

# CHALLENGERS' CHATTER

DECEMBER 2020



## Inaugural Coolum Bay to Beach Swim

The inaugural First Bay to Coolum Life Saving Beach swim was conducted on Saturday the 5 Dec 2020. This event was organised by Jess Appel, Coolum's Entrant for the Surf Lifesaving Woman of the year competition.



The event now called the "Bay to Beach" is about 1.2km – starting at Coolum's 1<sup>st</sup> Bay, then around the scenic headland of the Point Perry to finish in front of the Club house at Coolum Beach. Noosa swim Club supported this fund raising event with approximately 15 members swimming and cheering. As this was not a timed race many swimmers used this as their first opportunity to compete in a supervised ocean swim.



The swim was under very tight restrictions from Surf Life Saving Queensland which limited the numbers to 50 competitors in the surf at any one time during the event. A massive team of lifeguards on boards, inflatable rubber boats and jet ski supervised all swimmers.

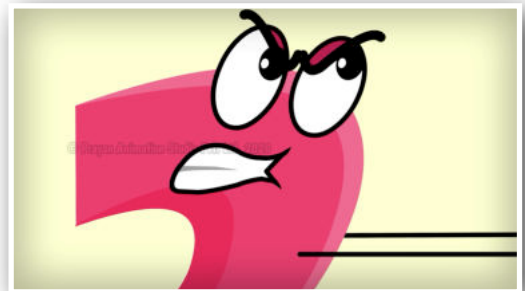
Two waves of swimmers were required to accommodate the number of entries with the stronger swimmers first, followed by the rest of the field. It was a little rough for the second wave of swimmers but generally the conditions were good.

Coolum Life Saving were extremely pleased with the support from Noosa Masters Swimmers and have sent their verbal 'thank you' from the Management Committee to the Noosa Swimmers.



The event raised about \$4000 on the day and the Surf Club now hopes to schedule this as an annual event.

... Greg Bott



Copy & paste (or type) this link in your browser to view video "Happy New Year"  
<https://www.dropbox.com/preview/VID-Happy%20New%20Year.MP4Happy%20New%20Year.MP4?dl=0>

## Bay to Beach Swim ... reflections

BAY TO BEACH SWIM – COOLUM SATURDAY 5<sup>TH</sup> DECEMBER 2020

This inaugural swim was organised by Surf Life Saving Qld Surf Women of the Year in conjunction with Coolum Beach Surf Life Saving Club. The swim of approximately 1.2k was from First Bay around the headland to Coolum Main Beach. All monies raised went to Coolum Beach SLSC for much needed Surf Rescue Equipment.

A good contingent of Noosa Swimmers participated & was led by Coolum SLSC member Greg Bott – Julie, Lois, Corals, Robyn, Ian, Adele, Helen, Trev, Li Qun, Wendy N, Diane S & Gerry. Thank you to our supporter & photographer John Hussey for taking photos of us all.

There were just over 900 swimmers on the day, a few with fins which helped in the choppy water, and I am sure this number will increase as it becomes an annual fundraising event & especially non-competitive.

We all received a “Goodie Bag” after the swim which included a T-shirt, Lovely Blue Sunglasses (see pic of us all at the pool), coffee vouchers & stickers. After refreshments of watermelon, we all headed over the road to the coffee shop. A great morning out of fitness, fun & friendship.

## Handy Hints

### Library Holiday closures

Noosaville and Cooroy libraries will close at 2.30pm Christmas Eve (Thursday 24 December), and reopen on Tuesday 29 December at 9am. Libraries will also be closed from 2:30pm on New Year's Eve (Thursday 31 December) and reopen on Saturday 2 January 2021. The Mobile Library will take a short break from Monday 21 December 2020 to Monday 4 January 2021. Mobile Services will resume on Tuesday 5 January 2021. We wish all of our library community a happy and safe holiday season.

### Library on the go

Did you know you can borrow and read books by your favourite authors even while the library is closed? Download eBooks and eAudiobooks from BorrowBox straight to your device to enjoy on the go. Over 30,000 films can be streamed from any computer, television, mobile device or platform by downloading the Kanopy app for iOS, Android, AppleTV or Chromecast. All free with your library membership!

**Did you know** you can find a JP at Noosa Shire Libraries? JPs are at Cooroy Library Tuesdays and Thursdays from 9am to 12 noon and at Noosaville Library Saturdays from 9am to 12 noon. You can also search for a JP in your immediate area via the Queensland Government's website.

### The December/January Connecting Noosa

program is out now. Connecting Noosa's free activities are to help residents socialise, reconnect and make new friends after a tough year of COVID-19 restrictions. Activities include sewing and art workshops, Tech Talks, story time, Tai Chi and Yoga.

### Leisure Centre Closed

Our last day of business this year will be Wednesday 23 December. We will reopen for business as usual on Monday 4 January 2021. Have a safe and happy holiday, we look forward to seeing all of your smiling faces in the new year!

## Asking for information ...

On a beautiful summer's day, two English tourists were driving through Wales. At the town of Llanfairpwllgwyngllgogerychwyrndrobwylllantysiliogogoch they stopped for lunch and one of the tourists asked the very blonde waitress ... “Before we order, I wonder if you could settle an argument for us ... can you pronounce where we are - very, very very slowly?”

The girl leaned over and said, “Burr ... Gurr ... King.”

## The Health Report #12

Information brought to you by Jane Powell



### **The Cholesterol Distraction**

*'There is no such thing as a sudden heart attack.'* - Ivor Cummins

The evolutionary system which, via our bloodstream, brings nutrients to our cells and repairs and maintains those cells, is an amazing, efficient and finely balanced molecular creation performing a 'complex dance' of functions.

In a healthy body, lipoprotein molecules, both high- and low-density, carry cholesterol and triglyceride molecules throughout our bodies, swapping nutrients in and wastes out of the cells, taking wastes to the liver for recycling and so on.

But for decades now, the diet we have been encouraged to consume has been damaging this evolutionary system. It becomes stressed and will struggle valiantly to stay balanced, but eventually this struggle alters the system's ability to perform those functions effectively.

Chronic metabolic diseases are the result ... immune system disfunction, arterial damage and plaque, high blood pressure, high blood sugar, high blood insulin and **insulin resistance** are symptoms of this inflammatory disease process.

It is now apparent cholesterol readings alone have a very low predictive power for heart disease. And treating cholesterol with statin drugs does not address the root cause of these problems.

More informative is the ratio of triglycerides to high density lipoproteins (HDL). High triglycerides with low HDL points to chronic disease.

You can try to reduce your trig/HDL ratio, by reducing your consumption of carbohydrates and increasing your healthy fat intake. If your doctor wants to simply prescribe statin drugs, you need to become a proactive consumer of health care and seek a second opinion.

And so, I have come full circle.

In January, I asked 'have you ever been told your cholesterol is too high?' and I suggested you should have a CAC scan.

Thank you for reading the information I have presented.

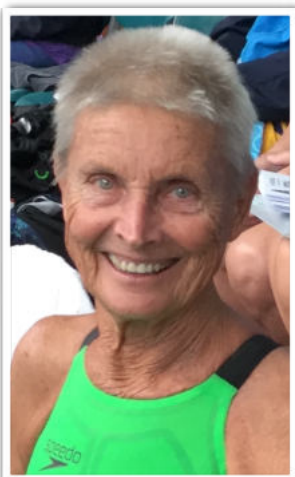
via the Irish Heart Disease Awareness charity  
- IHDA:ie

This group recommends the Coronary Artery Calcification (CAC) Scan

*Ed: Thanks so much Jane for taking the trouble to source all this vital information and share it with our members over the whole year.*

*Now it's up to us to take action !*

## COACH'S TIPS



Coach : Jan Croft

### **Drill : Freestyle**

**Two strokes L.Arm/2 strokes R.Arm**

Stationary arm stays @ side while other arm goes around.

So left arm is at your side while right arm goes around for two cycles and then you switch sides.

The point of the 2 la/2 ra freestyle drill with arm at the side is to find the catch and rotation without using the other arm.

By isolating one arm you can focus on hip rotation

*Happy swimming and Happy New Year*

*... Jan*





## The Sad and Soggy “Christmas in the Park” that never was !



Marina stayers ...

L-R : Chris Cooper, Ivan Ivanusec, Jeff Shields,  
Wendy Ivanusec, Mark Besford, Jacky Shields

The weather was inclement on December 13. In fact it was abominable.

Certainly not conditions for a Christmas fun filled afternoon of eating, drinking and socialising.

With a forecast of strong winds, 95% chance of heavy rain with a possible thunderstorm, it seemed a good idea to work out a Plan B. Always a challenge at short notice, particularly if trying to book indoors for a largish number.

Noosa Marina was settled on as it had community-use areas, food and drinks could be purchased as needed, live music was scheduled and the wine bar manager was very helpful with regard to organising tables and chairs. It seemed possible we could still have a Christmas celebration.

Not to be.

The rain persisted to drive in from the south-east making the proposed venue cold and very wet.

Thankfully, Ian Tucker initiated Plan C - *Cancelled* - and notified people by text and email that celebrations were off.

Yes, it was late notice but a good call so that people didn't get out on the roads in that awful weather.

Ian and Chris went down to the Marina to “meet and greet” anyone who didn't get the message in time. Quentin Lee and Mark Besford showed intrepid spirit to face the elements, worthy of legendary swimmers. Wendy and Ivan came down to provide moral support.

So it was a small, chilly group who huddled around a dryish table and enjoyed calamari, wine and the bluesy beats of Barry Charles on the afternoon of December 13<sup>th</sup> (an ominous number in retrospect!!!!!!)

Let's hope the weather gods are kind for Wendy and Ivan's New Year Barbecue on Jan 10<sup>th</sup> 'cos I reckon we are all hanging out for a get-together to celebrate leaving an awful year behind!

... Christine Cooper

## 2021 UPCOMING EVENTS

*Some details pending, will be made available on the MSQ website.*

### **Albany Creek Masters Postal**

01/01/2021 to 28/02/20 : any 25m or 50m pool.

A good competition to start 2021.

### **Hervey Bay Humpbacks Swim Meet, 06/03/21** HBAC.

Always a good weekend competing and socialising.

### **MSQ State Championships 9-11/04/21** **Kawana Aquatic Centre.**

Right on our doorstep, let's support our neighbours.

### **Great Barrier Reef Masters Games**

**20-23/05/21 Tobruk Memorial Pool Cairns.**

Now that the borders are open, we can expect visitors from all over to make this competition lively.

### **Muddies Annual Crater Lake Classic OWS** **23/05/21.**

Follow up the pool meet with a OWS in the beautiful freshwater Lake Barrine in the Atherton Tablelands.

### **Brisbane Southside Masters Meet 19/06/21** Brisbane Aquatic Centre.

## 2020 QNA Masters who strum

It's amazing what a bit of practice can do, along with lots of laughs, good company and a willingness to give something new a go.

We've been getting together now, since early the year when Covid hit and the pool closed.

Robyn I think it was who said, "I'd like to play the uke down at the Marina". Viv and Annie added, "me too". Owen and Sue had been joining in at the Marina on Wednesdays for some time.

Julie and Chris had been playing for a while. Seeing we weren't meant to gather indoors, they suggested getting together down in Chaplain Park ... And so it started.

Our little group has grown to eleven interested in learning to play. Everyone is making great progress at their own pace.

Most had never picked up a uke before so it's amazing what has been achieved with such joy and enthusiasm.

At our final Xmas get together for the year, we celebrated with great cheer.

Mick prepared the playlist and this motley band (I use the word very loosely), managed to play in time, sing with great gusto, (mostly in tune) AND, joy of joys, finish all together. What Fun!

... Christine Cooper





## QNA's "Silly Sunday" Squad

No matter our age, we're all kids at heart it seems.

Coach Ian Tucker got into the Christmas spirit and turned up with red antlers and lots of ideas to make our last Sunday Squad of the year light-hearted - it worked.

Laughter rang out in between gasps as swimmers struggled to swim in all sorts of strange situations with all lanes competing against each other after all the lanes had been randomly mixed around. Hi 5's by the winners.

We swam blindfolded, we swam as a team with one swimming and the other kicking, we swam lying on top of a kick board and we swam balancing a plastic cup on the kick board while kicking ... who on earth dreamed up all this stuff ??? Not everyone succeeded, this caused a lot of laughter and a great time was had by all. Thanks a lot Ian! Then there was a prize for the best Christmas hat - Tricia Chalmers was outstanding - an easy winner. Pity there wasn't a prize for the best T-shirt Rob Jolly!!

... Ed



Copy & paste (or type) this link in your browser to view video of some of the action <https://www.dropbox.com/t/VSmRY7RS2YeLZcBVSvmRY7RS2YeLZcBVSvmRY7RS2YeLZcBAAAAAMbogQvKGpAnOEoRx2fidMTV2hpsRLN3n3gDCpVHuhPZlyZJPso>



## Chinese Horoscope 2021

### Year of the White Metal Ox

Chinese New Year 2021 of the Metal Ox will begin on February 12, 2021 and end on January 30, 2022

The Ox is the second out of the twelve zodiac signs: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig. The Year of the Metal Ox comes right after the Year of the Metal Rat (2020) and before the Year of the Water Tiger (2022)!

The years of the Ox in the Chinese Horoscope are: 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009, and 2021. This year is going to be lucky and also perfect to focus on relationships, whether we are talking about friendships or love.

In the Chinese Zodiac, the Ox is very hardworking and methodical. 2021 is going to be a year when work will get rewarded, and those zodiac signs who are lucky in terms of money this year will be the ones that will make a considerable effort.

The Yin energy, specific to the Chinese zodiac sign of Ox, will be quite poignant. This is going to be a year when we will fully feel the weight of our responsibilities, a year when it is necessary to double our efforts to accomplish anything at all. Since this is a Metal year, for the second successive year, the colour of 2021 is going to be white.

Besides white, we have the lucky colours of the Ox: yellow and green, colours that, in Feng Shui, attract prosperity and success. To increase your luck, wear metal accessories.

This year, no explosive or catastrophic events will occur, so it is a favorable year for economic recovery or consolidation, a year of long-term investments (especially for creating a reserve stock for the coming unproductive years).

The Metal Ox year is also great for making order in the family life. After all, if the family life is peaceful, everything gets solved! Thus, 2021 is a year when all the problems get solved with discipline. A lot of discipline! Obviously, with an extra effort from us in organising our time.

Find out also what zodiac signs will be lucky in 2021 according to the Western Horoscope. [Yearly-Horoscope.Org](http://Yearly-Horoscope.Org) recently published the 2021 horoscope.

Feel free to publish a summary of this article (in English or translated into another language) along with a link to the full piece <https://www.thechinesezodiac.org/chinese-horoscope-2021-year-of-the-metal-ox/>

## Where is Club Mascot “Naccers” ??

During the dark days of lockdown, one of our club members asked, “Where is Naccers, is somebody looking after him?”

Naccers has had an illustrious career, accompanying team members to the Pan Pacs, FINA World Masters Games in Perth, Riccione, etc and was the renegade of Noosa Masters, getting up to mischief and leading members astray ... especially post meets.

Although he didn't announce it, Naccers quietly retired after the State Championships at the Gold Coast Aquatic Centre in March 2017. He had a last hurrah with some of the ladies at the Meriton Hotel.

Unfortunately time had caught up with him and he just didn't recover the way he used to. Naccers now has a bevy of friends to keep him company but would be happy to come out of retirement if asked.

... Linda Hogg





# ENDURANCE 1000 REPORT

## DECEMBER 2020



We had fewer Endurance swimmers in December, however, some big swims! Wendy Ivanusec did a 1-hour backstroke in stellar style. We should all have backstroke envy as she swims straight-as – no weaving! Zana Dare continues to push her comfort zone as she did two 400s back-to-back and has improved some of her times immensely.

*Ed: (Denise DeCarlo ended the Endurance season with a challenge for herself attempting to complete 3000m free within an hour ... she killed it - achieving 3100m ... well done Denise!)*

The top honours for the year will go to Irene Symons who will finish with FULL POINTS. How impressive is that??? Such dedication and inspiration!!

**Congratulations Irene Symons from all at Noosa Masters,** you continue to demonstrate your commitment to your fitness and the Endurance program!!! No official points this year, but tons of pride. HUGE congratulations for Irene's sustained efforts to achieve this very personal goal during an horrendous year. With her work commitments 7 days a week, and limited support - often closing the shop at 3pm on a Saturday - driving from Kenilworth to Noosa Aquatic Centre to complete as many swims as possible - and then the return drive ... some 45 mins - all to start the next day at daybreak and opening her News agency business.

### Special mention ... Bob Martin

Bob (father of Club Member, Karen Martin) is also deserving of a special mention as Irene's trusted and equally committed timekeeper. He willingly gives up his Saturday afternoons to time Irene.

So ... for next year, Endurance is ON and your points will make a difference.

Starting in January, Tuesdays will be dedicated to Endurance swims. What are your goals for next year?

We will also plan to do Endurance swims on the 5<sup>th</sup> Sunday of each month in place of the normal squad workout. So those extra Endurance swims will happen on 31 January, 30 May, 29 August, and 31 October (maybe a costume party theme?!). In addition, we will do a few Twilight Swims (+social after) throughout the year. Gosh, it will almost feel like things are normal again!

As usual at each year-end, Tricia and Denise will ensure your individual Endurance binders are updated with 2021 worksheets and information. If your binder does not look quite right in January, please let us know.

And a huge thanks to all our timers and the deckies. This program would not be possible without your support. Many hands make light work for all of us. Deckies for 2021 will be myself - Denise DeCarlo, Lique Hussey, Helen Malar and Jane Powell. Special thanks to Grant Scotcher, Barry Lloyd and Wendy Ivanusec who helped time many Endurance swims in 2020.

And lastly, a big thanks to Tricia. She continues to "keep us honest" and ensures our paperwork is accurate and recorded successfully. I will have a full report next month when all swims are completed and recorded

... Cheers, Denise

*Happy Birthday*

## JANUARY

Di McFarlane	7/1	Carola Henderson	23/1
Jacky Shields	22/1	Viv Merrill	27/1

*Your birthday is a joyous occasion - for family and friends, a special day  
A time to tell you how good you look, as we check you for signs of decay!*

[https://www.youtube.com/watch?v=2cz25q2Q\\_Z0](https://www.youtube.com/watch?v=2cz25q2Q_Z0)



## INVITATION

### ANNUAL NEW YEAR GET TOGETHER

Sunday, 10 January 2020 from 12 noon  
Ivan & Wendy's home - 19 Lilly Pilly Place  
park (& sit) on Council reserve  
Eumundi Road at rear of property  
BYO meat to BBQ, drinks, hat  
& chuck in a chair just in case.





## Greetings from some absent friends

Rob Lucas in Mackay wishes us all a Christmas filled with laughter and joy and says he is still swimming regularly but just doing laps - no Endurance or other programmes. Also, since July, he is getting around on his electric trike which helps keep up his exercise !!

*Ed ... Good on you, Rob .... best wishes from all here in Noosa.  
All being well, we hope to see you at our 2021 Carnival.*



Hello Noosa friends. Sorry to send a group mail, but it is the same news for all this year - virus and confinement. We are still in strict lock-down - no sport, no cafes or restaurants open since the end of October and the second lockdown, after the one earlier in the year. Fortunately we had a glorious summer and were able to meet

Outdoors for free concerts and activities and the outdoor pool was open. But currently we are very restricted with 8pm curfews except for Christmas Eve.

Very envious of all the Facebook posts!

Enough of all of that ... we are both well. Tom has had excellent scan results, and the hip replacement is a great success. We go out for walks along the river and he is enjoying that again. And swimming was great, 'til pools shut again!

As we are both getting on a bit, we are being careful and there are walk-in test centres for free, so we have done that a couple of times, and will go next week to be safe before we have 3 local British friends here for Christmas Day.

Travel is out for the foreseeable future, and like so many people we are missing family and friends. Thank goodness for Zoom and WhatsApp. Wendy I still sends us the Chatters and we love catching up on your news.

Christmas wishes to you all and good health for 2021. We'll be over as soon as we can.

*... Marlene and Tom Robson*

*Ed ... and Noosa Masters are waiting to give you the warmest of welcomes !!*



**Seasons greetings to everyone at the club !!**

Hope all have managed to stay fit and healthy.

We have so missed seeing you this year, the closest we've got to Aus is under our own Eucalyptus tree, in our front garden!!

We hope we are able to return in 2021.

Stay safe.

Love to you all

Karen and Rod. Xxxx

*Ed ... So good the gum trees are there to remind you of your second home. It hasn't been the same without you this year!  
Roll on 2021 !!*

## TOASTS ... with New Year coming up, you might find a few of these useful !!

May the best of the past be the worst of the future

May you live for as long as you want, and never want for as long as you live!

Strike hands with me. The glass is brim. The dew is on the heather. )

And love is good, and life is long, and friends are best together. )

It matters not if the wine glass is half empty or half full, clearly there's room for more!

I drink to myself and another and may that other be he who drinks to himself and another and may that other be me!

We're only here for a short time, let's make it a good time!

Here's to cheating, stealing, and drinking. May you cheat death, steal hearts, and always drink with me.

Here's to friends and family who know us well, but love us just the same.

Let us drink to bread, for without bread, there would be no toast.

God in goodness sent us grapes to cheer both great and small. Little fools drink too much, and great fools not at all!

*... which is your favourite ??*



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

**John Bird Jewellers**

The Atrium  
91 Poinciana Ave,  
Tewantin  
Tel. 5474 4639

**The Great Little Bag**

Shop 105 Eumundi Square  
Napier St Eumundi  
on Market Days  
Wed+Sat 7.30 -2.30 Fri 8.30 -2.30  
[www.thegreatlittlebag.com](http://www.thegreatlittlebag.com)"

**Officeworks**

1 Gateway Drive,  
Noosaville Q 4566,  
Tel: 5449 5400

**Terry White Pharmacy**

Shop 20, Noosa Junction Plaza  
Noosa Junction Plaza  
Tel: 5447 2244

**Live Life Pharmacy**

Shop 2 Noosa Fair Shopping Centre,  
Lanyana Way, Noosa Heads QLD 4567  
Tel. 5447 4044

**Hinter-Coast Transport**

Charters-Schools-Weddings-Tours  
1300 658 971  
0410 602 632

*Editor*  
Wendy Ivanusec  
Tel: 0414 727 302

**Challengers Chatter**  
PO Box 21, Noosaville 4566

*Assistant Editor*  
Brian Hoepper  
Tel: 0421 884 809