

CHALLENGERS' CHATTER

OCTOBER 2014



Pan Pacs ... here we come !!



24 Noosa Masters swimmers are primed to do their Club proud at the swimming competition of the 2014 Pan Pacific Masters Games on the Gold Coast, Thursday 6 to Sunday 9 November.

Shortly after the 2012 Pan Pacs, the State Government announced a \$42 million upgrade of the Southport Aquatic Centre, in readiness for the 2018 Commonwealth Games. With these completed, our swimmers can look forward to a first class facility.

Our Mackay based member, Rob Lucas, having completed the entire aerobic programme within 6 months, has been training the house down, in readiness for the Pan Pacs.



Watch out for our own "Esther Williams" in the 50 metres freestyle for 90-94 year olds. I'm sure that all fellow Noosa swimmers will be cheering Joyce through every metre of her one lap dash.

All the unfortunates not able to be present at Southport, will be glued to their i-pads, awaiting "eagle eye's" report on proceedings, especially any traitor that dares to cross the ditch to swim in a silver fern relay!

Good luck to all swimmers to represent Noosa Masters Swim Club in this iconic biennial event :

Rodney Alfredson, Dyanna Benny, Gillian Bensted, Jan Croft, Julia Dunstall, Joyce Faunce, Lois Hill, Brian Hoepper, Rob Jolly, Stephanie Jones, Mary Lester, Rob Lucas, Helen Malar, Studley Martin, Bob Morse, Jane Powell, Mark Powell, Grindle Rudder, Robyn Selby, Jacky Shields, Clinton Stanley, Adele Tucker, Ian Tucker and Wendy Twidale.

... Tony Frost



Bob & Olga McCausland celebrate ...

Love conquers all ...

Sixty years of marriage ...
how fast the time has passed!

I first met Olga when Fingal Rovers Surf Club decided to hold a birthday party for Jeff Ross's 21st at Fingal and I managed to talk Olga into letting me drive her back home in my 1930 model DA Dodge Roadster to Murwillumbah where we were living. Then my ego suffered a massive blow when she resisted all of my efforts to grab a goodnight kiss. But things did improve ... it's a bit like aerobic swimming - one must persevere!

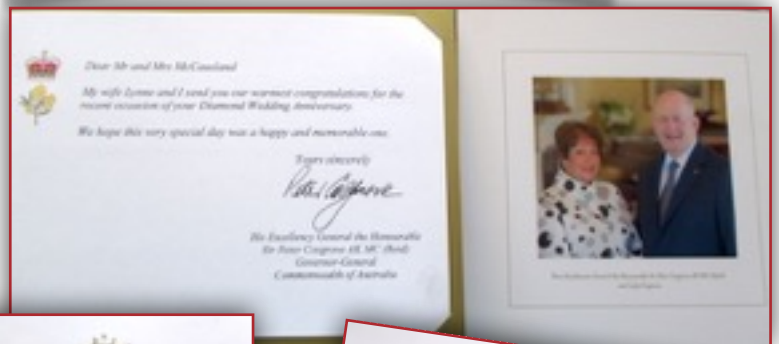
There is no doubt in my mind that if you love one another and have faith, you can brush off many situations that have the potential to destroy a marriage.

Although we each did our own thing (Olga played tennis, for example), we also did many things together such as fishing, bush walking, and of course in our 50's, swimming - particularly the Aerobic program which, in those days, included 3K and 5K form strokes. With the pool closing for four months of the year it was go-go-go, and with four children running around there wasn't much time for argument!! Our children often tell us how they enjoyed their outdoor lifestyle whilst growing up.

Today, we are proud of our nine grandchildren plus our four great-grandchildren.

So, over the years, we sure have come a long way from that 21st Birthday party!

... Bob McCausland



REDLANDS SWIM MEET ...



Redlands Masters Short Course Swim Meet held on Saturday 4th October saw 27 of our swimmers, plus our wonderful supporter, Lorna Lander, travel by bus from Noosa to Redland Bay. As we were running on time, we were able to stop off at the BP at Morayfield for a caffeine fix and were on our way again in 20 minutes. Thanks Ian for allowing the stopover. I am sure the Noosa team fired up with all that caffeine in their systems. Must do it again!

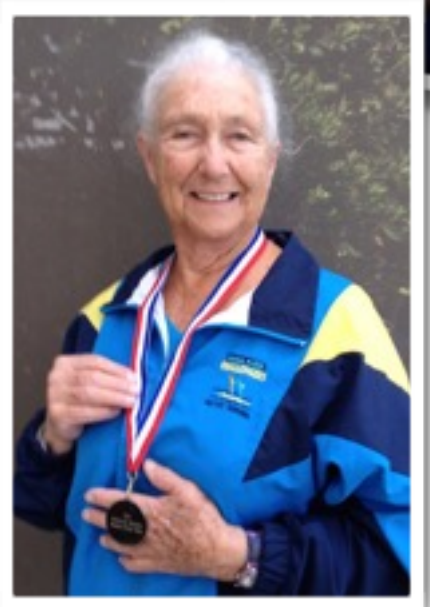
Everyone swam incredibly well with all swimmers placed 1st, 2nd or 3rd in all of their races. We came away with 17 individual Age Group medals, 6 gold medals for Jan Croft, Julia Dunstall, Stephanie Jones, Wendy Twidale, Geoff Lander & Ian Robinson, 4 silver medals for Anne Gripper, Jacky Shields, Maree

Warr (her inaugural medal ...congratulations Maree!) & Joe Gilbert, 7 bronze medals for Dyanna Benny, Jana Clancy, Wendy Ivanusec, Helen Malar, Adele Tucker, Robert Jolly & Bruce Warren.

Congratulations to all our team including Gillian Bensted, Brian Hoeppe, Linda Hogg, Mary Lester, Terry Mortimer (who won a lovely raffle basket), Jane Powell, Mark Powell, Grindle Rudder, Robyn Selby & Ian Tucker.

Many thanks to Lorna Lander who spent the day time-keeping on behalf of our Noosa Team. We all appreciate your wonderful support.

... Helen Malar



LAST SWIM MEET FOR 2014

Aqualicious Masters Swim Club is holding their Twilight Relay & Sprint Meet on Saturday 29th November from 4pm to 8pm. This carnival is a lot of fun and many of our swimmers have enjoyed it in the past. We anticipate taking a bus down to the Centenary Pool in Spring Hill, leaving the Bicentennial Hall at 1pm & returning at approximately 10pm. We are looking forward to many of our members attending this fun meet. Everyone can swim the 50m Freestyle as well as a choice of only one other of 50m Breaststroke, 50m Backstroke or 50m Butterfly. So, only two sprint events & all the other events are relays so we need as many swimmers as possible to make lots of relay teams. Entries to Helen Malar (hmalar@bigpond.net.au) or Adrian Wilson (franandadrian@gmail.com) or see Helen at the pool for entry forms. Cost is \$25.00 for the meet, \$20.00 for the bus (on the day) and entries & money for the meet to Helen or Adrian by Tuesday 18th November.

... Helen Malar



Aussies who conquered Montreal

*Medalists in the 50 and 100m backstroke
65-69 age group (all Aussies!)*

Stephen Lamy, NSW (centre),
Bob Morse, Qld (left),
John Fussell, WA (right)

*Ed. Note: 'for the record' Bob achieved a top 10 medal in
for his 200m backstroke swim as well.*

COACH'S CORNER ... BY JAN CROFT



Freestyle — Breathing

After streamlining off the wall take your first breath on your second or third stroke not your first. Swimmers who breathe on their first stroke will often slow themselves down at a time when they do not need to take a breath.

Try to swim more on your side rather than flat on your stomach and chest, roll from side to side with each stroke, this allows you to engage the larger back muscles in addition to the shoulder muscles.

While recovering, lift your arm forward, but don't extend it completely above water before letting it drop in the water because it increases drag and can also lead to swimmer's shoulder over time. It is better to enter the water shortly after your hand has passed your head and then to extend the arm forward under water.

Happy swimming.

Cheers, Jan

MAREE'S EXHIBITION

Sculptress Maree and her artist husband Malcolm exhibited recently at a Jewellery and Art Exhibition held at St Andrews College, Peregian Springs.

... Ed



KERRYNN'S EXPECTING ...

Be careful ladies, there may be something catching in the water of lane 4 ?



An excited Kerry & Lars !

NEWS FROM NEPAL...

Following the news of a sudden snow storm in Nepal and many deaths, and Australians unaccounted for, we contacted Rosemary as we knew she and husband Chris were trekking in Nepal and were concerned for their safety

Hi Wendy,

Thanks for your concern. Chris and I are safe and well. We were trekking in the Everest area, about 200km from the other popular area, the Annapurna region, where about 40 people have died. A terrible tragedy, that has us in shock.

We knew about the impending bad weather and scheduled a rest day, so were not affected. The scenery was great and we met many interesting people from all over the world.

We've been enjoying Pokhara this past few days. It's the adventure capital of Nepal. Played a most interesting game of golf yesterday - having our own caddies and, despite having a ball boy, lost 12 balls in 12 holes in the difficult mountainous terrain with river crossings!

We went paragliding on our last day in Pokhara - the fun experience was somewhat marred by motion sickness, but that is not apparent from the photos and videos, which show us smiling!

We are now at Chitwan National Park, in Nepal, on the Indian border and going on an elephant ride this afternoon. Apparently may see a rhino or two when we go in a jeep or walk in the next couple of days, but not guaranteed. Tigers are only rarely seen. Anyway, it's a relaxing change being here.

Cheers,
Rosie

STILL ON THE ROAD ...

Hello Wendy and all Noosa Masters. Firstly, Happy birthday to Helen Malar. Have a wonderful 60th celebration. John and I should reach Perth tomorrow, all being well. We had a wonderful 2 weeks Farm stay at Lynton Station WA, between Port Gregory and Kalbarri. John enjoyed mowing several acres on a tractor and fixing an old truck for our keep, while I kept myself busy cleaning the small ablution block and gardening. Only saw one snake on my way back from one of the units there. Lynton Station was once a Convict settlement, back in the 1850's. The prisoners who were housed there were on "ticket of leave" after serving 7 years. We enjoyed exploring the ruins.

On the property closer to the camping area is an old white barn which you can see in one of the photos. It was also built with convict labour, as was the Governor's Homestead which is situated further up on a hill. From there, you have magnificent views of the Turquoise-coloured Indian Ocean and the brilliant white sand dunes.

While camping at Lynton Station, we visited the Hutt River principality - which is actually like a large farm and also has a Chapel, P.O, government building and a Museum. Here we were introduced to Prince Leonard. At 89 years of age he is still very knowledgeable in Law and has written a few books. Back in 1970 as a farmer, he had a disagreement with the government over the wheat quota, and felt he was treated unfairly. As he had studied Law quite considerably, he found a loophole, whereby he could make his land an independent sovereign state, which is comparable in size to Hong Kong.

On the Saturday, just before we left Lynton Station, we drove to Northampton, a small village that reminded me of Eumundi. It was their annual "Airing of the Quilts celebration", where the local residents proudly displayed their beautiful Patchwork Quilts, all along the main street, as in the photograph. We also watched a street parade, checked out the street stalls and were intrigued by 2 ladies who were very skilled at "Bobin lace making". Such fine work using threads tied to sticks.

After lunch we arrived back at Lynton Station where Greg, who is a member of the Perth Aero club, had invited the other members to fly out for the afternoon. We were treated to 8 pilots showing their Light aircraft skills. One member gave a display of sky acrobatics. These farmers were a gutsy lot.

They had a competition who could fly their plane the lowest between the Homestead and Greg & Jenny's house. The rule was they had to be no higher than the roof top, missing the leaning gum trees and land on a marked spot on the airfield that Greg had mowed out on the property for the occasion. Talk about Thrill seekers! I ducked under cover by one of the leaning gums, when I got too close to one of them while shooting a photo. I also took advantage of one of the leaning gum trees to make a creative frame for a photo of 3 of the aircrafts.

A few days after leaving the farm poor John complained of pain behind his right ear. Then little bumps appeared on that side of his forehead. I suspected Shingles when a rash appeared, also swelling under this eye.

This was confirmed after a visit to a doctor in the small town of Jurien. With medication and ointment for his eye, we decided to stay away from people for a few days and headed to Sandy Cape. The swelling under his eye worsened, with the appearance of a sack of fluid there.



Over the last few days of medication, eye ointment applied 5 times a day, and Nurse Lesley cleansing his face and head with good old Tea Tree oil and applying Calamine lotion, the swelling has receded, and the zoster rash is healing nicely. We have continued our journey. Yesterday we visited the Pinnacles ... you realise how ancient our land is, with this amazing landscape which stretches for miles.

Then today we toured the various buildings of New Norcia. Our tour guide gave an excellent commentary of this Monastery, home to the Benedictine Monks, established in 1847, and former Mission for aboriginal children, and children of settlers who were boarders there. The Chapels have stunning art work, created by 2 talented Monks who lived there.

Next we head to Perth. It's been sometime since we have ventured into a large city. We've been told it is beautiful.

Take care ... John and Lesley Hordyk

Don't Forget

Wonderful ladies day out!

DFO (Brisbane Airport)
Shopping Trip
Sat 8 Nov 2014 - 8am- 5.45pm
Luxury air-conditioned coach
Only \$30.00 return- all proceeds go
to Katie Rose Cottage Hospice
Ph. Donna Frey to book your seat
M 0410 512 520

Old Time Dancing

Saturday night monthly Old Time dances are a lot of fun. The address is approx. 11 km along the Kenilworth Road from the Eumundi turnoff. There is a 5 piece band called 'The Sunshine Swing'. They have a great sense of humour

Admission is \$14.00 and it starts around 7.45pm till midnight. The supper (included in the price) put on by the local country ladies is delicious.

Dance Dates 15 Nov (Belli),
31 Dec (Belli)



MERRILL'S MELBOURNE CUP CELEBRATIONS

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TUESDAY 4 NOVEMBER
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Having travelled half way around the globe, Kay and I sat jet lagged and somewhat bewildered at Gare de Bercy, the station from which our train was scheduled to depart at 1.00 pm for Vichy. Speaking "un tres peu" of the local lingo, a smiling face greeted us - none other than that of Robert Jolly. His presence jolted me from my "non compos"

condition. I was chuffed! Our continuous conversation lasted for the next half hour before boarding our train.



Following the 2 hour 50 minute journey, we were equally excited to be greeted by Tom and Marlene Robson, who were to be our hosts for the next 3 days. French champagne, wine and fine food certainly sustained us, combined with the numerous walking ventures around the quaint central France village where Tom & Marlene have understandably called home for 15 years. One evening the four of us visited their friends, Gerard and Anne, for an evening of French

indulgence. Many Noosa Masters swimmers would know Gerard & Anne, who have regularly visited us with Tom & Marlene.

Vichy ... an unforgettable experience. It's a small, small world !

... Tony Frost





AN APPLE A DAY ...

Eating organic apples is a healthy, natural way to stimulate weight loss
Wednesday, October 29, 2014 by: PF Louis

(NaturalNews) An apple a day... you know the rest. This old adage has seen its day but is now becoming appropriate again. Several studies are re-examining the health values of bioactive compounds in apples over time. Now, non-bioactive compounds are being discovered to help balance bowel microbiota as probiotics.

A study performed by Washington State University's Department of Food Sciences observed that apples contain indigestible compounds that created fecal microbial balances in obese mice that duplicated the microbial balance of thinner, healthier mice.

All apples contain these indigestible compounds that pass through the gastrointestinal (GI) tract intact and are not metabolised by the body, allowing them to go into the bowels intact to finally become fermented and help create more probiotic bacteria in the colon. The association to obesity versus normality was obvious.

Several types of apples were used with the mice to determine if there were differences in the influences of indigestible compounds on their colon -- bowel microbial balance. The varieties of apples researched: Braeburn, Fuji, Gala, Golden Delicious, McIntosh, Granny Smith and Red Delicious.

Granny Smith apples won this colon/fecal microbial balance contest. Though the obesity issue was addressed directly, related preventions against and potential solutions for diabetes and inflammation, the root cause of many autoimmune disorders, are what the researchers wish to "further study" for medical ramifications.

But since most of us already know apples may help reduce inflammation, we don't have to wait. There is only one caveat.

Apples must be organic

Non-organic apples are among the most heavily sprayed produce out there.

RESCUE 2014 ...



ILS (International Life Saving) conduct the world championships for lifesavers throughout the world, held every 2 years. This year the town of MONTPELLIER, situated on the French Mediterranean Coast was the host for Rescue 2014.



The POOL events were held at the Antigone Aquatic Centre and the OCEAN events at La Grande Motte. Individual Clubs from over 20 countries were represented, Australia alone having teams from approximately 30 clubs. Noosa Surf Life Saving Club sent a team of seven competitors, 3 female and 4 male : Phoebe McCubbery, Alison Olander, Allison Pegg, Ross Fisher, Peter French, Tony Frost & Tim Mandeville.

An outstanding performance from one of the smaller teams, Noosa won no fewer than 30 medals. Former Noosa Masters Swim Club member, Tim, won a silver medal in the 50-54 years surf race and teamed with Ross & Peter for bronze in the 170+ years taplin relay. For Tony, silver in the POOL event, 100 metres obstacle race and in the OCEAN, bronze medals in the 70 years + surf race and 1 km. beach run.

... Tony Frost

HAPPY BIRTHDAYS ...

Who **60**
knew
could look
this good!



It has been a month of many celebrations - one especially significant.

Bruce Warren cooked one of his masterpiece cakes to share on behalf of all Librans - just because he felt like it!

Another day Sue Ellis turned up with a couple of lip-smacking offerings to celebrate Rob's big day and then to cap it all off, Helen Malar turned 60 !!

Helen was excited that not only friends, but her scattered family had been able to join her to celebrate this special birthday over several days.

Club President, Ian Tucker, made a speech congratulating Helen on reaching this ripe old age in great shape and presented her with a big, beautiful cake, on which the candles remarkably stayed alight. To blow them out required Helen to prove her aerobic capabilities out of the pool !!

Helen was joined by Lynette Clemitson who had baked a gluten free cake to celebrate her own birthday on 29/10 - so the NAC resounded to TWO rousing renditions of "Happy Birthday to you ...".

All these irresistible treats must surely be making it rather difficult for our Pan Pac swimmers to remain trim, taut and in top shape for the big event next week !!

... Ed



Club President, Ian Tucker, presented founding members, Kay & Tony Frost, with their 15 year continuous membership badges at the Club's 2014 AGM. Ian lauded Tony's continuing involvement with the Club and his many contributions over the years since his involvement with NOPA which resulted in Noosa having an Olympic pool and the wonderful facilities we enjoy at the NAC today.

ENDURANCE REPORT OCTOBER 2014

Marcia Kimm stepped down as Endurance 1000 Program Co-ordinator at the September 2014 AGM. This was mainly due to the fact that Marcia has been in charge of the program for almost two years, and she also has many time consuming commitments as co-owner of the fabulous Jaspers Bakery.

Marcia took over as Co-ordinator at a difficult time for the club, and did such a wonderful job that under her leadership the club won the National trophy for the first time.

Marcia is a great club member, giving freely of her time and bringing a smile to the faces of those of us with whom she shares her delicate personality!

Fortunately, all is not lost. The reality is, that even though I have the title of Co-ordinator, Marcia and I are sharing the position as her time allows. Further, Bruce Warren remains the ever reliable 1st Officer of Endurance.

To business: At the end of October we have 18,865. Good. But after Pan Pacs there will be nowhere to hide as we chase you down to swim yourself and the club to Endurance glory.

Good Luck to all the Pan Pac-ers!!!!
and

Thank you Marcia

Mary Lester

Endurance 1000 Program Co-ordinator
On behalf of: Myself, Marcia and Bruce.

Endurance is held on:
Tues 7.30 -9.00am (50m pool)
Sat 2.00pm (25m pool).



<http://www.whathappenedinmybirthyear.com>

November Birthdays

| | |
|-----------------|-------|
| Owen Curtis | 4/11 |
| Kathleen Gordon | 8/11 |
| Bruce Warren | 16/11 |
| Sue Silburn | 17/11 |
| John Hordyk | 29/11 |

HAPPY BIRTHDAY TO A SELECT
FEW THIS MONTH FROM ALL OF US

STOP PRESS

RESULTS from the Arena 1000 swim - Fri 31 Oct 2014

| | | | | | |
|--------------|-------|------------------|-------------------|--------|------------------|
| Mark Powell | 16.58 | 15 th | Grin Rudder | 17min. | 9 th |
| Ian Tucker | 17.38 | 17 th | Studley Martin | 18 min | 19 th |
| Jess Tye | 18.12 | 12 th | Jan Croft | 18.52 | 1 st |
| Brian Cairns | 19.10 | 5 th | Bardie Gruber | 20.30 | 2 nd |
| Sue Silburn | 23.03 | 12 th | Lynette Clemitson | 26.53 | 8 th |

It was a little bit rough out there with the Northerlies blowing

... Jan Croft

SOCIAL EVENTS

Monthly Club Breakfast
after squad Sun 23 Nov

MELBOURNE CUP

Tue 4 Nov @ the Merrill's
details page 7

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

VISIT OUR WEBSITE ...

www.noosaaussichallengers.com

Challengers Chatter

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