

CHALLENGERS' CHATTER

SPRING WAS IN THE AIR AT NOOSA MASTERS' MEET

... by Brian Hoeppe

The evidence was unmistakable. A tawdry specimen of a KFC roast chicken – aroma intact, but with entrails scattered about – half hidden under a bush at the NAC carpark. It was two days before the Noosa Meet, and wild storms had wreaked havoc to the south. Our Meet Director Ian was spooked by visions of our meet being 'blown away' (in the worst sense of that term). So ... like any anxious Meet Director would, he'd resorted to the ancient practice of *haruspices* – reading the entrails of a sacrificial bird. The giblets were gracious ... 'Saturday will be fine'!

And so it was. Saturday was a perfect spring day. The pools at the Noosa Aquatic Centre sparkled as swimmers, officials and supporters arrived for the 21st Anniversary Noosa Masters swim meet. The spring weather worked its magic. Swimmers from 29 clubs came from near and far, including one competitor each from Townsville, Sydney and Auckland. This was the largest number of clubs to gather in Queensland this year, apart from at the State Championships. And Noosa's 40-strong team was the largest at any Masters' event in Queensland in 2022.



Among the forty were hardened veterans and tremulous 'virgins' (first time competitors). Yes, there were the stars who scored the maximum 50 points – Jo, Helen, Terry ... and the lone male, John H. But the collective strength of the club was revealed in the number of Noosa podium finishes during the day – 78 firsts, 45 seconds and 16 thirds, and that didn't include relays. Even more heartening ... every Noosa swimmer secured a podium finish in at least one event.

The meet ran like clockwork. 'Tent teams' had set up a perfect precinct. Numerous club volunteers (too many to name) worked behind the scenes - marshalling, timing,

recording, announcing, selling raffle tickets and providing refreshments to officials and workers. MSQ officials set the pace and David Findlay had results churning out of his laptop. After the final relay, everyone moved to 'Bob's BBQ' at which individual and club awards were presented.

Noosa scored the most points by far. But, true sports that they are, the club awarded trophies based on the average points won per entrant. Among the larger clubs, the always-competitive Miami Masters won the trophy.

The trophy for smaller clubs was won by the relatively new Gympie Gold Fins Masters. This team of five, with an average age of only 33, put on an impressive display of powerful swimming. More than one Noosa 'gal' was seen blushing breathlessly at the sight of the muscular Gympie 'hunks'.



Jenny Watson, Terry Carter,
Heather Robinson



Brian Hoeppe, Rob Jolly & Kevin Alford



Gympie Gold Fins + small clubs' trophy

Spring was in the air ... cont'd

Two swimmers among the medallists at the meet broke records:

Cotton Tree's Caleb Langelaan (45) swam 2:31.39 to shatter the identical state and national age records in the 200M Breaststroke (2:36.17). He'd set those records only a month earlier!

Beerwah's Lene Knudsen (45) swam a superb 1:10.65 to break the state age record in the 100M Butterfly (1:12.58). Lene just missed Shane Gould's current national record (1:10.15).

There were comic moments at the meet. A streak of chaos ran through the Noosa relay teams. One team was DQ'd outright (for 'unseemly attire'). Another team was caught out when Jacky swam two of the four legs (don't ask)! A third team lost a member who left early to attend a G&T party honouring her late Majesty; his place was taken by an innocent bystander Mr J.B. Smythe of 12 Acorn Street, Surry Hills. It turned out he couldn't swim, but he was successfully rescued.

At one point a horde of Noosa swimmers was cheering crazily for Wendy Ivanusec ... chanting 'Wendy I ... you're an apple pie' ... until they suddenly realised it was Anne Besser they were watching. Without missing a beat, the chant changed to 'Annie Besser ... you're a brick!' Video of the mix-up has been purchased by SpecSavers for their next ad.

And, as described elsewhere in 'Chatter', there was scandal at the medal presentation. Fresh from masterminding the massive 'hack' on Optus, an unnamed Noosa swimmer (whom I'll call 'Kevin') corrupted the Swim Central computer and awarded himself 55 points, securing a Gold medal. A distraught Rob J broke down inconsolably, lamenting that 'Je returned de La France juste a winnez cette medalle! Sacre bleu vein!'

At day's end, everyone agreed it had been an excellent meet - the cheerful, sunlit gathering for which Noosa is renowned. Congratulations all !!

... Brian Hoepfer



Anne Besser, Lindy Salter, Jan Croft



Adrian Wilson - flying start



Diane Williams, Adele Tucker, Elaine Sng



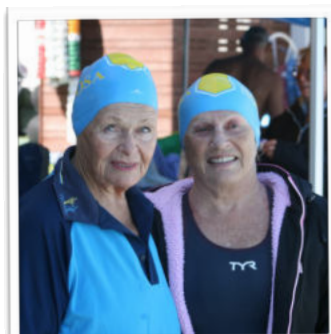
BBQ champs, Bob & Ivan



Results wizards, Brian & Kathleen



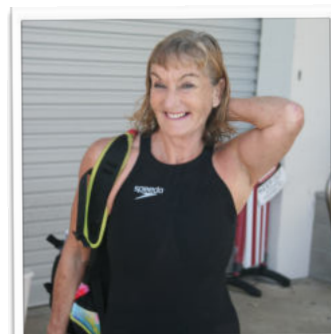
Raffle champs, Dee & Kerry



Wendy Ivanusec & Anne Besser



David Salter & Tony Frost



Jo Matthews - ready to 'fly!'

Noosa Swim Meet photos



Tiwi islands



In Sally Johnson's footsteps ...

"Our visit to the Tiwi Islands meant so much more"

by Linda Hogg

As I am sure most of you will know, Peter and I did a long awaited trip to the Northern Territory in August. Part of the holiday was a day trip to the Tiwi Islands. In a chance conversation with Sally Johnson prior to leaving she told me about her association with these islands.

One aspect of the day trip was a visit to the local museum and while they were trying to rush us out the door I spotted this photo. Was this "our" Sally?

During a recent lunch at the Boathouse I had the opportunity to sit next to Sally and quiz her a little further. Yes, it is her in the photo.

As it turns out Sally was Head Nurse on the Tiwi Islands for ten years and was responsible for enabling the local women to be trained as health nurses, which was a great outcome for the community.

Sally did enlighten me as to some of the local behaviours and their belief system which is still very evident today.

The other two photos are of the original Catholic Mission Church. It is in desperate need of maintenance, however there are no funds for this.

So, if you see Sally at the pool, ask her about her time in the Tiwi's. She has some great stories to tell !!



Sisters - Therese, Elizabeth, Eucharia, Sally, Verone, Anastasia and Tess

Reflections on a first competitive Swim Meet – and ... 'How I scored a Gold Medal for the briefest duration in Club history !!'

I was asked by Wendy I to write an account of my first swim meet, so here goes ...

I had thought about this big day and felt it was a chance too good to miss. I felt if I could rely on my endurance rather than my swim skills and entered as many events as I could, I might achieve a record for the largest number of PB's as I had never had any recorded times before, and thus enjoy enduring fame..

When the big day arrived, I waited, with nervous anticipation, to find there was always someone in the club, usually Helen M, who would take me to the place I needed to be for each of my events (the exception being to the WC, for which I declined assistance!). I assumed this was practice for my future placement in a home for the confused and bewildered!

There always seemed to be some activity going on with false starts/DQ's etc, most of which I was able to avoid apart from a few notable exceptions below.

As I was seated in my assigned rows in the marshalling area, reading the program and chatting to those on either side, I noted that most of us seemed to be from the Northern Territory as we had N/T after our names. However, people were very friendly and most of the Marshals (Robyn, Linda & "not you again!" Trevor) greeted me with a smile.

I had taken note of Wendy N and Bob M's advice on starting and had used Tarzan's Grip on my goggles and an extra tight knot on my Budgie Smugglers to avoid Adrian Wilson's 'Cheeky' performance. Quentin Lee was also insistent that I tuck my chin on my chest with the consequence that I had my gaze firmly fixed on my toes for several seconds after every start whistle!

Sharing my two most interesting events:

1. Mixed Medley Relay. I was listed as number 4 swimmer (freestyle) to "bring it home". Then, to our horror we discovered our number 2 swimmer had not arrived! With half of the opposition teams already halfway up the pool, I was propelled to the front, rapidly promoted to number 2 and switched to breaststroke. Nevertheless, our sole consolation was that our number 1 team had been disqualified for a technical error making us, theoretically, the winning Noosa team!
2. My 50m freestyle proved even more traumatic! I was placed in the lane next to my large mate, Shane, well known to us training in lane 1 for his explosive starts, usually at least ten seconds before we are scheduled! However, on this occasion he got it right ... taking off like an Exocet missile, hitting the water with a mighty belly flop and producing a tidal wave which left me spreadeagled across the far lane rope, with considerable time lost disentangling myself before I could swim!

Moving on to "The Medal" ... I was furtively approached by our resident OCD/Numbers Master, Brian H, who gave me mental indigestion with an eye watering compilation of facts and figures which he said demonstrated that, on this particular occasion - with the stars aligned, all I had to do was get in the water and I had a good chance of grabbing a medal. However, I recovered my wits enough to realise that I would have to eliminate both him and "Big Rob J" if I was to move up the pecking order in my age group.

Getting rid of Brian H was easy. He asked for my medical advice as to whether or not he should compete as he had a slight cold – you can guess my answer!

However, Big Rob J was a more difficult proposition. It was explained by my seedy friends that taking out a contract on him was hard, because it would be difficult to conceal that body. I could have asked Carola to lace his barbeque food and give him gastro but that would be too late! I then resorted to Plan B, namely - bribery. Unfortunately, I must have offered too much to the officials because when the results were announced, I was awarded Gold and a stunned Big Rob the Silver. However, Ian T had raised his eyebrows and, whilst placing the medal over my smug face, asked, *sotto voce*, how it could possibly be that I had achieved 55 points out of a maximum possible 50!

Upon retiring with my prize clutched to my chest, I noticed out of the corner of my eye Brian H sidling up to the sobbing Big Rob J, with a list of computerized statistics ... I suspected then that the game was up! I am reliably informed that it was referred to the ICAC, which was rapidly convened and confirmed (as Mick J stated) that this was the biggest rort in Qld since Fine Cotton and the Palaszczuk Government scandal!

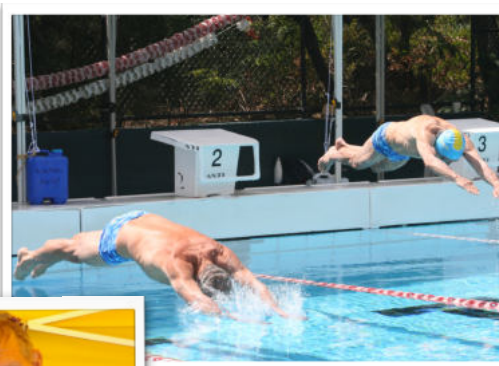
Therefore, I was required to apologize and hand over my Gold medal (which I had possessed for all of 10 minutes!) to a teary but relieved Big Rob J whilst accepting in its place the Silver, which I suspect, sadly, could be the only medal I may ever achieve in swimming.

Well folks, that is my reflection on my first Noosa Swim Meet 😊 ... and remember the saying, "never let the truth ruin a good story!" I apologise to anyone that I may have inadvertently offended and hope my poetic licence will be accepted in the good humour with which it was intended.

However ... in truth it was a great day and a lot of fun!

Thank you one and all for being so kind and putting up with me over the season.

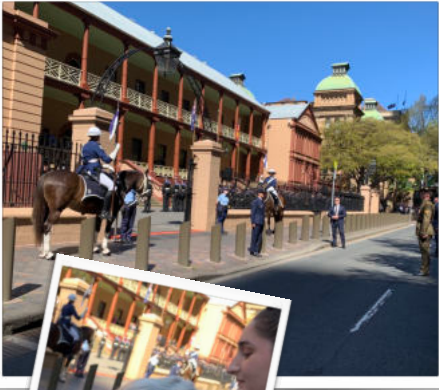
... Kevin Alford



Shane & Kevin start



Kevin & Shane - still good mates



Proclamation Day - Sydney

“What an experience!”

Sydney
6.30am
Sunday 11th
September
2022 started
for me as a
usual power

walk through the Botanical
Gardens opposite our
Macquarie St. apartment (if I'm
not swimming)

were
together on a wall outside the Mitchell Library. I
SIMPLY HAD TO ASK why (guessing they were expecting
a protest of some sort)!

I was then told about the Proclamation Ceremony to be
held at Parliament House.

During the rest of my 90 minute walk there were Police
scattered all through the Gardens.

I stopped at my usual coffee umbrella and about 40
Police arrived...never seen so many in one place! Was
going to buy the first arrival a coffee...glad I didn't when
the rest turned up!

Being my usual timid self I asked for a selfie in front of all
these gorgeous hunks - after a couple of grins they
agreed.....then....stupidly...I asked if i could share it with all
my swimming mates in Noosa...Gasp/horror...Nope! I
then forgot to take the photo so you all miss out!!

This group were uncertain when the ceremony started
so I wandered up to a stage set up opposite the verandah
of Parliament House where the film/news crews would
stand. I then asked Security what time it started....still
uncertain....finally a Channel 7 Sunrise reporter told me!!

I wandered back to try and get a good vantage point as
the crowds started increasing quickly and the joy of being
the runt of the litter paid off. I was able to stand right at
the barrier and see!

The Royal Navy took their place in the forecourt with
the Navy Band and various Army Officers.

Dignitaries starting arriving including Dominic Perrotet,
the High Court Judge and our wonderful Governor
Beasley in her crested vehicle.

An MC opened the Ceremony and then the Governor
stepped to the microphone and intoned the
Proclamation....then God Save The King was said
followed by the crowd on the street. A twenty-one gun
salute was heard from nearby at Government House.

Then loud cheers rippled through the crowd followed by
the anthem God Save The King Everybody then sang our
Australian Anthem in full voice AND all the verses!! I did
get a little watery-eyed here...poor Charles...how difficult
for him..she really was a great Lady.

I spoke to a couple of young families there with their
children who talked about how these kids will remember
being part of history.

A very special afternoon for all and tickled pink to be
part of it.

... Anne Besser



October

Jo Edwards	01/10	Dyanna Benny	23/10
Robyn Selby	14/10	Helen Malar	24/10
Ian Tucker	21/10	Tricia Chalmers	30/10
Wendy Nothdurft	22/10	Felicity Hawkins	30/10 (Big 60 !!)
Quentin Lee	22/10		

At your age you need glasses ... and plenty of them !!



Game on sports fans! The longest-running Masters Games in Australia will
return from 14 – 21 October 2023, when the Alice Springs Masters Games
(ASMG) take place in the Red Centre.

This will be the 18th edition of the ASMG and entries will open later this year.
The sports schedule will be announced soon, so keep your eye on our socials
and be ready to get your early bird entry in!

ENDURANCE 1000 REPORT

SEPTEMBER 2022



Tuesday Endurance Sessions have been well attended this month, with people completing Postal swims for our carnival as well as enjoying swimming through the program.

Several members have completed their 62 swims already!

Come on the rest of you !! Even a handful of swims will contribute to our point score OR ... please just come to help with timing on Tuesdays.

Tricia continues to struggle with data entry and portal access. As the year's end approaches we hold concerns that the national body won't sort their issues in time ... but please keep swimming!

We had an impromptu stop watch lesson on Sunday 17th, after squad. I was aware some swimmers were anxious about timing, and with the added impetus of our Carnival fast approaching, Greg passed around the stop watches at coffee for people to play with and provided instructions.

This helped to build confidence for what is really a straightforward but very important task in our swim club.

The Endurance Buddy WhatsApp is working for those who choose to use it, and Saturday afternoons are a real alternative for those who can't join in on a Tuesday. It is informal and swimmers have to be more self-sufficient. But the App group can be used to find a swim buddy any time that suits you.

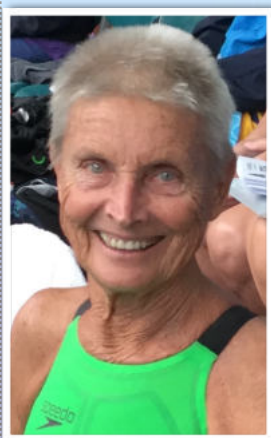
I am away now for a couple of months and the very capable Helen Malar is stepping in to my role. I'm pretty sure I won't even be missed!

Thank you Helen.

*Yours enduringly, Jane
Endurance Coordinator*

COACH'S TIPS

Some Open Water Swimming Tips this month ...



Practise 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 as your hips will drop.

When you are 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 prepare to go hard from the start, get out fast .

Draught when you can. Draughting is part of open water swimming. Best open water drills in the pool are repeat 50's of polo/free and hypoxic 3/5/3/7 pattern .

Every race you go in will be different because of wind, tide or other swimmers. You need to adapt your breathing pattern and stroke to adapt to the conditions. For example, if the chop is coming from the left, it is best to breathe to the right to avoid a mouthful of water. You will need to adjust your stroke to suit the conditions. When the water is flat you should try to keep stroke length long and efficient as you do in the pool. On the way back to shore, when you feel your body being lifted up and forward by a wave, increase your stroke rate and kick harder; this will provide extra propulsion and you will be pushed further by the wave. Lift your head and sight at the top of a wave - this is when you have the best chance of spotting an buoy.

... Happy swimming, Cheers, Jan

**ARE YOU SWEATING
WHILST PUTTING
PETROL IN YOUR CAR
FEELING SICK WHEN
PAYING FOR IT, YOU
YOU HAVE GOT THE
CAROWNERVIRUS**

Alex's First Swim Meet

Did anyone else win all these medals ??

Did anyone actually see Alex swim ???

*Surely this is all about the FUN
in our Masters motto?*



A changing of the Guard

Tribute to Queen Elizabeth II



In 1947, the then **Princess Elizabeth** was on a tour of **South Africa** with her parents when she celebrated her 21st birthday. It was on that coming-of-age occasion that she made a solemn public pledge to the people of the British Empire and Commonwealth: *“I declare before you all that my whole life whether it be long or short shall be devoted to your service.”*

It was a promise she kept throughout her long life and extraordinary reign as **Queen Elizabeth II**, even as the monarchy itself was forced to adapt and evolve with changing times. When, at the age of 25, Princess Elizabeth Alexandra Mary became the **42nd sovereign of England**, her subjects and citizens numbered 539 million, more than a quarter of the human race. By the conclusion of her reign, as the age of Empire drew to a close, that figure had fallen by two-thirds.

Her steadfastness was all the more remarkable considering the Queen only attained the throne by virtue of her uncle [**Edward VIII**]'s shocking abdication in 1936, however, the trauma this event caused her family and subjects no doubt helped explain her determination not to shirk her own responsibilities.

Her workload was constant and immense. Every day of the year, her morning started at her desk—whether at Buckingham Palace, Windsor Castle, or another royal residence—working through her boxes. These were full of correspondence earmarked for her attention, including requests for help, invitations, information from overseas territories where she remained sovereign, and British government papers she was required to sign.

In her position as the nation's constitutional head, she offered a sense of constancy in the midst of social and political waves of change. She reigned through post-war Britain, the formation of the Commonwealth, the Swinging Sixties, domestic and international conflicts, the rise and fall of trade unions and the dramatic impact of technology.

Her first Prime Minister was **Sir Winston Churchill** and 14 others followed. For each of them, from both sides of Westminster's political chamber, her weekly audiences provided a boost, sometimes a balm and always discreet fount of wisdom built on her decades of experience.

Publicly, the Queen stayed firmly out of politics, focusing instead on her 600-plus patronages and other platforms for charity work. She always said she “had to be seen to be believed” and well into her tenth decade, continued to attend hundreds of engagements every year.

She was as equally familiar a figure abroad, becoming one of the most central and respected leaders on the world stage. Her travels over the course of her reign saw her visit an estimated 110 countries, although no trip more significant than one to Northern Ireland in 2012, which saw her shake hands with Sinn Fein leader Martin McGuinness, 32 years after the murder of her cousin Lord Louis Mountbatten at Republicans' hands.

At home, the Queen entertained guests from the White House to Wellington, including some controversial characters. With her clear grasp of the role of constitutional monarchy in statecraft, she was able to support many a diplomatic mission with her gold-plated banquets and lots of personal charm.

At her side on hundreds of those occasions was her husband of 73 years, Prince Philip, Duke of Edinburgh, a strong-minded man nevertheless content to play second fiddle to his wife in public, and support her in every way. Behind the scenes, he was the undisputed boss of their family and household, and on their golden wedding anniversary, Elizabeth credited him as her “strength and stay”.

Her final years saw her withstand the constraints of lockdown and the loss of her husband with her customary fortitude, bolstered by the support of her closest family members, devoted friends and always admiring public. Many of her subjects who openly criticised the institution of monarchy declared themselves impressed by the Queen herself, and agreed with her legions of fans that for all her time on the Throne, the British Crown was in very safe hands.

Throughout her extraordinary reign, Queen Elizabeth II's life was one of service to her people, never wavering for one minute from the pledge she'd made on her 21st birthday, all those years before! ... courtesy RD, UK



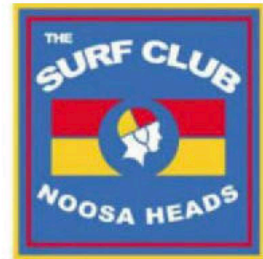
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Noosa Heads



Noosa Branch



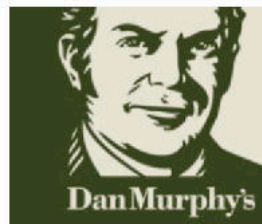
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Noosaville



Vorgee Queensland



Noosaville



Noosa Junction



Noosa Junction



Noosaville



Noosa Junction



Noosa Junction



Seasons, Noosa Junction

In the spirit of reconciliation the NMSC acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

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