

# CHALLENGERS' CHATTER

SEPTEMBER 2021

## Noosa Masters Swim Meet ... another great day of fun, fitness and friendship !

A great day of fun and racing on Saturday 18<sup>th</sup> Sept. Sun was shining, pool looked spectacular and everyone agreed it was a terrific meet. Well done to our meet director Ian Tucker & his very big band of helpers.

A huge number of medals were won by Noosa swimmers.

Gold Medals were awarded to Jo Mathews, Ian Robinson, Adele Tucker, LiQun Hussey, Bob McCausland & Jim Barnes.

Silver Medals were awarded to Tony Frost, Ian Tucker, Jacky Shields & Bob Morse.



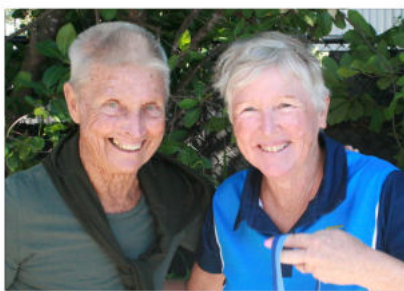
point score aggregate win of 1345 points.

Sunshine Coast Masters came in second with 609 points & Miami Masters were third with 464 points. Miami Masters also won the trophy for top average points.

... Helen Malar  
Club Co-Captain

Bronze Medals were awarded to Clinton Stanley, John Simonidis, Studley Martin, Jan Croft, Greg Bott, Christine Cooper & Rod Alfredson.

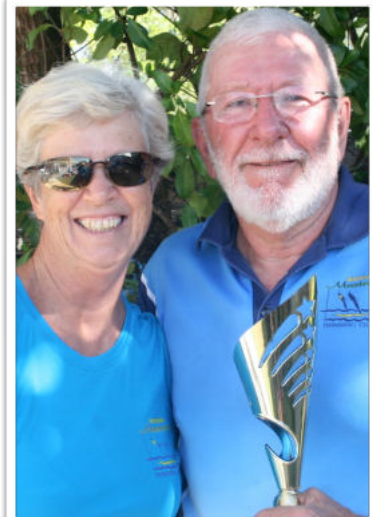
Congratulations to all medal winners as well as all Noosa competitors who participated to our overall



Jan Croft & Adele Tucker



Ian Tucker, Greg Bott & Neil



Helen Malar & Rob Jolly + trophy



LiQun, Jacky, Di & Liz



New colour-coded results boards



LiQun, Linda, Adele & Jacky



BBQ champs, Bob & Ivan



Results wizards, Brian & Kathleen



Raffle champs, Dee & Kerry

# Noosa Swim Meet photos

... courtesy TaiShiDi Photography



# Greetings from U.S.A.

Hello dear swimming friends,

Gosh I miss seeing you all on the swim deck.

First I will update you on my mum. She has successfully recovered from her minor stroke and is able to live independently. She continues (most the time!) to do her exercises. The doctor said she dodged a bullet so she was very lucky. It's been priceless to be with her throughout her recovery. I'm grateful I was able to leave Australia to care for her.

I've been swimming once a week since I left. Sadly, all indoor pools. I so miss our beautiful 50 metre outdoor pool! I'm happy to report I should be able to complete the full Endurance program this year (first time ever!). Endurance has been good for me as it has kept me focused on goals. However, I'm sure my first few workouts upon my return will be brutal.

Bob arrived in the US in July to care for older sister who was having a major surgery. Bob was in Denver for a month caring for her. Little did we know this would be the year we'd become nurses!

Finally, in August Bob and I met up in Brainerd, Minnesota which is where our cozy 2 bedroom knotty pine cabin (built in the 1920's) is located. It's our haven. Trees everywhere with squirrels, eagles, rabbits, birds and ground squirrels to entertain you. It was finally time to relax a bit. Watching the sunset over Gull Lake is delightful.

In early September we took a trip to New York City to see a dear friend and enjoy one of our favourite cities. We hit it hard and enjoyed jazz at the infamous Blue Note, saw live theatre on Broadway which had just opened up (saw *Waitress* which was fantastic) and took the ferry across to Statin Island and got some huge deals at the Columbia outlet store. And ... we went to the US Open too! Sadly, we didn't get to see Ash Barty play as she had been eliminated already, but we did get to watch Sam Stosur win a doubles match which was very exciting. We also went to the top of the Rock (Rockefeller Center). The views were fantastic. NYC was a very safe place to tour as all indoor venues required proof of vaccination and many people voluntarily wore masks on the streets.



I've can now say I've been to all five New York boroughs.

Can you name them?? (I'll provide the answers at the end of this article).

As soon as we returned from New York, my mum got Covid. Couldn't believe it. She has the worst luck! So we brought her to our cabin in Minnesota to recover with us. Wow, she was so sick. Thank goodness she had been vaccinated. But she's a fighter and prevailed. Now it's time for her to rebuild her strength again. I'm so over this pandemic!

Bob and I went to Denver in late September. We lived in Denver for many years so it was nice to be in our ol' stomping grounds and visit with Bob's sister, friends and work colleagues. The Mile Hi City never disappoints. And the autumn colours were beautiful. We got to do a final farewell to Bob's beautiful mum who had passed away from Covid (at 94-years) in April 2020. She's now flying free amongst the stunning Colorado Rockies.

October will be more family gatherings. We will meet up in Clear Lake, Iowa to see my Dad, 3 sisters and my nieces' families. Will be great to see everyone as we are scattered across the US.

And then later in October we head north to Bottineau, ND to see my other niece. Bottineau is very close to the Canadian border - ay? By then I'll probably be freezing with several layers of clothing. I'm sure the snow will be flying soon!

So as you can see this trip has been all about family. I feel so blessed to have the opportunity to see them, especially when so many Australian families have been separated.

I look forward to being reunited with my Australian friends, hopefully in December. The warmth of the sun, softness of the sand and ocean sounds will be glorious. Miss you all and see you soon!

... Cheers, Denise



Answer

Manhattan, Queens, Bronx, Staten Island and Brooklyn.



Denise's mum Bonnie enjoying her sweets



L: Denise's 2-month old great niece Rhea

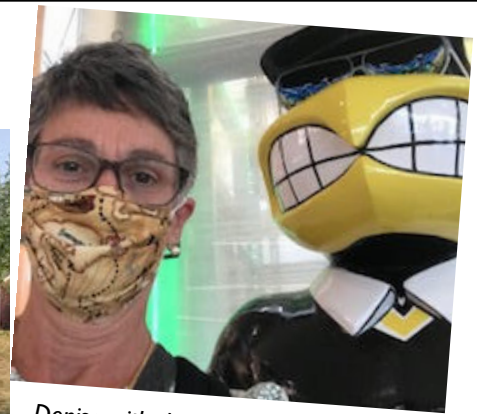


Denise with great niece Evelyn at 4th of July parade

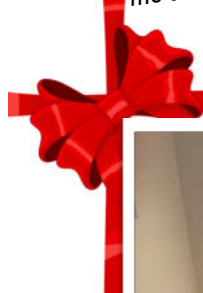


Denise and her Dad, Pat. Notice the Iowa State Cyclone hat which he wore just for me as I'm a Iowa Hawkeye fan

Bob chopping wood in preparation for winter



Denise with the Univ of Iowa mascot - Go Hawkeyes



## Wrapping !!



# Noosa Carnival Raffle Report

by Adele Tucker

A big thank you to our members who donated cash towards our raffles this year. Wendy and I went around local business asking for donations and we were very fortunate to acquire some lovely items and vouchers. Considering the times we are living in at the moment, we were very impressed with how giving our local community has been.

With the cash we went shopping to buy items to fill up the hampers. We had decided prior what specific hampers we would create. It was a lot of fun and a great outcome. Raised \$1,044.00 on raffle ticket sales on the day.

A big thank you to Dee Mooney and Kerry Blackwell for their time selling the raffles and drawing out the lucky winners. Again, a big thank you to our members for getting behind this.

Would definitely like to repeat it again next year.

... Many thanks  
Adele Tucker & Wendy Northdurft



In case you missed this notice last month - regrettably, the Noosa Masters 21<sup>st</sup> Anniversary celebration advertised in our August Newsletter which had been scheduled for 9 September 2021 was cancelled as the ability to plan the event around restrictions makes it difficult to host an enjoyable function this year.

Instead, there will be a 25th Anniversary celebration in 2024.

# Carnival Corner *thanks to Rob Jolly*

## Upcoming Events

OCT09

### Rackley Masters Meet

October 9 @ 12:00 pm - 5:00 pm  
Spring Hill.

OCT23

### Maryborough Masters LC Meet

October 23 @ 9:00 am - 5:00 pm  
Maryborough.

NOV07

### Sinkers OWS Balnagowan

November 7 @ 7:00 am - 10:00 am  
Balnagowan.

NOV27

### Miami Masters LC Relay Meet

November 27 @ 1:00 pm - 5:00 pm  
Southport.

NOV28

### Big Barrine Bash 2021 OWS

November 28 @ 7:00 am - 1:00 pm  
Queensland

## Belgravia Meet Report *thanks to Ian Tucker*

Twelve Noosa swimmers entered and Noosa placed first in Overall points.

Women 1<sup>st</sup> ... Men 7th. ***Need more men racing!!!***

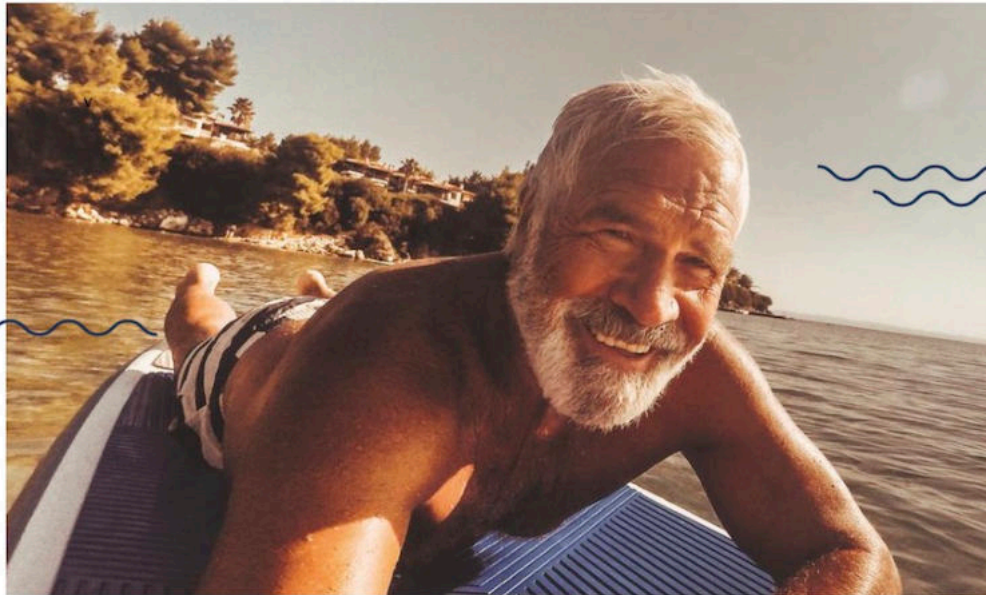
Once again, our QNA Women's team has finished with highest points in the women's competing clubs.

Sorry no trophies for overall Club performance this time, but a terrific effort by all !

Jan Croft and Jo Matthews attained Gold medals, winning all 5 events each.

A great swim meet as a warm-up for Noosa a couple of weeks later. The venue at Morayfield is a fantastic indoor 50m pool with electronic timing scoreboard. With 90 individual entries and no relays, heats and events ran through quickly and most of the Noosa swimmers were rather tired after their 5 individual events. Many of the team managed to earn a medal of a different colour and we congratulate the Belgravia team on hosting their first Swim Meet.





## SURF SKILLS FOR AGES 50 AND OVER

Did you know that rip currents are the number one hazard at the Australian coast with more than 17,000 rips in Australia on any given day? On average 21 people drown per year as a result of rip currents in Australia.

Our Surf Skills program is designed to increase your knowledge of our local beaches whilst greatly improving your confidence in managing beach conditions and emergency situations. You will be trained by highly experienced Surf Lifesavers who will cater activities to suit your individual capabilities.

Join us for a social morning tea at the conclusion of the program where we would be happy to answer any questions you may have.

This is an experience that could save a life!

**Next Program:** Wednesday 10<sup>th</sup> November 2021

**Location:** Noosa West Main Beach  
(Beach Access 16 – next to Lifeguard Tower)

**Time:** 9.00am - 11.30am

**Cost:** FREE



### OUR PROGRAM

- INTRODUCTION  
Beach and Surf safety discussion
- RIP CURRENT IDENTIFICATION AND SURVIVAL
- WADING AND BODY SURFING
- OCEAN SWIMMING TECHNIQUE
- HOW TO READ SURF CONDITIONS
- INTRODUCTION TO RESCUE BOARDS
- BASIC RESCUE TECHNIQUES
- FIRST AID, CPR AND EMERGENCY CARE

To register, please contact:

Janene Holland  
Community Awareness Coordinator  
Sunshine Coast | Surf Life Saving Queensland  
E: [jholland@lifesaving.com.au](mailto:jholland@lifesaving.com.au)  
P: 0427 694 034

### October - Seniors Month 2021

#### Seniors Connect FREE Morning Tea Event

Attention all seniors in our local community- you are welcome to **SENIORS CONNECT 2021**.

This is a FREE morning full of information, activities and demonstrations that will help you stay healthy and active both physically, mentally and socially. Free morning tea, sausage sizzle tea, coffee and entertainment!

You won't want to miss this event, bookings essential [here](#)

Thursday 14 October 2021, 10am- 12.30pm, Wallace Park, Noosaville.

#### Jazz and Morning Tea at Cooroy Library

Enjoy the swinging sounds of local Jazz band 'The Fossils' at this morning tea, presented especially for Seniors Month. Free.

Thursday 21 October 2021, 10 - 11am, Cooroy Library. Bookings essential [here](#).

# ENDURANCE 1000 REPORT SEPTEMBER 2021



Thank you for our Noosa Swim Meet which is boosting our Endurance points, as a kind reminder to our club members that whenever we swim more than 400m in different strokes in any swim meet, the swim result will count in our Endurance points.

For instance, if you swim 5 x 400m freestyle in 5 different swim meets, you don't have to swim any other 400m free for your Endurance points of the year.

Plan your swim meet events well according to your desired Endurance swims, it could save you some time to focus on other different strokes or distance swims.

The Maryborough swim meet will be on 23 October - check if there is a 400m swim you would like to add into your Endurance list, this is the time for it.

It includes either one of 400m breaststroke, backstroke, freestyle, butterfly or Individual Medley.

Many thanks Adele, for organising 4 lanes in the 50m pool at the NAC on 1 October from 4-6pm.

We finally have our first sunset social Endurance swim since Covid started.

Bring a plate to share, enjoy the nibbles and drinks after your hard swimming!

There are some swim hard and fast members who will soon finish the whole Endurance programme for 2021.

There are some members who are still trying to catch up with some swims they would like to complete before the hot summer.

We will have 6 Endurance swims in October - 1 October at 4pm, the Sunset Endurance, 4 normal Tuesdays and the 5<sup>th</sup> Sunday. Please feel free to utilise the cooler month swims.

I look forward to seeing you in the pool. Happy swimming and happy Endurance training !!

LiQun  
Relief Endurance Coordinator



The 2022 Alice Springs Masters Games are locked in for 1-8 October next year, so start planning (and training!) now. If you deferred your flights and accommodation from last year, make sure you rebook for 2022. We'll be in touch again to let you know about our confirmed Sports Program and when entries open. In the meantime, visit our website to find out more.

## COACH'S TIPS



Last week Masters Swimming shared an article called "How to swim freestyle with perfect technique". Link is [my.swim.pro.com](http://my.swim.pro.com). Great article ... I will pick out the most important points, but the article is definitely worth reading.

1. **Streamline** ... make sure your body is as narrow as possible to help reduce drag as you dive in or push off the wall. Squeeze your biceps to your ears and keep legs tight together. Head position plays a major role in overall body position, look down and focus eyes on bottom of pool your hips will naturally lift up making it easier to kick,
2. **The catch** ... hands relaxed with a little space between fingers. This makes you swim faster and increases the power of the pull compared to swimming with hands tightly cupped.
3. **Hips and shoulders**. Every time you take a breath keep your head in place and use your hips to rotate. Focus on rotating your body with your core instead of leading with your shoulder twist. Hips will initiate the movements and shoulders will follow.
4. **Kicking** ... Keep it simple. Many beginner swimmers kick too much and too big. This ruins body position and slows you down. Power and strength come from your hips. Kick short and quick. Big kicks take too much energy and ruin your streamline position.

Happy swimming - Cheers, Jan

# IRENE SYMONS the BIG 70 !



Irene Symons celebrated her 70<sup>th</sup> birthday in September - can you believe it?

Being the proprietor of the Kenilworth Newsagency, her commitment to her business only allowed her to come to the NAC on Saturday afternoon after she closed the doors at lunchtime.

She did manage to train at the Eumundi Pool , two evenings each week.

When COVID closed pools, she purchased a rowing machine to maintain her fitness.

Her daughter, Racheal, who lived in Brisbane, was also a member of Noosa Masters Swim Club, also a very competent swimmer.

Up to about 5 years ago , our Club conducted Aerobic Swims on Saturday afternoons (as well as Tuesday mornings) with about a dozen regulars, several not with us any more (Pat Mooney, Bob (now 92) & Olga McCausland, Bruce & Sandy Warren, Mary Lester, Karen Martin, Lynette Clemitson, Irene & Rachael Symons, myself & others.

As we know, for several years Irene has regularly been a top points achiever in the Endurance 1000 Swim Program.

If there was a BP Award for the Club's Quiet Achiever, she would be a stand out!

... Tony Frost



Remember last month, Jane Powell set a Quiz with a couple of questions about where the photos of her and Mark were taken ????. Well, there IS a winner!

Jane says, "Carola came back to me quite quickly, answering correctly that I was in the Barcoo River ... and she quoted the poem! (Henry Lawson's Bush Christening), so I gave her a little prize for her effort!!



## 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

*Live Life and forget your age !!!*

An initiative of FNPW  
Backyard Buddies - Koalas : the full story

<https://backyardbuddies.org.au/backyard-buddies/koala/>

100 years ago everyone owned a horse and only the rich had cars.

Today, everyone has a car and only the rich have horses.

Oh, how the stables have turned !!



## Young and old share gold at Noosa Masters swim meet



Seventy-one years. That was the age gap between the youngest and the oldest gold medallists at Noosa Masters 2021 swim meet. Genesis Aquatics' Caitlin Cuff (age 22) and Noosa's own Bob McCausland (age 93) bookended a total of 32 gold medal winners at the meet last Saturday.

Noosa's superb Aquatic Centre came alive as 121 swimmers from 22 clubs battled it out under a perfect Spring sky. It was a scene to savour after the disappointment of last year's 'lockdown' cancellation.

The meet also stirred Olympic memories – one poignant, the other exquisite. The presentation of the John Konrads trophy injected a celebratory but sad note. The trophy celebrates the life of Olympic legend John Konrads, who died in April. John's Olympic gold in Rome in 1960 was the pinnacle of a career in which he set 26 world records and held every freestyle world record from 200 metres to 1500 metres. Eventually retiring to Noosa, John became a great friend of the Noosa Masters.

Appropriately, the John Konrads trophy was awarded to Genesis Aquatics' Kim Finch who swam 'closest to nominated time' in the 200 metres freestyle - John's favourite event.

A lighter, delightful Olympic connection was forged at the Noosa meet when two state records were broken by the Barbarian Masters' Jennifer Campbell.

Yes, the mother of Olympians Cate and Bronte! Jennifer blitzed the field in two 50 metre events, freestyle and butterfly, to break the age-group records. Much musing on the day ... genetics, grit, perhaps both!

Jennifer was joined as a state record holder by Belgravia Masters' Marsha Reddiex in the gruelling 200 metres butterfly.

At day's end, competitors and officials gathered for a poolside barbecue, during which medals were awarded and overall statistics announced. Predictably, Noosa Masters' large contingent ran away with the trophy for highest aggregate points. And in the competition for 'highest average points per swimmer', the powerhouse Miami Masters team secured the trophy.

In the hands of Masters Swimming Queensland officials, the meet ran like clockwork. And as Noosa farewelled the visiting teams, Noosa's president and meet director Ian Tucker was all smiles.

... Brian Hoeppe  
published in "Noosa Today", Friday 24 September 2021

## But wait ... there's more !!

*Extract from Tewantin Uniting Church Newsletter...*

### **Our own Gold Medalist - Bob McCausland**

(we can say the same, can't we?)

No, Bob hasn't just come back from the Tokyo Olympics !! He recently participated in a swimming competition held at the Noosa Aquatic Centre and has taken out the Gold Medal in the process for his age class (due to privacy reasons this reporter is not able to divulge how many were actually in the races!). Bob has been a member of Noosa Masters Swimming Club for many years and last weekend they held their swim meet with 121 competitors coming from over 22 clubs around Australia. At 92 years young, Bob has more energy and enthusiasm than many half his age. No wonder he looks so fit, as swimming provides a great cardio-vascular workout. He showed off his medal to the Tewantin congregation last Sunday morning tea and was all smiles. Great achievement Bob! You've put all us lounge lizards to shame! Bob reports that the orchid plant that the Noosa Masters Club presented to him as a memorial to his wife Olga is again in full flower, just 12 months since she passed away. Rest in peace dear Olga.





Please support our sponsors

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Tel: 5474 5688

**Noosa Aquatic Centre**

Girraween Court, Sunshine Beach  
Tel: 5448 0288

**Bunnings Warehouse**

Noosa Road & Gateway Drive  
Noosaville QLD 4566  
Tel: (07) 5430 5400

**Ironman**

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Noosaville Q 4566  
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