

CHALLENGERS' CHATTER

SEPTEMBER 2015

TREK TO TOOWOOMBA



Toowoomba Tadpoles Swim Meet

Saturday, 12th September 2015

Noosa Masters was represented at this event by four swimmers, Jim Barnes, Kerry Blackwell, Tricia Hughes and Wendy Ivanusec.

Jim's mother lives a stone's throw from the pool, so he took the opportunity to travel up separately and spend some extra time with his Mum as well as catching up on some gardening and maintenance ... you're a good lad, Jim !! There should be more like you!

As for the girls, they met at Wendy's at 7am and drove up together via the Motorways. Tongues were hanging out for coffee and a bit of brekkie, but it was not until we reached Marburg that we found "The Girls' Coffee Bar". Tricia had Eggs Benny and reckons it was "just the best ever" Hollandaise sauce! We can confidently recommend it as a stop if you're travelling that way.

We were unable to check in early, at our Motel, so headed straight to the Glennie Aquatic Centre. Plenty of time for a good warm up and buy the obligatory raffle tickets — only Jim scored there!



Kerry bravely swam her first 100m in competition and it was a well judged race. ... 'building' as Jan would say!

It was a bit of a shame that all three girls were in the same age group, but we were there to enjoy ourselves and we did!! We could have come 1st, 2nd, and 3rd but there was a lass from Toowoomba who spoilt the party by coming first, leaving Wendy second and Kerry third, with Tricia just a whisker away!

Jim swam out of his skin to finish second in his age group with 49 points from a possible 50 - bit unlucky — but 1st, 2nd or 3rd the reward was the same — a Toowoomba Tadpoles coffee mug!

The four of us shared a cab to the hugeToowoomba Golf Club for some dinner and well-earned R & R. before the courtesy bus took us 'home'.

Next morning, after a light breakfast at the Motel, we headed back via Highfields, where Wendy's Dutch friends joined us for coffee and a chat. Esk was where we then had a spot of lunch, before wending our way home — a much more scenic route than going.

Sunshine Coast won the trophy — maybe next year, with a few more participants, it could be Noosa!!

... Wendy Ivanusec

Monthly Club Breakfast

Sunday, September 27



ENDURANCE 1000 PROGRAMME : THE TEAM

from Mary Lester

TRICIA HUGHES

PROGRAM CONTACT – triciahughes1943@hotmail.com

Data Entry

Co-ordinator -Swims Recording Teams*

Co-ordinator - Swimmers Folders

OWEN CURTIS

Management Committee Representative

Newsletter – Endurance Articles

JANE POWELL

Co-ordinator – Twilight Swims

GRANT SCOTCHER

Co-ordinator - Summary Sheet Checking Team*

MARCIA KIMM/BRUCE WARREN

Pool Deck Organisers – Tuesday Sessions

*Swim Record Book/Club Representative Teams:

Tuesdays:

Tricia Hughes

Linda Hogg

Lorna Lander

Adele Tucker

Saturdays:

Lois Hill

Ian Mitchell

Irene Symons

*Summary Sheet Checking Team:

Rod Alfredson

Tricia Hughes

Barry Lloyd

Grant Scotcher



Coach's Tips

This month ... some Open Water Swimming Tips.

Practice Sighting. I have found the best way to sight is to lift the head and look forward as you are turning your head to breathe. Limit how high you lift your head because your hips will drop.

Racing open water. Learn the course. Look for landmarks like trees, houses etc that will help guide you in a straight line, you won't always be able to sight off the buoys.

Be warmed up and prepared to go hard from the start, get out fast

Draught when you can, draughting is part of open water swimming.

Happy swimming ...

Cheers, Jan

TRAVELOGUE 10 - HOMEWARD BOUND

This will be the last travelogue (a mini one) because after two and a half years of wonderful travel we have decided it is time to come home.

The details of the last 3 months we will be able to give you face to face in a few weeks. For those who can't wait the outline of that time looks a bit like the following.

THE KIMBERLEY, not to be missed by those who want to know the diversity within Australia. We saw a Jabiru catch a Barramundi in a river where there were 3 large crocs sunning themselves not far from our camp. We explored the Munja track north of the Gibb River road where a team of volunteers rebuild the road after the wet each year. In fact each car that attempts it even in the dry finds that they need to rearrange large rocks to get their vehicle through (photo 1)



it was worth the effort to get to camps like this (photo 2)



but sometimes needed some running repairs (photo 3).

Top end of NT highlights consist of experiences such as sighting rare birds, swimming under waterfalls, exploring stock routes and staying on stations. In Darwin we caught up with old friends and visited Bathurst Island where it was great to sit down with many old friends and their younger families to reminisce. One Aboriginal Health Worker has been in this demanding job for 45 years and is about to move into her well earned retirement. I am proud to say I worked with her.



We then travelled across to Booraloola and back into Qld.

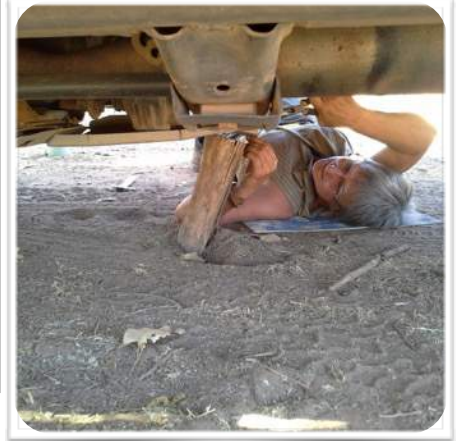
Canoeing Lawn Hill George was an amazing experience made better because we shared it with friends. The Gregory river was just as beautiful as it was 30 odd years ago when we both attended the canoe race a few times but didn't yet know each other.

At present we are the guests of another old friend in Mt Isa.

Now we will slowly wend our way back through outback Queensland, a nostalgic trip for Lyn who worked at many of these places years ago.

Not sure when we will be home but we look forward to seeing you all soon.

... Love from Sally and Lyn



Mark's 60th Birthday

On Sunday, 16th August, Mark was genuinely surprised by the appearance of not one, but TWO birthday cakes to ensure his BIG birthday was celebrated in fine style with his friends in Noosa Masters !! The usual birthday song was sung with great gusto.

We sang it, but keep asking ourselves "Why WAS he born so....?" "The cheers which followed were deafening!! Many,many happy returns, Mark !!



Barry Bicycles through France

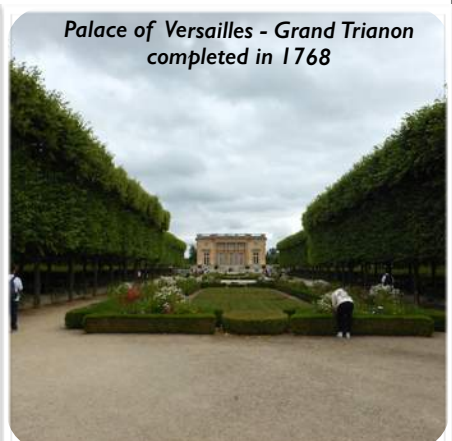
contributed by Barry Lloyd



Palace of Versailles - Ceiling painting in the Hercules Salon



Palace of Versailles Gardens. Fountain of Encelades by Gaspard Marsy



Palace of Versailles - Grand Trianon completed in 1768



Palace of Versailles - 73m long Hall of Mirrors

We arrived at our hotel in Paris near the Arc de Triomphe early evening and were glad, after a trip to the local shop for some fresh food, to put our heads down for the night.

An early breakfast and a taxi pick up to the start of our day tour of the Palace of Versailles. We were escorted to the Palace via RER to meet our guide.

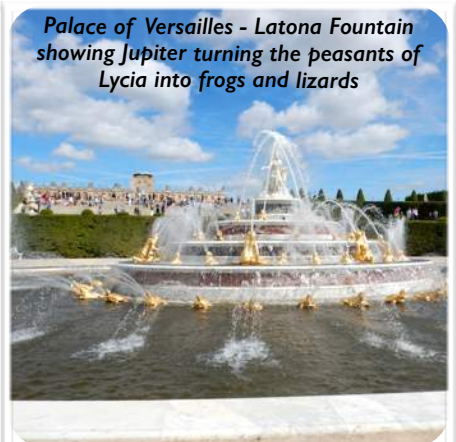
You can see from the photographs, the "no expense spared" lavish internal decorations.

We had a break for lunch, then continued to be escorted around the grounds of Marie-Antoinette's estate which consisted of the Grand Trianon, Petit Trianon and farm.

After we had completed traversing the Estate we had time to tour the 50 fountains, some sequenced in time with music (only on Sundays).

At the end of our tour we made our way back to the Tuilleries and walked back to our hotel, passing people dancing in the Champs-Elysées followed by a stop at our Local for a well earned glass and watch the traffic!!

Bookings for the tour was through francetourism.com.au in Sydney including transport from our hotel.



Palace of Versailles - Latona Fountain showing Jupiter turning the peasants of Lycia into frogs and lizards



Palace of Versailles - Royal Chapel at upper level



Arc de Triomphe constructed in 1806



Palace of Versailles - Queen's Bedchamber



Sue & Barry "at 'the Local'"



French Champagne Cycle Tour - typical route along canals



Barry & Sue - The Lycra Set - ready to go!



Mercier, one of the best underground tours in Ebernav



En-suite décor at Loge de Vigne

The next morning we caught the train to Reims. Our hotel was just over the road so after checking in we visited Reims Cathedral (Notre-Dame de Reims). After an early breakfast the following morning the representative from Active Tours (www.activetoursfrance.com) and introduced us to the bikes and went over the route and any problems we might have.

We set off from Reims to Ludes which was a flat route partly along canals and after 20km. reached our destination at our first accommodation of a Champagne House. Unpacked and walked the town visiting the recommended Canard-Duchene Champagne House. A nice tour but the Champagne was not as nice as the glasses we had tasting of at our accommodation.

Our next day was 25km and arrived at the La Touraine Champagne Hotel and after a walk had a nice dinner in the restaurant. The next day was a short 13km which we managed to extend to about 30km due to a lock being renamed from 13 to 14 some years back and arrived at the Champagne capital of Epernay and had 2 nights here at Parva Domas and greeted with a glass of their own brew. Visited Champagne Mercier, which was the best tour of our trim with electric trains running along the caves and very informative.

The next day we cycled to Vertus and on the way Sue took a photograph of a lovely garden and was immediately beckoned in by the owner. As Sue was some way behind me I did not see this happen. I found a suitable place not far away for our picnic lunch and Sue caught up and told me what happened. A few minutes later this owner came driving up to us and tried to invite us back to his place which we tried to refuse. Anyway he drove off and came back a few minutes later with 3 glasses and a bottle of Champagne! Rural French is hard to understand but we had an enjoyable lunch together. When we arrived at our accommodation at Clos Margot we were greeted by a glass of their own Champagne, Champagne Doyard which was excellent.

The next day was a longer ride and an undulating 38km to La Loge des Vigne and were glad of the glass of Champagne offered, in fact it was by far the best we had had so we sat in the courtyard and drank a complete bottle of Roger Constant Le Mare Brut Rose Champagne! The next day was our return to Reims, a total of 35km of some undulating but beautiful countryside. We did get a little lost

getting into Reims but knew which direction to go. Had a quick snack in the main street before hitting the sack.

The next day we had a few hours after breakfast to do some sight seeing before catching the train back to Paris. A bit of sightseeing in the afternoon but glad to get to bed. Next day we took the hop on/off bus and visited the main buildings of Paris then finishing up at a restaurant in the Avenue des Champs-Élysées.

We flew out to Dublin the next morning from CDG Airport after a few problems with transport from the hotel but, that is another story!



An unusual finial to a RWP



view over Villers sous Chatillon



Epernay B&B - Parva domus - Sue waving for a glass of champagne!



Local joins us for lunch & champagne



Entrance arch to La Neuville aux Larris



2015 Postal Swims

(see Notice Board at Pool or just ask Adrian or Helen)

<http://mastersswimming.org.au/Events/Postal-Swim-Calendar>

HILLS AUSSI MASTERS

Date: September 1 - November 30, 2015

4,900m total distance, swimming up hills over three months (in sequence please to help you prepare for the final ascent) comprised of:

2 x 400m - 2 x 800m - 1 x 1000m - 1 x 1500m

[2015 Flyer](#)

[2015 Entry Form](#)

[2015 Recording Sheet](#)



2015 MSQ Swim Meets

OCTOBER						
03	SC	Redlands Bayside	QRB	South	14/15	Ormiston Pool
03 - 05	LC	Australian Masters Games				TBA
10	SC	Maryborough Masters	QMB	Central	15/15	Maryborough Centenary Pool
11	LC	Long Tan Legends	QLT	North	16/15	Long Tan Memorial Pool
24	LC	Caribee Rocky Crocs	QRH	Central	17/15	
25	OWS	Caribee Rocky Crocs	QRH	Central	18/15	TBA
NOVEMBER						
14	SC	Cairns Mudcrabs	QCN	North	19/15	Gordonvale Aquatic Centre
28	LC	Aqualicious	QAL	Sunshine	20/15	Centenary Pool
28	SC	North Mackay Sinkers	QNS	Central	21/15	North Mackay High School
29	OWS	North Mackay Sinkers	QNS	Central	22/15	Pioneer River, Mackay



Sunday-4 October - Handicap Series kicks off again ... get your entries in.

See Adrian Wilson or Helen Malar if you've misplaced the form which was emailed to members



The Breakfast Club

Sunday-25 October on the pool deck after squad.

Lane #3 and any who swim in Lane #4 catering.

... Carola Henderson (5485 0190)



The club is most grateful to The Aqua Shop for sponsoring our monthly breakfasts by donating \$25 Vouchers, 2 of which will be won at each Breakfast for the remainder of this year.

Thanks Aqua Shop !!

Remembering Bart

by Tony Frost



James Bartholomew " Bart " Cummings, born on 14 November, 1927, was destined to have a life around horses, his father a successful horse trainer and grandfather a blacksmith. His Dad, James, quietly spoken with a good eye for spotting thoroughbreds at the Adelaide yearling sales, began training after World War 1, with success in Adelaide and Perth during the 1920's, winning the Adelaide Cup and South Australian Derby, as well as other feature races.

Bart's Dad didn't like to talk about his horses' prospects with the press, putting them off with a few modest comments and a friendly smile. If he was ever asked for a tip, he would always say the same thing: "have a little each way." He became so famous for the phrase that a friend once sent him a card one Christmas with a poem that read : "Good luck to Jim Cummings, a great trainer of today. No great saint, no great sinner - just a little bit each way!"

Son Bart, obviously a "chip off the old block", growing up around horse stables, only to discover at the age of six that he had an allergy to something there, having attacks of breathlessness, turning purple as he gasped for air, as well as feeling wheezy and coughing, his eyes streaming as heavily as if he'd been cutting onions. A visit to Dr. Stoddart revealed Asthma - whether from hay, horse hair or dust ... a disappointment, being recommended to keep clear of horses, but to Bart this was absolutely out of the question.

Later at sixteen, his Dad took him to a specialist Dr. Barlow, in North Terrace, Adelaide city, who gave him a lot of new-fangled tests, scratching his arm and exposing him to toxins from chaff, hay, horse hair and feeds. The results were pretty obvious. As they walked up North Terrace, Bart turned to his Dad and said : "We've done our dough", Dad agreed. If the only medical advice they could give me was to stay away from horses, then we'd all be wasting our time. The rest is history.

From the late forties Bart started working in his Dad's stables, not in a senior role, lowly paid, two pounds a week, plus bed and board, but relished it all.



He was a great listener, masses of work experience,

Bart finally became a licensed Trainer on 29 May, 1953, at the age of 25 years. From his first trip to New Zealand in late January, 1958, it became a religious trek in subsequent years, flying to Auckland and driving south to the towns of Hamilton, Matamata and Cambridge, well known for the best bred stayers in the Southern Hemisphere.

This educated selection of horses for their owners led to Bart's unsurpassed success in Melbourne Cups, run over 3200 metres, on the first Tuesday in November each year. Thirteen winners in total.

Bart's simple philosophy : The horse comes first. Be patient, treat him kindly and coax it out of him. Don't bully - outwit him. Think like a horse and get him thinking right."If a horse looked stale or flat, he didn't "put them out to pasture to freshen them up" (could this be the same approach for Masters swimmers ?)

Well known for his success on the track, another side to this unique gentleman was his dry sense of humour and sharp wit. Two examples : The first: A health inspector visited his stables one day to advise: "Bart , you have too many flies". Bart's reply : "How many flies am I supposed to have?"

The other: Jockey, Darren Beadman, winner for Bart of Melbourne Cups 1990 (Kingston Rule) and 1996 (Sainly) , telephoned Bart, telling him that he had accepted the Lord and was going to Bible College. With the line deadly quiet, no response, Darren said : "Are you still there Mr. Cummings?" Eventually a reply, "Have you considered a second opinion?"

From highs on the track, to lows of suspensions and near bankruptcy, Bart Cummings will always be remembered for his 13 Melbourne Cup wins.

Hopefully son, Anthony, and grandson, James, will carry on the Cummings legacy for many years.



AGM - Sunday 20th September



A smooth transition from the old to the new Office Bearers and Management Committee, reflecting stability within, augurs well for another great season. The only changing of the guard was with the Endurance 1000 Co-ordinator: Mary Lester "hanging up her boots" after a super performance, having jumped in to assist Marcia Kimm soon after joining us at a "Come & Try" day. Her achievements simply outstanding leading the Noosa Masters Swim Club to a sixth State & second National Endurance champions consecutively, and hopefully a repeat come 31 December this year. Thanks a million, Mary! Her replacement, with "big boots" to fill, is Owen Curtis, and with the application of his proven organisational skills, we should be in for one hell of a year. Let's all get aboard to assist Owen by swimming the long metres in the pool or holding a watch, etc.

Elected: OFFICE BEARERS:

President :	Ian Tucker
Deputy President:	Bruce Warren
Secretary:	Linda Hogg
Treasurer:	Adele Tucker

Elected: MANAGEMENT COMMITTEE

Captain (Female)	Helen Malar
Captain (Male)	Adrian Wilson
Endurance 1000 Co-ordinator	Owen Curtis
Social Co-ordinator	Bob Morse

ENDURANCE 1000 PROGRAM - 2015

TWILIGHT SWIM

WHEN: Friday October 23rd @ 5pm
WHERE: NOOSA AQUATIC CENTRE
BYO: FOOD TO SHARE POST SWIM
WHO: CLUB SWIMMERS AND TIMERS

BOOKINGS ESSENTIAL

CONTACT: Jane Powell
powell.markjane@bigpond.com
 0407620070
 Thank You!!



for Bunnings BBQ - Sunday, October 18

Time slots are:

7.30-9.30am, 9.30-11.30am, 11.30am-1.30pm, 1.30-3.00pm

Eager beavers please advise your available time slot to ...

Roster Co-ordinator - Bruce Warren (0414 790 084)



Tuesday, September 22 marked the 40th anniversary of the founding of Masters Swimming in Australia. All clubs are encouraged to celebrate at training and raise your water-bottles to our founders!

MSA would love to see photos of celebrations around the country either by email (admin@mastersswimming.org.au) or social media using #happy 40th MSA. Photos will be collated and shared with the MSA community.

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>Noosa Bookshop Suntop Plaza - Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Priceline Pharmacy 3/101 Poinciana Ave, Tewantin Q 4565 Tel: 5449 7899</p>
<p>Real Insurance c/- The Hollard Insurance Company Pty Ltd Level 12, 465 Victoria Avenue Chatswood NSW 2067 Tel: (02) 8883 7351</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville QLD 4566 Tel: (07) 5470 3100</p>
<p>Zoggs Swimwear E: sales@zoggs.com.au T: +61 2 9453 2000 F: +61 2 9453 2222</p>	<p>Funky Trunks Noosa Juniorz Noosa Heads Shop 3 Tingirana Resort, 24 Hastings St Noosa Heads http://www.funkytrunks.com</p>
<p>USM Events - Ironman 24 Lionel Donovan Dve Noosaville QLD 4566 Australia Tel: 5430 6700</p>	<p>VICI Pool Star Pty Ltd PO Box 3158 Birkdale Q 4159 Tel: (07) 3823 1233</p>
<p>Officeworks 1 Gateway Drive, Noosaville QLD 4566, Tel: (07) 5449 5400</p>	<p>Eyeline Statewide Sports P/L, 20 Booran Drive, Logan City Q 4114 Tel: 3208 2588</p>
<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q Tel: 5470 2888</p>	<p>Rolling Wines and Asset Insure Daveys Plains Rd. Cudal via Orange NSW 2864 Tel: 02 6390 7900</p>
<p>RACV Noosa Resort 94 Noosa Drive, Noosa Heads (07) 5341 6300 www.racv.com.au/Noosa.Holiday</p>	<p>Scooter Style 16 Rene St Noosaville QLD 4566 Tel: (07) 5455 5249</p>
<p>Tewantin Plaza Fruit Centre Shop 7, 7 Poinciana Avenue Tewantin QLD 4565 Tel: (07) 5449 9550</p>	<p>Dan Murphy's 15/17-21 Mary Street Noosaville QLD 4566 Tel: 1300 723 388</p>
<p>Bunnings Eumundi-Noosa Road, Noosaville Q 4566 (07) 5430 5400</p>	<p>Terry White Pharmacy Shop 20, Noosa Junction Plaza Sunshine Beach Rd, Noosa Junction Tel: 5447 2244</p>

ENDURANCE 1000 REPORT

SEPTEMBER 2015



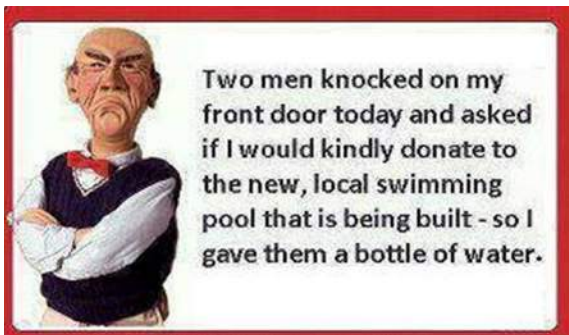

*Birthdays
of the
Month*

Quite a mob of you this month !!

OCTOBER

Wendy Twidale	6/10
Grindle Rudder	12/10
Michelle Kerr	12/10
Robyn Selby	14/10
Rob Ellis	15/10
Ian Tucker	21/10
Quentin Lee	22/10
Helen Malar	24/10
Lynette Clemitson	29/10
Tricia Hughes	30/10

**BIRTHDAYS ARE GOOD FOR YOU ...
THE MORE YOU HAVE ...
THE LONGER YOU LIVE !!**



As this is my first report for Endurance 1000 I thought it would be good to include some information about the Mammalian Diving Reflex - something we all experience when swimming, if only in a very minor way.

This reflex is in mammals and causes changes in the body to allow staying underwater for extended periods of time. It slows the heart rate pretty significantly - almost instantly! We reckon some of our Masters swimmers seem to be like seals, and they are in this respect. And it is caused by cold water which means that it will be triggered in OWS more so than in the balmy waters of the NAC.

You might have seen a movie or two where this reflex plays a role in the story - usually allowing the hero to stay underwater for a long time, or for others to survive exposure to very cold water.

Movies include:-

- Lindsey Brigman in the [James Cameron](#) film [The Abyss](#).
- [Giacinta 'Jinx' Johnson](#) in the [James Bond](#) film [Die Another Day](#).
- A patient in [Tachycardia](#) on [ER](#) in [Season 4](#)

But what about the report ???

In one of those moments I am sorry to have missed, Steph Jones was recently seen back in the Endurance pool flashing off two lovely 1500's.

Miss Wendy continues to put in the big ones with a recent 1hr Breast. (I wonder whether the Mammalian Diving Response played a role here? Probly not because the Noosa Pool is quite warm eh!).

Bob McCausland is back recently from injury - with a vengeance showing just how it's done with two IM's in a row. I hold Bob in awe as I try to master those strokes that hold me back.... Breaststroke, Backstroke and Butterfly.

The next Twilight Endurance swim is Friday 23 October commencing at 5pm and I encourage members to grab this opportunity to gain more points for the Endurance 1000. Let's give this Endurance 1000 a real crack!

Now I take this opportunity to provide a little background information about the author. I arrived in Noosa three years ago and have, since then, been on a little medical merry-go-round. I arrived as a disabled swimmer, with miserable performance in a range of strokes accompanied by pain because of a long standing injury to an ankle. Hang gliding does that to you! After surgery to fuse the ankle, I am pleased to report that now I have miserable performance in a range of strokes, *pain free*. How good is that? And even with the Mammalian Diving Reflex kicking in, my heart rate still does not go below 100 during Jan's sessions.

Owen Curtis
Endurance 1000 Program Co-ordinator
Mob. 0447 654 663
owen@selfmanagementsolutions.com.au
Tues: 7.30 - 9am
Sat: 2pm start

SOCIAL EVENTS

Breakfast - Sun.25 October
Lane #3 + any who swim
in Lane #4 catering

Ocean Swim

Every Sat.. 7.30 am
Main Beach

VISIT OUR WEBSITE ...

<http://noosamastersswimming.com.au>

Challengers Chatter

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