

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

FEBRUARY 2024

MIAMI MASTERS SWIM MEET Saturday, 17th February 2024



Liz, Fran, Yvonne

A great turn up for the Miami meet! We started off with 14 entries but ended up with 12 swimmers. Rod Alfredson, Greg Bott, Terry Carter, Jan Croft, Felicity Hawkins, Linda Hogg, Rob Jolly, Steph Jones, Helen Malar, Jacky Shields, Julie Tierney and Shane Walsh.

John Simonidis was unable to join us due to having the dreaded COVID and Lois Hill was unable to swim due to a leg injury - but came along to support her fellow swimmers.

The majority of us travelled down to Miami on Friday morning and, funnily enough, we all rolled up at the BP at Morayfield for a break within 15 minutes of each other.

Friday night 14 of us gathered at the Nobby's Beach Surf Club where the "seniors meals" turned out to be delicious, cheap and plenty to eat.

It was an early start next day with warm up at 7.30am and racing commencing with the 400m freestyle at 8.30am.

Presentations and a BBQ followed around 2.00pm with Steph Jones, Shane Walsh and Rob Jolly winning their age groups and receiving a pair of goggles.

No other placings were recognised but we had a few second places going to Rod, Greg, Terry C and Helen with a third placing to Jan.

Noosa came in second place in the large club average points score behind Belgravia and in front of home team Miami. So, well done to everyone who competed!

Many thanks to Liz Alfredson who always does a great job as an MSQ Technical Official and 'thank you' to Trev Mathews and Ross Kee who spent all day time keeping in lane 4 which was our allocated timekeeping lane.

Another great weekend of fitness, fun and friendship with Team Noosa!

... Helen Malar



MIAMI MASTERS SWIM MEET

Saturday, 17th February 2024



Some of our hosts at Miami - thanks everyone !!



A very dedicated timekeeper -



above : Rob Jolly with his prize goggles

right : Shane Walsh also with his goggles



Guess who's coming to Noosa ???

You may have heard that **Tom & Marlene Robson** have decided to come to Australia in February/March.

They plan to arrive in Sydney on 24th Feb, and leave there on 8th April, after spending time with Marlene's daughter and family, then to head to Queensland to see our various friends there.

They expect to be in Noosa from 11 March and hope to stay for a couple of weeks, swimming and socialising! So if you want to make a date to catch up with them, Lois Hill is in close contact or email Marlene - marlene.robson@orange.fr

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
MARCH							
3	LC	Rackley Masters SC Meet	QRL	Sunshine	Q4/24	Yes	Centenary Aquatic Centre
9	SC	Hervey Bay Humpbacks Meet	QHB	Central	Q5/24	Yes	Hervey Bay Aquatic Centre
23	SC	River City Masters Meet	QRC	South	Q6/24	Pending	Musgrave Park Swimming Centre
23	SC	Atherton Mountaineers Swim Meet	QAT	North	Q7/24	Yes	Atherton Aquatic Centre
APRIL							
6	LC	Noosa Masters Meet	QNA	Sunshine	Q8/24	Yes	Noosa Aquatic Centre
18-21	SC	MSQ SC State Championships	MSQ	South	Q1/24	Yes	Brisbane Aquatic Centre
MAY							
3-7	LC	MSA LC National Championships	MSA	NT		Yes	Parap Pool, Darwin
JUNE							
8	SC	Rum City Masters Short & Sweet Meet	QBB	Central	Q9/24	Yes	Bundaberg Swim Academy
29	LC	Brisbane Southside Masters Meet	QSM	South	Q10/24	Yes	Brisbane Aquatic Centre, Chandler
JULY							
AUGUST							
3-4	LC	Belgravia Masters Long Course Meet	QCD	Sunshine	Q11/24	Yes	Burpengary Regional Aquatic Centre
24	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q12/24	Yes	Valley Pool, Fortitude Valley
31 Aug-1 Sept	LC	Nth Qld Masters Championships	MSQ	North	Q13/24	Yes	Townsville
SEPTEMBER							
7	SC	Genesis Spring Meet	QGA	Sunshine	Q14/24	Yes	Genesis Sports & Aquatics
OCTOBER							
5	SC	Toowoomba Tadpoles Meet	QTW	South	Q15/24	Yes	Glennie Aquatics, Toowoomba
12	LC	Maryborough Masters Meet	QMB	Central	Q16/24	Yes	Maryborough Aquatic Centre
26	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q17/24	Yes	Kawana Aquatic Centre
NOVEMBER							
3	OVS	Sinkers OVS at Balnagowan	QNS	Central	Q18/24	n/a	Pioneer River, Balnagowan
6-9	LC	Pan Pacific Masters Games	MSQ	South	Q19/24	Yes	Gold Coast Aquatic Centre

Swimming in Co/Dual-Sanctioned Meets

A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SA) hosted swim meets and have their results published in the MSA Results Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia, and the two clubs must be related as "one-clubs".

Criteria for MSQ/SQ/SA dual-sanctioned meets

Any "approved" SQ/SA meet, generally on the SQ/SA event calendar are automatically recognised as candidates for dual-sanction, subject to the following:

When Masters swimmers enter SA/SQ meets they must follow the qualifying standards of that meet, and where required must qualify with proven times. There will be no relaxation for Masters swimmers.

Rules considerations

If swimming in an SA meet, Masters swimmers are obliged to swim by the stricter SA technical rules, e.g.:

- No double-arm backstroke
- No butterfly with breaststroke kick
- Strict start and turn consideration, including movement on the blocks
- No medical disability recognised, etc.

What do I need to do?

- Meets must be officiated by SA or their region's/state's recognised technical officials
- Meets must be held in pools that have a correct survey of length lodged with MSA

The SQ Approved Meet Calendar

Approved SQ meets are listed on their Events Calendar page:

https://qld.swimming.org.au/events?keyword=&category=All®ion=All&field_event_date_time_end_value=&field_event_date_time_value=

Qualifying

There are several items you will need to ensure have been completed. Please allow enough time as some may take time:

- Ensure you check that all the criteria and conditions listed above are satisfied
- If the pool has not been recognised by MSA, you will need to seek survey documentation from the pool hosting the meet. Click on Pool Surveys at <https://mastersswimming.org.au/rules-and-policies/> for listings
- Inform the MSQ Business Manager of the meet you will be competing at
- Enter the meet via Swim Central
- Inform the MSQ Business Manager once you have competed so MSQ can process your results: admin@mastersswimmingqld.org.au



Did you know that the word "race car" spelled backward still spells "race car"?

Did you know that "eat" is the only word that if you take the 1st letter and move it to the last, it spells its past tense "ate" ?

Karen Martin's Farewell

... we'll hear from Karen next month about her journey to the deep South



A terrific number of members turned up at the NAC on Sunday 18 February to enjoy a delicious spread lovingly prepared by Karen's buddies in Lane 2 and a beautiful BIG PINK cake took centre stage to ensure Karen enjoyed a memorable send-off from our club. Bob Morse extolled her many virtues and assured her that her cheerful presence would be sorely missed by us all. True. Karen responded by saying how she too would miss all her swimming buddies and the many loyal clients she had gathered over her many years here as a barber! Karen says she is kind of looking forward to some much cooler weather and who can blame her after the awful Summer we're all having to endure!! Bon chance, Karen - keep in touch - you can always come back for a holiday, you know !!

... Ed



Karen and THE cake !!



Adrian Wilson, Karen, Shane Walsh, Jacky Shields, Julie Tierney, Denise McCart



Karen and Ian Tucker



Karen and Dee Mooney



Gillian Bensted, Karen, Bob Morse



Kay Frost, Jim White, Mick Jones, Karen, Ross Kee, Stephanie Jones, Tony Frost



Wendy Ivanusec, Yvonne Mutton, Karen, Julie Bott, Lynette Clemitson

Karen Martin's Farewell ... cont'd



Karen cuts THE cake
Terry gives a running commentary !!



Greg Bott, Wendy Nothdurft, Wendy I, Yvonne M, Karen, Julie B, Lynette C



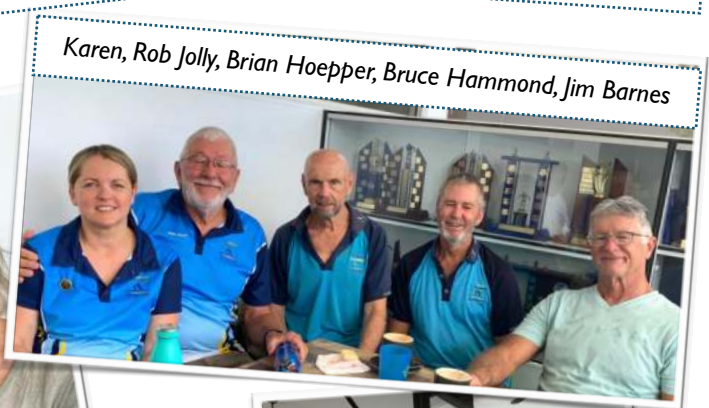
Linda Hogg, Karen, Jo Matthews



Karen and Jo Edwards



Gillian Bensted, Karen, Bob Morse



Karen, Rob Jolly, Brian Hoegger, Bruce Hammond, Jim Barnes



Terry Parker, Karen, Melissa White



Viv Merrill, Lois Hill, Adele Tucker, Karen



Robyn Selby, Karen, Wendy Ivanusec

Have you been to ... Norfolk Island ?

Well, over a couple of drinks one day our good friends Lance & Kaye Turner suggested it was time for a quick getaway - but where? We hadn't been to Norfolk Island before but they had and were keen to return! Lance took control and before we knew it an all-inclusive package had been arranged and we found ourselves at Brisbane Airport.

Then the fun began ... everyone boarded the aircraft, found their seats and sat ... and sat ... and sat. Then the Captain - a giant of a man, appeared in the doorway of the cockpit to casually advise us that there would be a *slight* delay until his seat in the cabin had been repaired! This took a mere 1-½ hours. The flight to Norfolk itself takes only 2 hours!! Someone was heard to mutter through gritted teeth ... "I could get there quicker on a bicycle !!"

When we landed, a bus was waiting at the airport to whisk us off to our accommodation where our hire cars were parked - one for each booking. The manager welcomed us warmly and handed over our vouchers for all our food, drink and tours. The 'resort' had just 2 levels and a wonderful view from our verandah over fields and the ocean to Phillip Island (no ... not the one in Victoria!).

After the first tour on our all-inclusive programme failed to arrive, we christened our accommodation 'Fawltw Towers' and our host "Basil"! The dining facilities no longer existed (now a bottle shop which would put Dan Murphy to shame) so there was no "Manuel" to complete the scene. After the tour stuff-up we went to a couple of travel agents in town to confirm our various tours and smilingly referred to our premises as FT and our host as B. Funnily enough, the tour operators laughed aloud and immediately identified where we were staying!

In reality, tho', we all had a great time! Lance knew his way around the island and we didn't get lost once! The roads in the town centre are just great, but the rest is bone shattering potholes and the one hire car we used's suspension left much to be desired. We had vouchers for breakfast, lunch and dinner at various establishments. Our 'continental' breakfasts were all at the one place. We turned up there one morning about 8am to find the place in darkness and a lady hurrying into the office. "I've just come back from holidays and have no idea what's going on", she said, "but there's no breakfast this morning - I'll give you a credit for the bar when you come here for one of your dinners". So, we headed off downtown to see what was open and found another couple seated outside a cafe who were actually guests at the resort where we were scheduled to breakfast and they hadn't been able to have breakfast either!! Island life is just a bit different - but it all works out in the end!

Those were the fun bits - the rest all went according to Hoyle and everything was extremely enjoyable - the Fish Fry, The Commandant's Dinner, the Progressive Dinner, the Taste of Norfolk tour, the Historical tours, the Bounty Museum and the Cyclorama (not to be missed!) and the various lunches and dinners - memorable for all the right reasons.

The 35-square-kilometre island lies 1400 kilometres east of Evans Head in NSW's Northern Rivers region. Technically, it's an Australian territory but you'll feel as if you've landed in another (somewhat familiar) country.

Many of the residents are directly descended from Pitcairn Islanders who, in turn, were descended from the British sailors who mutinied on the *Bounty* in 1789. Together with their Tahitian brides, they resettled the abandoned penal colony in 1856. It's a living history; something that can be felt in the everyday rhythms of the island, the food, the traditions and even the local Norfolk language, a combination of Tahitian and 18th-century English.

It seems the education on the island up to Year 12 is excellent, but then they have to leave the island to go to Uni or to work if they can't find a job on the island. If you don't have a job, you can't stay on the island!

We swam in Emily Bay a few times and found many of the locals who'd escorted us around doing the same. A popular meeting place to cool off at day's end.

It's a hiker's dream and there are plenty of trails to explore, as well as the chance to walk beneath truly gigantic Moreton Bay fig trees which have stood sentinel on the island for hundreds of years. One on our itinerary was a Breakfast Bush Walk - either a short 900m or long 2.5km walk, followed by breakfast at Capt Cook's Lookout with its beautiful views of the rugged coast line. All but 4 chose the short walk and with our guide we headed off along the 'short' track which went up, and up and up until finally we reached a T intersection at which point he halted and said "I'm so sorry - I don't know how it's happened, but I've brought you on the wrong track. We can continue on (up) or head back down!!" No prizes for guessing what the unanimous choice was!

We had lovely weather until our last day when the sea mist rolled in and it rained - then it all rolled out to sea again. No shops at the airport so we visited a cafe over the road to get a coffee and a snack. Chatted with an Argentinian waitress who'd looked after us for a meal at one of the resorts. In order to extend their visa for 3 months, she and her friend were working 'remotely' on Norfolk rather than going out west in much harsher conditions. Apparently her friend's father owns this cafe opposite the airport, which means it's probably an easy way for backpackers, especially from Argentina, to travel to Australia.

With a population of less than 2000 people, Norfolk Island boasts four fascinating museums, five galleries and its own World Heritage convict site - an impressive per capita amount of cultural institutions. The island's early days as a British penal colony can be vividly imagined by wandering through historical buildings, the ruins of old jails and the graveyard where the famous writer Colleen McCulloch rests.

It's a remote island idyll that's right next door defined by pine trees and jagged cliffs, sandy beaches with reef-protected waters. Much of the island is national park, where towering Norfolk Island pines and rolling pastures give way to subtropical forests inhabited by endemic species such as the Norfolk Island green parrot and the Norfolk Island morepork owl ... but don't forget the feral chooks and wandering livestock! We found Norfolk Island was certainly worth the visit - thanks Lance & Kay - a great idea!

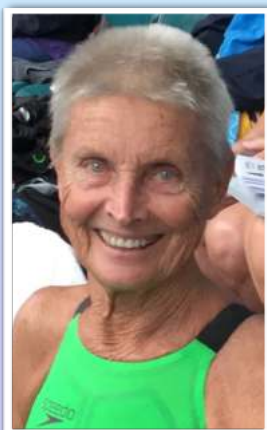
... Wendy Ivanusec



Norfolk Island Reflections



COACH'S TIPS



Here are some beginners' tips from Brenton Ford at Effortless Swimming, Melbourne.

1. Over kicking - don't use kick as your main form of propulsion. it's there for balance and timing.
2. Poor balance - Achieving balance in water is critical. Maintaining a horizontal position is key to reducing drag and sustaining speed over long distance. Enter fingers first and extend forward with arm in the water.
3. Holding your head too high can dramatically change your body position. Think of swimming downhill can help body position.
4. Lifting head to breathe - Try to breathe low. Focus on breathing low and to the side. You can help by keeping your legs near the surface and maintaining a horizontal body position.

Happy swimming - Cheers, Jan

'OUR' BRIAN - OAM

Huge Congratulations !!



Here is his story-

The value of history

Today's history classrooms are unrecognisable compared with those I experienced as a schoolboy six decades ago. I'm pleased to have played a part in that transformation.

Many of my generation will recall thrilling tales of courage, discovery and conquest, but also the stern instruction to 'learn the facts'. Facts were paramount, whether they were the number of ships in the Spanish Armada (in Grade 5) or the 'facts' of what caused World War 1 (in Grade 10).

Behind the façade of all those facts lurked some disturbing 'truths'. For example: People could buy slaves, women couldn't own property, and six-year-old children laboured in coal mines. My interest in history sprang from those 'truths'. I can sum it up in a small but powerful phrase – 'Today's truth, tomorrow's nonsense'. Put simply, history can teach us that things that people think, believe and do – which seem so natural, important and beyond question – can be challenged and changed, sometimes ending up in the 'dustbin of history'. Sadly, in the examples of slavery, women's rights and child labour, change is yet to be achieved in many parts of our world.

Today, history students investigate the challenges and changes of the past. They use an 'inquiry learning' approach – posing questions, studying historical sources of evidence (old newspapers, photos, speeches, statistics, maps and objects), debating ideas and proposing answers to questions such as 'In the Industrial Revolution in Britain, why did child labour in mines begin, continue and finally end?' Their studies inevitably raise value-laden questions about progress, power, fairness and reform.

Perceptive people in the past asked critical questions about child labour, women's status and slavery. They asked 'What's really going on here; is it a good thing; if not, how can it be changed; if it is a good thing, how can it be cherished and maintained?'. Studying those critical thinkers from the past can help young students to emulate them. With an eye on their future as adult citizens, students can start to ask 'What's really going on here? etc' about modern-day phenomena. Climate change, immigration, treaty, Ukraine, the republic, housing affordability and Artificial Intelligence spring to mind.

That's the great value of historical education for a modern, democratic society.

My career gave me many opportunities to promote this approach to historical teaching and learning. As an academic at QUT, I taught courses in history curriculum for student teachers. Beyond the university, I found an extraordinarily supportive professional association – the Queensland History Teachers Association QHTA – and collaborated with members in almost all my work.

Together we were members of the committee that wrote the History syllabuses for Queensland schools and provided professional development throughout the state.

Over a period of forty years, I co-authored -and led teams of teachers - who produced nine textbooks that inducted thousands of history students into inquiry learning. At the university level, I co-edited a series of textbooks for the future teachers of Humanities and Social Sciences, collaborating with members of the influential Social and Citizenship Educators Association of Queensland SCEAQ

I left QUT in 2002 to work as an independent curriculum adviser. In the years following I was the Queensland member of the team that wrote the Australian Curriculum: History, and was a member of the National Centre for History Education based at Monash University.

Throughout, I maintained my links with QHTA, having served as President and been made a life member and patron.

Not surprisingly, a love of history had steered me towards politics, particularly the politics of change. In the 'Moonlight State' era of Queensland politics, I convened the anti-gerrymander activist group Citizens for Democracy, was spokesperson for Queensland Academics for Human Rights and became the convenor of the first Greens branch in Brisbane. My only ever stint in the Brisbane Watchhouse followed my arrest at a political rally.

My partner Kathleen and I moved from Highgate Hill to Peregian Beach in 2009, and we appreciate the special qualities of this environment. I treasure my membership of the very welcoming Noosa Masters Swimming Club, where I was club captain for four years and am now a life member. For the past five years, my Thursdays have been special as I rehearse at the Noosa Men's Shed with The Hip Replacements, our band with endearing aspirations of stardom! And two very different but equally enjoyable book clubs keep me immersed in the wonders of literature.

I've found opportunities for community engagement through the energetic Peregian Beach Community Association and through my term as deputy chair of the board of Zero Emissions Noosa (ZEN Inc), taking on 'the greatest moral challenge of our times', a challenge reinforced dramatically by recent unprecedented weather events. That motivates my continuing work within the local Greens branch.

I value the award of the OAM, particularly as it creates an opportunity to publicise and celebrate the unique value of a historical education. Importantly, it's essential to remember that my innovative role would have counted for nothing if the impetus for change had not been shared and propelled by fine educators within QHTA and the countless other history teachers throughout the state. They continue to expertly and enthusiastically guide their students through the challenge of interpreting the past, understanding the present and envisaging a fair and sustainable future through the lens of historical inquiry.

reprinted courtesy of NoosaToday



Medal of the Order of Australia (OAM) in the General Division

Dr Brian Arthur Hoeppe, Peregian Beach QLD 4573

For service to education

Queensland History Teachers' Association

- Patron, current.
- President, 1980-1981.
- Newsletter Editor, 1989-1997.
- Author, range of articles, 1978-2019.
- Member of the Executive, 1970s-2003.
- Life Membership, 2002.

Queensland Curriculum and Assessment Authority

- Independent Consultant, 2002-2019.
- Member, History Syllabus Sub-Committee, 1975-2001.

Education Queensland

- Classroom Teacher, Education Queensland, 1969-1983.
- Member, P-12 Social Education Curriculum Development Committee, 1986-1989.

Education - Other

- Sessional Academic, School of Education, University of Queensland, 2002-2009.
- Consultant, National Centre for History Education, 2002-2007.
- Lecturer, Queensland University of Technology, 1983-2002.
- Presenter, National Centre for History Education.
- Presenter, Social Education Association of Australia.

Awards and Recognition include:

- Dr H R Cowie Award for excellence in history education, Queensland History Teachers Association, 2019
- Grassie Bassett Prize for PhD Thesis, University of Queensland, 1998.
- Dean of Postgraduate Studies Honours List for PhD Thesis, University of Queensland, 1998.



March 2024

Lois Hill	9/3
Bruce Hammond	12/3
Christine Cooper	13/3
Brian Cairns	16/3
Adrian Wilson	19/3
Shane Walsh	20/3
Jan Croft	24/3
Denise De Carlo	26/3 (Big 60!!)

*It's better to grow old with a sense of humour
than no sense at all !!*



5 km		
Yvonne Mutton	1:24.08	GOLD
Ian Tucker	1:25.27	GOLD

3 km		
Wendy Nothdurft	52:55	BRONZE
Felicity Hawkins	53:32	BRONZE
Greg Bott	56:09	
Denise DeCarlo	58:14	

2 km		
Studley Martin	37:27	
Adele Tucker	57:09	

1 km		
Jim Travers	20:49	
Melissa Travers	24:23	

My teacher told me not to worry about spelling because in the future there will be autocorrect And for that I am eternally grapefruit.

The official sports drink when I was a kid..



Swimming ... so good for you

Did you know that swimming combines three types of exercise in one and provides mental health benefits as well as physical? Not only that, but it's also suitable for all age groups and fitness levels (once you have the know-how).

What are the health benefits of swimming?

Often considered a 'gentle' exercise, swimming provides a whole-body workout as you need to move most parts of the body to propel yourself through the water. It combines aerobic, stretching and strengthening exercise and over time, regular swimming can help you to:

- improve cardiovascular and lung health
- build muscle strength and tone
- increase fitness and endurance
- maintain a healthy weight
- improve coordination, balance and posture

Why choose swimming over another form of exercise?

Swimming is a fun and effective way to stay active and look after your physical health, and may be preferred over other forms of exercise because it is:

- low impact
- suitable for all fitness levels
- adaptable – you can easily adjust the intensity of your workout by moderating your speed, stroke (freestyle, breaststroke, sidestroke, backstroke, butterfly or doggy paddle) or spacing of breaths
- able to be done independently, with a swim buddy or as part of a group
- a family friendly activity
- an indoor or outdoor activity
- not just for warmer months – swimming can be enjoyed year-round with a few modifications e.g., wearing a wetsuit or choosing to swim in a heated pool
- low cost or even free!

Can I swim if I have an injury, muscle or joint-related condition, or if I am pregnant?

The beauty of swimming is that while it provides a great workout, it's also low impact and relieves pressure on weight-bearing joints. It's often recommended for people experiencing muscle and joint pain, such as **arthritis**, and can help with recovery from certain injuries. Your physiotherapist may also recommend **hydrotherapy** – a form of physiotherapy that involves supervised water-based exercises.

Along with walking, swimming is one of the few forms of exercise that is **recommended in all three trimesters of pregnancy** and can help to relieve pregnancy-related aches and pains with the water supporting your growing body weight.

Speak with your doctor if you would like to take up swimming during your pregnancy but have some questions or concerns.

What about the mental health benefits of swimming?

Physical activity alone **can do wonders for our mental health and wellbeing** through the release of endorphins – one of the body's natural pain relieving, feel-good hormones. Regular exercise also helps to boost energy levels, promote brain function, and improve sleep quality

which has a positive effect on our mood. There are additional benefits for the mind from swimming.

- * Focus is required to ensure that you're maintaining your stroke and regular breaths – this can help to take your mind off other things, induce a meditative state and help with stress-related conditions
- * The repetitive motions and noise-cancelling effect of swimming can be peaceful
- * We usually have to leave the house to swim, getting us out of our own environment – often outdoors – and around other people
- * It is a great way to relax and cool down on hot days

How do I get started?

Whether it's your first time or your first time in a long time in the water, it helps to be prepared. Here are some handy tips to get you lapping it up.

- * The only equipment you'll need is a bathing suit, goggles and a towel. A swim cap will also come in handy for keeping hair out of your eyes and your goggles in place. Other paraphernalia such as kick-boards, swimming fins and waterproof headphones are optional.
- * Find a pool near you. Most council-run aquatic centres have a combination of lap pools (indoor or outdoor), and offer swimming lessons, water aerobics classes, free-play areas and swim and sauna facilities. They also often have a gym if you'd like to combine exercises on land and off.
- * If you're looking for no-fee options, or prefer to exercise outdoors, head to your nearest patrolled beach or community swim spot. Remember to **slip, slop, slap** if swimming outside, and for safety reasons, never swim alone particularly in open bodies of water or unsupervised areas.
- * Make sure you know how to swim. It's never too late to learn, or to continue refining your technique (particularly if you're still trying to master the butterfly stroke). Swim classes are available for all ages – **find a swim school near you** and ask about adult classes.
- * If you're new to lap-swimming, go easy on your first try (2-10 laps) and gradually increase the number of laps that you swim with each session. Starting slowly will help to avoid muscle aches and pains, and fatigue – it is a whole-body workout after all.
- * Set yourself realistic goals and vary your workout if needed, particularly as your endurance increases. You can do intervals at a higher speed, switch from breaststroke to freestyle or take breaths every five strokes instead of three.
- * While it is low-impact, swimming involves a lot of repetitive motions. Stretch your muscles before you jump in, to help prevent injury and the risk of 'swimmer's shoulder', or other common conditions.
- * Don't forget to stay hydrated after a big swim. You may not notice it as much, but you still sweat during a workout in the water and will need to replenish lost fluids.
- * Have fun and relax! Remember that swimming benefits both the body and the mind. It is what you make it, and the choice of exercise intensity and focus is yours.

*Ed. Thanks to GMHBa Health Fund for this info.
published 01 Feb 2024*

ENDURANCE 1000 REPORT

February 2024



We are already into a nice rhythm for the year. We had the twilight swim on 9Feb, three Tuesday swims and a fantastic team celebration on 25Feb.

We now have 30 swimmers who have participated in Endurance, so our participation has doubled since last month! We have 90 registered members, so I know more of you will squeeze in an Endurance swim, probably after the water cools off. Wow it's been hot!

Right now, we are slightly behind in our points compared to Feb 2023, however, we have another Endurance swim on 27 Feb so ... one last chance to grab some endurance points for Feb!

Twilight Swims – The Twilight swim on 9 Feb started with some extra excitement. Adele was the deckie for the evening. However, her beautiful grand daughter decided it was time to arrive in this world just as we were getting swimmers in the water. Denise quickly took over as deckie – which she handed over to Terry Parker once he arrived so she could do her own swim. Quite the teamwork. We managed to complete 15 swims and then had a lovely dinner at the Reef Hotel.

Some highlights for the month include:

- Lynette swam one of her 400's TWICE. She didn't get top points the first time, so she swam it again 15 minutes later and got top points!
- Was great to see Grant Scotcher back on deck to help time – thanks Grant!
- Kaye Turner has returned to the club – and Endurance. Kaye swam with the team some years ago – welcome back Kaye!
- Wendy Nothdurft smashed through her 1500 Free

- Corals D'Ott has also returned to Endurance and managed to get top points in her two events
- John Havilah (at a young age 87) got top points in his 1500 Free



Helen Malar gets a gold star for her outstanding deckie skills. On 20 Feb we had 16 swims to organise. Six swims were 30 Minutes or longer, and five backstroke swims. It was a deckie nightmare! With only four lanes, Helen did an amazing job to get all the swims organised.

We had an awesome breakfast on 25 Feb, organised by Jo Edwards to celebrate 10 consecutive years of Noosa Masters winning the State and National Trophies as the Top Scoring Club for the Masters Endurance 1000 programme. Brian Hoepfer and Kathleen Gordon made signs and brought balloons so we could take a photo in the pool. Watch the Noosa Today newspaper for an article to publicise this huge achievement by our club. The free coffee was nice too!

Old 2023 Binders – I will be archiving the old 2023 binders the first week of March. If you haven't done so already, please remove your old 2023 timesheets. We will re-use these binders in 2025.

Please share your endurance stories with Denise so she can include them in the Chatter.

... Warmly (literally), Denise
Denise DeCarlo
Endurance Coordinator
0447 255 388
decarlo4567@gmail.com



Kevin Alford - our own esteemed Cardiologist and after dinner speaker - delivered an entertaining talk at the U3A on Friday 23/2 entitled "Heart Attacks Made Simple" which I attended.

The talk was sprinkled with humour, interesting historical facts and a wonderful PowerPoint presentation which explained the detailed workings of the "huge pump". Kevin's aim at the start was to demystify the operation of the heart and what happens when things go pear shaped. He certainly succeeded on that count, and although he left no doubt in the minds of the audience about risk factors, he was careful not to frighten the bejeezus out of them!

There were some very interesting historical vignettes that completed the package.

Who would have thought that a "Broken Heart" is a real condition or that "Viagra" is used to reduce damage to the heart muscle during heart attacks.

Stay tuned ... Kevin is returning to U3A Tewantin, at 1.30pm on Friday 22nd March to speak on "The REAL story of Captain James Cook".

... Mick Jones



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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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