

CHALLENGERS' CHATTER

SEPTEMBER 2019

MARYBOROUGH SWIM MEET

by Helen Malar

Saturday 28th September

Seven swimmers travelled up to Maryborough to compete in a short course meet and the team returned with 6 medals!

Gold: Ian Robinson and Helen Malar,

Silver: LiQun Hussey, Wendy Nothdurft and Annie Collins

Bronze: Rob Jolly.

Brian Hoegger (with 48 points) lost out to his competitive partner in crime, Rob Jolly and came in fourth.

Feeling sorry for Brian, the only one to not receive a medal, we decided to hock our medals and buy Brian a bottle of his favourite tippie... a Shiraz ... "better than a medal any day" said Brian!!

Ian was in his element swimming all his favourite short course swims. 100m Medley was notable as he had entered NT so, swimming in the first heat, he was seen finishing his fourth lap (freestyle) while one of the other swimmers was finishing his first lap (fly)!!!

The shallow end of the pool was sooo shallow that it was reported (by someone!!) that Rob shaved off half his beard while attempting a tumble turn.

LiQun had an unfortunate situation where the umpire blew the whistle signalling 2 laps to go when she had 4 laps to swim (and not 2) in her 400 breaststroke, so she recorded a very fast time by default. She knew she had only swum 350m but the timekeepers had already stopped the clock! LiQun also swam her very first 100m butterfly. Raced it very well with a great kick.

Annie swam with great style in the 200m free and a fast gutsy 25m fly. Well done!

Wendy N and Rob swam against each other in the same heats of the 400m free as well as the 100m free with Wendy beating Rob in both swims more training Rob!

Helen swam another great time in the 25m free. Free improving but breaststroke going backwards - although a slip on the blocks and a scraped toe at a shallow end turn probably didn't help!

Thank you to John Hussey for great photography on the day and for driving LiQun, Annie and Helen to the meet.

Maryborough Masters put on a friendly, well organised meet and we all enjoyed the BBQ afterwards ... especially the trifle for dessert!



LiQun Hussey, Annie Woods, Wendy Nothdurft, Helen Malar and Rob Jolly



Helen Malar and Ian Robinson



"All alone am I ..." (good name for a song!)



Medal presentations



Bob McCausland ... 90 years young

A toast to Bob ...

I remember Bob joining us 18 years ago (1991) when we were a fledgling Club of about 20 members, most of us naive about the "world of Masters Swimming", especially aerobics. Bob had moved down from Mackay when the aerobics swim program included 3 & 5 kilometre swims. That is 100 laps of a 50metre pool or 200 continuous laps of a 25 meter pool. Bob got us going at Noosa and by early 2003 I had completed my 1

million metres swim. He was always willing to assist others by being a timekeeper; just a phone call and he was there.

His own swim feats were amazing! I remember him coming to a short course meet in Brisbane in his mid seventies , and recording 17 seconds for 25 metres freestyle !

Bob has always been a great member of our Noosa Masters Swim Club and a champion bloke.

... Tony Frost

THE NOOSA JOURNAL. 24-4-03

Masters duo inspires fellow members



Olga and Bob McCausland lead the way for Masters swimmers in the Noosa AUSSI Challengers swim club

Mastering swimming

with
Tony Frost
Noosa AUSSI Challengers



Bob and Olga McCausland, who have been the backbone (with Barrie Bedding) of our aerobic swimming programme. Their continual encouragement, perseverance and support has produced some amazing efforts by many of our members.

Bob and Olga joined us in 2000, having transferred from the Mackay Manta Masters Swimming Club where they were members since the club was founded in 1983. Their move to Noosa was to spend their twilight years with their children and grandchildren.

There could not be more contrasting backgrounds to Bob and Olga's entry into the world of AUSSI Masters swimming.

Bob has been a proficient swimmer since he was thrown into the Tweed River, Murwillumbah, by the father of a friend and neighbour with a directive to "sink or swim". The 12-

year-old survived this old-fashioned initiation and went on to be the local swim club and school champion before gaining his bronze medallion at Fingal Rovers Surf Life Saving Club in 1946.

Olga, born and bred in the New South Wales mid-north coast town of Bellingen, could barely swim 10 metres when she joined Mackay Mantas with Bob. Within five years, Olga held nine Queensland records for distances up to 5000 metres.

Today, in Noosa, Bob and Olga are still proficient swimmers and are always willing to put their laps aside and help their fellow members to achieve their goals and to enjoy their swimming. Thanks Bob and Olga.

If you are interested in joining us at Noosa AUSSI Challengers, please telephone Joyce on 5455 6120.

WHEN a club is in its formative years, it is usually dependent on the enthusiasm of its members to get it up and running. Noosa AUSSI Challengers, founded shortly after the opening of the Noosa Aquatic Centre in 1999, certainly has several of these.

To acquire new members with previous experience is a bonus. Two such members are

Bob McCausland's 90th

Forty-eight people attended Bob's 90th Birthday celebration lunch held at the Riverdeck Restaurant, Noosa Marina on Thursday 26th September.

It was a beautiful sunny day with great views down the Noosa River. The meal was delicious, the drinks plentiful and the birthday cake for dessert with berry coulis & cream, yummy.

After blowing out his candles and cutting his birthday cake, Bob entertained us with some of his swimming yarns from the past which we all thoroughly enjoyed.

Wendy Ivanusec then spoke about some of Bob's amazing swimming achievements in Mackay as well as Noosa and how he got his nickname "40 second Bob".

Tony Frost, a long time swimming friend, added a few more words to

Bob's amazing swimming achievements, especially in the Endurance programme. Tony then proposed a toast to the birthday boy.

Karen Martin presented Bob with a wonderful 90th birthday card that she had cleverly created, which had been signed by all Bob's swimming friends.

Rob Lucas, his old swimming mate from Mackay, stayed in town an extra week especially for Bob's celebration.

Val and Barry Bedding, who've not been well, also made a very special effort to celebrate with Bob.

Thank you to Wendy, Tony, Karen and Grant (who organised the cake) for helping to make it a very memorable day for Bob on his 90th Birthday.

We wish Bob many more Happy, Healthy Birthdays!



Bob & Olga



Karen Martin + Bob and "the card"

A tribute to Bob ...

Experiencing life for nine decades means that one has seen and experienced a lot during one's lifetime.

We're all here today to celebrate with, and honour, someone who has inspired us ... particularly through his swimming achievements ... Bob McCausland.

During Bob's long history there have been a few swims of particular note ...

Bob set successive Qld Records for the 1500m Breast in the 55-59 age group in 1986, 87 and 88, **improving his time each year.**

And in 1991 in the 60-64 age group set another Qld Record for 400m Fly.

A couple of other remarkable performances worth mentioning ...

In 1988, in the 55-59 age group, Bob swam 5,000m Breaststroke in 128.05.

Then in 1990, in the 60-64 age group, swam 5,000m Breaststroke again - in 127.05. A full minute faster!

There's much more ... but finally, at our 2006 carnival, at the age of 77, Bob swam 50m in 40 seconds - 2 seconds faster than the time he swam 2 years earlier at Chandler at age 75 !! Christened thereafter by our Coach, Jan, as "40 second Bob!" No wonder he is a Living Legend!

In spite of his 90 years Bob can still teach a 20 year old how to be young! Altho', the other day he told me that every night he's been getting down on his knees and praying to reach 90 ... but then had to pray to be able to get back up again !!

He also told me he had tried to sell his car with 168,000km on the clock, but no luck. So I said - "why don't you do what everyone else does and turn the odometer back?" When I asked him a couple of weeks later if he'd sold the car, he replied "Why would I sell a car with only 6,000k on the clock?"

Bob, you've gathered a lifetime of memories. May this birthday be full of new fun and surprises. Congratulations from all of us, on reaching this amazing milestone!

... Wendy Ivanusec



Bob ,Olga+Rob Lucas+Tony Frost+Stanleys+



the Birthday cake



Val & Barry's table

From Jane Powell ... with love

Tony, 1932 - 2019

I was quite touched by the sympathy card I received recently when Dad died, signed by so many of our swim club members. It was completely unexpected; thank you.

August was an emotional marathon as I kept up a bedside vigil while Dad died. Dad needed to die. He had been severely demented for a number of years, and had lived in residential care at 'Carramar' for the last three. Recently, he no longer spoke, was not mobile or continent, required feeding and full nursing care and no longer recognised me or my mother.

Tony, when he was still able, had completed an Advanced Health Care Directive, so when he succumbed to Influenza there was no question in our minds that his wishes be followed. We did not want him to be transferred to hospital, we wanted him cared for at Carramar, in familiar surroundings by familiar people: palliation with comfort cares only. Even with this legal document in place I had to advocate for him: health workers sometimes see it as their duty to save lives regardless of the circumstances. It was a very tough call. But, the staff and Tony's doctor were very professional and completely empathetic.

At the end there was a husk of a human in Tony's bed. CD's played; a diffuser perfumed the room. He was peaceful, unconscious. The cocktail in his syringe driver did its job. I felt privileged to have that time with him. I held his hand, moisten dry lips & eyes. When he had a long pause between breaths, I held mine too. I read, I wrote. I reported to sons, siblings. My brother spent time with Tony too. Mum & I tagged each other, so Dad had company most of the time. I tried to ease her burden, otherwise she would not go home & rest. Nothing else mattered much.

I'm writing this to urge you to think about what you would like to happen when the end comes. Discuss options with your loved ones so they know what you want, put an Advance Health Care Directive in place (discuss this with your doctor or lawyer). It is a legally binding document. Keep copies, and give copies to your loved ones so when the time comes and if you can no longer speak for yourself, they can say with confidence, 'this is what (you) want at this time'.

Vale' Tony.

Jane Powell



How long is the memory of a goldfish?

Most people would say that goldfish only have a three-second memory, however, their memories actually last for several days. Goldfish have a classical conditioning learning procedure, meaning that when they are given food in association with another object they remember the two together – and that memory can last for days.



What mountain peak is farthest from the centre of the earth?

Many may think the answer to this science trivia question is Mount Everest. However, the peak of Chimborazo in Ecuador is the farthest from the centre of the earth. Why? The earth actually bulges at the equator because it's constantly spinning. Since Chimborazo sits on top of the equator and right on this bulge, its peak is the furthest from the earth's core. Mount Everest is the tallest mountain if you measure it from base to peak, but its peak is not the furthest from the centre of the earth.



Tuesday, 5 November 2019

Viv and Geoff Merrill 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=164490&andjobGroupId=286601>

All the positions that you see have to be filled by our club. The 4 main events are

1. Wednesday Morning Oct 30 - Run Swim Run
2. Friday Morning Nov 1 - Brekkie Fun Run (Breast Cancer Awareness)
3. Friday Afternoon Nov 1 - Arena 1000 Swim
4. Sunday Morning Nov 3 - Noosa Tri Swim Start

Thank you in advance for your support.

This is one of the club's main fund raisers for club activities eg coaching clinics, buses to swim meets and equipment. ... Mark Powell

What Swimming Taught Me About Happiness

By Dr Richard A. Friedman July 27, 2019

Lesson No. 1: It's not about how fast you can go.



One day, a few years ago, I was rushing from the pool dripping wet when a man with a Russian accent stopped me and said, "You must come to swim with the team."

I was in my early 50s — too old for swim team, I thought. But the coach — Igor was his name — persisted: "I see you are good swimmer."

Intrigued, and being a sucker for flattery, I relented and joined his ragtag group of swimmers. Workouts started at 5:30 in the morning, when most sane people were tucked in bed. It didn't matter because no matter how sleepy we were, we were guaranteed to be wide-awake, if not euphoric, when we finished. We enjoyed our camaraderie and although we were all at different swimming levels, we had one thing in common: We wanted to get better.

One day, a bunch of us were grouching about how little progress we were making in our swim times, how slow we were.

Ever the philosopher of the pool, Igor smiled and said, "You are all confused! Speed is not the goal; it is the result of perfect beautiful technique."

What really mattered to Igor was excellence — the efficient stroke. Once you mastered that, he argued, speed would follow naturally. Speed was simply the welcome side effect of swimming well.

I've been thinking lately that there's a lesson here that goes beyond the pool. We all wanted to swim faster and the more hysterically we tried, the more speed escaped us. The same goes for happiness. Everyone wants to be happy, yet the more directly we pursue happiness, the more elusive it becomes.

We've all experienced this phenomenon. Think, for example, about your coming vacation. You are excited about going to the beach or mountains and relaxing with lots of free time. How happy you are going to be! Then you start to plan out what you'll do, what you need to bring, what restaurants you need a reservation for. Soon you're feeling a bit stressed out about your future pleasure.

[Research shows](#) that thinking too much about how to be happy actually backfires and undermines well-being. This is in part because all that thinking consumes a fair amount of time, and is not itself enjoyable.

The researchers behind this study, called "Vanishing Time in the Pursuit of Happiness," randomly assigned subjects to one of two tasks: One group was asked to write down 10 things that could make them become happier, while the other wrote 10 things that demonstrated that they were already happy.

The subjects were then asked to what extent they felt time was slipping away and how happy they felt at that moment. Those prompted to think about how they could become happier felt more pressed for time and significantly less happy.

This jibes with the argument the journalist Ruth Whippman makes in her 2016 book "America the Anxious: How Our Pursuit of Happiness Is Creating a Nation of Nervous Wrecks." Trying too hard to be happy — downloading mindfulness apps, taking yoga classes, reading self-help books — mostly just stresses us out, she writes. So what should we do instead? Maybe simply hang out with some friends, doing something we like to do together: "Study after study shows that good social relationships are the strongest, most consistent predictor there is of a happy life."



Which brings me back to swimming.

When I swim, I feel that I have all the time in the world, in part because much of what marks time — my everyday life — vanishes the moment I step in the water. And all the while I'm there with my buddies, bound by mutual exertion and joking about life.

Our technique has improved, thanks to Igor. We have a smoother pull, never dropping our elbows, and a steadier flutter kick. Some days, I swim a little faster than I did before. But even if I don't, I feel great!

In the end, happiness is a side effect of living well — just like speed can be the result of excellent swimming technique.

Now, if you'll excuse me, I'm off to the pool!

How many senses do humans have?

You actually don't just have five senses — many [neurologists identify nine or more senses](#). Yes, there are the basic five: touch, taste, smell, sight and hearing, but there are also multiple senses within each of the five, as well as some others. For example, touch is actually made up of several "somatic" senses, including the perception of heat, pain and pressure. Another is the organic sense, which is the sense of your internal condition such as hunger or thirst.

Noosa Swim Meet 2019

by Lois Hill

A lovely sunny day for our meet this year, after a hard 2 weeks with the fires in Peregian area. The smoke from the smouldering fire near Noosa Springs didn't affect us until later in the day.

The club members, or those not away on junkets, all turned up on the day to time-keep, officiate, swim, cheer, and many other roles as part of the running of the meet. Many thanks to Linda, Jo and all the other organisers!

109 entries, Noosa 26 – some only did postals: individual entries 11 women 9 men. Three scratched due to illness (J. Nock, L. Clemitson and G. Little).

We had 18 swimmers competing on the day, with another 2 who had to withdraw because of illness. 21 members submitted postal entries, so these, plus our swimmers results - including our 8 relay teams who swam their hearts out - powered NOOSA on to retain the Aggregate Point Score Trophy.

Well done to our age group Winners (Maximum is 50 Points)

Gold

LiQun Hussey	(50)	45-49 W
Sam Penny	(50)	45-49 M
Studley Martin	(50)	55-59 M
Jo Matthews Equal	(50)	60-64 W
Helen Malar and)		
Wendy Nothdurft)	(50)	65-69W
Brian Hoepper Equal	(50)	70-74 M

Silver

Clinton Stanley	(49)	40-44 M
Greg Bott Equal	(46)	60-64 M
Jan Croft Equal	(48)	75-79W
Tony Frost	(44)	75-79M

Bronze

Felicity Hawkins	(49)	55-59 W
Chris Cooper	(46)	70-74W
Rob Jolly	(48)	70-74 M

Dash for Cash Winners

(awarded to the swimmer finishing closest to their nominated time)
Studley Martin (50 Breaststroke) and Mark Powell (50 Fly)

Some Highlights and 'On the Scene' reports

Rob Jolly 200 Breaststroke (PB) "Better than I swam in the US Nationals (Masters) recently"

Helen Malar 200 Breaststroke:- "Lost my stroke halfway then couldn't find it again!" and something else, but Captain's writing unreadable!

Jan Croft 200 Freestyle: "HARD!" (more training Jan? Problem not doing 'Jan Croft' training squads?)

Flick Hawkins-200 Freestyle: "Felt wrong - no rhythm!"

Sam Penny 200 Freestyle: "Go-illy that was hard! I'm a sprinter! It's a long way, but I made it to the end"

Clinton Stanley 50 Free Good Swim. Up with some of his best in this age group. And great to see Clinton racing with us again.

Quentin Lee 100 Breaststroke: "Enjoyed the swim"... and he looked good in the water. No competing for 2 years and did a great 200 Back – 1 second slower than his last comp 2-1/2 years ago.

The 50 Fly saw a great Noosa race in one heat. Jo, Mark, GregB and Rob raced each and took out the first 4 places in the heat. Touch and go to name the winner at the end!

No more for now, but all the others swam well, with some top times being recorded.

Good swimming!

Small Clubs (up to 9 swimmers)	Highest Average Points	Score (Bank of QLD)
1 Hervey Bay	318pts	6 swimmers 53.00 pts /swimmer
2 Uni Qld	299pts	6 49.85
3 Aqualicious	146pts	3 48.7

Large Clubs (10+ swimmers)	Highest Average Points	Score (Noosa Heads SLSC)
1 Southside	792pts	15 swimmers 52.80 pts /swimmer
2 Sunshine Coast	635pts	14 45.35
3 Miami	545pts	13 41.92
4 Noosa	1068pts	26 41.07

Highest Aggregate Points Score for a Club: (Noosa)

1 Noosa	1068pts	26 swimmers
2 Southside	792pts	15
3 Sunshine Coast	635pts	14
4 Miami	545pts	13



Noosa Swim Meet 2019



Noosa Swim Meet 2019



USA - Part 1 - Yellowstone National Park

by Dyanna Benny

Hello to my families, swimming and gym buddies , and friends..I am five weeks into my cycling trip.



I flew into Yellowstone National Park to join a group of 24 others on rides through the park.

This place is full of geological , volcanic features .A huge caldera, and swampy basins full of wildlife . With those features attracting thousands of tour buses and RVs

Our group



Our group was divided into into two, to be managed and monitored.

There was a huge range of personalities and occupations.A 75 year old female Astro physicist and two guys who cycled where the whim took them through life.All interesting.

Some very competitive guys who wanted a squizz at my bike computer to check my average speed. No way !!

There were some lovely downhills and some challenging ups.



Bear Tooth Mountain has a ski field at the top and a wicked descent with many hairpin bends .

The challenge for the Park is the management of traffic.Where there are parking

wildlife gather issues.

Wardens in Fluoro with wands organise the traffic parking and people. Often the same car would pass us several times a day and we would rock up to the feature and look from our bikes.

There were “shoulders” on the road (bike lanes), and we were treated reasonably , except for the road jocks who purposefully spewed diesel exhaust as they passed.

As an aside, we were travelling by van into the park in Montana State. Tim, our driver said there was no “road rage” in the state. Everybody could carry a sidearm ... Hmmm..

One of the attractions, Old Faithful (every ninety minutes), attracts three thousand at a sitting. There is a huge car, RV, and bus park, and she has her own app as to when the next showtime begins.

Best wishes and love to you all.



After Yellowstone, I had a gap of two weeks to spend in the USA and decided that the closest and most convenient for me to fly with my boxed bike was Denver.

So I had a central studio room, two blocks from downtown Denver.



USA - Part 2 - Denver

After Yellowstone , I had a gap of two weeks to spend in the USA and decided that the closest and most convenient for me to fly with my boxed bike was Denver.

So I had a central studio room, two blocks from downtown Denver.

Denver ,the old part has beautiful old brick (brownstone?) buildings and areas have been converted into hip eating joints.

On that subject, pot IS legal and walking out of the hotel to go on an early ride there was that distinctive tang in the air. I waited and inhaled. No improvement in my riding.

Most days I spent riding in the morning and watching the US open with all that drama during the day. It was so hot .They had record temperatures there and with such a low humidity.



Transport was varied and colourful



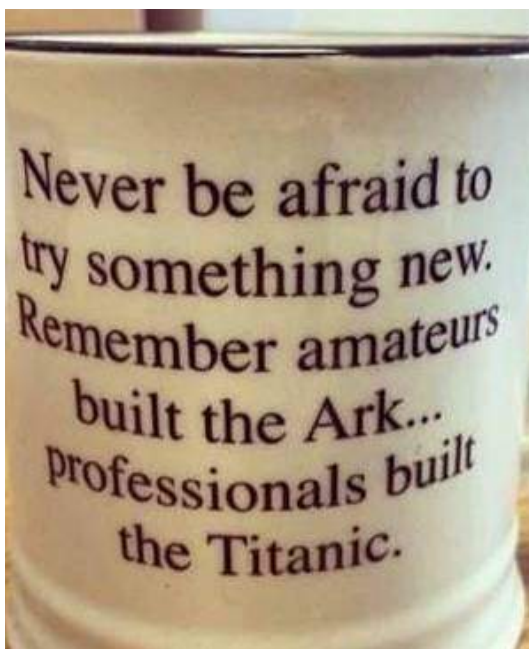
I rode on various bike paths. Cherry Creek. The South and North Platt River cycle paths. One of these led to a National park and that gave me a good 60 mile ride each day with some climbing .

Denver had some vibrant scenes. The Main Street on Sunday buzzed.

And the free buses run up and down each side.



I found a fantastic shoe shop



I visited the Denver Art Gallery for this



The lift entrance

USA - Part 3 - Windy Wyoming



These decorative antlers last for 20 years before they decompose

We started our ride in West Yellowstone again. I re-rode the first day, (covered it in the previous tour), and we then crossed the border into Wyoming.

Crossing the border is always a cause for celebration . Margaritas before dinner, and a toast to new territory.

The town of Jackson Hole has a square park and in each corner there is one of these antler arches.

The deer in the area shed their antlers each year. There is a lucrative market for them. The local Boy Scouts go out and collect thousands of them and they are then auctioned. Funds for the boys!

The sag is used to transport the important things drinks, fruit, snacks, extra clothing, and if needed pick up a rider, help mend a puncture.

Cowbells, prancing and all sort of antics are the job of these woman who volunteer once every three days to drive. They keep our spirits up and keep us fed and hydrated.

So, we were shuttled over the Togwotee Pass 9658 ft and were in beautiful Wyoming

Saratoga was the last stop in Wyoming . Again volcanic activity and wonderful hot pools to relax in.

Anyway. That's it from me.

A big ride tomorrow. Highest Pass 11,000 plus.

Love , Dyanna



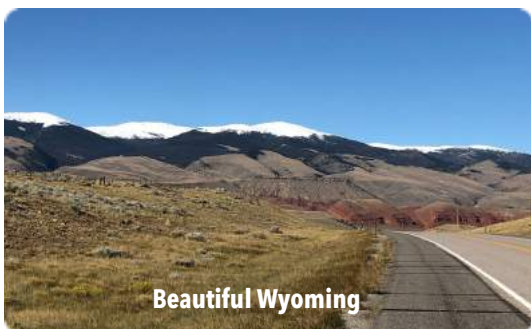
Hijinks loading. Cy, tour leader



Grand Teton National Park , with the 'sag' wagon.



Here's one for you to wonder



Beautiful Wyoming



Pronghorn antelope near the road



The next day it was



We should have been riding these

CARNIVAL CORNER 2019 OCTOBER 2019

Diary dates of approaching carnivals for Noosa Club

Further information about these and other meets can be found on the MSQ & MSA Websites

5 October - Miami Masters (LC) Splash and Dash Fun Meet (3:00-5:30pm) To Register: email Roger Belmar on rogerbelmar97@gmail.com by 7pm 4th October. (pay \$6.50 on day).

12 October - QUQ University of Qld (SC)

12:00 pm-6:00 pm: Entries are now closed: No Postals: New format for heats(in reverse order), 4x200 mixed FS relay,4x100 mixed FS & Medley, plus some new innovations (fin race). Private transport for this one *There is a time keeping course beforehand at 11.00am*

26 October - QSC Sunshine Coast (LC) at Kawana Waters Aquatic. 9:30-3:30: Entries close 15Oct for QNA swimmers, relays by 18 October

Entries are now open, either by the new "Quick Entry" or the old Entry Manager"

No Postals

Please support our local team AND ENTER NOW

Drive ourselves there – car sharing

9 November QAL Aqualicious

Entries not open yet: Closing date for Entries 30 October

Please send queries about carnivals to Captains at captain.noosaqna@gmail.com

Reserve these 2020 dates

MSA Nationals-

April 15-19 2020, Sydney
Pool events: [Sydney Olympic Park Aquatic Centre](#)

Open Water events: [Lake Parramatta](#) Please reply to captain.noosaQNA@gmail.com with a Yes /No/Maybe

8-10 May 2020 MSQ State Short Course Championships will be held in Cairns at the Tobruk Memorial Pool.

... Lois Hill, QNA Captain

2020 National Championships

Entry Dates

	Opening Date	Closing Date
Individual entries (swimmers)	September 15	midday, April 3
Relay entries (clubs)	April 3	midday, April 10
Merchandise	September 15	midday, March 27

MultiClass competition will be incorporated in this meet, and all swimmers will be seeded together regardless of age, gender or disability.



NATIONAL
CHAMPIONSHIPS
2020
SYDNEY

Short Course Meet
15th -18th April 2020
Sydney Olympic Park

Open Water Swim
19th April 2020
Lake Parramatta

ENDURANCE 1000 REPORT

SEPTEMBER 2019



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/>

As at mid-September, we were approximately 1600 points behind out tally at this point in time last year but the exciting news is we have THREE months left to improve our overall position.

Since returning to the NAC our regular endurance swimmers have been racking up the points.

We need those not so regular swimmers (rally the troops sort of to speak) to come along on Tuesdays and put some points on the board.

The opportunity exists in Endurance to experiment a little and try those distances/other strokes swims you have not previously attempted.

Finally, it was great to celebrate Bob McCausland's 90th birthday during the week.

As we heard, our nonagenarian has been an exceptional endurance performer for the Club and even this year has earned a credible 438 points.

Bob you are a real champion!

Regards, Rod

Rod Alfredson
 Coordinator
 Endurance 1000 program
 Mob 0418 260716
rod.alfredson@bigpond.com

Special Endurance Swim

5th Sunday

29 September 2019

Special thanks to Adele Tucker stepping up to co-ordinate these swims.

Quite a number of long swims were completed.

Some sweet leftovers from our Carnival were brought along to share over coffee afterwards

October

Quite a few of you this month but no biggies !!

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
Wendy Nothdurft	22/10		

*Take your birthday with a grain of salt ...
 This tastes much better if the salt accompanies a large margarita*

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

*Happy
 Birthday*

Please support our sponsors

**Noosa Heads
Life Saving Club**

Hastings St, Noosa Heads Q 4567
Tel: 5474 5688

**Noosa
Aquatic Centre**

Girraween Court, Sunshine Beach
Tel: 5448 0288

Bunnings Warehouse

Noosa Road & Gateway Drive
Noosaville Q 4566
Tel: 5430 5400

Ironman

24 Lionel Donovan Drive
Noosaville Q 4566
Tel: 5430 6700

**Bank of
Queensland**

Tewantin Noosaville Branch
cnr Gibson Road and Mary Street
Noosaville Q 4566 Tel: 5470 3100

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The Atrium
91 Poinciana Ave,
Tewantin
Tel. 5474 4639

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