

NEWSLETTER

"Challengers Chatter"

OCTOBER 2023

Maryborough Masters Games 2023 Swim Meet



MEDAL WINNERS

L-R : Linda Hogg, Jo Matthews, Rob Jolly, Wendy Nothdurft



L-R :Viv Merrill (Official) Rod Alfredson,
Liz Alfredson (Official), Jo Matthews

The annual Maryborough Masters Games swim meet was held on Saturday 14 October 2023. The weather was very kind, sunny and warm. Living up to its usual reputation, the pool water was quite cool and we appreciated it as the day heated up.

Noosa had five swimmers: Linda Hogg, Wendy Nothdurft, Jo Matthews, Rod Alfredson and Rob Jolly and two officials: Viv Merrill and Liz Alfredson. Every swimmer came home with a medal, which was a great outcome and Rob, Jo and Wendy achieved first place in each of their swims.

There were only 40 competitors on the day which was a pity because it is a pleasant and well run meet.

Having two men swimming meant we could enter a mixed medley relay which was great fun.

The day ended with the Dash for Cash.

A handicapped 50m freestyle event. One swimmer from each club, both male and female are chosen and the winner pockets \$50 in prize money. Linda eased up after the swimmer in the next lane cruised past at the 25m mark. Rob couldn't help himself and went off "Go" instead of his 5 second handicap. He paused briefly and then continued swimming. They didn't DQ him, but he didn't win either ... maybe next year?

The absolute highlight of the meet though was the catering. The burgers were home made meat rissoles - very nice and then there was dessert ... the reason Rob was there in the first place! Trifle, tiramisu, chocolate cheesecake and brownies were all provided and greatly enjoyed.

A lovely sugar hit to assist in the drive home.

I would highly recommend this meet for upholding the Masters Swimming motto: Fun, Fitness and Friendship.

... Cheers, Linda Hogg



Rob Jolly & Wendy Nothdurft
relax poolside



Maryborough Results

Rodney Alfredson (74)		
100 Backstroke	2	1:03.01
200 Backstroke	1	5:06.02
50 Breaststroke	2	1:03.01
100 Breaststroke	2	2:22.15
400 Breaststroke	1	11:16.49
Linda Hogg (61)		
50 Freestyle	2	43.87
200 Freestyle	1	3:33.04
400 Freestyle	1	7:27.59
50 Breaststroke	1	1:04.00
Rob Jolly (76)		
50 Freestyle	1	41.91
50 Breaststroke	1	52.46
100 Breaststroke	1	2:00.21
200 Breaststroke	1	4:15.85
400 Breaststroke	1	9:04.37
Jo Matthews (68)		
50 Breaststroke	1	53.11
50 Butterfly	1	45.56
100 Butterfly	1	1:52.41
200 Butterfly	1	4:12.69
400 IM	1	8:32.39
Wendy Nothdurft (69)		
50 Freestyle	1	38.21
100 Freestyle	1	1:27.53
200 Freestyle	1	3:11.46
Medley Relay Team	2	
<i>Rod - Back: Jo - Flu: Rob - Breast: Linda - Free</i>		

Felt uncomfortable driving into the cemetery.
the GPS blurted out ...

“You have reached your final destination!”

Butterfly for Masters/ Senior Swimmers

by Mark Powell

A few folk commented on my stroke recently and in the flow of conversation it was suggested my adaptation might help others to tackle butterfly for endurance swims and medley events.

I am not qualified to give coaching advice.

I learned to swim butterfly in the early sixties from a swim coach who could not swim himself but was quite adept at teaching youngsters like myself.

I learned breaststroke early and it was my favourite style of swimming.

My breaststroke kick is strong and we were taught by Billy Ramsay in Maryborough to carry through our breaststroke kick into butterfly.

Whilst for sprinting dolphin kick gives superior speed if you have good core strength and fitness, it can be quite daunting and exhausting.

My combination breast dolphin kick gives me the advantage of not being quite so taxing for longer distances and with a moderate level of fitness.

While suffering a recent shoulder injury I have found it helpful to pull from deeper to take the strain off my damaged rotator cuff anatomy.

Another point to remember is that you can stop for a rest between laps in the Endurance 1000 programme and swims can be completed in either the 25 or 50m pool..



The Alice Springs Masters Games (ASMG), Australia's first and longest-running masters games (and the second oldest in the world), are just a year away and the sports program has now been confirmed.

With 28 sports on the program, including archery, swimming, go karting, cricket and hockey, there's an activity to suit everyone. Participants of all abilities are welcome to take part in the Games with Heart, in the heart of Australia.

ASMG entries are open now, with an Early Bird fee of \$80 valid until 31 December 2023. After that, the fee will increase to \$99. Sporting fees, set by each club, also apply for each sport you register for.

Rackley Meet - 30 September 2023

by Ian Robinson



I only entered 100 breaststroke and 200 Breaststroke as I knew it would be a small attended meet due to being the footy finals weekend.

Here is a summary ...

Rackley Swimming chose to hold their Masters meet on the biggest finals weekend of the year. Needless to say entries were low. Even though there was a 1pm start I think many swimmers were keen to support the Brisbane Lions. Unfortunately, Victory was not to be!

I decided to enter the 100m Breaststroke and 200m Breaststroke chasing Alan Carlisle's long standing records.

First up in the 100m I managed to get the QLD record in a time of 1.20.65 the old record 1.21.75.

Having been a little under the weather before the meet I was very pleased but had a few doubts about tackling the 200m.

Had a good swim down and recovery and after a small snack to refuel I thought I would still have a go at the 200m.

Having to lead from the start made my pacing difficult which has been a struggle for me transitioning to a 200m swim. Pacing went well and I was rewarded with another QLD record in 3.04.20 old record 3.06.06.

Despite Brisbane being in mourning after the weekend Footy Finals this Brisbane resident was quietly celebrating.

Still waiting for the times to be ratified on the results Portal.

Ed Note: Since Ian submitted this report, he has sent the following postscript ...

Just to let you know - unfortunately my records at Rackley will not be recognised as it was apparently a Time Trial meet!

This was not clearly outlined when entering, so not happy as I would not have entered. We live and learn ...

Have to smash them another time 🍊🍊🍊



November 2023

Dianne Scott-Davies	4/11	Anne Besser	9/11
Julie Bott	5/11	Corals D'Ott	15/11
Kevin Alford	7/11	Susan Silburn	17/11
Kathleen Gordon	8/11		

*Maybe it's true that life begins at fifty ...
but everything else starts to wear out, fall out, or spread out !!
- Phyllis Diller*



2023 MASTERS SWIMMING QLD EVENTS CALENDAR



NOVEMBER							
5	OWS	Sinkers OWS at <u>Balnagowan</u>	QNS	North	Q17/23	n/a	Pioneer River, <u>Balnagowan</u>
DECEMBER							

Legend:

MSQ Swim Meets
MSQ Co-sanctioned Swimming Australia Meets *

* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SA) hosted swim meets and have their results published in the MSA Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia and the two clubs be related as "one-clubs". A number of SA meets have been co-sanctioned by MSQ for this purpose and are colour coded. Contact the MSQ Administrator for more details.



BIG BIRTHDAY WISHES

A 70th birthday is an important milestone. A 70-year-old has experienced rain and shine in life.

So, Ross Kee, Congratulations on your 70th birthday!

At 70 years old, you're like a classic car. Rich in miles, slight signs of use, but still in good shape.

Even the 70th year of your life still holds some secrets & since life can never be filled with enough experiences, we hope you'll have many more of them and enjoy your time until you reach the big 8-0!



Milestones are not for counting, they're for celebrating! May this milestone year bring you boundless joy, good health, and all the love you deserve!

Congratulations on your 60th birthday, Jo Edwards!

Sixty is just another chapter in the amazing story of your life. May this birthday be the start of your best years yet!!





PROFILE

HELEN MALAR



I learnt to swim in the rock pools in Cornwall UK.

My family immigrated to Brisbane from the UK in 1961.

Prior to 2004, I had no formal swimming lessons or training but have always loved to swim in the sea or the pool. My Dad used to take me to swimming club at the old 25 yard Toowong Pool in Brisbane and I also swam at school carnivals but never actually trained until I moved to Noosa in 2004 where I started swimming at the Tewantin Pool.

However, my daughter Cassie was a National level swimmer, swimming for Yeronga Club and trained by Rick Vandersandt. I learnt a lot about training, swim skills, drills and racing techniques from Rick by just observing the training of elite swimmers (sitting through many early morning and afternoon sessions).

I joined Noosa Masters Swimming Club in January of 2005 and in that first year I competed in swim meets at Caloundra, Hervey Bay and Noosa.

Together with Adrian Wilson, I was Club Captain for 3 years (2015,2016,2017), Social Co-ordinator with Robyn Selby for 3 years (2018,2019,2020), then Club Captain with Trev Mathews in 2023 and currently I'm Club Captain with Robert Ashwell for 2024.

I love competing as it takes me outside my comfort zone and I have swum at a number of Pan Pacific Masters Games as well as State and National Championships. I see myself as a sprinter with Breaststroke being my competitive stroke but I also throw in a little Butterfly and Freestyle (25m and 50m only!!)

I am honoured to have been awarded an Honorary Life Membership in 2023 and look forward to bringing the fitness, fun & friendship of Masters and my 18 years membership to the future of our great club.

COACH'S TIPS

PERFECT FREESTYLE ...



Body position

Streamline ...make you body as narrow as possible to help reduce drag. As you dive in or push off the wall squeeze your biceps to your ears and keep legs tight together.

Head position plays a major role in overall body position, look down and focus on the bottom of the pool, neck and head in neutral position.

Head position has a direct effect on hip position. If you have a neutral head position with eyes focused down, your hips will naturally lift up making it easier to kick.

The catch

Hands relaxed with a few millimetres of space between each finger, this actually helps you swim faster and increase power of the pull instead of swimming with hands tightly cupped.

Enter water with fingertips 12/18 inches In front of your shoulders after arm is fully extended, bend at the elbow and angle finger tips towards the bottom of the pool.

This sets you up for a strong pull phase, turning your entire hand and forearm into one large paddle and is also much easier on you shoulders than pulling with a straight arm.

Pull

Keeping hand relaxed with fingertips slightly apart, try to keep the elbow above your hand for most of the pull extending your arm straight when it goes past your hips.

More on perfect form in freestyle in next newsletter!

*Happy swimming
Cheers, Jan*

Two Originals



photo of Barrie and Tony courtesy of Karen Martin who facilitated their meeting

Barrie Bedding and Tony Frost joined Noosa Masters Swimming Club (formerly Noosa AUSSI Masters Swimming Club), when it formed in 1999.

Following the official opening of the Noosa Aquatic Centre by Queensland Premier Peter Beattie on 1 May 1999, Sandra Hudson, our first Club Secretary, arranged for Mr. David Speechley, Administrator of Queensland Masters Swimming to come to Noosa for the formation of

a Masters Swimming Club based at the Noosa Aquatic Centre.

In August 1999 thirteen future members attended, nine of which were members of Sunshine Coast Masters Swimming Club based at the Tewantin 25 metre swimming pool, two of which were Barrie and Tony.

Unfortunately for Barrie, a couple of health issues have curtailed his love of swimming now.

... Tony Frost

COMING SOON

Rod & Karen Barton (UK) are very excited to be returning to their favourite place around the 10th November for about 3 weeks. If anyone would like a house/dog/cat sitter, the Bartons are available. They are very much looking forward to seeing everyone at the club again after such a long wait

email: karenandrod@hotmail.com

Lynette Clemitson also celebrated her NOT BIG birthday this month. Still nimble and agile and anything but ordinary. Keep it that way, don't change a thing!

Thank you for all the beautiful cakes you so generously brought to share with your swimming buddies !! Congratulations Lynette on your 76 steps on the ladder of life. We hope you continue to climb it for a long time to come.

The beauty of age is that you gain a much broader view of the world despite becoming increasingly short-sighted.



Lynette with her favourite pick-me-up after Endurance



"Can I tempt you, Ian?"
(cake, that is ...)

SUNSHINE COAST MASTERS LC SWIM MEET

Saturday 28th October 2023 at Kawana Aquatic Centre

Sunshine Coast hosted a very well run meet with 100 swimmers participating & 10 swimmers from Noosa Masters – 6 Men + 4 Women as well as Liz Alfredson officiating, Julie Bott the announcer and Wendy Ivanusec timekeeping. Thank you to all our swimmers and supporters.

It started as a rather cool, blustery morning. Rod A and the boys put up the shade tents and we managed to keep out of the wind.

However, the sun broke through and it turned out to be a sunny day enjoyed by all.

Greg Bott won a Gold Medal, dominating all his favourite backstroke events as well as 200 IM.

Rob Jolly also won a Gold Medal and surprised us all by winning his 100m Freestyle event which he rarely swims. Adrian Wilson had a couple of fast swims in the 50m Free – 33sec & 100m Free in 1.20. Great to see Adrian back competing ... love those dives of his!! Rod Alfredson swam very consistent backstroke and breaststroke races. Shane Walsh took 6.64 seconds off his previous 200m freestyle time and is improving all the time. Terry Parker took 5.15 seconds off his 50m backstroke ... his new form stroke!! The men also won their 4x50m Freestyle Relay. Well done guys!



The girls didn't swim as many races as the boys so no chance of medals.

Wendy Nothdurft swam in her first competition since Pan Pacs 2022, swimming a sub-40 seconds in 50m Free and a 1.26 in the 100m Free. Fast swims and beautiful to watch. Jan Croft swam all 3 freestyle races, 50m, 100m and 200m plus another 50m in the Women's 4x50m Freestyle Relay (we came 2nd). Linda Hogg swam consistently but reckoned her best swim of the day was in the Women's 4x50m Free Relay!! And she backed up for the Mixed 4x50m Medley Relay. Helen Malar enjoyed her sprints of 50m Free, Breast and Fly. The 100m Breast needs a bit of work i.e. more training (says Coach Jan!!).

We all finished the day with a BBQ and pleasant live music. Gympie Gold Fins won the Small Club Trophy (as usual .. so great to watch the younger ones race) and Belgravia won the Large Club Trophy. A great day of Fitness, Fun & Friendship.

A Charitable Noosa Masters Outing Proved To Be a Gas!!



Nine Noosa Masters Swimmers, including some family and friends, visited the Sir Henry Royce Foundation's (The Foundation) Coolum Showroom on Saturday 21st October to view approximately 35 vintage and veteran motor vehicles, seven Rolls-Royce engines as well as a selection of military vehicles including jeeps and tanks.

As first timers to this museum, our group was unprepared for the splendour, quantity, quality and historical relevance of the vehicles we were able to inspect on the day. Our modest, \$15 entry fee per person supports The Foundation which has been encouraging mechanical excellence since 1904.

Our host for this event, Frank Carroll of Carroll's Transport Depot, provided a wealth of information about the make, use and prior ownership of the magnificent vehicles and engines on display. Frank and his wife Joan, who provided a delicious morning tea prior to Frank's talk, own many of the vehicles on show in the two air-controlled auto galleries whilst some vehicles are also on loan from other private collectors as well as many from Queensland historical museums.

The three cars which seemed to secure the most attention from our members included the dark green and black Rolls Royce Phantom III sedan with its sleek lines

and shimmering paintwork which was understood to have been used by Hitler's SS officers during WWII. The 2nd one of special note, was a beautifully appointed yellow and black Rolls built in 1927 complete with privacy curtains and a champagne cabinet in the back to secure the comfort of the original owner, a Hollywood movie magnate. However, for the royalists in our midst, it was hard to pass the Rolls Royce Phantom V which our late Queen Elizabeth II was known to have been driven in, as well as the musical monarch, John Lennon - but perhaps not on the same occasion!!

The many vehicles we viewed, took us back to mostly glamorous but sometimes haunting past times whilst our entertaining hosts, Frank and Joan with their stories and accounts of previous owners and famous passengers, made the morning fly by.

Many thanks to our club member, John Simonidis for recommending this unique club outing and if you missed out on joining us in 2023, don't worry as we hope to offer this to our members again next year.

... Julie Bott





The following appointments were made at our recent AGM held on 8 October. On behalf of all Club Members, we extend our sincere thanks to those outgoing members who generously gave up their valuable time to help run our Club so well. We wouldn't be where we are today if not your for generosity and willingness to help. We also thank those who have put their hand up again for another year and those who have taken on new challenges.
A BIG THANK YOU! Let's look forward to another great year ahead.

ELECTED COMMITTEE 2024

President	Greg Bott
Vice President	Terry Parker
Secretary	Julie Tierney
Treasurer	Studley Martin
Club Captain (M)	Robert Ashwell
Club Captain (F)	Helen Malar
Endurance 1000	Denise DeCarlo, Terry Carter
Social Co-ordinator	Julie Bott, John Simonidis
Registrar	Viv Merrill

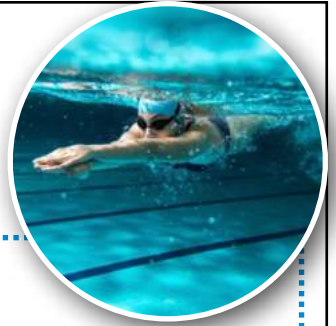
APPOINTMENTS 2024

Swim Meet Coordinator 2024	Julie Bott and Yvonne Mutton
Head Coach	Jan Croft
Assistant Coaches	Ian Tucker, Greg Bott, Viv Merrill, Bob Morse, Wendy Nothdurft
Endurance 1000 Recorders	Denise DeCarlo, Terry Carter
Endurance 1000 Co-ordinator	Terry Parker, Denise DeCarlo
Breakfast Coordinator	Carola Henderson
Newsletter Design & Prod.	Wendy Ivanusec, Brian Hoeppe
Publicity Officer & Media	Brian Hoeppe
MSA & MSQ Reporting	Greg Bott
Merchandise Committee	Jacky Shields, Linda Hogg
First Aid & Safety Officer	Kevin Alford
Welfare Officer	Robyn Selby, Chris Cooper
Website & social media	Shane Walsh
Registrar	Viv Merrill
Volunteer Coordinators	Shane Walsh
Funding & Sponsorship	Mick Jones
Video Officer	Bob Morse



ENDURANCE 1000 REPORT

prepared 31 October 2023



Wow, what a month it has been!

We transitioned the Endurance 1000 Coordinator role from Jane Powell to Denise DeCarlo this month. Jane decided it was time to have a break from the Endurance 1000 Coordinator role. Thanks, Jane, for your dedication to the Endurance Program over the years.

So you're stuck with me (again) as the Endurance Coordinator! Terry Parker will be assisting me with the Endurance Coordinator role throughout the year. Thanks Terry, in advance, for your help.

We had six organised Endurance swims this month: four Tuesdays, one Twilight swim and the 5th Sunday too. Thanks to ALL the swimmers, deckies and timers who pulled this off. It was a banner month with lots of points achieved.

We now have 58 swimmers participating in Endurance (we have 82 Club members). So 70% of the team is participating. Can we achieve 75% by the end of the year?? If you haven't done Endurance this year, you still have a chance to get in some swims.

We have some new swimmers to the club who are already participating in Endurance. Please welcome Nathan Glarvey, Nigel Harris and Duane Dalton – and help them understand the nuances of the Endurance Program if you see them on the deck.

Congratulations to Viv Merrill for completing her FIRST EVER 400m breaststroke!!

... and welcome back to Corals D'Ott who is back in the pool after a 2-year absence. Sally Johnson is also back in the water and did a 45-minute backstroke – very impressive! I'm sure there were a few other great swims that I missed. This team continues to impress me, and we motivate one another. How lucky are we?

Upcoming

For the month of November we will have a Twilight swim on 17 Nov – more information to come soon.

New to the team?

For anyone new to the team and you are wondering, what on earth is this Endurance program all about? Please reach out to me and I'll explain the program to you – decarlo4567@gmail.com.

Last but not least, it's great for me to be back with my swimming tribe. I was overseas in the US for nearly six months. It's so good to be back on deck, swimming and enjoying a cuppa after our swims.

... Denise DeCarlo
Endurance Coordinator

The Merchandise Sub Committee (Jacky Shields/Linda Hogg) will be doing a small order for uniform items in the next week. If there is anything you require please see Jacky or Linda ASAP so that we can move on existing stock or order your size in. There is a 6 week production time so we need to order ASAP to receive the stock before Xmas.

A must Read For Everyone Sixty and Older...

Valuable information below. Particularly for over 60, but it applies to anyone. Very interesting info that, quite frankly, I never thought about.

By: Arnaldo Liechtenstein, physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

"What are the causes of mental confusion in the elderly?"

Some offer: "Tumours in the head". I answer: "No!"

Others suggest: "Early symptoms of Alzheimer's". I answer "No!"

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes
- urinary infection
- dehydration

It may sound like a joke, but it isn't. People over 60 generally stop feeling thirsty and consequently, stop drinking fluids. When no-one is around to remind them to drink fluids, they quickly dehydrate.

Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

**This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies.*

*People over 60 have a lower water reserve. This is part of the natural aging process.**

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion:

People over 60 years old dehydrate easily not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) **Get into the habit of drinking liquids*. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple, orange and tangerine also work.*

The important thing is that, every two hours, you must drink some liquid. Remember this!

2) Alert for family members: constantly offer fluids to people over age 60. At the same time, observe them.

If you realise that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration



Noosa Masters Swimming Club
thanks its generous sponsors
for their support

PLATINUM



GOLD



SILVER



BRONZE



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