

CHALLENGERS' CHATTER

SEPTEMBER 2013



Carola, Helen, Adele and Jane enjoy the view from the top.

Eat your heart out Sir Edmund !!

It's not JUST about swimming ...

Four keen climbers turned up for the trek to the top of Mt Cooroora on Saturday 14 September.

After a relatively easy climb to the first lookout, we then tackled the more challenging climb to the top. Helen and Jane led the way and were soon clambering over the rocks at a remarkably fast pace. Carola and Adele followed behind taking more time to find footholds and catch their breath.

However, the summit soon appeared in front of us and the view from there was well worth the climb even if it was a bit hazy from smoke.

It was time for a snack and photos while we enjoyed the view and cooler air at the top.

Coming down seemed a bit easier, sliding down on our behinds some of the time, and it wasn't long

before we were back at the car park.

Then it was off for coffee to a local café before a wander around the Pomona markets.

By Sunday morning we were really feeling the muscles in our legs but Bob gave us a good workout at our swim session. Where to next?

... Carola Henderson



TOOWOOMBA TADPOLES SWIM MEET ...

Hey!

Toowoomba meet was fab! It's a lovely little pool. A big attraction is the touchpad timing. Due to the relatively low turn out it was over in 3 hrs.

That did mean I was still panting and getting my breath back while on the blocks for the 50m Butterfly haha after swimming the 100m freestyle about 2 minutes prior. A fun day. Celebrated conquering the 100m butterfly afterwards with Stu!

This time I didn't get any photos at the meet besides Stu and I celebrating afterwards! Was great to spend the whole weekend there visiting my cousin - its a beautiful place!

The takeaway for me was butterfly is getting much easier to swim, which is great. I shaved 5 secs off the 100 IM PB I set last year at the same meet which I am very pleased about !

Rob Jolly was delighted as all his swims were PBs. He's really keen to do as many comps as he can.

...Nic Pirie

You have every reason to celebrate, Nic
A 5sec PB is stupendous!! ... Ed

contributed by ... Jacky Shields



NOOSA MASTERS BREAKS DOWN THE BARRIERS

I joined Noosa AUSSI Challengers in April 2003. My first carnival was organised by my friend "Jules" Julie Robinson which happened to be on the other side of the world, England. In June 2003 I competed in 2 swim meets one at Gateshead and the other at Hereford England. I was very nervous, being in another country and not knowing what to expect.

Everyone made me very welcome and I gave it my best and I made some new friends. Many of the swimmers asked, how old are you? because I am only 4 foot 10 inches they thought I was only a kid not a man of 27 years. My last swim meet in England was for Barnett Copthall Masters where I had my photo taken with the British ladies Olympic team. When I arrived back home to Uncle Barry's house in Wales a journalist came to the house and took my photo. My Mum, Dad, Uncle Barry

and Aunt Barbara were very happy and excited. I was listening to my music and didn't really want to know what all the fuss was about. I came home with 3 bronze, 1 silver and 5 gold medals.

Since then I have been given the opportunity to compete in many Masters events, including World Masters, Australian Masters, State Masters and Pan Pacific Games. I just love competing and being in the relays forming part of the Noosa Team. My friends in Masters don't look at my disability instead they look at my ability and what I have achieved. I am proud to be part of Noosa Masters and I have the best coach in the world, Ian Robinson who also swims for Noosa Masters. Ian is my coach first and friend second, he doesn't make allowances because of my disability, that is probably why at 37 I am still achieving PB's.

Swimming in Masters Events has given me good preparation for representing Australia at the many World Down Syndrome Swimming Championships. I tell all my friends with Down syndrome about Masters and get them to join in their local area; it also gives me the chance of meeting up with them at the many competitions.

Swimming for Masters has certainly broken down the barriers; it has given everyone a greater understanding of people with a disability. I hope I will always be able to swim for Noosa Masters and compete in many more events even though they still want to know who that little kid is!

*See you on pool deck
... Clinton Stanley*



*Clinton in Wales
2003 with his
Masters Medals*



*Clinton with the 2008
AUSSI Masters Zoggs
Award for the Best
Individual*



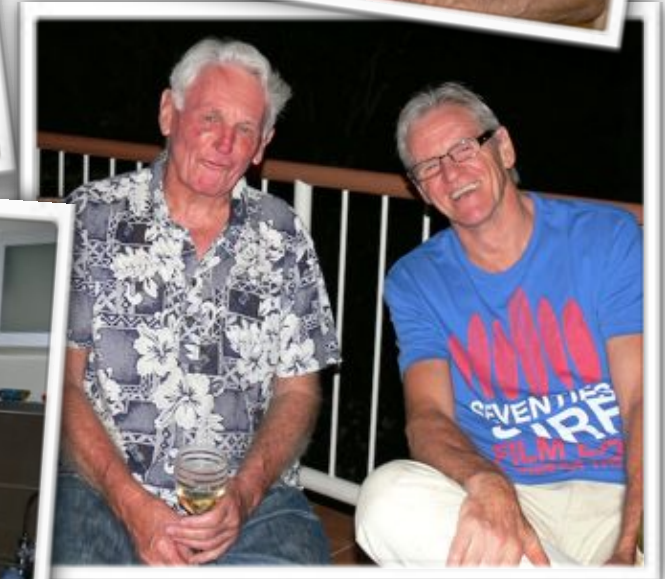
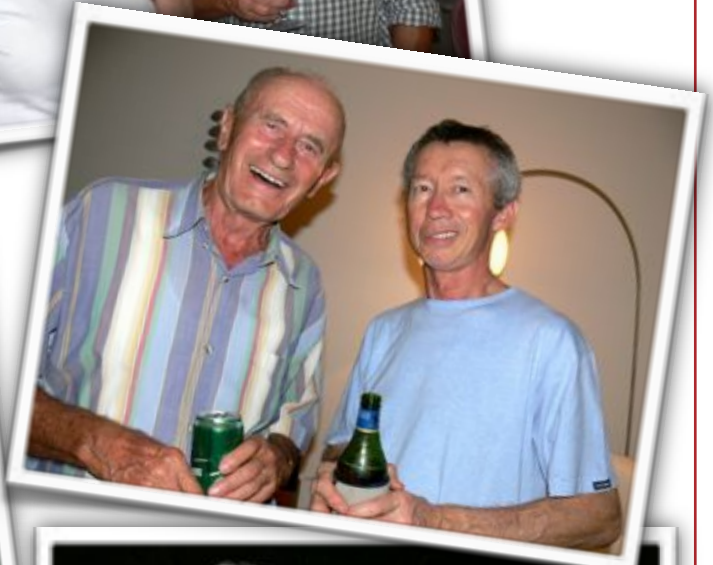
*Clinton
with
Daniel
Kowalski
2009*



*World Champion
Down Syndrome
Relay Team with
Olympian John
Konrads at Noosa
2008*

PIZZA NIGHT ...

Any excuse will do for members to get together in this case a number of members ordered cases of wine - it was all delivered to the one address ... Robyn Selby's. So, she said, "When you come over to pick up your wine, why don't we have some pizza and we'll crack a bottle of each to try?". "What a good idea we all chorused ..."





2013 MSQ Calendar of Events

Month	Club	Course	Region	Sanction#	Venue
October					
5 - 12	Masters Games				Geelong, Victoria
5	Maryborough	TBA	Central	24/13	TBA
19	Long Tan Legends	LC	North	25/13	Long Tan Memorial Pool
19	Redlands Bayside	LC	South	26/13	Cleveland Aquatic Centre
November					
2	Caribee Rocky Crocs	LC	Central	27/13	Rockhampton Grammar S.
TBA	Caribee Rocky Crocs	OWS		28/13	
9	Cairns Mudcrabs	SC	North	29/13	Gordonvale A C, Cairns
17	Ipswich Masters	LC	South	30/13	Ipswich Grammar School
30	Aqualicious	LC	Sunshine	31/13	Centenary Pool
30	North Mackay Sinkers	SC	Central	32/13	North Mackay High School

UPCOMING SOCIAL EVENTS

Robyn Selby & Carola Henderson

Guests pay \$15 at the gate

I will send out the information flyer.

What a nice afternoon, so please let me know if you are interested in coming along and I will make a booking.

[Information on upcoming happenings to pencil in until Christmas.](#)

Noosa Triathlon --- 30th October - 1st November

Melbourne Cup lunch,
Viv Merrill's new home, 5th November

Dinner Global Village - 22nd November

Christmas BBQ/get together, Gympie Terrace - 15th December.

All dates are subject to change to suit.....



October 20th Annual Jazz Club Picnic

All Welcome, Two Bands! Make sure you invite your friends! It's a Noosa Institution! You will need your food, a hat, chair, your favorite wine glass (budget bar) and a big smile!

They have a superb line-up again this year featuring an afternoon of fun and hot jazz.....

Special Guests [John Withers](#), [Derek Capewell](#), [Duncan McQueen](#) and Surprise interstate guest.

Jazz Factory stalwarts Ian Denovan, Paul Williams, Greg Garrett drums, and Richard Stevens wouldn't miss this show and you never know who will turn up to sit in with the bands... so look out for jam sessions and other diversions along with a day of hot jazz.

Music from 12 30pm to 4.30pm
Tewantin Tree Farm, Jirrima Crescent
Tewantin. For directions check the map...

http://www.noosajazzclub.com/index_files/Page441.htm

SEPTEMBER BREAKFAST ...

Well - the monthly breakfast was well attended as usual, plenty of food for all and we were delighted to welcome back Grant Scotcher after his nasty health scare whilst in Adelaide recently. Also good to see Owen Curtis making such an excellent recovery from his recent, very successful ankle surgery. Bardie Gruber still feeling the effects of a badly broken wrist, but well on the way to a good recovery. Bruce Warren presented Brisbane Northside Certificates to those present who competed and also presented Jan Croft with a swag of National and State Record Certificates - she's having a wonderful year, having entered a new age group in 2013. Robyn Selby won the raffle -



This is what happens when you leave a coffee unattended - they dress it up !!

News about Grant Scotcher, from Adelaide

Grant and his wife Joan, travelled to Adelaide last week, to support his 98 year old father, who sadly passed away Friday the 20th September 2103. Unfortunately, Grant fell ill himself with Diverticulitis which apparently resulted in a ruptured bowel, requiring hospitalisation and large I/V doses of antibiotics. Although he is now on the mend, he is likely to be in hospital in Adelaide until Friday of this week. He may be able to attend his father's funeral tomorrow, and is likely to return to Noosa in the next 7 to 10 days. We wish both he and Joan well during this very trying time and feel confident that he will bring the same level of focus and energy to getting better as he does to his swims with Noosa Masters.

... Owen Curtis

2013 A.G.M.



The AGM on 15 September was very well attended - thanks everyone for coming along and for taking the trouble to fill in those Proxy forms - makes everything so much easier. The main purpose of an AGM is to elect Office Bearers and Committee for the coming year. Here they are ...

Permanent Committee Members by election

President	Stephanie Jones
Treasurer	Ian Tucker
Secretary	Adele Tucker

Committee Members by election

Vice President	Bruce Warren
Club Capt (M)	Brian Hoeppe
Club Capt (F)	Bardie Gruber
Registrar & Social Sec'y	Robyn Selby
Assist. Sec'y	Helen Malar

This makes up the 8 members of the committee with voting rights at the committee meetings and will be responsible for all activities under the club constitution

Appointments

There are other positions which are not voted for but which are Appointments by the Committee.

These Appointments will be ratified at the first committee meeting following the AGM.

The Club is extremely grateful to those members who filled these positions in 2013 -all except two of these have agreed to continue their commitment in 2014.

Funding Liaison Officer (not required at this time)

Safety Officer

Publicity Officer

Newsletter

Social Secretaries

E1000 Co-ordinator

Club Co-Captains

Merchandising Officers

Monthly Breakfast Coordinators

(Sally Johnson)

(Tony Frost)

(Wendy Ivanusec)

(Robyn Selby
Carola Henderson)

(Marcia Kimm)

(Brian Hoeppe

Bardie Gruber)

(Bruce Warren,

Di McFarlane, Ian Tucker)

(not required at this time)

+ 2 invitee positions Brian Cairns and Wendy Ivanusec for continuity of information

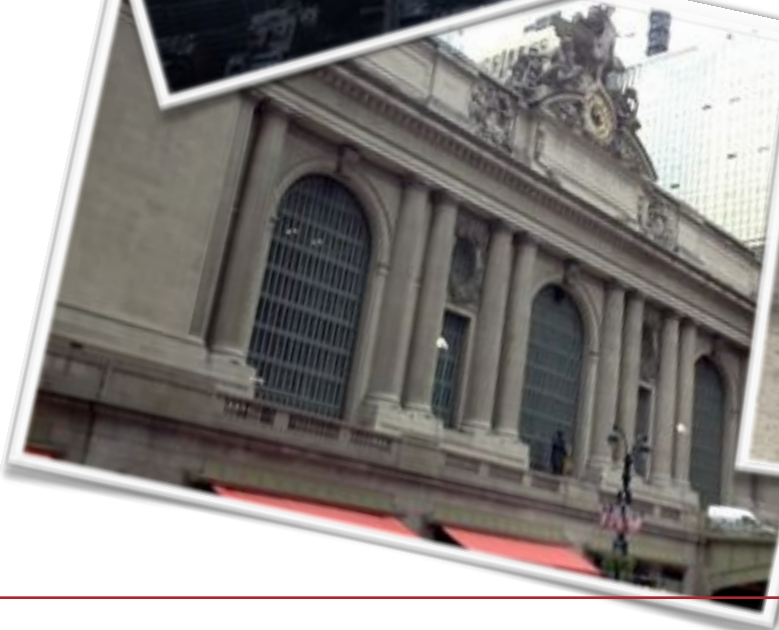
+ all Life Members have the right to attend committee meetings, but do not have voting rights

John Havilah & Bob Morse were present to receive their - 10 year badges, while Clinton Stanley was unable to attend. John Havilah was also presented with flowers and a card bearing the good wishes of all club members for the speedy recovery of his wife, Sue, after her recent back surgery. - Stephanie presented various National & State Record Certificates to members who were present to receive them. Brian Hoeppe ran a quiz regarding the number of individual records held by Noosa Masters members - only those who HAD NOT read the Club Captains' Report prior to the meeting were eligible to participate. The prize, a bottle of wine, was won by Marcia Kimm. Brian stated that next year it would be open only to those who HAD read the reports!!



THE BENSTEDS IN NEW YORK ...

Just a few photos of the beautiful and the not so beautiful. We have enjoyed New York immensely especially me. Washington tomorrow. Our feet are so sore from all the walking so the 3 hour train trip will be very welcome. XGnK



INTERNET FOR SENIORS ...



SEP 16, 2013

Community

NOOSA Day Respite is a host for *Broadband for Seniors* with training provided by an experienced senior volunteer.

Training is free and conducted one-on-one for approximately one hour per week. If you are interested please phone 5455 8350 to register.

The Noosa Day Respite Centre is located at Wallace Park on Eumundi Road, Noosaville.

Broadband for Seniors is delivered by community-based organisations. These organisations provide senior Australians, aged 50 years and over, with a friendly and secure environment to receive computer and Internet training. The Internet connection and computers at the kiosk can be used by seniors for practice and personal computer computing outside of scheduled training times.

Training: Kiosk Hosts provide Volunteer Tutors with training materials to teach senior Australians about computers and the Internet. Hosts are encouraged to provide regularly scheduled, or ad hoc training sessions as required.

Access Training at a

Kiosk: Senior Australians visiting a Broadband for Seniors kiosk will have access to the Broadband for Seniors 'Your Resource Kit'. This kit was specifically designed for seniors. The lessons within the kit can be used for one-on-one or group training with a Volunteer Tutor, or to take home to use on your own computer. Everyone learns at their own pace – Volunteer Tutors training senior Australians will have access to specially designed lessons contained in the Broadband for Seniors 'Tutor Manual'.

For more details on training at a kiosk please see [Access Training at a Kiosk](#).

Online Training

Free online training lessons have been developed specifically to help reinforce the skills you have been

taught in the kiosks – and take you further. You work entirely on your own at your own speed. It's easy to jump from place to place in the lessons to remind yourself of something you may have forgotten.

For more details on online training please see [Online Lessons](#).

Everyday Use

Once you have completed your basic training, senior Australians are welcome and encouraged to use kiosk computers and Internet for their everyday online needs.

For more details on Internet security please see [Staying Safe Online](#).



"The Noosa Crafters" : Adele, Mary, Lorna, Dyanna, Jacky & Marcia

MICHELLE'S MUSINGS ...



Friday, 27 September 2013

Hello family & Friends

We have just dropped anchor back at Seisia after cruising down the coast to Weipa for the last 4 weeks. We enjoyed the company of our guests for 2 weeks, picked them up in Bamaga sailed to Weipa via Crystal Creek No 2, Jackson River, Pennefather River, Weipa.

Getting into some of the rivers was an art as the sand bars across them is shifting sand. We had GPS marks given to us in Seisia before we left as the people had been there 2 weeks before; by the time we got there some of the marks were wrong.

We had muddies & mullet & oysters & some delectable drinks to go with it each time. This is very good cruising, no swell, winds tend to be gusty, Neriki getting along at 7 > 8 knots at times. Lots of smoke about, dense at times, there were plenty of campers along the rivers finding the shade of the casuarinas trees invaluable, their boats straddled along the shoreline. At the places we stopped, if there were campers about we had a chat about their coming from/going to destinations, how the fishing/crabbing is going.

After our guests left Rick & I sailed down to Boyd Bay (30kms South): as we were meeting the Kestrel Bay freighter to refuel. This freighter does the fuel & supply run; Bamaga, Weipa, Boyd Bay,

Groote Isle & trawlers in the Gulf, they have a 2 week turnaround.

That was an interesting procedure, especially getting off a dinghy onto a trawler in rough seas to fill jerry cans. All part of the story of sailing – well for us that is.

We had some of the best sailing back up the coast. We did a run from Boyd Bay to Janie Creek about 80kms, sometimes there was wind then nothing, it's a frustrating sail then motor.

We spent the night in the Arafura Sea – no lights anywhere, the setting sun – incredible sight, the full moon nearing it's fullness, the stars ever so bright & close. Had an easy run to Cullen Point – Port Musgrave (internet & phone service there) the community is approx 4kms across the bay.

We were anchored in Namaleta Creek; this is a tributary of the Ducie & Wenlock River. This place is full of life; I was in amazement of the bird life, the honking brolgas was the highlight, fish jumping, dolphins, only saw one croc sunning itself with mouth open.

Campers from nearby Cullen Point over for the day's fishing where barra plentiful. Yes Rick caught one – in the cast net, also by line – only it got off, cast net crabbing, it was easy to see them walking in the shallow waters in the gutters. I caught a good size grunter bream.

We could get to places that a tinnie couldn't go. I was very sad to leave that place.

The most magical night was of full moon last week, setting red ball of sun in the

west, rising full moon in the east, Neriki sitting in calm waters with only the sound of fish crashing into the keels, what a hoot!! I was sad to leave, it will hold fond memories.

From Namaleta Creek we had good fast sail up to Vrylia Point where we stopped for a couple of nights. We met some campers who ended up coming out on the boat to have a look as they are interested in the sailing lifestyle. This place is also pretty as there is a lagoon in the northern corner, the beach flat the water was clear (yes I had a quick dunk) although the campers had spotted a croc cruising past a few days before.

We went to the reef nearby for some fishing – nothing of note, later in the day we meandered around the corner anchoring in the North Bay. It was surprising this morning when I looked out of the window to see so much rock that I hadn't seen on the day before low tide.

We left at 06:45 this morning arriving in Seisia at 2:30. Along the way the lines were out, Rick had 4 strikes, one strike, a good sized mackerel, only problem was by the time he had it to the boat there was only the head on the lure, no body. A shark had a good feed. No fish tonight. So for the next few days we sit at Seisia to wait for a weather window for a north or east wind for the sail south via Lizard island.

Well that's it for this letter, hope all is well with you. Love, Hugs & Smiles Shel

JUICING . . .

The Key to a Vibrant, Healthy Life

"Juicing is the 15 minute nutrient express to health!"

You've heard all the latest tips and strategies for healthy weight loss, including juicing and in particular green vegetable juicing. I'm guessing you would now like to know how to best incorporate this into your diet and lifestyle.

One of the best ways to stay on track with juicing is to learn more about how juicing can benefit your health. Kris Carr, Jason Vale, Mike Adams, Dr Mercola and Joe Cross in *Hungry For Change* are all passionate advocates of juicing daily and here's their reasons why:

- Juicing allows us to take in a large serving of vegetables and fruits at one time and can be the key to giving you a radiant, energetic life and truly optimal health. Dr Mercola typically buys up to

20 pounds of raw vegetables per week and juices a few pounds per day. Some people may find eating that many vegetables difficult, but it can be easily accomplished with a quick glass of vegetable juice.

- Juicing is an easy way to absorb all the nutrients from the vegetables. This is important because most of us have impaired digestion as a result of making less-than-optimal food choices over many years. This limits your body's ability to absorb all the nutrients in an optimal way. Juices go straight to your blood stream which in turn carries all the nutrients to where they are needed the most by the body without further delay as in digestion.

- Juicing can help you add a wider variety of vegetables in your diet. Many people eat the same vegetable salads every day. This goes against the principle of regular food rotation and increases your chance of developing an allergy to a certain food. But with juicing, you can juice a wide variety of vegetables that you may not normally enjoy eating whole.
- Juicing is also an incredibly effective way to cleanse the body, especially green juices! Green juices contain high levels of chlorophyll a powerful phytonutrient which attaches to toxins and heavy metals and helps remove them from your body. It also increases your blood's oxygen-carrying capacity by stimulating red blood cell production.

COACH'S CORNER ... BY JAN CROFT



Breastroke

Breastroke has greater drag than any other stroke.

Streamlined body position is very important.

Main opportunity to streamline is in the glide phase.

Breastroke is the only stroke that the kick produces more power than the arms.

Do not nod the head. Look down at bottom of pool when breathing - not at the end of the pool.

Swim well !

ENDURANCE 1000

Can Noosa Gain the National Trophy for the first time ?

Endurance 1000 Report for September

The only Club that has held the Endurance 1000 Trophy is Launceston, Tasmania.

However, this year our great Noosa Club is aiming to make that Trophy ours. Last year, our final points were 14,500. Currently our points are close to 17,000, which is already a great effort!

Many of our Club's swimmers have been doing this programme for quite some time and have made Noosa the Queensland Champions on more than one occasion.

Of recent times, more and more of our members have been joining in this great programme. Most of these new participants have surprised themselves with what they can achieve. They feel good about those achievements and say it has really helped their swimming in general. Some swimmers who didn't think they could make the 400m now have been able to swim the 1 hour! All that in less than a year ... wow!

These new Endurance 100 members and all the 'old hands' are leading us closer and closer to that elusive National Trophy.

Please join us ...

It is so easy to gain 100 to 250+ points and 10 or more swimmers doing this could see our Trophy 'collection' expanded.

Thanks to everyone for their wonderful efforts to date and - trophy or no trophy - keep enjoying swimming the Masters way ... for fun and fitness !!

Noosa ! Noosa! Noosa!

... Mary Lester
On behalf of: Marcia Kimm
Endurance Programme Co-ordinator Extraordinaire

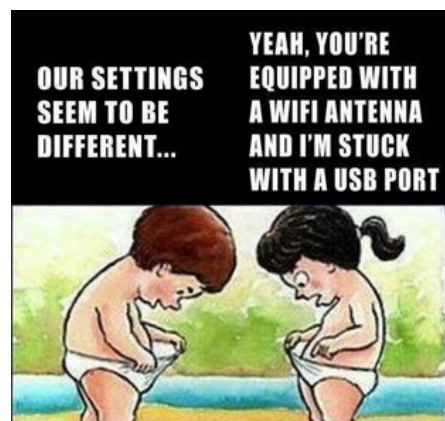


<http://www.whathappenedinmybirthyear.com>

October Birthdays

Wendy Twidale	6/10 big 60 !!
Grindle Rudder	10/10
Robyn Selby	14/10
Rob Ellis	15/10 Big 60 !!
Ian Tucker	21/10
Quentin Lee	22/10
Helen Malar	24/10
Lynette Clemitson	29/10

**HAPPY BIRTHDAYS TO ALL
FROM ALL OF US**



SOCIAL EVENTS

CRAFTERS MEETING

Tue, October 15 @ 1pm-3pm

RSVP: Dee Mooney
5448 3785

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

VISIT OUR WEBSITE ...
www.noosaaussichallengers.com

Challengers Chatter

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