

CHALLENGERS' CHATTER

SEPTEMBER 2018

NOOSA MASTERS AT AQUALICIOUS

by Adele Tucker & Linda Hogg

Team Noosa medalists

L to R Rob Jolly, Adele Tucker, Ian Tucker, Rob Jolly
Thanks Aqualicious for the very special
15th Anniversary medals -
they're a "keeper" !!



Linda Hogg, Julie Bott, Greg Bott, Rob Jolly



Rob Jolly (with brolly), Adrian Wilson, Ian Tucker, Adele Tucker

Saturday, 29 September 2018.

The weatherman got it right for once. What started out as a beautiful afternoon for swimming ended in a thunder storm for the second time in three years! Racing was stopped just after Adele completed her 100 backstroke and Greg was on the blocks. About 30 minutes later the meet was cancelled. Medals were awarded to ...

Rob Jolly and Adrian Wilson	Gold
Ian Tucker and Ian Robinson	Silver
Adele Tucker	Bronze

Unfortunately for Greg he missed out, if only that damn storm had waited just 2 more minutes sorry Greg!!!

Well done to our swimmers and Aqualicious for hosting the Meet.

Better luck with the weather next time !!



Centenary Pool - and the rain has set in... end of story!



MELBOURNE CUP

Tuesday, 6 November 2018

Jane & Mark Powell have kindly offered to host Melbourne Cup this year.

Now is the time to sort out your outfit. Look out for more information, nearer to the time.

It's Noosa Tri Time

Please volunteer for the Noosa Tri



It's really easy to enter online. Copy and paste the following link.

<https://vmodcui.active.com/volunteer/jobs?eventGroupId=1183202&jobGroupId=212702>

All the positions that you see, have to be filled by our club.

Thank you in advance for your support.

Desert Adventures with Mark & Jane Powell

The Canning Stock Route

The Canning Stock Route is an extremely remote desert track between Halls Creek and Wiluna in Western Australia. It was created over a century ago, to facilitate the movement of cattle between the Kimberley and the Goldfields. Wells were built where people had known water was available for thousands of years.

Now, the wells punctuate a desert which is remote, pristine, full of life

and full of history, and they allow well-prepared travellers to explore this stunning region.

In June this year the Powells, and Julie & Ian Robinson rendezvous'd in Kununurra, and, in their convoy of three vehicles, travelled south together along the Canning Stock Route.

Over 22 days, what started out as a bullet point on a bucket list, metamorphosed.

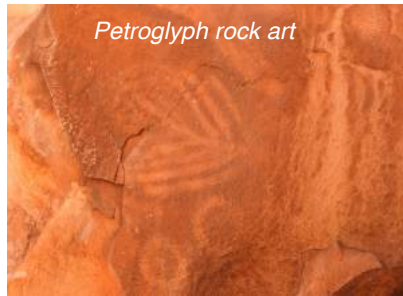
We immersed ourselves in history, both ancient and recent, landscapes, skylscapes and wildlife.

We've challenged our driving skills, we've explored on foot, rock-hopping through gorgeous gorges, we've swum in pristine desert springs, we've marvelled at raw beauty, and shared campfire companionship.

(We've made our peace with dust!)



Blue Winged Kookaburra



Petroglyph rock art



Camels



Well - Canning Stock



Moon over Durba Springs



We made it!

Canning Confetti

by Jane, Mark, Ian & Julie

A poetic response to abundant toilet paper left along the CSR

When you journey on the Canning
One thing you'll notice in a trice
Is the Canning Confetti,
And its not very nice

-
We saw Buzzards and budgies
Finches and dingoes
Plains, caves and rock art
(Alas no flamingoes)
But the view was spoilt by the Canning
Confetti

We ate quinoa and chicken and spuds
and boiled eggs
Fresh fruit and date scones and nuts and
spaghetti
But our appetites were spoilt by seeing
Canning Confetti!

We bounced over sand dunes, salt pans
and rocks
We had dust in our hair, eyes, clothing and
socks
But it couldn't disguise the Canning
Confetti

Loos there were few and what can folk
do?
We all need to poo (I'm sure you do too)
But do we need to scatter Canning
Confetti?

-
When wiping you touche'
Spare a thought for the bush
Take a trowel
Dig a hole
Bury deep what you ate
...and mate ...
Please don't leave behind
Your Canning Confetti!

(TIP ... BURN IT!)



Snappy gum shade



Dingo



Loopy Troopy on CSR



Hi everyone !!

This is Wear. I'm in Taiwan for a months holiday. I want to say "Thank you" to Noosa Masters. I joined the Taiwan Masters National Competition this weekend. I had 4 personal events and 2 relays, I got 6 Gold metals and broke 4 records which are 50,100 free and fly.

I'm so happy that I have such a great team support behind me.

I hope next time there are some members who can come to join Taiwan Nationals with me. I can't wait to introduce the lovely country to you!!

RIVERFIRE : Rain holds off for flyovers and fireworks

Unlike Aqualicious, Riverfire got the go-ahead !! The threat of showers and storms failed to disrupt Brisbane's Riverfire fireworks display, with 11 tonnes of pyrotechnics going off, on schedule and without a hitch.

The event was under a dark cloud earlier on Saturday, with Bureau of Meteorology warning an afternoon and evening of wild weather, including damaging winds and large hail.

But about an hour before the show, BOM gave the all clear

At 7:04pm, right on time, one of the Royal Australia Air Force's EA-18G Growlers performed its second flyover of the day. It signalled the start of a 20-minute display, featuring 11 tonnes of fireworks set off from city rooftops and barges on the river.

This year the event was set to a soundtrack celebrating sci-fi and superheroes.



(Supplied: Department Natural Resources Mines and Energy)

Congratulations Jolly Rob !!

Rob decided to let the photos do the talking this time. However, your editor recommends you check out this website to see where Rob set a new 200m Breast record in Paris!

<https://www.paris2018.com/wp-content/uploads/2016/05/Records-IGLA.pdf>



2 Gold, 1 Silver, 3 Bronze at British Masters



Video of 100m Breast at British Masters



5 Gold at Gay Games, Paris



BOUQUETS

Cap & Pen Winners. Congratulations to Rob Jolly for some amazing swims overseas. Ian Tucker for the great job as Convenor of our recent swim meet !! And Carola Henderson for organising all the yummy food for our swim meet. Julie Bott won the cap and the pen for being such a great announcer at our swim meet and Anne Besser for doing an all-time PB in her 50m free! Helen Malar won the cap & pen for doing a full swim session after not training for weeks while overseas. Alex Wetherill will get his cap & pen for his first ever Endurance swim - congratulations, Alex! Jane Powell won cap & pen for lasting all her first session after being away for many months.

Congratulations Liz Alfredson who has joined Masters Swimming as a non-swimming volunteer Liz does a great job at time keeping, she was there all day last Saturday, plus she cooked the onions for the barbecue and helped set up and take down. Amazing service to the club. You are a star!!

Welcome back Anne Scholes - from her illness and travels. Ian Robinson from his travels through central Australia, Lois Hill from Tonga after swimming with the whales. Mark & Jane Powell from their Canning Stock Route trip (plus)

Get Well soon - Tricia Chalmers recovering from melanoma surgery on her leg. Lynette Clemitson who at a recent surf competition, first heat, first wave, first stroke, tore her anterior supraspinatus tendon. Get well soon Lynette. Our thoughts are with Bob Morse who has had a health scare, blockages in the arteries to the heart! A bypass op or a stent will be required

Thanks to Jan for esp. good sessions and encouragement leading up to our swim meet, Bob, Ian & Greg for their coaching - great to do some Medley work. To Jan for her ever-valuable coaching and encouragement. And to Helen for organising the social at the Yacht Club. Also Adele for Friday's Endurance Twilight swim, what a team! 19 swims were completed, wow!

Welcome this month to Evelyn Dukan our newest member, Geoff Robinson from Mackay and Jackie Shields' eldest brother Ian, Rob Jolly's friend Leslie from France. David from Brisbane Northside.



Triathlon Swimming

by Nic Croft

reprinted courtesy of Australian Triathlete

Our coach, Jan - Nic's mother, reckons there are some valuable tips here for Masters swimmers !
Thanks for sharing, Nic

In past swim related articles I've written for AT, the focus has been on the advantages of being swim-fit and how this benefits your overall triathlon performance; on open water swimming specific tips and tricks, and how to get swim-strong using hand paddles along with dry land swim-specific training.

As technical as the sport of swimming can be, it is tough to narrow down the answer to the often-asked questions: "What should I concentrate on in swimming?" Or "What should a swim stroke look like?"

Following is a general list of steps to improve your swim for a triathlon. These aren't necessarily in any order of priority but should go a long way in helping you achieve your goals – whether you are a beginner or trying to accomplish that triathlon personal best this coming season.

Hand entry

A lot of adult triathletes new to swimming cross their hands over in front of their head on entry into the water. To combat this turnover, I encourage my swimmers to imagine that their head is at the twelve o'clock position on a clock face and aim the right arm towards the imaginary one o'clock and the left at eleven o'clock. So, a slight 'v' is being thought of with hands entering wider than the head, at around shoulder width. Another important thing to remember is to avoid overreaching with entry before your hand enters the water – your hand needs to enter first then extend out front.

Catch

Extend your arm forward after your hand has entered the water, keeping your elbow high, angling your hand down and pulling back with your hip rotation.

Your hips drive as your hand enters the water to start the pullback – as your right hand enters, your right hip rotates down, then the opposite for the left side arm pull.

Pull

In freestyle, your hands should pull all the way back past your hips. The last part of the stroke before recovery, which happens when arms come out of the water. This should be the acceleration of your arms behind you rather than an acceleration up out of the water. The aim here is working the back part of the stroke and focusing on brushing your thumb against your thigh (not your hip, which is higher).

Head position

Keep looking straight down when swimming freestyle. It's important to keep your head down with only a small part of the back of your head out of the water. Also, as you rotate through the water, try not to move your head with the rest of your body rotation. When you roll to, the head will rotate with hips and torso.

Kick

Try minimising your kick as you train for swimming. Most people will kick extra hard to make up for lack of balance in the water. Reducing your kick will allow you to improve your balance, as well as conserve energy.

Swim Squad

Move to a slower lane to work on stroke improvement when new to the game. If you belong to a squad, don't feel that you always need to keep up with your lane mates at every workout. Your coach will and should keep it real for you and ensure you're in a suitable lane and will progress you in time.

Remember that technique comes before all else, and if this is a blow to the ego at first you need to understand and appreciate how much more efficient, faster and fitter you'll be in the long run.

Keep the feel

If you find swimming the hardest of the three sports in triathlon, it is essential to 'keep the feel' for the water and get in the water at least three days a week. This way, your body maintains its awareness of being balanced in the water. A recovery day does not mean you have to have the day off – getting in the water and doing a light swim, even using fins and small finger paddles can help relax you, keep the muscles moving in a stress-free environment, focusing on body roll/catch and high elbows in control.

Expand the lungs

Mix in some hypoxic training sets into your swim. I like to add in warm-ups and drill sets in my Noosa-based squads – a set of 6x50s or 4x150s breathing every 3-5-7 strokes by 50, with 10 seconds rest in between every 50 or 15 seconds if 150. This is a good 'primer' pre-main set and good for the head also as it takes some discipline, and will help on race day if done consistently.

Work your weakness

In triathlon, most coaches agree that you should spend the most time working on your weakest of the three sports – especially when new to the sport and still developing. For many age group adults, this is swimming. For example, spend the most time working on the weakest part of your stroke, whatever that may be. You will gain the most out of your training by spending your swim time improving on that weakness.

Noosa Swim Meet 2018

Huge congratulations to everyone involved in the Noosa Masters Swim Meet for 2018. It was a great success. What we achieved epitomises awesome team work.

Well done again to our Gold medal winners: Wear Armstrong, Sam Penny John Havilah, Greg Bott, Brian Hoepper, Bob Morse & Rob Jolly. Our silver medal winners: Jana Clancy, Studley Martin, Kim Kelly, Ian Robinson, Felicity Hawkins, Adrian Wilson, Lynette Clemitson & Tony Frost. Our Bronze medal Winners, Jenny Nock & Jan Croft. We also had heaps of 4th place winners, well done guys!

Sam Penny also took away the dash for cash - Joe Gilbert Award - Joe was a life member and founding member of our club. Sam was nearest to his submitted time. Sam also won a raffle prize, go Sam, our English Channel Swimmer, yeah!

Congratulations also goes to LiQun who won the Encouragement Award sponsored by Karen Martin.

We also kept hold of the Pat Mooney Trophy for the highest aggregate points and came second in the average points score for the large clubs.

I would like to particularly thank the organising committee especially the Convener, Ian Tucker, who did a lot of work behind the scenes. I asked Carola, Robyn & Bob to say a few words as Chief Co-ordinators.

Catering - Carola Henderson

Once again, the generous members of our club excelled themselves with delicious biscuits, cakes and fruit to keep the competitors, timekeepers, and officials hydrated and nourished during the meet.

I would especially like to thank **Maree Warr**, my off sider all day, who went "above and beyond" at the end of the meet to clean up and put away the gear outside the Creche when the meet finished early and I had to race down to the BBQ area to set up for that. Thank you so much Maree. You are a legend!!

The BBQ got off to a slightly "rocky" start with the meet finishing about half an hour earlier than expected, the BBQs being really dirty and needing cleaning before they could be used, one of the electric BBQs not working at all and both gas bottles supplied by the NAC were empty!! Never mind - we rose to the challenge with the food finally being cooked with much anticipation from the hungry competitors. Special thanks at the BBQ area must go to my husband **Bob** who just got in and solved the problems without complaint, **Mike Hawkins** who helped all afternoon at the BBQ when he had also been timekeeping all day (you're a keeper!!) **Elizabeth Alfredson** who stepped in and cooked all the onions at a moment's notice (again someone who multi-tasked all day!!) **LiQun Hussey** and **Annie Collins** who helped serve the food and drinks and also helped clean up and pack my car at the end of the day!! How lucky are we to have such wonderful members. You all made my job so much easier. Thank you everyone.

Raffles - Robyn Selby

As always there was a fabulous response for donations for the raffle. We made up 28 prizes and our new style with individual preference to win a hamper was a success.

A great \$639.95 was raised. Thanks to Di McFarlane for sitting at the raffle table all day!

Set up – Bob Morse

There was only one hiccup with the equipment and that was a disconnect between the male and female connections from the tranny to the speakers. It appears they were having a domestic! Simple fix then back to business.

Many, many, many, many, thanks to all the people that helped erect and dismantle the equipment and special thanks to Greg who provided a vehicle and helped me load the tents and PA then also helped me return them. We are so lucky to have a friend like Brian Clancy.

Bob also mentioned that for him as an observer and competitor, the event was very successful with no obvious impact from the little hiccups that happened behind the scenes.

You are probably aware that Frank Wilkie did not appear to open the meet, he forgot!! And yes, I did give him reminders and wrote him a speech! Never mind, getting him there for the presentations worked. You are also aware that unfortunately the starting equipment could not be used due to a flat battery, however a way around that was devised and so no problems from then on.

Anna Teague did a Stirling job as the operator of the SAT Timing and thank you Steph for being such an efficient helper. Brian and Kathleen who got the results out so quickly, brilliant job guys and did you see the notice board, second to none!

A big thank you to all the officials, particularly our very own Viv & Greg. Marshalling was outstanding with Tricia, Dee & Grant organising the troops. Tricia also did a lot of work in advance in ensuring we had enough medals and engraved trophies, plus the risk assessment in coordination with the NAC.

Time-keepers, you were outstanding and due to everyone being so efficient the meet finished earlier than expected, and the BBQ was a great success. Lastly thank you to our Meeters and Greeters – Robyn & Ian Mitchell, you did a great job in setting the scene for a fantastic event. If I have not mentioned you by name, it does not mean you were not outstanding, you were! Go Noosa!!!!

Thank you, Linda, for the photos.

*... Jo Matthews
Meet Director.*

Noosa Swim Meet 2018



Trans-America Adventure -Part 1

Hello from Central Oregon. We've covered quite a lot of ground in our first week away - geographically, socially and culturally, so here's a quick snapshot of our holiday so far:

The trip across the Pacific

We arrived in Eugene, Oregon after stops in Auckland and San Francisco. All very smooth apart from the fact that Air New Zealand seem to have shaved a few centimetres off the seats in their trans-pacific aeroplanes. Maybe that's why they can sell their Sydney to LA and Sydney to San Fran return flights for \$999. Even though we arrived in Eugene at 9.45pm on a Sunday night, there was a shuttle service that could take us and our two bike boxes to the Downtown Inn which was located "downtown" :-)

2 days in Eugene

We enjoyed exploring laid-back (spaced out on the freely available marijuana?), slightly artsy Eugene before joining our tour. A series of bike paths along the Willamette River with bits and pieces to see along the way kept us busy on the first day which happened to be their Labor Day holiday. On Day 2 we headed about 4 miles out of town to visit the Bike Friday factory and headquarters. They were happy to see us and gave us a tour of their operations. Each bike is hand made from raw tubes of steel. They used our measurements on their system to set up two Pocket Rocket Pro bikes for us to take them for a spin along a local bike path for a few miles.

Our 25 new cycling friends

We joined up with our Woman Tours group on Wednesday after a shuttle trip to Florence on the Pacific coast. They are all pretty good. No deadbeats or whingers like you often get on these tours. We think that Anne might just be the youngest! And the least fit! And part of a small minority who are not retired teachers. Or at least retired somethings. 20 of the women are from the USA, 2 are from Canada, 1 is from Bristol and

we round out the Commonwealth coussies.

Our guides

Cy Pugh is our main tour guide. She is enthusiastic, helpful, informative, patient and generous of spirit. She loves what she does and has a great respect for the company. She drives Dorothy, a big, strong 8 seater van which pulls Fannie the trailer. The trailer carries our luggage and the kitchen. The kitchen is where Sue Lincoln hangs out. She calmly whips up fantastic meals for 29 people each night using a two burner stove and a big BBQ / grill thing. As an example, our meal one night last week was fresh sockeye salmon with pesto, baby potatoes with with parsley butter, glazed carrots with pepitas and then a big green salad with fresh baked wholemeal bread. Sue and Cy share the van driving so that they both get to ride for some of the day before Sue does the food shopping.

The places we've been

Our route has taken us from the Pacific coast in Florence back to Eugene (126km on the first day was a decent old hitout for our legs), then from Eugene westwards to Rainbow, a tiny town of 1300 people, then up and over the Cascade Mountains to the regional town of Sisters. Sisters nestles comfortably below three sisterly peaks of the Cascades. It's famous for two things - quilting and folk music. We happened to be there for our first rest day on the weekend of the Sisters Folk Festival, so the place was abuzz with people and music. The super duper quilting shop in town plays host to the largest outdoor quilt festival in the world. 2200 quilts and their quilters roll into town during July each year. Today we've ridden from Sisters to Prineville. Amongst a few other things Prineville (pop 9000) is famous for the cattle versus sheep grazing wars of the 1890s (really truly - 10,000 sheep were killed) and America's largest car tyre

manufacturing and distribution operations.

The scenery and roads

The roads have been a mixture of bike paths, scenic byways, secondary roads and a few (sometimes scary) miles on state roads where there was no other alternative. We've enjoyed riding through completely different scenery every day so far. From the densely forested spruce, fir and pine slopes of the Western Cascades up through the lava fields caused by two volcanic eruptions about 1800 years ago, beside the Mackenzie and Deschutes rivers, past the sharp peaks of Smith Rock State Park and now we're onto the central plateau of Oregon with its broad scale irrigated farming.

A typical day

We are very impressed with the organisation and genuine care of Woman Tours. We start with breakfast in our hotel about 6.30am, then load our bags onto the trailer. The snack table is ready and available from 7.30am with all sorts of goodies to take on the road with us. From sandwich making options, to muesli bars, power bars, dried fruit of all descriptions, nuts, cheese, fresh fruit - its all there to choose from. In addition to the van and trailer we are shadowed along the route by "the sag" - a Honda CRV driven by one of three participants who have opted in for sag duty which means that they drive the CRV every third day. They stop every 20 miles to fling open the back doors with more snacks, chocolate milk, water etc. And of course there are three seats and three bike racks in case anyone needs a "bump" along any part of the journey. After arriving, we normally head straight for the hotel pool for a stretch out and to kick out any kinks in our legs, followed by a soak in the (often very hot) hot tub. Even though we are staying in about 3 star hotels, they nearly all have pools and spas. Excellent! The luggage van turns into a mini bar from about 6pm. Dinner is at 6.30pm sitting around on comfy folding chairs outdoors in a "dinner circle".



Trans-America Adventure -Part 1 cont'd

Then Cy gives us the rundown for the next day's adventure complete with historical, geological and trivial information for the route.

Politics

Whoops - we are so used to everyone laughing, eye rolling and criticising Donald Trump that we forgot that 30% of the American population actually like him. It's only the rest of the world who universally dislikes him.

And Dyanna's quite loud suggestion to start a Mexican wave in the very long immigration queue at San Francisco was definitely not politically correct. Anyhow, we just know that we have to be more cautious in what we say ...

That's probably enough for now. We hope everyone is happy and healthy. A couple of pics attached.

... Lots of love, Anne & Dyanna



CARNIVAL CORNER 2018 OCTOBER 2018

Diary dates of approaching carnivals for Noosa Club

Further information about these and other meets can be found on the MSQ Website

**6 October - QMB
Maryborough Short Course**
Entries have closed.

**13 October - QUQ University
of Qld**

Entries have closed.
Private transport for this one
*There is a time keeping course
beforehand at 11.00am*

**27 October - QSC Sunshine
Coast Long Course** at Kawana
Waters Aquatic. Entries close 13
October 2018 with QSC. More
info later.

**7-10 November Pan Pacific
Masters Games Long Course
and Open Water (11 Nov)**
Book your accommodation now –
Meriton Southport suggested:
Entries open

Reserve these 2019 dates

**MSA Nationals-March
18-23 2019, Adelaide:** Please
give your Expressions of Interest to
Club Captains asap! This will help in
accommodation recommendations
for the meet which will be held in
Marion, Adelaide (not in the pool in
centre of Adelaide).
Please reply
to captain.noosaQNA@gmail.com

Howard Peters catches up with his old UK chums

I managed to pay a visit to my old Masters in Sussex, UK on 15 Sept and found a few changes. Mainly they have changed one session into three - not starting on the hour but at 20 mins past. So I joined in the fun at 7.40am to find my chums coming in an hour later ... so, in effect, I had two swims. It was indoors and cost five pounds a session and lasted just shy of an hour.

Bearing in mind jet lag and being tired because of travelling I kept up quite well - but it was a bit claustrophobic. However, on a plus note, most of my old chum from 10 years ago are still at it and looking good so it's testament to swimming.

... Best wishes to all Noosa Masters, Howard Peters



Coffee !

Trans-America Adventure -Part 2

Where we've been

Since our last update we have finished our west to east crossing of Oregon and are now in the north western corner of Idaho. Yes - potato country! People in this part of the state are very proud of two things – their potatoes and their fishing rivers. We are never short on local advice on how to cook the best Idaho spuds in the world, or where to catch the finest trout, salmon or swordfish. From Prineville of our last update, we cycled in reverse direction along the old Oregon Trail through a couple of small towns: Mitchell (pop 130) famous for its painted hills, John Day (named after “the most famous guy not to do anything”) and up and over the Elkhorn Ranges via three mountain passes on to Baker City (heart of the Oregon goldfields) for our second rest day. Then it was onward through the town of Halfway (pop 238), along the Snake River [photo 1], across the Idaho border to Cambridge, up to New Meadows and then along the Salmon River (the longest free flowing river in the USA) into Riggins for our second rest day.

Our new (and now better) friends

We really like the group of women we are cycling with. There is a depth and breadth to the group which gets broader and deeper the more time we spend with them.

The collective experience and wisdom of the group is continually inspiring. One of our favourites is 73 year old Mary Coombs from Colorado, the co-founder of a big outdoor clothing and gear company called Marmot, and walker of many a mountain trail. Another is Marilyn Hutchinson, a psychologist who worked for the Public Defender's office, providing expert testimony for women who had murdered their husbands out of self defence or desperation. Our group includes 4 x Ann(e)s, 4 x Sues and 3 x Marys. Someone suggested it is an era thing. We are of the era where names were short, simple and practical. Just call “Mary Anne Sue” and you'll gain the attention of half the group!

Extra curricular, off the bike experiences

We've had some doozies. While mooching around the very short Main Street of Mitchell (remember population 130), the school bus driver sidled up in his yellow school bus to see if we wanted a trip out to the Painted Hills. As a 12 mile round trip, most of us had decided against cycling the extra miles. An hour later he turned up in a decommissioned school bus, called Bluebird, now roughly painted green. We trundled out to the painted hills which were fabulously voluptuous and far better than we ever expected. [Photos 2 and 3].

Staying at the Geiser Grand Hotel in Baker City, we hardly had time to check in when we were whisked off on a “step back in time” tour by the 84 year old mother of the woman who had bought the once gracious but by then old ramshackle hotel in 1996. Dressed in period costume (we're not quite sure which period, but there were hats, petticoats, and frilled blouses which seemed to do the trick), our guide had a great time telling us three or four times about each story, forgetting that she'd already told us about the gold miners, the hippies, the prostitutes and the ghosts that had inhabited the hotel.

7 miles out of the town of Halfway, we came across the Oregon Trail Interpretative Centre. It was excellent. [photos 4 and 5] Anne could have stayed there for 4 hours, but with another 50 miles to cycle, we had to limit our visit to one hour. By this time we were riding in reverse direction along the route which families in search of a better life had loaded up their wagons and forged the westward path from the established eastern states to the new, sunnier, more prosperous lure of the west. The parallels to Australian history in the 1830s, 1840s and 1850s are quite pronounced – the big movements of people seeking a better life, the goldfields, the Chinese miners, the bustling towns, the space to graze and farm properly.

Yesterday we had a jet boat trip down the mighty Salmon River with Homer Hammer (yes – that really is his name), the Mayor of Whitebird. Not only could he move that jet boat along, he shared a deep appreciation of the history of the settlers and local Indian tribes along the river. We pulled in to see Indian paintings and the remains of Chinese mining camps. Unlike much of North American Indian history, the local Nez Perce tribe co-existed here with the settlers and miners for many years. That all came to an end in 1877 with the Battle of Whitebird where the American cavalry did some stupid things..... (more similarities with Australian history).

Adventures with food

Sue Lincoln continues to dish up culinary treats for us night after night. There is always meat or fish as a protein, a starchy carbohydrate such as barley, rice, potato, pasta mixed with some locally sourced fresh veges, and a big, big green salad. Her art of estimating quantity is amazing. She is happiest when there is “just a bit” of everything left over. If something is completely gone, she wonders whether there was enough.

Dyanna learnt some early food lessons. On the first couple of nights she enjoyed a lemonade from the esky with a black screw top which she couldn't find on the following nights. When she described it to guide Cy, she said “ah – you mean Mike's Hard Lemonade”. Yep, the reason it tasted so good was because it contains 5% alcohol. Dyanna is happy – Mike's Hard lemonade is a regular feature of the van's esky again now.

During breakfast one morning, Dyanna was glad to find a nice pot of porridge into which she mixed some berry yoghurt and granola.

Wondering why it tasted so salty and strange, someone pointed out that the white gravy for breakfast sausages was next to the hot food while the porridge was over near the cereals. Oops – wrong pot of white stuff!



Trans-America Adventure -Part 2 cont'd

On the bike

We've had gleaming Autumn days to ride through. Clear blue skies with warm sunshine that we want to be in, not shelter from. The countryside has been spectacular and varied – so so much more interesting than what we expected.

The rivers, the mountains, the canyons, the hills, the farming – we're never quite sure what's around the next corner. Anne rode herself into a lean mean cycling machine over the first couple of long days, so we can happily hold our place at the front of the group if we want to. Normally we don't, preferring to wander along, stopping for breaks, taking photos etc. On a normal day, the group spreads out over about 10km with people riding at different paces each day depending on what they are interested in or how they are feeling. Our longest day so far has been 129km, climbing over three mountain passes for a total elevation gain of 1563m. Most days are bit more cruisey, averaging out about 92km per day.



Salmon River

And lastly, a bit more politics

We are safely enveloped in a shroud of anti-Trump sentiment in this group. For many of the group there is a sense of wanting to hide under a rock until "all this is over".

But they know that life must carry on, so the belief that "this madness will pass" is the way most people seem to be getting through it. There are plenty of guns around here. We were in a café in Riggins and a guy dressed in a polo shirt and jeans ambles in with a pistol hanging off his belt. Normal as... There is also optimism that the forthcoming mid term congressional elections will begin to tip the balance back to some sort of reality and reduce the likelihood of further crazy Trump policies. Signing off from Grangeville in northern Idaho....

"A good journey is a slow journey"

... Lots of love, Anne & Dyanna



Snake River



Painted Hills



Painted Hills



*Last month we celebrated with ...
Annie ... 21 again!*



This month's Birthdays ...

October

Charles Moore	11/10	Helen Malar	24/10
Robyn Selby	14/10	Lynette Clemitson	29/10
Ian Tucker	21/10	Tricia Chalmers	30/10
Quentin Lee	22/10	Felicity Hawkins	30/10
Emily Jones	23/10		

*Happy Birthday.
Let it all hang out!
(Make of that what you will!)*

https://www.youtube.com/watch?v=2cz25q2Q_Z0

ENDURANCE 1000 REPORT

SEPTEMBER 2018



Find out about the Million Metres Program

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>

To download the Million-Metres-Record-Card-and-Application-Form

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres/>

Like a migrating bird, Maree Warr has returned to our shores and after a short and steady training program has managed to complete two major endurance swims. A great effort Maree. We will put the lash away now.

Prior to her departure for a trip overseas, Irene Symons swam a one hour freestyle and notched up 3150 meters. Not bad!

We trust that Irene is enjoying the holiday.

Our Karen Martin managed a PB for her 400m freestyle in a time of 8.45 mins which is an improvement on the time of 8.48 mins which she achieved in 2012. Karen attributes this performance to the assistance provided by Rob Jolly in pacing her during the swim. Well done Karen and Rob.

Karen can now qualify with that time as a life saver achieving a time under 9 mins for the distance. Watch out NSLSC.

Regards, Rod

Rod Alfredson
Coordinator

Endurance 1000 program

Mob 0418 260716

rod.alfredson@bigpond.com

Nationals - March 18-23 2019:

Can the Captains please have your Expressions of Interest for this asap? This will help in accommodation recommendations for the meet which will be held in Marion, Adelaide (not in the pool in centre of Adelaide).

Please reply to captain.noosaQNA@gmail.com with a Yes /No/Maybe

Special Endurance Swim : 5th Sunday - 30 September 2018

Special thanks to Adele Tucker stepping up to co-ordinate these swims. Quite a number of long swims were completed including one of 1500m free by our newest member, Evelyn Dukan. Well done, young lady! Alex Wetherill deserves special mention too for his first ever Endurance swim - 400m free - a great effort and enthusiastically cheered home by all!



Julie, Viv, Robyn, Grant, Quentin



Not all hard work, is it?



Adele, Tricia, Helen, Lois



Mark, (Adele photo bomb), Evelyn



Julie, Evelyn, Robyn, Bob, Alex, Grant

Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Bunnings Warehouse Noosa Road & Gateway Drive Noosaville QLD 4566 Tel: (07) 5430 5400</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 Tel: 5470 3100</p>
<p>Zoggs Swimwear E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p>Tewantin Priceline Pharmacy 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p>Ironman 24 Lionel Donovan Dve Noosaville Q 4566 Tel: 5430 6700</p>	<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin Q 4565 Tel: 5449 9550</p>
<p>Karen Martin Barber Shop 28 Sunshine Beach Road Noosa Junction QLD 4567 www.barbernoosa.com.au</p>	<p>Paul Rily Ray White Noosa River 113 Poinciana Avenue Tewantin Q 4566 Tel: 5449 8800</p>
<p>Coast genuine eel skin <i>Genuine eel skin purses, wallets and accessories</i> Genevieve Barker - Director 0414 379 232 www.coasteelskin.com</p>	<p>Scooter Style Noosa Motorcycles, 16 Rene St Noosaville Q 4566 Tel: (07) 5455 5249</p>
<p>VICI Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>	<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>
<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q 4565 Tel: 5470 2888</p>	<p>Dan Murphy's Noosaville 17-21 Mary St, Noosaville Q 4566 Tel: 1300 723 388</p>
<p>Officeworks 1 Gateway Drive, Noosaville Q 4566, Tel: (07) 5449 5400</p>	<p>Real Insurance c/- The Hollard Insurance Company P/L Level 12, 465 Victoria Avenue Chatswood NSW 2067 Tel: (02) 8883 7351</p>
<p>John Bird Jewellers The Atrium, 91 Poinciana Ave, Tewantin Tel. 5474 4639</p>	<p>Hinter-Coast Transport Charters-Schools-Weddings-Tours 1300 658 971 0410 602 632</p>

Editor
Wendy Ivanusec
Tel: 0414 727 302

Challengers Chatter
PO Box 21, Noosaville 4566

Assistant Editor
Brian Hoepper
Tel: 0421 884 809