

NEWSLETTER

"Challengers Chatter"

JUNE 2024

BRISBANE SOUTHSIDE – 29 June 2024

by Jo Matthews

A small representative group attended the Brisbane Southside Meet on Saturday 29 June 2024. It was a well-run meet with 189 swimmers taking part. As usual you had to enter five events if you wished to be competitive in your age group and take home a medal. Points are awarded to each swimmer in their race, with first place gaining 10 points.

Robert Pugh unfortunately only swam three events, gaining an impressive 29 points. He was first in the 50 Fly and 100 Free and second in the 50 Free.

He is getting very close to breaking the 1-minute mark in his 100 Free. Well done Robert on some excellent swimming. As you can see, he is camera shy!

Terry Carter also held up the flag for Noosa winning the 400 Back and the 50 Free and coming second in the 100 Back, 200 Back and 50 back. Terry is looking forward to getting away next year from a backstroke swimmer who has just joined the age group. However, her great swims gained her 47 points and the silver medal, you can tell how pleased she is.

Jo Matthews held onto her Butterfly Queen Title, gaining first place in the 400, 200, 100 and 50 Fly and third place in the 50 Back, which was a mission considering she had to get out of the deep end after the 400 Fly and run down pool side and get in the shallow end for the 50-back race. It was one of the longest swims she has ever done, the end of the pool just did not want to ever arrive! 🤔😂

Jo gained 48 points and the Gold medal. She said if you ever want a trip down memory lane come and see her garage, a great place to display medals and certificates.



Terry Carter & Jo Matthews



You can't keep a great group down !!

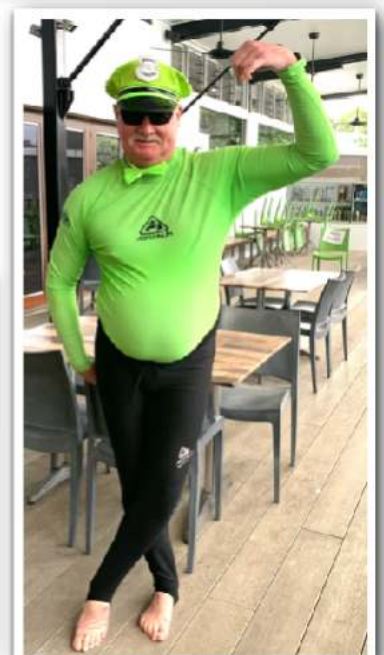
With the last-minute postponement of our Olympic Fames afternoon due to unexpectedly chilly weather, it was terrific to see nearly all the intended entrants get together for the planned post (NO) games dinner celebrations at the Reef Hotel, Noosa.

With our own private heated room and a grand communal table, we really did feel like conquering heroes, with the added bonus of being very warm and cosy!

Delicious food, lots of lovely company and conversation as well as a few drinks to keep bodily temperatures on the up, it was a great group get together and the hotel impressed everyone with their service and hospitality.

We will definitely host the Olympic Fames later in the year when the weather is warmer. Keep your eyes peeled for the new date!!

Warmest regards from your Social Committee





Sunset Drinks on the Best Deck in Noosa by Julie Bott

On the last Wednesday in May, twenty-six club members gathered to enjoy drinks and fine foods on the deck of the Noosa Surf Club. With clouds dotting the blue sky, and gentle waves washing onto Noosa Beach, it was a most pleasant and picturesque setting for one of our regular club gatherings.

The Surf Club is one of our swim Club's major sponsors and we always try to book at least one annual function at this beautiful venue, thereby giving something back to this very generous sponsor.

The Surf Club excelled, as always, with fabulous food as well as faultless service but it was the new addition of personalised platters catering for each member with special dietary requirements, which ensured that everyone attending was perfectly catered for.

People mingled, chatted, laughed and moved about in the relaxed setting, and many attending commented that it was one of the most enjoyable functions to date at the Surf Club. If you couldn't join us at this event, don't worry as we will certainly organise another Surf Club event in the next twelve months!!



COACH'S TIPS

Freestyle is the most efficient of all strokes good technique takes time to develop

Most important is to be streamlined - make yourself as narrow as possible to help reduce drag, keep the head low, rotation minimises front drag in the water, don't cross centre line of the body, don't kick left or right, must be up or down.

Try to breathe on both sides, keeping head in line with body. Rotation allows you to engage more powerful muscle groups and reduce strain on shoulders.

Drills ... Back or free with one arm on leg, kick from thigh to ankle, big toes almost touch.

Keep head in a neutral position looking down and slightly forward, one goggle in the water and one goggle out of the water.

Inhale through the mouth, don't lift head high.

Exhale under water to empty lungs before each breath.

Practise breathing on each side to balance your stroke and improve endurance.

Keep elbow up when pulling. Finger tip first entry.

Fist drill improves technique, keep elbow high, use forearm to catch the water, maintain fast kick.

... Cheers, Jan



Coach Jan on deck - squad, Thurs 27/6/2024



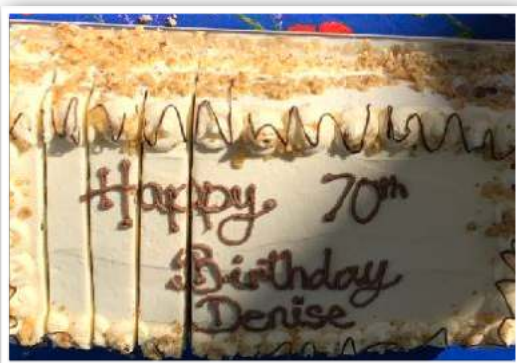
July 2024

Christinlee Hangad	2/7
William Bareno	3/7
Dana Galbraith	9/7
Siriluk Moonthiya	10/7
John Havilah	14/7
LiQun Hussey	17/7

Age and glasses of wine should never be counted !



**How did we survive?
Our mothers wiped our faces with spit on a hankey not an antibacterial wipe.**



Denise celebrated her Big 7-0 with her Masters buddies after swimming on Thursday 13/6. So we say "as you turn 70, may your health continue to be a blessing and your happiness shine brighter than ever before. Here's to days filled with laughter, moments of serenity, and an abundance of well-being. Happy birthday, Denise!"



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
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	OWS	Sinkers OWS 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:

- 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

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?

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

Those were the days - A Bit of Australian Nostalgia

My mum used to cut chicken, chop eggs and spread butter on bread on the same cutting board with the same knife and no bleach, but we didn't seem to get food poisoning. Our school sandwiches were wrapped in wax paper in a brown paper bag, not in ice pack coolers, but I can't remember getting E.coli.

Almost all of us would have rather gone swimming in the creek, the lake or at the beach instead of a pristine chlorinated pool (talk about boring), no beach closures then either?.

We all took PE And risked permanent injury with a pair of Dunlop sandshoes or bare feet if you couldn't afford the runners instead of having cross-training athletic shoes with air cushion soles and built-in light reflectors that cost as much as a small car. I can't recall any injuries but they must have happened because they tell us how much safer we are now.

We got the cane or the strap for doing something wrong at school, they used to call it discipline yet we all grew up to accept the rules and to honour & respect those older than us.

We had at least 40 kids in our class and somehow we all learned to read and write, do maths and spell almost all the words needed to write a grammatically correct letter....., FUNNY THAT!!

We all said prayers in school irrespective of our religion, sang the national anthem and saluted the Flag and no one got upset. Staying in detention after school netted us all sorts of negative attention we wish we hadn't got. And we all knew we had to accomplish something before we were allowed to be proud of ourselves.

I just can't recall how bored we were without computers, Play Station, Nintendo, X-box or 270 digital TV cable stations. We weren't!! Don't even mention about the rope swing into the river or climbing trees

Oh yeah ... And where were the antibiotics and sterilisation kit when I got that bee sting? I could have been killed!

We played "King of the Castle" on piles of dirt or gravel left on vacant building sites and when we got hurt, mum pulled out the 2/6d bottle of iodine and then we got our backside spanked. Now it's a trip to the emergency room, followed by a 10 day dose of antibiotics and then mum calls the lawyer to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat.

To top it off, not a single person I knew had ever been told that they were from a dysfunctional family. How could we possibly have known that?

We never needed to get into group therapy and/or anger management classes. We were obviously so duped by so many societal ills, that we didn't even notice that the entire country wasn't taking Prozac!

How did we ever survive?

AAAAh, yes, those WERE the days!!!!



Peru – What a trip! - by Denise DeCarlo

Bob and I got to spend nearly 3-weeks in Peru in May. It was an amazing trip. We had never been to Peru so we had lots of things to explore.

First stop was Lima and it did not disappoint. The food was delicious! We even saw pre-Inca ruins there – just a few blocks from our hotel. That was a nice surprise.

Then we headed to Paracus – about a 3-hour drive south of Lima. We wanted to fly over the Nazca lines and they were fantastic! Nazca lines are a group of geoglyphs made in the soil in the Nazca Desert. They were created 400 to 200BC. It was a 45-minute flight in a 12-seat plane each person with a window seat. Everyone had a great view as the pilot would fly over the geoglyph so the left side could see, and then he'd turn around and fly over so the right side of the aircraft could take photos – very clever.

We also went to the Paracus National Reserve. The Reserve is 335,000 hectares (huge!) and protects desert and marine ecosystems for their conservation and sustainable use. It's a vast and stark piece of land with lots of emptiness along with beautiful cliffs by the water. We even saw a pink lake! It's pink due to the prawn brine.

Our next adventure took us to Arequipa and Colca Canyon. At Colca Canyon (3400 metres), the attraction is the Condors. These massive birds fly around the canyon that is up to 2000m deep (deeper than the Grand Canyon). However ... I didn't get to see the Condors.

Unfortunately, I was quite ill from altitude sickness. My body just could not adjust to the altitude. So, the next day we returned to Arequipa for 3-days so I could acclimatise there. We had a wonderful time seeing things we didn't have on the original itinerary. You just have to be flexible sometimes.

Next stop was Sacred Valley and Machu Picchu. This was my favourite area of Peru. Massive mountains, pastures, and lovely countryside communities. We all have seen pictures of Sacred Valley and Machu Picchu. It did not disappoint. We got to do a 1/2 day hike at Machu Picchu which was amazing, in addition to exploring the citadel for an afternoon as well. Clearly a very special place.

If you haven't been to Peru, you might want to add it to your bucket list – it's well worth a visit! When I return to Noosa in late September, if you want to chat about Peru – let's have a cuppa!



Nazca line Whale



Nazca line Monkey



Pink lake from prawn brine in Paracas National Reserve



Playa Roja Paracas National Reserve



Baby Alpaca at a rest stop



Made it to 4910 Metres (for a few minutes!) between Arequipa and Colca Canyon



Peru – What a trip! - cont'd



Hand carved sculpture made from volcanic ash



Petroglyphs near Arequipa - Culebrillas Canyon



A typical narrow street in Sacred Valley - vendors, shoppers and cars



Friends in Ollantaytambo (notice the architecture on left side - Inca structure on the bottom - Colonial structure built on top of it)



Moray - Circular Inca ruins Sacred Valley



Countryside in Sacred Valley



Maras salt mines - each garden is cultivated by a family, there are 6000 gardens



Machu Picchu

Congratulations!



Above: Brian Hoepper with his hard won 800m Breaststroke SC Queensland Record Certificate



Right: Wendy Nothdurft and Jo Matthews with their equally hard won 800m Individual Medley SC Queensland Record Certificates



Left: President, Greg Bott presented Wendy Nothdurft with her first Vorgee IM metres shirt - she was pretty chuffed !!

The 25th Anniversary of the NAC

On Wednesday 1st May 2024, the Noosa Aquatic Centre (NAC) celebrated its 25th anniversary.

Noosa Council gathered a group of 'interested parties' on the welcoming café deck at the NAC. A series of speakers – beginning with our own Tony Frost – sent a clear message from across the years: this aquatic centre has proved to be a remarkably successful community facility. And the message proved how wrong had been the early 'doubters' who declared that Noosa – with its world famous surfing beaches – had no need of a public pool.

Rather than becoming a 'white elephant', the NAC has tallied a couple of million entries since its opening.

The NAC is a listening symbol of 'community'. Each day it meets such varied needs and interests: learn-to-swim toddlers, school groups, would-be Olympians, avid 'mature' aquarobics squads, water polo teams and – the crowning glory – our own Noosa Masters swimming club!

Add in a well-equipped gym, creche, wellness centre, physio clinic and convivial café ... and you have a recipe for success.

There was humour in the various speeches. Former mayor Bob Abbott described how – in a paradoxical mix-up – he'd put on a tie (so out of character) to appropriately greet the premier Peter Beattie, who arrived tie-less (so out of character) as a gracious nod to Bob!

There was also a tale of near-disaster. A skydiver had been engaged to perform a daring splashdown into the brand-new pool. He was spot on, but emerged shaken, declaring 'Those huge X*%#@X# light poles weren't there when I checked the pool last week!'

Formalities over, the gathering enjoyed tasty treats and coffee, encouraging people to mingle, reminisce and study the impressive display of historical photos and news clippings.

A casual, good-humoured sun-lit celebration. So apt.



ENDURANCE 1000 REPORT : May 2024



Hi All,

I'm very pleased to say that with almost half the calendar year gone we are tracking well toward another endurance win In 2024 provided the momentum is maintained. Thanks to those regular swimmers who are making it happen once again.

A big "thank you" goes out to those people who unselfishly come along and contribute a great deal to the timekeeping not in any particular order :

Liz and Rod Alfredson
Wendy Ivanusec.
Grant Scotcher
Linda Hogg

And our tireless group of deckies who coordinate on Endurance days :

Terry Carter
Jo Matthews
Linda Hogg
Adele Tucker
Rod Alfredson
Helen Malar
Denise De Carlo

Of course, all participants will do a bit of timekeeping as well as swimming. It is as much about team work as well as individual efforts in the pool.

If you're willing to help out with the timekeeping please come forward and let us know. We're happy to show you the ropes.

Seeing people work toward their personal goals in the pool is always rewarding and so is the coffee and a chat at the end of the session.

For those club members who can't make the Tuesday session remember We have a **WhatsApp** group called **Endurance Buddy** to organise yourself with other club members out of hours

See you all Sunday 30th June for the 5th Sunday endurance swim and Coffee

... Terry Parker
Acting Endurance Coordinator

News from the U.K. - from the Bartons

Rod wrote: The crew are all looking well up at the Darwin meet; that photo made us proud just to know you all.

We have just got home from North Wales where Karen and Ruthie have just swum the length of Lake Bala in North Wales, 4.5km, the water temp was 13/14 degrees but they are well acclimatised after swimming through our winter. Neil and I stayed on the bank as towel monitors enjoying bacon butties.

We were blessed with glorious weather, thankfully, as we were camping.

It was a fabulous event 155 competitors. Ruthie came in 1st in the 60-69 age group 1hr 29 and Karen 4th in 1hr 37.

We are hopefully downsizing very soon, we love our house but think it is time to move, we will still have a room for visitors from the club.

Uncertain whether we will be visiting Noosa October-ish, dependent on my health and property move.

Karen wrote: Rod is doing OK after having a couple of episodes of arrhythmia a fortnight ago and has been in hospital on Friday for an ablation. A rather traumatic experience for him as he felt like he was being stabbed in the groin with a rusty dagger! Anyway, the doc seems happy that he has cauterised all, as he put it "the mischievous cells" that were causing his heart to race.

He has to take it easy for a couple of weeks and can't drive for 4 weeks. Hopefully when he next sees the doc in two months we can discuss holidays but not sure a long haul flight will be on the cards; we will have to see. We'd love to visit again.

... Best wishes to all from Rod and Karen





Noosa Masters Swimming Club thanks its generous sponsors for their support

PLATINUM



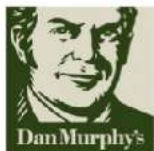
GOLD



SILVER



BRONZE



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