for Barefoot Bowls any time the greens are not being used. Give it another go and be ready for our next event.

Carola has suggested a follow up "Pétanque and Pizza in Pomona" which could be a fun Winter event to look forward to ?



Viv's not too sure about this !!



OMG - was that a wrong bias ?



Keen to get cracking !
Trevor, Helen, Bob & Carola



Little circle to the inside, Janek ??



Girls rule - go the blue bowls !!



Jacky with Barry & Sue in their sartorially splendid footwear !!

ENDURANCE 1000 REPORT

NOVEMBER 2020



There is something for everyone now on Tuesdays. We can start the morning with stretches and then hit the pool for an endurance swim or squad – your choice.

Endurance continued to tick along in November. We have had 5-8 swimmers on a given Tuesday – and several have been longer swims. It's great to see swimmers participating in Endurance who haven't done it in a while ... welcome back!

A big thanks to Viv Merrill for sharing some of her allocated squad lanes with endurance swimmers. She even gave us an extra lane when we had swimmers wanting to do backstroke – now that's teamwork!

Irene Symons continues to lead in points. However, Denise DeCarlo has managed to slip into the 2nd place position, with Mark Powell right on my tail! Wendy Ivanusec did a 30-minute swim, Jacky Shields is doing Endurance again, and Chris Cooper completed an 800m. I'm sure I've missed a few other awesome swims out there, but well done to all!!

I have been travelling this month (in Tasmania) so an extra big thanks to the deckies for handling things whilst I've been interstate.

We await a decision from MSA regarding the Endurance Program for 2021. Once a decision has been made, we will then be able to determine how we want to implement our Endurance Program for 2021. For example, do we continue with squad as well as endurance on Tuesday's, or do we dedicate Tuesdays to Endurance?

And story for the month ...

Our illustrious President has damaged team property!! I was timing a swimmer and lan was in the water swimming with the squad. He decided to get my attention by squirting me with water. Reacting quickly, I protected myself with the swimmer's record sheet! Moral of the story for timers, best arm yourself with a squirt gun for protection (smiley face)!

The year is winding down ... what endurance swim are you going to achieve before year end??

Cheers, Denise

Message from Diamond Swim

Diamond Swim is shaping up to be a cracker for Term 1, therefore this is a shout-out to any parent that may be interested or know someone that may be interested in a casual position in Learn to Swim (must be a Blue Card holder).

We are also looking for an Admin person if this is of interest to you ?

All training is provided , we will have AM / PM hours available and cover hours should we experience staff absences.

This person MUST be reliable and open to further their education in Teaching of Babies and Toddlers and be prepared to start at once for training .

If this is of interest to you please send your CV to admin@diamondswim.com.au for consideration.

For any further details, ring Shazza on 0439 766 059



Early morning on Saturday, December 5th, Coolumb Beach SLSC are hosting a fun swim from First Bay to Main Beach (approx. 1.2km), to raise money for much needed Surf Rescue equipment for Coolumb Beach SLSC. We want to host a light-hearted event to swing us into Summer and encourage people from across SE Queensland to get in and give it a go. It will be the perfect event to kick-start the Summer Holidays and bring much needed tourism to the Sunshine Coast Region, given the circumstances over the last 9 months.

Facebook: <https://www.facebook.com/events/382115326273007> Tickets: <https://www.trybooking.com/BMRIQ>

Many thanks in advance for your support!

Best regards, Greg Bott

Surf Sports Officer, Coolumb Lifesaving Club, Mobile 0431 125 540

E surfsports@coolumsurfclub.com.au



Happy Birthday

December

| | | | |
|--------------|-------|----------------|-------|
| Ceri Weeks | 5/12 | Jane Powell | 19/12 |
| Ian Robinson | 7/12 | Mark Powell | 23/12 |
| Maree Warr | 10/12 | Barrie Bedding | 31/12 |

Another candle on your cake? Well, that's no cause to pout. Be glad that you have strength enough, to blow the damn thing out.

Just for laughs!

Why is the place in a stadium where you SIT, called a STAND ?

Why is that everyone wants to go to HEAVEN, but nobody wants to DIE?

Shall I say that there is racial discrimination even in chess as the WHITE always moved FIRST!

We have FREEDOM of SPEECH, Then why do we have TELEPHONE BILLS ?

If money doesn't grow on TREES, then why do banks have BRANCHES ?

Why doesn't GLUE stick to its BOTTLE ?

Why do you still call it BUILDING, when its already BUILT ?

If it's true that we are here to HELP others, what are others HERE for ?

If you aren't supposed to DRINK and DRIVE, why do bars have PARKING lots ?

If all the Nations in the world are in debt, where did all the money go?

When dog food is new with improved taste, who tests it?

If the "Black Box" Flight Recorder is never damaged during a plane crash, why isn't the whole airplane made out of that stuff?

Who copyrighted the copyright symbol?

Can you cry under water?

Why do people say "You've Been Working Like A Dog", when dogs just sit around all day?

We all are Living in a seriously funny world!!...



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Tel: 5474 5688

**Noosa
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Tel: 5448 0288

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