

# CHALLENGERS' CHATTER

AUGUST 2014

## TOOWOOMBA MASTERS SWIM MEET - ALMOST!

There were four of us then three of us then two of us. The mighty Noosa Team had been decimated by illness. However, in true Noosa spirit, the remaining two (Linda Hogg and Mary Lester) made a pact that they would forge on to Toowoomba and return undefeated.

But, first we had to get there let alone get home. Saved! In steps our newest PSNS (Partner and Supporter of a Noosa Swimmer) – Peter Hogg. “I’ll get you there and back in the day,” said Peter, face set with grim determination and pride for the job he was about to undertake.

It was a lovely day, but due to road works it was a 3 hour trip. Peter never flinched. Linda and Mary never stopped talking, and talking, and.....

We arrived to find an empty car park then an empty pool. “Hmm. do ya think summins wrong?” Ahh, er, possibly. Peter had been passionately kissed goodbye (by her not me), so it was just Linda and me. Then three others joined us. two from Maryborough, and one from the Gold Coast. “What’s goin’ on?” says one of them. “Dunno,” says us.

The young lass at the counter then said she has to close the pool at 12midday. “Guess that means no swim meet,” chorus all of us. The others head off muttering under their collective breath. But not us, not Noosa.

The aforementioned young lass was sweet talked into taking photos of us with the mighty Noosa banner. It was then, literally, on for young and old as Linda and Mary swam an absolutely sizzling 25M free. I, Mary touched the wall in triumph as Linda was not to be seen. I then turned to see where she was in the pool, still not to be seen!

Then a polite cough from the stands had me staring at an already showered, dressed and waiting - Linda. ...Humph!

Anyway, Peter was summoned. We had a huge and very yummy lunch at a place called the Engine Room. Homeward bound ... another three hours of driving for Peter, ... another three hours of almost non-stop talking by Linda and Mary. Peter, The Legend, Hogg is a great driver, who never lost his sense of humour during the whole sorry story.

Linda and I did not bring home any medals or trophies BUT we did return undefeated!!

NOOSA! NOOSA! NOOSA!

*Mary Lester  
On behalf of:  
Myself, Linda and Peter*



# BACK ON THE ROAD ...



Sally & Lyn write ...

We're aware that lots of interesting things are happening back home including Cool Harmonies Crazy Musical Capers, triathlons and ocean swims. We wish you well with all of those. Part of us wants to be there with you, but we wouldn't want to miss this experience - so keep some of the good times for when we return.

We left home at the end of July and travelled almost uneventfully to Cairns. The highlight was when a cassowary came each day to feed from the paw paw tree beside my brother's verandah at Mission Beach.

In Cairns, we were joined by Kris, his cousin and friend and so became a convoy of three 4WDs. One has a winch which is essential for the planned trip. All fitted out and stocked up, we left Cairns at the end of August heading for the tip of Cape York.

Two days travel saw us at the beginning of the Old Telegraph Track. There is an alternative, tamer route called the Bamaga Rd but with the 2 young guys planning it, we were taking the most exciting way!

In a nutshell, it was the most bone jarring, car challenging, brain draining, yet beautiful experience we've had (photos attached of a water crossing).

The scariest bits for me were negotiating our way across logs thrown across creeks where 3cms to left or right would be disastrous (photo). Thank goodness Lyn had the nerve to attempt this. I couldn't watch. Along the way there were beautiful waterfalls and swimming holes which I sank into to calm my nerves.

Around Bamaga, the highlight was a local rugby league grand final where we learnt a lot about the local culture.

We camped near The Tip (Pijinka) and watched sunset, full moon rise and sunrise the next morning, very special.

We appreciated the boy's help in gathering wood for fires, automotive knowledge and generally caring for us. We went to lots of out of the way places because of their initiative.

Thinking the rough stuff was over we had underestimated youth who led us again off the main drag across Frenchmans Track. If you google "the roughest track in Australia" it will come up. It took us 8 hrs to crawl, bump and slither 50kms. However, towards the end of it we had a wonderful view of Iron Range towards the east coast.

After that ordeal, we were allowed a lay day to settle our nerves at a beach campsite in the Iron Range NP near Lockhart River hence this time to send you some thoughts, although I don't know when we'll get reception to send it to you.

... we have reception sooner than we thought because our car has developed a problem and we are back in Cairns sorting through advice and paperwork.

We'll get this off because you haven't heard from us for a while and our next news will have the result of this hiccup.

Thinking of you all.  
Lyn and Sally



# 2014 ANNUAL GENERAL MEETING ...

The Noosa Masters Swimming Club Inc. AGM was held on Sunday 28 September 2014 at the NAC. The meeting was well attended including our much loved Life Members, Joyce Faunce, Bob & Olga McCausland and Joe Gilbert together with a large turn out of our regular membership.

The AGM witnessed the changing of the guard with Stephanie Jones stepping down as President, Club Captains, Brian Hoepper and Bardie Gruber retiring after many years of service, Robyn Selby letting go of the coveted Social Secretary's role, Marcia Kimm handing over the reins to Mary Lester as the Endurance 1000 coordinator, Adele Tucker not only taking over the role of Treasurer but is also supporting Linda Hogg as the new Secretary and husband, Ian Tucker as the new President. A number of the previous Office Bearers and Management Committee also changed roles

The following Office Bearers and Management Committee were ratified by the members;

## Office Bearers

President	Ian Tucker
Vice president	Bruce Warren
Secretary	Linda Hogg
Treasurer	Adele Tucker

## Management Committee

Adrian Wilson	Club Captain
Helen Malar	Club Captain
Bob Morse	Social Secretary
Mary Lester	Endurance 1000 Coordinator

Ian Tucker looks forward to serving the Club as its President, working closely with the new Management Committee and building the membership in the commitment to Fitness, Fun & Friendship.



Joe Gilbert & Joyce Faunce receive their 15 year membership medals from Adele Tucker

Ian also congratulated the Members who have volunteered to take on roles essential for the successful and efficient running of the Club's activities.

The following nominations are recorded as **Appointments to be ratified by the incoming Management Committee.**

Head Coach	Jan Croft
Assistant Coaches	Bob Morse, Bruce Warren, Viv Merrill & Mark Besford
Registrar	Robyn Selby
Endurance 1000	Mary Lester assisted by; Marcia Kimm & Bruce Warren
Social Secretary	Bob Morse assisted by; Lynette Clemitson & Dianne McFarlane
Club Captain's	Adrian Wilson & Helen Malar
Mthly. Breakfast Coordinator	Carola Henderson
Newsletter Design & Prod'n.	Wendy Ivanusec
Publicity Officer & Media	Tony Frost

MSA & MSQ Reporting	Linda Hogg
Merchandise Committee	Bruce Warren, Dianne McFarlane & Rod Alfredson
First Aid & Safety Officer	Jane Powell
Website & Social media	Mark Powell & Lynette Clemitson
Funding & Sponsorship	Brian Hoepper & Ian Tucker
Swim Meet Director	Brian Hoepper
Swim Meet Coordinator	Ian Tucker
Volunteer Coordinator(s)	Mark Powell & Bob Morse
New Members Liaison	Quentin Lee

Further details of upcoming events and news of important Club announcements will be published as the new Management Committee hits the ground running.

Happy Swimming at Redlands, Pan Pacs and volunteering at the Noosa Tri Multi Sports event.

... Ian Tucker

# MISQ 2014 CALENDAR

Date	30	Club	Code	Region	Sanction	Venue
<b>OCT</b>						
4	SC	Redlands Bayside	QRB	South	22/14	Ormiston Pool
18	LC	Long Tan Legends	QLT	North	23/14	
11-18		Alice Springs Masters Games				Alice Springs
<b>NOV</b>						
11-18	LC	Whitsunday Warriors	QWY	North	24/14	Proserpine Pool
6-8	LC	Pan Pacific Masters Games			25/14	Gold Coast Aquatic Centre
9	OWS	Pan Pacific Masters Games			26/14	TBA
15	SC	Cairns Mudcrabs	QCN	North	27/14	Gordonvale Aquatic Centre
29	LC	Aqualicious	QAL	Sunshine	28/14	Centenary Pool
29	SC	North Mackay Sinkers	QNS	Central	29/14	North Mackay High School
30	OWS	North Mackay Sinkers	QNS	Central	30/14	Pioneer River, Mackay

## COACH'S CORNER ... BY JAN CROFT



**This month we will talk about tapering. ...**

We don't need to do a big taper for all meets. As Masters swimmers, we need to reduce fatigue by resting as much as possible

If you have done a big volume of work and you are super fit you will obviously will need a bigger taper, but if you only do two or three sessions a week you will only need to taper for a couple of days, especially if it is a very minor meet.

Some intensity of training should be maintained right up until race day, Most of us will improve performance with a small taper and more rest.

Happy swimming.

*Cheers, Jan*

# STUDLEY'S 50<sup>TH</sup>

Studley Martin was very pleasantly surprised when his club-mates presented him with a super birthday cake, suitably inscribed and resplendent with candles.

After reading his card and blowing out the candles while making the obligatory wish - pieces of cake were quickly dispersed to the assembled throng of his many Masters friends around the table. They sang a hearty rendition of "Happy Birthday to You", but refrained from embarrassing Studley by singing "Why were you born so Beautiful?"

Half a Century is no mean feat ... congratulations from us all, Studley and "Many Happy Returns" - we hope to celebrate each subsequent decade with you !

... Ed



Adrian & Fran Wilson are on the move ...If any members are interested in having a look at their blog of their travels to Canada and the US, the address is [williesabroad.blogspot.com.au](http://williesabroad.blogspot.com.au)



### Upcoming events

- [Alice Springs Masters Games - October 11-18. Alice Springs, NT. Entries closed September 3.](#)
- [Pan Pacific Masters Games\(11/11/2014 - 9/11/2014\)](#)

### Old Time Dancing

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

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

Dance Dates 11 Oct (Belli), 15 Nov (Belli), 31 Dec (Belli)

### Volunteers -

Please note these dates in your diaries

The Noosa Triathlon Multi Sport Festival 2014 will be held from

Wednesday October 29th –  
Sunday 2nd November 2014

Mark Besford (Mob 0420 360 277) is offering to housesit for anyone who needs their place cared for while they are away. He is also looking for any sort of handyman jobs - gardening, painting, cleaning gutters, washing windows - you name it, he'll do it for you. Mark plans to resume his travels next January.

## Mark your calendar - the Gold Coast Triathlon is a 2015 Fitness Goal

The favourite Gold Coast Triathlon - Luke Harrop Memorial will be held on Sunday 12 April 2015 at Broadwater Parklands, Southport. Secure your spot on the start line by registering online this week!

Priority online entry for Triathlon Australia members will open today, Tuesday 23 September (11am, QLD time), and general entries will open Thursday 25 September (11am, QLD time).

Whether you're already in training or a rookie triathlete, the Gold Coast Triathlon will suit you. You can tri solo or in a team's relay event.

Choose from three distances:

1. Gold Coast Triathlon - 750m swim | 20km cycle | 5km
2. Gold Coast Enticer - 300m | 20km | 5km run
3. Gold Coast Superkidz - 100m swim | 2km cycle | 400m run

You've taken the step to committing to a triathlon. Now, let us help you take the next step of crossing your finish line goal. **Download an online training plan.**

Commit to the Gold Coast Triathlon finish line goal. **Register online this week!**

### Latest News

Gold Coast will host the 2015 International Triathlon Union (ITU) World Triathlon Series!

The ITU has confirmed that the Gold Coast will host a leg of the series from the 10-12 April 2015, positioning Queensland as Australia's home of triathlon.

This event will run in conjunction with the Gold Coast Triathlon - Luke Harrop Memorial. **Find out more.**

# STILL ON THE ROAD ...

John & Lesley Hordyk write ...

Hi Noosa Masters clan.

Our last email didn't go it seems. Here is a couple of photos.

The first was taken at the Blow Holes, north if Carnarvon. It was an awesome experience. For once we were at a place at the right time. There was a huge swell, so the waves were awesome and wild. The sprays from the blow hole were at 20 metres high.

At Carnarvon we went to the Space tracking station which was built to support Apollo & Skylab programs. We also saw the huge OTC Satellite Earth Station that was built to carry communications from NASA station to the US.

Now we are having a rest from packing up every couple of days or so, and are having a farm stay at Lyndon Station, Pt. Gregory, north of Geraldton. Today was very windy with showers. Just heard this morning that Port Hedland had an earthquake early this morning. No one injured.

John enjoyed snorkelling with Black tipped Reef Sharks, Manta Rays & Turtles off Coral Bay, 15th Sept.

*Hi to all John & Lesley*



# LOIS HILL IN HEAVEN ...



I've found heaven! Beautiful swims along coral reefs, round islands, doing 'the channel crossing'. Today we swam 4-5 kms along the island reef, and swam in to see a pod of dolphins- it was a bit choppy to see them in the water, but we could see them following our support boat. Also had a chance to go out in the early morning to hop in the water with the Manta Rays - what an adventure!

We've also tried Standup paddling, kayaking, sailing, swimming, eating, dress-ups, drinking, & celebrated a wedding, complete with island 'band', special dinner & sendup of the bride & groom.

Attached is a pic from our beach on the lagoon - it's all a bit hard to take! This afternoon we're boating to another island then walking to a waterfall for an icy dip.

And I thought Noosa was heaven!  
*Cheers to all, Lois*



# HIGH BLOOD PRESSURE ...

## What to eat to relieve high blood pressure

Tuesday, July 08, 2014 by: Reuben Chow

(NaturalNews) High blood pressure can have potentially serious, even fatal, consequences. The good news is that there are scientifically proven changes to one's diet which can be made to help deal with this condition. While serious cases (e.g. 160+/115+) may require the attention of a doctor and immediate pharmaceutical intervention, too many people and doctors unfortunately turn to medical drugs too quickly, when in reality there are many simple foods and herbs which can help bring mild-to-moderate cases of high blood pressure under control.

### Potassium-rich foods

Most of us consume large amounts of table salt in our daily diet. And one of the health concerns of high-sodium diets is blood pressure elevation, particularly in those who are sensitive to this mineral.

When it comes to blood pressure regulation, the balance between sodium and potassium in the body is an important one. Thus, other than reducing one's sodium intake, consuming more potassium-rich foods can help bring one's blood pressure under control.

Generally speaking, fresh fruits and vegetables are great sources of potassium. On the other hand, many processed, packaged foods are laden with sodium salt and other harmful food additives. Fruits and vegetables also contain lots of fiber, which help reduce high blood pressure as well.

Fruits rich in potassium include bananas, cantaloupe, apricots, dates, honeydews, mangoes, nectarines, avocados, watermelon, kiwifruit, oranges, pomegranates, and papayas. High-potassium vegetables include celery, spinach, watercress, broccoli, cucumbers, cauliflower, parsley, Swiss chard, asparagus, winter squash, potatoes, sweet potatoes and artichokes.

Those with kidney disease should note that excessive potassium intake could be harmful to you, and you may wish to seek some expert advice in this regard.

### Water

One possible high blood pressure remedy is as simple as drinking lots of water every day. Dr. Julian Whitaker, founder of the Whitaker Wellness Institute in Newport Beach, California, recommends drinking 15 glasses of water each day, about one 8-ounce glass every waking hour.

Water helps relax bodily systems, including one's arteries -- constricted and tight arteries are one of the major causes of **high blood pressure**. This was his top recommendation for this ailment and, according to him, "Almost all of the blood pressure medications mimic the effects of increased water intake."

### Garlic and onions

Research has shown that garlic, both in fresh and supplemental form, has blood pressure-lowering effects. Garlic also provides other benefits to your cardiovascular and immune systems. For example, studies have shown that garlic can help reduce cholesterol levels.

When it comes to reducing blood pressure, eating as little as one clove of garlic a day could help, according to some studies. Some experts suggest that garlic's health benefits are best reaped by eating it raw and chopped about 10 minutes before consumption. Onions could help lower blood pressure too.

### Other specific vegetables

Some vegetables contain specific compounds which have been shown to help lower blood pressure. Tomatoes, for example, contain at least seven such compounds, including gamma-amino butyric acid (GABA), while broccoli contains at least six compounds which help bring blood pressure down. Carrots, too, have at least eight such compounds.

In traditional Chinese medicine, celery has a long history of use for lowering high blood pressure. Eating as few as four celery stalks could produce beneficial effects.

### Conclusion

The above suggestions can help for many cases of mild-to-moderate high blood pressure. For serious cases which require medical drugs, once lifestyle and dietary changes have been made and the situation is under control, medication use can be slowly tapered off, under the supervision of a medical practitioner.

When you're looking for ways of reducing high blood pressure, do consider one of the primary ways that it is done in Europe. That's with artichoke herb.

*Artichoke herb* is more than just a pretty plant with an amazingly beautiful purple flower that the bees love. It's an herb that cleanses the liver.

### *The Connection Between Your Liver and High Blood Pressure*

You may be wondering what cleansing the liver has to do with your blood pressure. The answer is a lot!

As the body's filtration system, your liver breaks down proteins into amino acids and then synthesizes new proteins. It breaks down hormones into smaller fragments that may be used again to build new hormone molecules. It identifies what nutrients you need from food and throws away all the chemicals and preservatives that are found in that food.

The connection between your blood pressure and your liver is quite interesting. If you had high blood pressure and then contracted hepatitis, your high blood pressure would be cured in a matter of weeks. As the liver shuts down, the blood pressure drops. This was something that doctors reported back in the 1940s.

A 2005 study linked the liver enzyme GGT with not only high blood pressure, but also larger amounts of abdominal fat. The University of Buffalo researchers found that high levels of GGT were a good predictor for who would end up with high blood pressure.

But the fact that you know this doesn't help you reduce blood pressure, does it? No, not at all. How Herbs For The Liver Work

For centuries, herbalists and shamans have been using liver-cleansing herbs to bring down the blood pressure and raise it if it's too low. Interestingly, herbs don't work in only one direction much of the time. An herb that helps cleanse and support the liver will cleanse and support the cells of the liver. Thus, artichoke is used to lower blood pressure. The dosage is generally two capsules twice daily taken for a period of time of one to three months. Read more: <http://www.insights-on-health.com/2-ways-of-reducing-high-blood-pressure-quickly/>



# MICHELLE SAILS ON ...

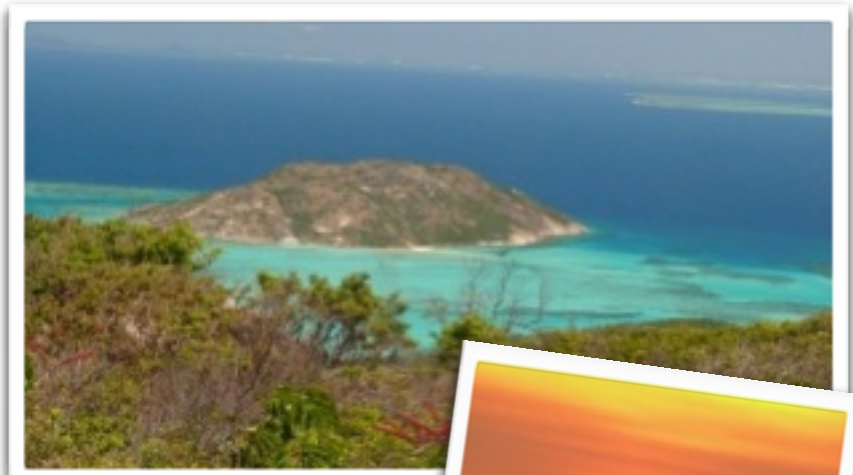
Well here we are anchored at Cooktown, not one of my favourite places.

We ran out of fruit & veges - last time I shopped was one month ago, also its blowing 25+SE will be here till Tuesday then heading off to No 5 Ribbon Reef for a few days, then straight to Low Isle (near Port Douglas) as another lot of strong winds are coming in later in the week.

Been having a few days at sea on Ribbon Reefs, water clarity is 100m, fish & marine life abundant times we are the only boat out there. Customs plane flies over every few days checking on us & any other boat that is cruising up this way. We have magical afternoons watching the sunsets & sunrises over the sea, birds land on the boat overnight for a rest - it's the poop I have to clean up the next day that is a pain.

Finally made it to Waining Reef (Nth Lizard Isl) had perfect 2 days. When its low tide it calms off, also the reef is walkable in places, we stayed around the edges as we were hunting crayfish & trout got a couple, missed a few more, pesky sharks hung around, gave them a jab on the snout to keep them at bay. Rick & I stayed together, I have got into the habit of taking a hand spear with me just in case. Never used to, must be the age thing.....plus we are a long way from medical help. This reef is very pretty, aquarium in places, the clams are huge & the variety of colours, heaps of small one too. As it was full moon last Monday we did a night sail back to Cape Flattery, bit roly & rough in places we were very mindful (radar in use) of ships. We were going to leave Tuesday morning, yes well the anchor winch had a spack attack, stayed all day to fix it. Wednesday we tacked down to Cooktown not a bad run, some other yacht calling us up wanting to know if we were his friend.....very cautious reply. Plenty of boats anchored Cooktown, land refilling along the foreshore, few new shops. The tackle shop is one of the better places to go, best keep out of there. IGA - expensive, next time will do the internet shop with Coles & get it sent by SeaSwift (freighter) to Cape Flattery, will be cheaper & we get what we want.

Lizard Island has had fire & cyclone (Ita) go through it, barren in places, new growth coming through, plenty of usual people anchored there, sundowners is now at the camp grounds.



Resort not opening till 2015, also its fenced off to all.

Next week we will make our way to Cairns (resupply the food cupboard & Christmas shop) gradually make our way south. Meeting up with family & friends in the Whitsundays Oct/Nov.

## Message 2

We are back in Cairns for a few days to collect mail & get the Christmas shopping done, also out of fresh fruit & veges. Had 3 big day 60Nm each day. Not because we were in a hurry, it's just strong winds are coming in next couple of days, not much cover further up north. Spent a night at Cape Tribulation, rather roly there, the rainforest down to the beach is breathtaking with the mountains as the backdrop.

If you want to see some of this for yourself look up The Coral Princess cruises out of Cairns, 3 > 7 day trips - take your pick.

The enclosed photos are from the Ribbon Reefs approx. 50kms off shore from Cooktown - & south of Lizard Island. We spent 3 days there, they were the best, calm waters, =clarity of the water is 50m, bit cool, wearing the wet suit helps to keep =one warm =also to keep marine stingers at bay. Saw a few sharks, clams of various =colours & sizes, =marine life abundant. We had other boats anchoring no to far from us, gives =one a sense of =being secure so far out to sea.



Must admit this would have to be one of the =best places =to snorkel ( no use diving cause most of it is 10 > 15ft deep when tide is =low)

No fear of swimming 12 times around the boat (that's my training) see what =is under you, =really delightful when a turtle or huge sting ray glides past.

Hope all is well with you, keep smiling, be happy ... Shel

Photos - top to bottom -  
Lizard Island  
Sunset  
Cray fish - so sweet !

# ENDURANCE 1000 PROGRAM

SEPTEMBER 2014

At the time of writing we have 16,391 points - a great effort. However, the end of the year will be here all too soon, so if Noosa is to defend its Queensland and National titles then Noosa swimmers are really needed to do Endurance swims from NOW.

If you wonder why the Endurance 1000 Program is important, outside of holding the State and National trophies, then heed Coach Croft's words: "Some Masters swimmers are frighteningly short of endurance swimming ... Noosa Masters runs a marvellous Endurance 1000 Program".

Jan adds: "Research suggests endurance training can increase our aerobic capacity by up to 25%. Doing long slow distance work allows swimmers to resist fatigue and maintain pace ...".

Club members who are unable to do Endurance swims on the regular days of Tues and Sat can contact either Mary or Marcia to arrange a timed swim at an alternative time.

[Keep swimming for fun, fitness and friendship!](#)

Look forward to seeing you at the pool.

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

Mary Lester  
for:  
Marcia Kimm  
Endurance 1000 Program Co-ordinator



Kerryn Spinks

<http://www.whathappenedinmybirthyear.com>

## September Birthdays

Grindle Rudder	10/10
Rob Ellis	15/10
Ian Tucker	21/10
Quentin Lee	22/10
Helan Malar	24/10 big 60
Lynette Clemitson	29/10

HAPPY BIRTHDAY TO ALL OF YOU  
FROM ALL OF US

How many DAYS old are you ... this will give you a jolt - even gives the day of the week you were born

<http://www.korn19.ch/coding/days.php>

### SOCIAL EVENTS

Monthly Club Breakfast  
after squad Sun 26 Oct

### CRAFT AFTERNOON

1-3pm - Tue  
Date & Venue TBA

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

VISIT OUR WEBSITE ...  
[www.noosausichallengers.com](http://www.noosausichallengers.com)

### Challengers Chatter

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