

CHALLENGERS' CHATTER

SEPTEMBER 2020

First in the series of Time Trials

These are continuing, so there'll be a report at the end. Meanwhile a few participants had a few words to say ...

JO M.

The last time I swam 200 Free was in 2014 and my PB was 3.16.16 so that makes me pleased with today's time which is only 3.91 slower. In the 100 Fly I was also 3.92 slower than my PB and in the 50 Fly 0.83 slower than my PB. Good to give them all a go, I've told myself to keep working hard. 😊

LIQUN

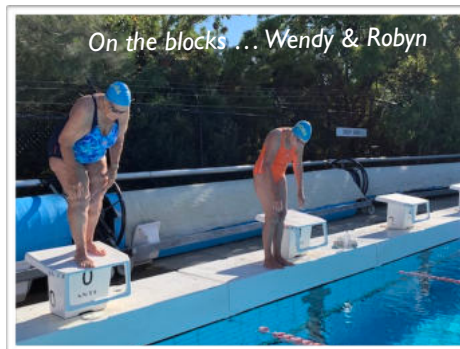
Thanks for Lois and two outstanding time keepers and wonderful energetic swimmers to swim along today. I have 3 TINY PBs

50m Back 56.01
(57.53 Nov 2019)
100m Back 2.04
(2.04.88 Nov 2019)
100m Free 1.31.79
(1.32 Apr 2019)

😊😊 Now you see how honest I am about TINY PBs. Thanks for everyone, it was fun. Look forward to next swim.



Rarin' to go! L-R: LiQun Hussey, Wendy Nothdurft, Adele Tucker, Rob Jolly, Robyn Selby, Wendy Ivanusec, Vivian Merrill, Anne Besser



On the blocks ... Wendy & Robyn



Well done ... LiQun & Adele



Those Westerlies were chilly !!



Jacky Shields timed Endurance swims

WENDY I.

Thanks everyone for the encouragement at each finish and for the opportunity to do this after so long !! Bad starting dives, slow times (my lips are sealed!) but I did it !! I'm happy ... and grateful to Lois for organising and timekeepers for their participation, couldn't have done it without you guys !!





Kung Fu Kagsey

by Karen Martin

In January 2019 I started learning Self Defence at the leisure centre. We learn how to protect ourselves, defend and fitness training.

On Saturday 12th September 2020 I progressed to the next level and passed my grading to orange belt.

The grading exam was quite intense involving fitness and demonstrating defence techniques. There are also verbal questions asked on various striking pressure points.

Along my journey I've had several bruised biceps but lots of fun too as it's a great group of people to train with (just like our swimming group). Covid held us up by about 4 months.

Anyway I'm back on the journey to black belt, watch out !

J. Barry Lloyd

Swimming History



Born in a place called Kirby Muxloe near Leicester and soon after moved to Brighton, UK. As my father was a keen snorkeler, we went down to the pebble beaches at Brighton, UK, quite often in my early childhood days. I was quite a water baby with no problems or qualms about diving into

waves and being dumped on the stones! My father took me a couple of times to Ibiza for a snorkelling holiday where I speared my first octopus, which the hotel cooked for us!

During Primary school I joined the Shiverers Swimming Club in Hove, UK, but only training. But, it must have helped, as for the four years at high school I did my first swim racing at the annual inter-school winter indoor carnival. Each year I won the 50m backstroke and the person who came second won against me in the freestyle (4 years in a row)!

Work and study (travelling up to London) took up most time from then on until emigrating to Tasmania in 1971 although I did manage Saturdays with school friends swimming, ten pin bowling and ice skating, ending the evening with fish and chips (the parents of one of our group owned a fish and chip shop in town!).

In Hobart my main activity was running and helping to organise Kingston Little Athletics. I joined Masters Athletics and raced most weekends all long distances up to a marathon (London 2h 39min.) including cross-country and mountain running. I did continue with swimming both in the pool (8km a week) and sea (spear fishing) and a bit of gym work. I once got spiked in the wrist by a ray I had caught and the pain was excruciating. Luckily, I had bought my son a book on Tasmanian fishes and it advised putting my hand in warm water, immediate relief !!! I even had time to be a member of the Tasmanian Philatelic Society concentrating on Australian stamps with flaws.

I did a stint at President of the Tasmanian Masters Athletics during the Australian Masters Track and Field Championships held in Hobart and vice President of TPS.

Holidays in the later years before moving from Tasmania was to the World Masters Track and Field Championships with my wife, Sue, who was also a runner. We only had 4 weeks holiday then, so it was a rushed time to go overseas. Did my best marathon time in The London Marathon breaking 2 hours 40 minutes. My most satisfactory race was at the Nile 10 Mile at Evandale, Tasmania, where I won the M55 and cruising past the over 50's national orienteering champion!

In 2006 we moved to Noosa and I joined the Noosa Masters Swimming. I still did a few fun runs and cross-country races but, more recently, started concentrating more on swimming as my body had had enough of the pounding of pavements, and managed to compete in a few swim races for the club. I am still swimming and cycling and walking ... just!

The Health Report #9

Information brought to you by Jane Powell



The pathway to optimal health is via optimal diet.

It amazes me that among all the information bombarding us regarding the current pandemic, nothing is being said about the benefits of a healthy diet and weight management as preparation to fight Covid 19, or indeed any disease, be it acute or chronic.

Our choice of food can either subdue or fan inflammation in our bodies, and therefore inversely subdue or facilitate our immune system's ability to respond appropriately to disease.

A healthy anti-inflammatory diet can reverse chronic inflammation, even when the cause may seem beyond our control, as is the case in autoimmune conditions.

A healthy anti-inflammatory diet will help you maintain a healthy weight and avoid obesity, because the choices of food are nutrient-dense and very satisfying, so you are less inclined to feel hungry, and less inclined to snack on junk. An anti-inflammatory diet is also a ketogenic diet.

Foods which are anti-inflammatory include nutrient-dense avocados, nuts, olives, olive oil and coconut oil, coconut milk, oily fish, full fat cheeses, cream, eggs and meats including organ meats; green leafy vegetables such as broccoli, kale and cauliflower; fermented foods such as sauerkraut; berries and - dark chocolate!

Foods which can make chronic inflammation worse and thereby reduce your immune system's ability to respond appropriately to disease include refined carbohydrates, so-called 'vegetable' oils and trans fats. Things to avoid include processed and packaged foods, breads, cakes, pastries and sugary drinks.

**Remember:- JERF ...
just eat real food.**

Ref: *The Fat Emperor and the Irish Heart Disease Awareness Charity @IHDA.ie*

This group recommends the Coronary Artery Calcification Scan

Ref: UQ IMB 'Edge' Magazine 12/19



COACH'S TIPS

A few Wayne Goldsmith's tips this month ...

= FLY =

Fly ... Reach long, feel water, catch, then accelerate through the stroke to recovery ! Same in backstroke ... breaststroke. It is the acceleration that makes the difference.

Put simply, when the head is up, the hips are down- and if the hips are down three important things happen :

- 1) Hips down, you kick down instead of back.
- 2) Hips down means your body is in an inefficient position.
- 3) Hips down means your body is not streamlined .

Soft Hands and Feet :

You can't feel anything with tight, tense hands. To improve your feel of the water relax and think soft hands .

The faster you want to go, the more relaxed you have to be. Speed is about relaxation.

Think power on, power off .When hands and arms are under water, pulling power is on. As the hands leave the water to recover, power is off. The ability to turn power off and relax during recovery is an important skill for all swimmers to develop

Cheers, Jan

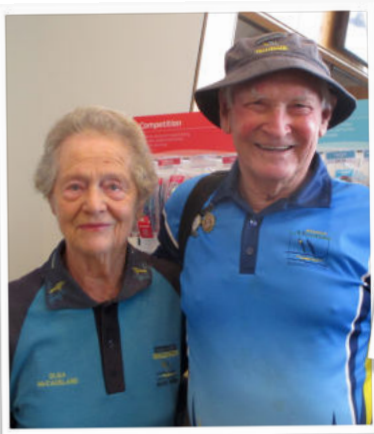
2016 Hon.Life Members: Joe Gilbert, Joyce Faunce, Olga & Bob McCausland



2008 Bob Jarvis, Bob McC, Olga McC, Barrie Bedding, Val Bedding



2015 Olga, Joyce Faunce, Wendy Twidale



2019 Bob & Olga - QNA Carnival



2019 Karen Martin & Olga



2017 Linda Hogg, Studley Martin, Julie Bott, Olga McCausland



2017 Bob Martin & Olga McCausland



2013 Olga & Jess Tye



2013 Olga, Elaine Campbell, Marcia Kimm, Jan Croft



2010 Olga & Bob McCausland with Santa aka Russ Krause



2012 Bob & Olga 1st McCausland Medals



2016 Bob & Olga - timekeeping

FAREWELL, DEAR FRIEND ...

by Bob Morse



Olga Ruth McCausland was born 25 April 1932 in Macleay River, NSW. The third of seven children, she lived a country lifestyle helping in the orchard, with the cows and other duties on the several dairy properties owned by her parents.

As a girl Olga loved dancing, but it was at a party that she first met her life-long partner, Bob McCausland, whom she married on 18th September 1954. They raised four children. Olga was also involved with the local church, played tennis and sewed for the family. By completing a Diploma in Commercial Studies in her youth, Olga was able to secure work as a secretary in a timber company and Bob secured work in the building industry while they lived in Murwillumbah. In 1964 they moved to Mackay where job prospects were better.

Olga learnt to swim at age 52 and, with Bob, joined the Mackay Masters Swimming Club. Together they held an impressive number of State titles in their respective age groups. Olga and Bob moved to Tewantin in early 2000 and soon after joined the Noosa AUSSI Challengers Swim Club. (AUSSI stood for Australian Union of Senior Swimmers Inc prior to it becoming Masters Swimming Australia)

Our Swim Club at that time was establishing itself at the new Noosa Aquatic Centre having relocated from Tewantin Pool. Prior to that we swam under the banner of Sunshine Coast Masters/Noosa Branch in order to compete in Masters competitions. As a stand-alone swim club at Tewantin, we were unable to get Masters status for several reasons, but under the Sunshine Coast Masters banner, the Tewantin members could be registered and compete in sanctioned events Australia-wide.

Relocating the club from Tewantin to Noosa and accepting new members at that location saw our numbers rise to 65+ active members by mid-1999. By end 2000 our registered active members had reduced to less than 25. The loss included founding members, most of the Committee and Coach. This saw Joyce Faunce and Joe Gilbert (our first Hon. Life Members) and Bob Jarvis step up to take over the Management Committee and start to rebuild the club.

Olga and Bob McCausland stepped forward at this time and threw their efforts behind Barry Bedding to expand and rebuild the Aerobics Swim program. Olga attended all training sessions and not only assisted with the organisation and running of the Aerobics swim program but took an active part in the program. Olga was a living example of what could be achieved through constant effort and active involvement in the program. It must be remembered that the aerobics program was not computerised at that time and Bob and Olga would fill in the performance of each swimmer on the cards, collate the results and post to QMS for record. There is no doubt that the dedicated involvement of Olga and Bob in the organising, promoting and competing in the Aerobics Program (now Endurance Programme) was the basis for what we have achieved in winning the State & National EI000 Trophies for the past several years.

Olga was a very accomplished swimmer excelling in the longer distance events in her favourite disciplines of backstroke and freestyle. To see Olga effortlessly doing laps in the aerobics program in backstroke over long distances certainly inspired me and several others to take up backstroke and get involved in distance swimming. How humbled I was when she came to me after I began coaching to ask for some stroke correction to make her go faster ... at age 70.

Olga was a constant competitor at regional and State carnivals in the 50, 100 and 200 backstroke and a few freestyle events thrown in to make up the numbers. To see this diminutive lady on the blocks before each race and then on the trophy podium at the end of each meet was truly inspiring. I recall my first carnival for the club at a rather old pool at Caboolture, when I frantically swam myself into exhaustion and Olga casually swam herself into the medals.

In her late 70's Olga was swimming 1km freestyle in 30 minutes. At age 55 Olga swam 5km backstroke in 2hrs 52mins, 3km in 1hr 39min and 1500m backstroke in 49mins

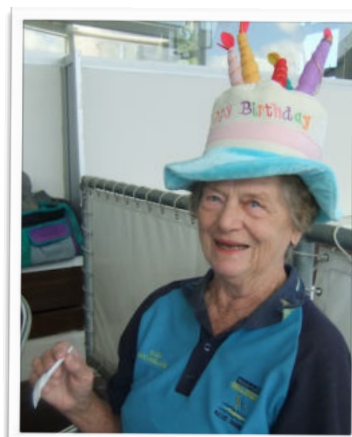
After failing health precluded her from training and competing, Olga would travel to meets with Bob and time-keep and encourage all those who swam on the day. The pair would attend most of the clubs social functions and Olga was always available to help at our own carnival. At our last social day on the banks of the Noosa River just a few weeks ago, Olga and I agreed that our club now could build up the friendship feeling that Covid 19 seemed to have affected.

After each Members meeting that I chaired as President, Olga would give me a rating out of 10 saying ... "well that one was better than the last one Morsey". I actually looked forward to whatever score she would give me ... even the bad ones. During my term as President, I was privileged to nominate Olga and Bob for Hon. Life Membership and then to present them with the highest honour our club can bestow.

The club honoured Olga and Bob by creating a perpetual annual award, specifically relating to the Endurance programme - the McCausland Medal, now renamed the McCausland Trophy.

I will miss the grace and charm of this lovely lady, her thoughtful insights into our club's activities and the easy way in which she performed backstroke for hours on end.

Farewell Olga, rest in peace dear friend.



Carnival Corner : Upcoming Meets as at 29 Sept 2020

... from Lois Hill

MSQ Postal Time Trials - Sep to 31 October 2020 at the NAC

Please get details from club emails

***** NEXT YEAR *****

2021 MSA National Championships : April 30 - May 4

These will be held in Darwin 30 April – 4 May 2021 at the Parap Pool & Open Water swim at the SAFE Waterfront Lagoon.

Recommended Accommodation: Quest Apartments, Parap (special rates for QNA). Web site is <https://www.questapartments.com.au/properties/nt/parap/quest-parap/hotel-rooms>

(A small assortment has already been booked for Noosa, with dates 28 April check-in and out May 5. These may be of use to members who wish to share. Contact captains for details)

Otherwise book your own-

* Email questparap@questapartments.com.au, mentioning you are booking as a Noosa Masters swimmer to get the special rates.

* You will need to supply a credit card to make the booking.

2021 Great Barrier Reef Masters Games, 20-22 May at Tobruk Pool, Cairns

Recommended Accommodation: The Lakes Cairns Resort (closest to pool – walk).

Currently best price is via Booking.com, especially if at Genius level. Direct Online is a bit dearer. (it recently opened up on the Resort online booking). Current \$225/night for 1BR, Booking.com \$202. Agoda has now opened bookings, but they were no cheaper than booking.com, and in fact the rates varied quite remarkably over a space of a couple of hours.

2021 Australian Masters Games, Perth 9-16 October

2021 QLD States: update ---.

Negotiations continue around preparation for the State Championships in 2021. This event has been postponed until September/October 2021 at this stage.

Happy Swimming!

Email ANY queries to captain.NoosaQNA@gmail.com



October

Robyn Selby	14/10	Helen Malar	24/10
Ian Tucker	21/10	Lynette Clemitson	29/10
Wendy Nothdurft	22/10	Tricia Chalmers	30/10
Quentin Lee	22/10	Felicity Hawkins	30/10

To me old age is always 10 years older than I am !
...John Burroughs

OUTGOING COMMITTEE

... by Linda Hogg

The outgoing committee enjoyed wine and nibbles at their last meeting before the AGM. Charley (the outgoing official club hound) gave a woof of approval to the selection of treats and is sad to be no longer meeting and greeting the office bearers and keeping any unwarranted behaviour under control.



Unfortunately, several of the committee members were absent and missed a pleasant finale.

The office bearers standing down are Jo Matthews, Lois Hill, Rod Alfredson, Linda Hogg and Viv Merrill all of whom send their best wishes to the incoming committee for the 2020/21 year.

QNA AGM 2020 & INCOMING COMMITTEE FOR 2020/21



Linda thanks Rod Alfredson



Linda thanks Lois Hill



Linda thanks Jo Matthews

Noosa Masters AGM was held on Sunday 20th September 2020. The Covid safe outdoor venue was a pleasant change of scenery from the NAC Sunshine Room and there was a general air of camaraderie and optimism among the members. Before standing down, Jo presented Grant (Club Welfare) and Mick (Grants Officer) with a thank you gift for their excellent support over many years, it was most appreciated. Jo also presented Linda with a gift for her assistance over the past 12 months.

Jo, Lois and Rod had completed their three years in office and Viv had undertaken four years. They were presented with Thank You gifts on behalf of the members for all their time and effort and for leaving the club in the excellent position it is in today.

The incoming committee comprises:

Ian Tucker - President, Robyn Selby - VP, Studley Martin - Treasurer, Kerry Blackwell - Secretary, Denise DeCarlo - Endurance Co-ordinator, Christine Cooper - Social Events with Rob Jolly and Helen Malar as Club Captains. A great mix of new and experienced committee members.

QNA is looking forward to restarting the Endurance 1000 program and getting some racing happening in the New Year. And the return of our social calendar is eagerly awaited.

Also, a big thank you to the NAC lifeguards for assisting with the set up of leads for the microphone. Nothing was too much trouble.

... Cheers, Linda Hogg



It was an attentive gathering



Jo Matthews thanked Grant Scotcher



President elect Ian Tucker and Linda Hogg thanked Viv Merrill



ENDURANCE 1000 REPORT SEPTEMBER 2020

Hi Endurance swimmers

A big thanks to Rod Alfredson for ALL his efforts as Endurance Coordinator. As the new Endurance Coordinator, I have some big shoes to fill, and I'll give it a go!

Irene Symons is leading the pack with 490 points and the Powell's are starting to rack up the points as well. So ... when are YOU going to start-up your Endurance swims again? Given our swim meets have been cancelled, Endurance is a great way to create goals for yourself and get your heart rate pumping.

As you know, the National Endurance 1000 program has been cancelled for 2020. However, a number of Queensland clubs are continuing to work through the swims in this program. Therefore, Queensland results will still be reported. So ... no official awards this year, but our Noosa pride is on the line!

Pop into the pool on a Tuesday to challenge yourself and reward yourself with a coffee afterwards.

The weather is getting nicer, but the water is still cool - so this is the perfect time to get in some longer swims.

I have a deckie lined up for each Tuesday in October, so let's keep them busy! And we are always looking for timers too!

For anyone not familiar with the Endurance 1000 program - please reach out to me and I'll explain the program and how you can benefit.

Email me at decarlo4567@gmail.com or mobile 0447 255 388.

Cheers,
Denise De Carlo
Endurance Coordinator

Noosa Masters support Yellow Shirts !!

See if you can spot some of our members in the crowd !!



Ivan, Jeff,
Wendy & Jacky



Annie & Robyn with pooches
appropriately adorned

Mark one up for people power as Queensland Health yesterday reversed its decision to deny Noosa's John Bowie an exemption from hotel quarantine after about 50 people gathered dressed in yellow at Noosa Main Beach by the lifeguard tower to protest the lack of compassion that was preventing him from coming home to spend his last days. The former cartoonist, who turned 73 this week, was diagnosed with cancer a few months ago, and after chemotherapy to reduce the tumour, flew to Sydney for specialist surgery. Unfortunately the cancer was too advanced to be removed and John was given a terminal prognosis. With very limited time left to them, John and Chris applied to the Queensland government for a special exemption from hotel quarantine to allow him to quarantine at home in Noosa and it was initially rejected, but now Chris and John are able to return to Noosa to quarantine at home.

... extract from Noosa Today



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Tel: 5474 5688

**Noosa
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Girraween Court, Sunshine Beach
Tel: 5448 0288

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Tel: 5430 5400

Ironman

24 Lionel Donovan Drive
Noosaville Q 4566
Tel: 5430 6700

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Tewantin Noosaville Branch
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Noosaville Q 4566 Tel: 5470 3100

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