

# NEWSLETTER

"Challengers Chatter"

SEPTEMBER 2024

## North Qld LC Championships – 7 and 8 September 2024

by Wendy Nothdurft

The MSQ North Queensland LC Championships were held recently in Townsville for the first time in more than 20 years.

There were only 77 competitors, but MSQ is hoping to build on this in coming years.

The occasion also marked the 25<sup>th</sup> Anniversary of the Long Tan Legends Masters Swimming Club. Being such a small meet, there was a lovely, happy, informal atmosphere.

Noosa Masters Club was represented by Anne Besser, LiQun Hussey, Jo Matthews, Wendy Nothdurft and Robert Pugh, and supported by John Hussey and Michael Besser.

The meet was held over two half-days, beginning at midday on Saturday (finishing about 3pm); then starting again at 8am on Sunday.

At the completion of the racing, there were the presentations and everything was finished by about midday.

Our Noosa swimmers performed well as you can see from the results below, and we won the small clubs' trophy (6 or fewer competitors). Rob swam great times, and both he and Jo won all their individual events. I don't think the rest of us swam any PBs, but we enjoyed the competition and made the most of the practice!

Long Tan Legends hosted a barbeque on the Saturday evening with a band providing music for listening or dancing to. It was left to Jo to represent us in the dancing! >>



LiQun, Anne, Wendy and Jo – looking pleased with their efforts.

### North Qld Masters Championships

Townsville - 7 & 8 September 2024

Anne Besser (78)		
400m Free	1	10:56.18
800m Free	1	21:48.07
50m Back	2	1:27.23
100m Back	2	2:57.73
200m Back	2	6:02.44
400m Back	1	12:26.12
W - 200 Free Relay - Silver		
W - 200 Medley Relay - Gold		

Wendy Nothdurft (70)		
50m Free	1	38.26
100m Free	1	1:24.97
200m Free	1	3:10.46
400m Free	1	6:32.37
800m Free	1	13:49.74
50m Back	2	50.15
W - 200 Free Relay - Silver		
W - 200 Medley Relay - Gold		

LiQun Hussey (54)		
100m Back	3	2:08.90
200m Back	2	4:35.54
100m Breast	1	2:03.49
50m Fly	1	53.02
100m Fly	1	2:02.51
200m IM	2	4:17.60
W - 200 Free Relay - Silver		
W - 200 Medley Relay - Gold		

Jo Matthews (69)		
50m Breast	1	55.87
200m Breast	1	4:44.17
50m Fly	1	44.90
100m Fly	1	1:52.33
200m IM	1	4:03.02
400m IM	1	8:38.06
W - 200 Free Relay - Silver		
W - 200 Medley Relay - Gold		

Robert Pugh (43)		
50m Free	1	26.33
100m Free	1	1:01.03
200m Free	1	2:23.48
100m Fly	1	1:08.31





# North Qld LC Championships ... cont'd

Jo Matthews - our Fly Queen

Although Rob had to leave straight after the meet, everyone else met for dinner at a hotel on the Strand – not far from where LiQun and John will soon be living! They have bought an apartment on the Strand and will be moving there early next year. There are several Masters Clubs in Townsville – I wonder which one will be lucky enough to have LiQun join them?

*\*And just an additional note from Wendy.*

*It was cold! I was really looking forward to going to SUNNY North Queensland ... I definitely wasn't expecting grey skies and strong winds. Luckily, I did pack my cold weather gear. (You may have seen a less than glamorous photo of me on Facebook rugged up in my big coat and beanie.)*



Our team took out the Small Club's Trophy!



Jo Matthews and Anne Besser



LiQun, Jo, Wendy and Anne with their medals



Including our only male team member - Robert Pugh



Wendy Nothdurft and LiQun Hussey



*NOOSA MASTERS SWIMMING  
CLUB 25<sup>TH</sup> CELEBRATIONS*

**Saturday 16 November 2024**

**4pm to 7pm**

**Peppers Noosa Resort & Villas**

**View Restaurant**

**33A Viewland Dr, Noosa Heads QLD 4567**

Make sure you have a ticket to this special occasion celebrating the club's rich history and catch up with past and present members.

We need you to confirm your availability and pay asap so the booking can be finalised for catering and final numbers.

The cost is \$85.00 per head inclusive of a welcome drink and canapés throughout the evening.

RSVP to

[lan.tucker55@gmail.com](mailto:lan.tucker55@gmail.com)

Payment can be made to the QNA Bank account

Noosa Masters Swimming Club

BSB: 124-101

A/C: 90488908

Please include a **reference** (e.g. 25<sup>th</sup> and **your surname**). The amount you pay will indicate the number of tickets you require.

# The Barnes Ceilidh 2024

What's a Ceilidh. (pronounced kaylee) you ask?...

*"a social event with Scottish or Irish folk music, traditional dancing and storytelling"*

Jim and Christine Barnes once again hosted a joyful social evening of singing, dancing, music making with a hint of Scotland and Ireland ... (There's probably a hint of Scotland and Ireland in many of the assembled throng).

'Piping in the haggis' was transformed into 'strumming in the traditional fruit cake' held aloft by Christine as Jim played Scotland the Brave (no haggis to be found in Noosa) and so the night kicked off !!

It was certainly a full program with 18 items on the running sheet. QNA members threw themselves into the entertainment with great gusto, lining up to strut their stuff and take up the challenge of performing in front of peers 🤔.....

Thankfully for nervous performers, family and friends of QNA masters and Sunny Coast Bootscooters proved to be a very supportive, encouraging and enthusiastic audience who joined in singing and dancing at every opportunity.

Among the audience, it was terrific to see Mark and Jane Powell, two very active, former club members, who quietly bowed out of QNA this year to pursue other activities. I'm sure members recall Jane's delightful recital of her personally penned poem, 'My Little Antichinus', at a previous Garage night.

It was also wonderful that Carola Henderson joined us and once again, got everyone singing enthusiastically with her skilled conducting of 'The Pub Choir'. We have certainly missed Carola at the pool since she is busily engaged in supporting and caring for her husband Bob, (aka the club's BBQ boss) who is making a slow but determined recovery from a stroke last year. It's always great to catch up with past members!

Mick Jones has captured the fun and joy of the night in this photo gallery.

The second Instalment of QNA Ceilidh 2024 will appear in the next newsletter.

... Christine Cooper



*The Barnes Ceilidh 2024 ... cont'd*



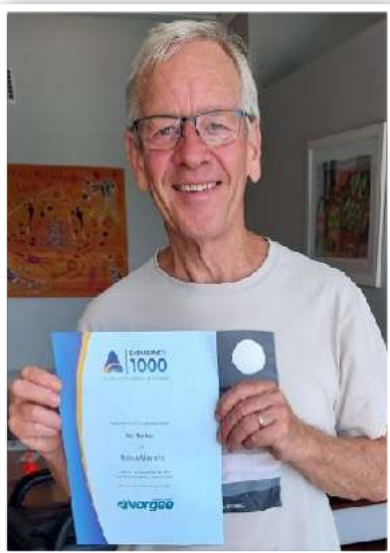
# The Barnes Ceilidh 2024 ... cont'd



## The Barnes Ceilidh 2024 ... cont'd



*Congratulations!*



At our regular coffee and chat break after squad last Sunday, 29 September, President Greg Bott presented Ian Tucker (left) and Denise DeCarlo (right) with their Awards for completing the entire Vorgee Endurance programme in 2023.

*What an inspiration you are - Well done !!!*



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
<b>OCTOBER</b>							
5	SC	Toowoomba Tadpoles Meet 2024	QTW	South	Q15/24	Yes	Glennie Aquatics, Toowoomba
6	OWS	Whitehaven OWS 2024	MSQ	Central	Q20/24	n/a	Whitehaven Beach, Queensland
<b>NOVEMBER</b>							
3	OWS	Sinkers OWS at Balnagowan	QNS	Central	Q18/24	Yes	Pioneer River, Balnagowan
6-9	LC	2024 Pan Pacific Masters Games	MSQ	South	Q19/24	Yes	Gold Coast Aquatic Centre, Southport
<b>DECEMBER</b>							
7	LC	Hervey Bay Humpbacks Meet 2024	QHB	Central	Q05/24	Yes	Hervey Bay Aquatic Centre, Hervey Bay

### 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&region=All&field\\_event\\_date\\_time\\_end\\_value=&field\\_event\\_date\\_time\\_value=](https://qld.swimming.org.au/events?keyword=&category=All&region=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](mailto:admin@mastersswimmingqld.org.au)

## COACH'S TIPS

### USE of Pull Buoy

... advantages and disadvantages

#### UPSIDE

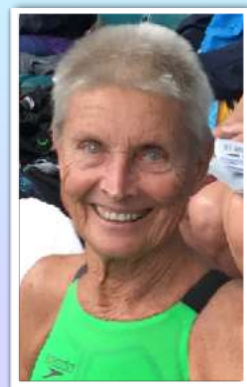
PB helps us to achieve a more efficient body position by keeping our butts dry and feet high. We learn how efficient swimming should feel. Swimming with a PB makes it easy to focus on the high elbow catch. It is also helpful with breath control - great for hypoxic sets of 3/5/7 pattern.

#### DOWNSIDE

The use of a PB can limit rotation. Power in your stroke doesn't just come from your arms and shoulders, a lot of it is derived from your hip. Using a PB makes your hips flatter which will reduce your stroke length.

Be realistic as to why you are using a pull buoy.

... Cheers, Jan



Dear Helen - your Noosa Masters buddies are thinking of you at this difficult time and send their caring thoughts on the loss of your sister, Margaret.

*Sisters are flowers from the same garden ...*

*Those we hold closest to our hearts never truly leave us.*

*May loving memories bring you peace, comfort, and strength.*



## Jumping with Jo ...

2024 at Wendy & Ivan's New Year barbecue I recalled having a conversation with Jo E. about how she keeps fit, fast and fabulous for her ballroom dancing competitions.

JUMP ROPE is the answer - every day!

What a good idea for travel fitness I thought, especially if doing lots of sitting on long road trips ..... which is our travelling thing these days. Light, quick, portable and effective.

I must admit when travelling around, I do check where swimming pools are, but... as my mum would often say, "Christine, the road to hell is paved with good intentions!" Needless to say, I don't get many swims in when we are on the road.

At my insistence, Jo very kindly brought her minimal Jump Rope Kit along to the pool to "show and tell" what she does.

A specialised jumping mat, a rope that spins at the handles and cut to your size, as well as good shoes. ....that's it!

I was surprised that the jumping is light and quick ...Like a boxer. That might take a bit of practice!!!!

Jo has worked up to half hour sessions of 100 jumps with a short walking break (pew!), which maintains her level of fitness and ensures she can flash around the ballroom, quickstepping at a cracking pace.

For "newbie skippers" like me, Jo recommends starting small and building up over time. Don't overdo it ...Build slowly....

(sounds like our coach 😊)

So ... I'm going to give it a go on our next road trip. And I won't be offended if you ask how it went.

Cheers ... Chris Cooper



## Some Basic IT Security Information for our members ... Terry Parker

**Phishing SCAMS** aimed at getting your personal data are being increasingly aimed at Not-For-Profit Organisations like our club. We have been fortunate this year to circumvent a number of potential data breaches.

With this in mind we suggest the following would be helpful for all our members.

Navigate to <https://beconnected.esafety.gov.au/> using your web browser

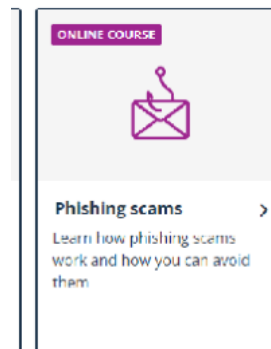
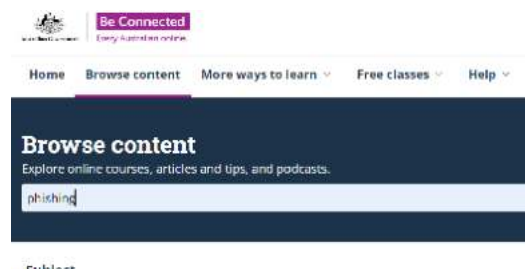
This is a great site for understanding basic security around PCs tablets phones etc.

It's worth creating a log in here using your email address so that you can get certificates for courses completed.

You will see free online learning. Click the explore topics list.



Browse content and search for phishing or select it from the online training menu



We suggest you take the course. Hopefully, this will increase your awareness in spotting scams!



**As some of you know ...**

As some of you know my partner of 40 years, Peter, passed away peacefully in his sleep on Sunday morning. He had been in Palliative Care at home since coming out of hospital on 22 August 2024.

The Palliative Care Nurse and our dog, Lisei, were with me at the time. It was heartbreaking, but I am thankful he didn't suffer.

Peter was a private person who encouraged me with all the many hobbies I had over the years including golf, swimming and cycling. His hobbies were more home based, reading, studying movies and stamp collecting amongst other things.

He knew the Miami Masters girls, Denise Robinson, Maggie Watts and others but unfortunately never made it to NAC. Only Lois Hill, a very dear friend, knew him.

I have been overwhelmed with all the messages of support I have received since his passing including the beautiful flowers from my friends at Noosa Masters Swimming Club, which I received yesterday. I know Peter would have joined me, had he been able, in thanking you all for this wonderful gesture.

Peter did not like having his photograph taken, so I have had to scratch around to find one. Fortunately, these were taken in better times in 2015, at the Semaphore Hotel, South Australia. Needless to say, he had lots of photographs of his beloved Lisei, who kept him company while I was out swimming!

... Terry Carter

*Dear Terry - wishing you strength and comfort through this difficult time*



**Volunteering ... written by a Mr Hugh O'Brien**

It's called Giving Australia a Hand.  
It's keeping us between the flags  
It's saving towns with sandbags  
It's serving soup from a van  
It's helping a child to understand  
It's flagging a goal  
It's buttering a roll  
It's delivering the meals  
It's being the wheels.

It's good-hearted Aussies pitching  
in with a grin  
It's what they call volunteering  
Because the unwritten law of our  
land  
Is giving a neighbour, giving a  
stranger  
Giving Australia a hand.

It's our bush brigades  
Where heroes are made  
It's the SES always giving their best  
It's Blue Care and Red Cross  
It's people who give a toss  
It's Aussie Helpers on the farm  
It's Lifeline and Salvos and Drug  
Arm  
It's Saint Vinnies and Saint John  
The list just goes on and on.

It's good-hearted Aussies pitching  
in with a grin  
It's what they call volunteering  
Because the unwritten law of our  
land  
Is giving a neighbour, giving a  
stranger  
Giving Australia a hand

It's serving in a hospital shop  
It's telling tourists where to shop  
It's helping the blind to play bingo  
It's teaching migrants the lingo  
It's selling red noses  
Arranging church roses  
It's polishing a butter churn  
It's stepping up when it's your  
turn.

It's good-hearted Aussies pitching  
in with a grin  
It's what they call volunteering  
Because the unwritten law of our  
land  
Is giving a neighbour giving a  
stranger  
Giving Australia a hand.

# Congratulations!



Left: Jan Croft was pretty happy to receive a cap and acknowledgement of her achievements last year.  
4 TOP TENS in the FINA World Masters and she placed No. 2 for the 1500 metres freestyle

*Ed. Muckin' refarkable, Jan!!  
you are such an inspiration -  
Congratulations !!*



Right: Ross Kee and Stephanie Jones look thrilled with their Top Ten caps from FINA World Masters. Congratulations you two - so well done!!

## Making music with Arcare residents ...

Life is definitely better with music whatever the age.

The QNAukers, variously known as Soggy Strummers, Swimminstrummers, spent a really enjoyable hour or so enthusiastically sharing some of their favourite songs with residents at Arcare, thanks to Viv's organisation. Monica, Viv's now 100 year old mum, was ready, smiling and waiting to be entertained with her friends.

Our selection of well known songs and some of our favourites was well received with staff and residents joining in, clapping and singing along.

Adrian, Da-bassman, kept us in time and added a wonderful driving beat that made us sound just like a 'real band' especially now that we have our groovy drummer, Kerry on the djembe.

Our newly formed kazoo section, consisting of Mick and Robyn, stole the show with rousing 'sax-like' interludes in several songs. Julie starred on the maracas in a rousing rendition of Shake Rattle and Roll, led by Terry, while Viv, Anne, Gilly and Melissa kept the Uke rhythm section in play.

Chris was lacking a bit of oomph as her top Uke string snapped as she was tuning up just before the first number ... argh!

However, the show went on and any slight gaps were deftly covered up as the accomplished band of swimminstrummers played on ...

Thanks Arcare residents for allowing us to share our enthusiasm and music with you. We had a great time and hope you enjoyed it as well.

Cheers ... Chris Cooper



# ENDURANCE 1000 REPORT : September 2024



Wow, what a finish to September on our 5<sup>th</sup> Sunday Endurance session with quite a few of our swimmers putting in the long swims today. We had a great roll-up of swimmers and timekeepers pitching in to welcome back our favourite Deckie and Endurance coordinator Denise DeCarlo to the pool deck.



Bruce Hammond pictured standing in the pool after completing 45mins Freestyle with consummate ease (he might not agree with the word "ease"). Brian and Bob seen to the side exchanging a large paper bag. Was it a side bet?

Well done to our newest member Peter McGahan who sizzled up the pool for his 1500m Freestyle and Jim (the new Adonis) Travers powered all the way through his 45 min Freestyle. Greg Bott (El President) impressed with a 1 hour backstroke.

My many thanks go to all those people who swam and time kept to make this morning such a great success.

Don't forget to use the WhatsApp "**Endurance buddy**" group to help organise your swims out of hours. Check your completed swims and points at <https://e1000.msarc.org.au/results.php> using the History tab. (this link is under the useful links heading on our website).

See you in the pool!

... Terry Parker  
Endurance Coordinator



Studley in serious referee mode. Meanwhile Mick Jones gives some tips to Peter McGahan on swimming the perfect 1500m.



Studley Martin celebrated his Big 60 poolside after squad with his Masters Buddies early this month.



## October 2024

Jo Edwards	1/10
Robyn Selby	14/10
Yvonne Mutton	18/10
Ian Tucker	21/10
Wendy Nothdurft	22/10 (Big 70)
Helen Malar	24/10
Lynette Clemitsen	29/10
Felicity Hawkins	30/10

*Like cheese and fine wine,  
you're only getting better with time!!*



Noosa Masters Swimming Club thanks its generous sponsors for their support

PLATINUM



GOLD



SILVER



BRONZE



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