

CHALLENGERS' CHATTER

OCTOBER 2022

MARVELLOUS MARYBOROUGH ... MASTERS' GAMES SWIM MEET

... by Linda Hogg



Michael Besser, Linda Hogg, Rod Alfredson (Liz Alfredson refereed), Jacky Shields, Wendy Ivanusec, Terry Carter, Jo Matthews, Felicity Hawkins, Anne Besser, John Simonidis

Ten members of the Noosa Masters Swimming Club ventured up the Bruce Highway to Maryborough on Saturday 15th October 2022, for the annual meet. Jacky, Jo, Linda, Terry, Wendy I, Flick, John and Anne B arrived ready to swim.

For some it was their first race in many months, and it was certainly a wakeup call. For Anne B it was her swan song for 2022 after a successful year of competing, including some amazing PB's at Nationals in Sydney.

The team arrived with bags overflowing with wet weather gear, swim coats, beanies and tracksuits. The swimming gods smiled however and despite some clouds the day remained warm, fine and dry. We were soon to discover that it was the water that was cold!

For unknown reasons there were only 48 competitors registered for the meet, which was a shame as it was very well run. Our Golden Girls: Wendy I, Terry, Anne and Jacky won the 280+ freestyle relay and John and Linda were roped into the Dash for Cash. This was a

handicapped 50m freestyle ... pity about the handicapping tho' !

Medals were won by Jo, Terry and John. Flick and Jacky took out some of the raffles.

Our swimmers were admirably supported by Rod and Michael Besser who manned the stopwatches for the entire meet and of course Liz as one of the meet officials. Jo Edwards was also in the stands filming and supporting the team.



Maryborough Masters ... cont'd



Jo Matthews
gold

A great time was had by all - both swimmers and supporters - and the camaraderie among the team members made it a special and enjoyable day.

Most headed for home once the food and presentations were finished.

However, one carload of girls decided to stay overnight in

Hervey Bay and have a little well-earned down time!

The last we heard Michael and Anne were looking for a decent restaurant in Maryborough ...

Until next year ...

... Linda Hogg



Terry Carter
gold



November

Dianne Scott-Davies	04/11	Anne Besser	09/11
Julie Bott	05/11	Corals D'Ott	15/11 (Big 80 !!)
Kevin Alford	07/11 (75)	Sue Silburn	17/11 (Big 60 !!)
Kathleen Gordon	08/11		

At your age you need glasses ... and plenty of them !!



Game on sports fans! The longest-running Masters Games in Australia will return from 14 – 21 October 2023, when the Alice Springs Masters Games (ASMG) take place in the Red Centre.

This will be the 18th edition of the ASMG and entries will open later this year. The sports schedule will be announced soon, so keep your eye on our socials and be ready to get your early bird entry in!

Noosa at Sunshine Coast Swim Meet

by Helen Malar

Nine swimmers attended the Sunshine Coast Masters Swim Meet on Saturday 29th October.

Greg Bott & Helen Malar won Gold Medals in their age groups, Robert Ashwell & Terry Carter won Silver and Jacky Shields won Bronze. Congratulations to all our swimmers including Julie Bott, Linda Hogg, Julie Tierney & Jim Travers.

Melissa Travers & her Mum Shirley were there to cheer Jim on & Shirley was very impressed watching the Gympie Gold Fin boys Swim their 50m races! Fast racing.

Jim took 2.55 seconds off his 200m Free time, Terry took 3.59 seconds off her 100m Breast time & Julie T took .51 seconds off her 50m back time.

Thank you to Liz Alfredson for her Official duties & Julie Bott for announcing.

Raffle winners on the day were Liz, Linda & Julie B.

We all enjoyed the fast paced meet with very little rest between swims & some of us already tired from Volunteering on Wednesday & Friday at Noosa Tri events.

Great BBQ afterwards.

Brisbane Southside won Small Clubs Average points and Belgravia won Large Clubs Average Points.



L-R : Team Noosa

Helen Malar, Jacky Shields, Linda Hogg, Bob Ashwell, Terry Carter, Greg Bott, Julie Bott, Julie Tierney, Jim Travers

R & R

L-R: Julie Tierney, Helen Malar, Terry Carter & Jacky Shields



L-R : Medalists

Helen Malar, Jacky Shields, Bob Ashwell, Greg Bott, Terry Carter



2022 NOOSA TRI VOLUNTEERING

by Bob Morse



Fri am - team ready to go

at the Promenade near the Surf Club where the athletes exiting the water on their way to the bike interchange have to cross common ground shared with holiday makers, casual surfers and children on the Promenade, many rushing to get that important morning coffee and cake to have on the beach.

A dedicated and highly skilled group of Masters Swim Club members covered the jobs mentioned above. I realised while chatting with Fiona, our Volunteer Co-ordinator for Ironman, that I have now been doing the Noosa Tri Week for 20 years give or take the odd year for overseas competitions. Others in our club have certainly chalked up more than 10 years.

It was Joe Gilbert who got our club involved in the Noosa Tri as it now stands. Joe and his mate Dave Power - who had the idea for a triathlon - did the planning and got it all

started. Eventually the event was taken up by Garth Prowd, whose name and memory are still attached, not only to a bridge, but to several events run during the week, particularly cycling. Then the business was taken up by USM - currently Ironman.

A dedicated and highly skilled group of key people work for Ironman and make this busy week work fairly seamlessly and efficiently. These skilled professionals always comment that they could not do their job and nor would the week's activities occur without the assistance of Noosa's volunteers.

So the word from Fiona through me is "Thank you, Noosa Masters Swimming".

Well, we made it through another week of organised and coordinated chaos and mayhem without our fearless leader, Mark Powell, this year as he was travelling with wife Jane at the time.

Some would say that we are fortunate to have such a world class event in our own backyard, while others argue that is just a disruption to the peace and harmony of our otherwise paradise-like life style.

For us Noosarians, it is a fantastic week and keeps Noosa and surrounds in the eye of the sporting world. But there is also fun for local, interstate and international competitors through a range of events which provide opportunity for involvement at all levels of fitness and across all age groups. The boost to Noosa's predominant business of Tourism is enormous.

Amazing pinkish dress-ups for the Friday morning Fun Run this year had the involvement of the Jane McGrath Foundation, with Glen McGrath joining in the jog with his daughter and presenting prizes and being available for any photo opportunity to keep the spirit of the event going.

Again this year, Noosa Masters Swimming Club's involvement was with the Wednesday morning Run Swim Run, the Friday Morning Pink Fun Run and afternoon Swim Run Swim events. As usual, we also volunteered at the start and exit for the swim leg of the Triathlon. Always a challenge to get everyone away safely and on time. Our volunteers also manned the cross-over interlink



Friday morning volleys line up for an Ironman promo shot



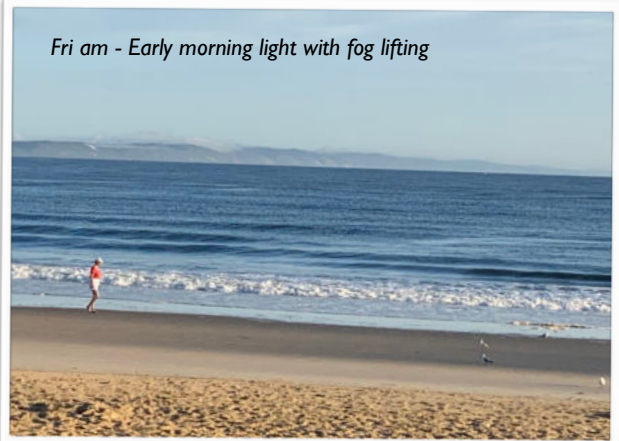
NOOSA TRI ... 2022 memories



Dawn Fraser & Benny Pike



Fri am - Helen & Trev at check-in



Fri am - Early morning light with fog lifting



Jim, Melissa, Julie, Wendy I, Greg, Bob,



Sun am - on the home stretch



Sun am - have you ever seen a happier bunch?

Some Tri results courtesy of Jan Croft

Friday's 2XU swim

Dana Galbraith	17.13
Studley Martin	17.42
Diane Scott-Davies	18.35
Greg Bott	18.50
Terry Carter 2 nd in 70+ and	23.51
Bardie Gruber 3 rd in 70+	23.57
<i>and Dana was our only representative in the Tri on Sunday 2:51.34</i>	

STOP PRESS : NOOSA TRIATHLON - courtesy of Ian Tucker ...

Individual

Dana Galbraith	2:51:34
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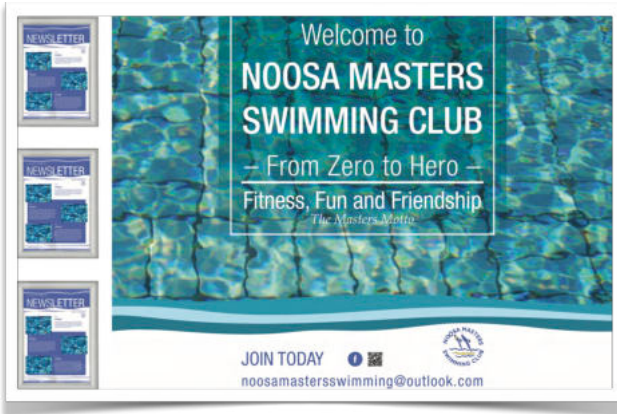
Team Entries - Swim Leg

Ian Tucker (The Three P's)	23.53
Dianne Scott-Davies (Team 2 Ladies having a Tri)	24.52
Studley Martin (2hot2tri)	24.30
Clinton Stanley (unable to ascertain at time of publication)	

OUR CLUB HAS A NEW NOTICE BOARD !!

In case you hadn't noticed ... after much deliberation, agreement on the final design and layout of our new Club Notice Board was reached at last, thus allowing our 'Consultant', Mick Jones and his Graphic Artist, Tiffany Makinson, finally to take a deep breath and relax after a Sterling effort - both are to be congratulated on the final product !! Mick was keen to show off the finished product at a recent breakfast after squad - see photo in which Mick bears a remarkable resemblance to "Mr Foo" (are you old enough to admit to knowing about Mr Foo?).

... Ed



COACH'S TIPS



Brenton Ford, is a top Victorian coach who does swim clinics Australia-wide.

He has done a few clinics here in Noosa.

Some of our swimmers have done his clinics and been videoed by him. This morning I watched his on-line talk about the three best drills to use in training.

He has interviewed elite swimmers about the drills they use and these kept popping up, so I was delighted to find that they are drills we use constantly!

No 1 ... Single arm free - breathe on opposite side, non-stroking side, so make sure you catch before rotating, see the hand in front or feel the water before rotating to breathe. It is very important you rotate both sides, not just one side.

No 2 ... Long dog free - which is doing the recovery under the water. It looks just like freestyle, but only recovery under the water. Again, it is very important to rotate to both sides. Don't pull your arm out at the waist, push back. Great drill. Stay narrow.

No 3... Sculling using a pull buoy. Face down sculling, lift head and breathe when needed, keep elbows high, very important. Don't do breaststroke, use sculling motion, think of what your thumbs are doing.

Use fins for the first two drills. Have a look at Brenton Ford using Olympian Kiah Melverton to demonstrate.

... Happy swimming,
Cheers, Jan

Thank You
SO MUCH
Everyone

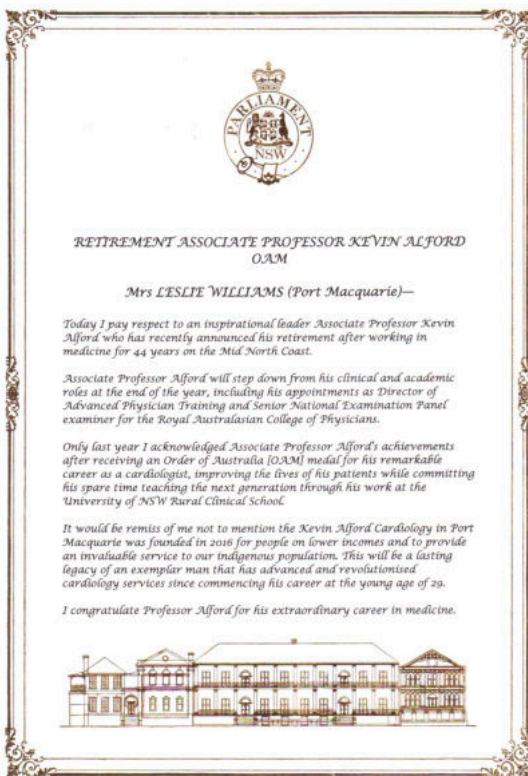
A few words from Mark Besford

After holidaying for 3 weeks camping outback, I returned on Sunday 30/10 and on Monday called in to see how Ivan was recovering from his surgery a month ago. Wendy handed me an envelope containing the result of her quick 'whip around' at the pool after she learnt how 9 of my girls had been so brutally killed!! I was overwhelmed by your generosity and incredibly thankful when I opened the envelope she handed me and found an astonishing \$225!! This will make a huge difference in helping to replace my lost 'girls' in approximately 2 weeks.

*You are amazing and appreciated more than you can imagine !!
It will be at least 3 months before the 'girls' can produce but I plan to reward each contributor with love eggs in due course.*

LEGEND

Your editor recently prevailed upon a reluctant Kevin to share with us a couple of highlights of his career / retirement ...



- Being recorded in Hansard when the Member for Port Macquarie, Leslie Williams, presented him with a Parliamentary Commendation for his distinguished service to community and the medical profession.



Kevin & Yvonne with Leslie Williams, MP

RACP Medal for Clinical Service in Rural and Remote Areas 2022

In 1997, the then-Council established a College medal to recognise those Fellows who have provided outstanding clinical service in rural and remote areas of Australia and Aotearoa New Zealand.

Associate Professor Kevin Alford OAM



Kevin Alford has worked in Port Macquarie in Rural NSW since 1977. Over that time, he has touched the lives of many patients, staff and students. He was the first physician in the Port Macquarie area and has worked to expand the medical services. He instituted rotational terms for interns, residents and physician trainees and has provided strong mentorship. The first Advanced trainee in Port Macquarie was under Dr Alford in Cardiology Training in 1982. Any physician trainee who has trained in Port Macquarie will undoubtedly have a story from working with Kevin.

Kevin campaigned for and was successful in having Port Macquarie Base Hospital instituted as a site for the RACP Clinical Exam and has been a Senior National Examiner for the exams since 2014. He has taught undergraduate as well as post graduate students helping set up the rural school of medicine.

Kevin has pioneered several services for the rural area. In 1982 he brought diagnostic cardiac ultrasound to the area. He was heavily involved with the development of the Base Hospital from the former Hastings District Hospital. He helped institute the first HDU/CCU at Hastings hospital and subsequent transfer to the base hospital. He was instrumental in further expansion of the hospital including the installation of the cardiac catheterization lab so this area can now offer world-class cardiac service.

Kevin Alford has been responsible for the institution of a successful Indigenous Cardiology clinic at Durri Aboriginal Medical Service for Kempsey/Dunghutti people.

He is truly deserving of the RACP Medal for Clinical Service in Rural and Remote areas.

- And receiving the 2022 RACP Medal for Clinical Service in Rural and Remote areas.

Six of the best with

Kevin Alford

Q1. From where do you originate?

Born 1947 in "British India", as my English parents said, after having been ejected from there after Independence. Arrived in Sydney aged 18 mths. Lived and studied there until overseas postgraduate studies in Africa and UK, returning to live and work in Port Macquarie, NSW for 43 years before moving here last year.

Q2. What do you like to do to relax or chill out?

Read books, particularly history.

Q3. Where are your favourite local places to eat?

Home. My wife Yvonne is a fantastic cook



Q4. Share any great local experiences that you have enjoyed?

Almost everything since I've moved here. Particularly happy about joining NMS group and the generous people in it!

Q5. Name 3 of your favourite places to visit, or things to do locally?

Kayak paddling, Swimming, mountain bike riding enjoying the lifestyle

Q6. What do you love about living here?

All of the above, plus meeting such an eclectic bunch of new people who are active and live life to the fullest.

Another highlight was receiving his OAM from the Governor of NSW





Why is a Blue Tongue Lizard's tongue blue?

by John Pickrell • August 30, 2018

You've probably experienced it yourself on a bushwalk – a startled blue tongue skink exposes its large blue tongue, often simultaneously hissing and inflating its body to look bigger and more threatening. Blue tongue skinks of a number of species are medium-sized, ground-dwelling lizards that are commonly found across Australia and New Guinea. They have become popular pets in Australia and around the world.

The blue tongue's tactic may seem familiar to Australians, but this is an unusual behaviour and display for a lizard. And although it has long been assumed that this is a strategy for avoiding predators, nobody has tested the idea scientifically, until now.

Now researchers, including Dr Martin Whiting of Macquarie University in Sydney, have shown that, at least in the northern blue tongue skink (*Tiliqua scincoides intermedia*), the display is part of a last-ditch defence mechanism that these reptiles use to save themselves from being eaten, particularly from bird predators.

It is, Martin says, so-called deimatic behaviour – a very fast display that is over quickly and highly conspicuous. These kinds of displays are intended to induce a startle response in a predator, such as an eagle or a hawk, overloading its senses and causing it to pause, slow or stop its attack. Australia's frill-neck lizard is another reptile that uses this kind of strategy to avoid becoming prey.

"We suspect that such a highly conspicuous display deployed at close range to a predator will induce a reflexive startle response that will deter predators," the authors report in the May edition of the journal *Behavioural Ecology and Sociobiology*. "We also hypothesise that this type of display will be particularly effective against aerial predators, for which an interrupted attack would not be easily resumed due to loss of inertia."

"The lizards restrict the use of full-tongue displays to the final stages of a predation sequence when they are most at risk, and do so in concert with aggressive defensive behaviours that amplify the display," says lead author Arnaud Badiane, also of Macquarie University.

The scientists made their discovery after taking 13 northern blue tongue skinks – the largest blue tongue species – and comparing the colour and intensity of different regions of their tongues. By using a device called an optic spectrometer to look at the tongues of skinks held in an outdoor enclosure near Kununurra, in the Kimberley, Western Australia, they discovered that the lizards' tongues brightly reflected UV light. This is highly visible to predators such as birds, goannas and snakes. The intensity of the UV colour was found to be much greater at the back of the tongue than the front.

The researchers then simulated attacks to show that the skinks attempted to remain camouflaged – taking advantage of their brown stripy body colouration – until the very last moment, when they opened their mouths wide to expose their tongues, flattening and expanding them.

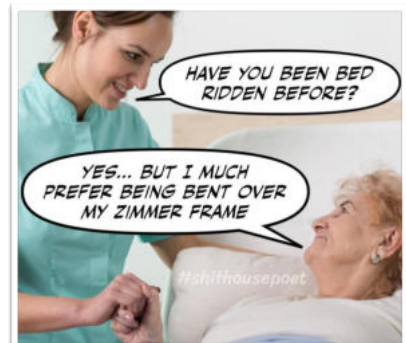
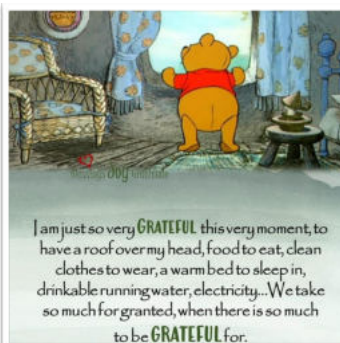
The tests showed that the greater the intensity of the attack, and therefore the risk that the skinks perceived, the greater the extent of the "full-tongue display", with more of the bright UV back of the tongue exposed. These full-tongue displays were strongest in response to simulated bird and fox attacks, rather than those meant to mimic snakes and goannas.

"The timing of their tongue display is crucial," Arnaud says. "If performed too early, a display may break the lizard's camouflage and attract unwanted attention by predators and increase predation risk. If performed too late, it may not deter predators."

So, next time you startle a bluey while you're out for a bushwalk, you'll know just why it's behaving the way that it does!



'Hi, I am the replacement for Liz.'
'Same here'



ENDURANCE 1000 REPORT

October 2022



Congratulations Jo Matthews ...

another milestone bites the dust !!

The Vorgee Million Metres Awards Program is open to all registered members of Masters Swimming Australia.

The program aims to stimulate all members to strive for greater fitness, and recognises swimmer's progressive milestones.

History

The Million Metres Awards Program was launched in the late 1970's under the sponsorship of City Mutual. Masters Swimming Australia's major sponsor Vorgee is the naming rights sponsor of the Million Metre Program & Awards since 2007. Awards in the way of certificates, product and trophies and given to members who reach each million award milestone.

The Million Metres Awards Program was updated in 2001, with milestones recognised at one, three & ten million metres.

In 2004, milestones were added for five & seven million metres.

In 2007, the two million metre milestone was added.

In 2008, the programme was expanded to recognise swimmers who attain fifteen million metres.

Since then we've been very excited to add the twenty million metres, and 2021 saw the first member reach the twenty-five million metre milestone, providing ongoing recognition to those who continue to excel in long distance swimming.

In 2021, the development of the MSA Million Metres app has digitalised results allowing swimmers to log their swims on a mobile device.

In 2022, Vorgee e-vouchers have been included as award prizes.

How do I record my distances swum?

Instal the app or download a Record Card from one of the links below, and record the distances covered in training and races as you go.

Instal the Million Metres app on your phone, tablet or computer (Dec 2021)

Automated Spreadsheet (July 2017)

Manual hard copy PDF (July 2017)

What swims are eligible?

Members can count any distance swum in a measured pool or defined distance open water event.

How do I apply for an award?

On completion of a milestone distance, download the application form from the link below and submit it to your MSA Branch office. Once all details are verified, the award will be processed at the National Office and sent to the Branch to arrange the presentation.

[Million Metres online application form](#)

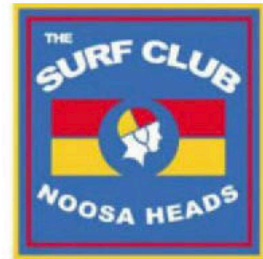
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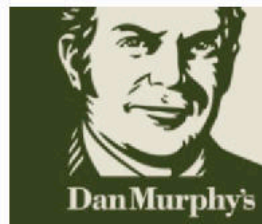
Noosaville



Noosaville



Vorgee Queensland



Noosaville



Noosa Junction



Noosa Junction



Noosaville



Noosa Junction



Noosa Junction



Seasons, Noosa Junction

In the spirit of reconciliation the NMSC acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

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