

NEWSLETTER

"Challengers Chatter"

DECEMBER 2024



What a great weekend of racing and socialising at Hervey Bay this past weekend. Three swimmers (Greg Bott, John Simonidis and Clinton Stanley) got maximum points, and Jo Edwards was like a "Duck to Water" in her first competition and a great Captain of QNA's Novelty Relay. Brilliant! Lots of other noteworthy achievements including: Christine Cooper winning a medal, yeah; and The Noosa 280+ Freestyle and Medley Relays Teams A, B and C competing against each other, what fun that was to participate in/watch.

QNA came second overall in the Large Club Trophy which was won by the host club, Hervey Bay Humpbacks. A fitting award after arranging such a successful and well-run Short Course Carnival. Results below courtesy of Wendy Nothdurft:

Greg Bott (68)			Linda Hogg (62)		Wendy Nothdurft (70)			
50m Back	1	45.89	25m Free	3	19.17	25m Free	2	17.44
100m Back	1	1:41.37	50m Free	2	42.88	50m Free	1	38.33
200m Back	1	3:40.70	100m Free	2	1:37.18	100m Free	1	1:22.75
100m IM	1	1:43.40	25m Fly	4	23.69	200m Free	1	3:01.57
200m IM	1	3:55.52	50m Fly	2	54.14	25m Back	2	24.29
Julie Bott (56)			Wendy Ivanusec (81)			Terry Parker (68)		
25m Free	10	25.87	25m Back	4	39.76	50m Free	2	36.15
50m Back	2	1:13.45	50m Back	4	1:31.79	200m Free	1	3:17.89
			25m Breast	1	40.60	25m Back	2	22.74
Terry Carter (74)			25m Fly	2	45.29	50m Back	2	52.41
25m Back	3	26.10	100m IM	2	3:15.75	100m IM	2	1:57.09
50m Back	2	55.57						
100m Back	1	2:03.06	Robert Jolly (77)			John Simonidis (58)		
200m Back	1	4:25.28	25m Free	2	18.38	25m Breast	1	20.37
25m Breast	2	27.65	50m Free	1	44.27	50m Breast	1	45.63
			25m Breast	1	22.25	25m Fly	1	16.60
Chris Cooper (75)			50m Breast	2	49.67	50m Fly	1	42.53
50m Free	1	1:05.37	100m Breast	1	1:52.42	100m IM	1	1:41.97
100m Free	1	2:16.13						
200m Free	1	4:48.36	Helen Malar (70)			Clinton Stanley (48)		
50m Back	2	1:16.39	25m Free	3	17.76	25m Free	1	18.69
			25m Breast	1	22.91	100m Free	1	1:35.33
Jo Edwards (61)			50m Breast	1	51.49	25m Fly	1	22.83
25m Free	5	20.95	100m Breast	1	1:58.29			
50m Free	4	48.75	25m Fly	2	22.17	Julie Tierney (65)		
100m Free	4	1:44.64				25m Free	2	18.67
25m Back	2	29.81	Trevor Mathews (79)			100m Free	1	1:34.06
25m Breast	3	28.30	25m Free	4	20.05	50m Breast	1	54.94
			50m Free	3	46.26	25m Fly	2	21.90
Lois Hill (81)			25m Back	1	24.31	100m IM	1	1:49.45
25m Free	2	25.49	50m Back	2	57.79			
50m Free	1	29.84				Adrian Wilson (72)		
100m Free	1	2:08.48	Jo Matthews (69)			25m Free	1	15.13
25m Back	1	29.84	25m Breast	2	23.07	50m Free	1	33.64
50m Back	1	1:02.56	25m Fly	1	18.52	100m Free	1	1:24.24
			50m Fly	1	52.11	25m Back	3	22.06
Brian Hoepper (77)			100m Fly	1	1:56.26	25m Fly	1	18.08
25m Free	1	18.11	200m Fly	1	4:11.27			
25m Breast	2	22.92						
50m Breast	1	49.37						
100m Breast	2	1:52.46						
200m Breast	1	4:10.92						

NOOSA MASTERS MEET THEIR MATCH AT HERVEY BAY

... *Brian Hoeppe*

In 2024 the annual Hervey Bay meet was again a highlight of Noosa Masters' competitive calendar. But with an unexpected twist!

For a decade, Noosa has bemused and bewildered the host Hervey Bay club by always winning the champion's trophy at their meet. In one year, a local wit even compared Noosa's annual 'raiders' with history's fearsome Vikings. This year – at the trophy presentation ceremony – the Hervey Bay president's opening words were 'Noosa ... you have not won the trophy!'. He smiled cheekily, and the Noosa team responded with melodramatic gasps.

Make no mistake. The Noosa team swam very well indeed, but not quite well enough. Had the local club intensified its training? Or had the confident Noosa contingent overindulged at Santini's famed trattoria the night before the meet?

In the pool, three Noosa swimmers achieved perfect scores: Greg Bott, John Simonidis and Clinton Stanley. Each won all five of their individual events. Clinton is Noosa's veteran multiple world record holder in Down Syndrome competition, and the Hervey Bay meet was his first competitive outing since retirement several years ago. A triumphant return.

Noosa's 18 other swimmers contributed greatly to an impressive aggregate points total, winning a bunch of age group medals in individual events. And relay victories demonstrated the team's depth of talent.

The Noosa club always values the Hervey Bay meet as an opportunity for a weekend sampling the culinary delights and beautiful environment of 'the Bay'. We'll look forward to the 2025 meet. With perhaps a larger 'raiding party'!



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HERVEY BAY - NOOSA MASTERS MEDALS & MAYHEM



How to make a Vinegar foot soak ... should the need arise

Vinegar has anti-fungal and antibacterial properties that can help slow foot fungus, prevent foot odour, and soothe dry feet.

We demand a lot from our feet. They carry our bodies around all day, often from within uncomfortable shoes. It's no wonder many of us end up with blisters, pain, odour, and fungus, like athlete's foot.

Fortunately, there's a simple solution to your woes, and it can be found in your kitchen.

Why vinegar?

Vinegar is a diluted form of acetic acid that's both versatile and harmless. We use it to cook and clean — and to treat our tired, aching, stinky feet.

Acetic acid has anti-fungal and antibacterial properties. Vinegar may slow the growth of some types of foot fungus and skin infections.

A 2020 study suggests that distilled white vinegar is effective in treating *Sarocladium kiliense*, a fungus found in soil that may cause a skin disease called mycetoma.

NOTE: You should avoid the treatments listed below if you have diabetes. People with diabetes should have a healthcare team treat any foot issues.

For athlete's foot

Athlete's foot is a fungal infection that affects the toes. The toes appear red and the skin may peel. Athlete's foot often burns and itches.

For mild forms of this condition, a vinegar soak might work well. The anti-fungal properties also make vinegar soaks a good idea for people with toenail fungus. Soak your feet for 10 to 15 minutes daily in a vinegar bath until the infection subsides.

You can increase the length of time in the soak gradually. It may take 2 to 3 weeks or longer to see improvement in symptoms. Improved symptoms indicate that you've treated the fungal infection long enough.

It might be a good idea to soak your socks in vinegar as well.

There aren't any high quality studies that show vinegar is highly effective. Vinegar isn't effective for all types of fungus, but there's little risk in trying this home treatment.

If the symptoms don't improve, or if they worsen or spread up the foot, you should seek medical attention. If you note increased dryness and cracking, you may need to decrease your soaking to a couple of times per week instead of daily.

For foot odour

Vinegar can also disinfect the feet. This helps eliminate or reduce foot odour by getting rid of the bacteria that make them smell.

Before soaking, wash your feet thoroughly with soap and water. Then relax with your feet in a vinegar soak.

In addition to soaking, lifestyle choices are important to consider when treating foot odour.

For example, try wearing shoes made of leather or canvas. These allow your feet to breathe, unlike shoes made from plastic materials. Also, wear breathable cotton or wool socks. When you're at home, go barefoot.

Quick tips

- Wear breathable cotton or wool socks.
- Wear canvas or leather shoes, which allow your feet to breathe.
- Go barefoot when you're at home.

For warts

Vinegar is a mild exfoliator, so you can also use it to treat callouses and warts. After soaking, you can file your feet with a pumice stone to help get rid of hardened skin.

You can also apply vinegar directly to the affected areas with a cotton ball.

For dry feet

Vinegar foot soaks can also soothe dry, cracked feet. Use cool water, as hot water can dry out your skin. Soak nightly, then moisturise your feet and put on socks.

Soaking too often or for too long may cause your feet to get even drier, so use this soak sparingly for dry and cracked feet.

Making the vinegar foot soak

Vinegar will not hurt your feet, but you should still dilute it for a foot soak. Generally, using 1 part vinegar to 2 parts water is a good ratio.

If you're tolerating the diluted vinegar soaks, and not noticing any difference, you can use a stronger soak.

While the soak will smell strong, the odour will dissipate after the vinegar dries from your feet. You can also use essential oils to change the scent slightly.

Takeaway

Vinegar is an inexpensive and easy-to-find remedy for a variety of foot ailments. Not to mention, soaking your feet after a long day can be quite relaxing.

*Ed: I've used Apple Cider vinegar, it works.
We're all at risk of tinea at the pool.*

Good judgment comes from experience, and a lot of that comes from bad judgment.

Lettin' the cat outta' the bag is a whole lot easier'n puttin' it back.

The quickest way to double your money is to fold it and put it back into your pocket.

There are two theories to arguing with a woman. Neither works.

COACH'S TIPS

Short and Sweet FREESTYLE

1. Catch and pull with entire surface of hand to elbow.
2. Most power and leverage is just outside the shoulder .
- 3 Pull from the surface of the water..
4. Do not bend the wrist .

... Cheers, Jan



Akira was pleasantly surprised by the size of his 60th Birthday cake!!



December 2024

Trevor Mathews	6/1 (Big 80)
Robert Ashwell	20/1
Jacky Shields	22/1
Carola Henderson	23/1
Motoko Kono	27/1 (Big 50)
Vivien Merrill	27/01

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

PUNS : often make people groan ...

I stayed up all night to see where the sun went. Then it dawned on me.

I didn't like my beard at first. Then it grew on me.

England has no kidney bank, but it does have a Liverpool.

I used to think I was indecisive, but now I'm not so sure.

25th ANNIVERSARY

A few more photographic memories - courtesy of Sandy Bolton, MP



Some of the crowd - courtesy
of Sandy Bolton, MP



NOOSA MASTERS SWIMMING CLUB EVENT CALENDAR

DATE	EVENT	VENUE
Ongoing		
7.30-9am Thursday/Sun	Coached Training Session	NAC
7.30-9am Tue	Endurance Swim Sessions	NAC
Sundays	Bushwalks	Mt Coolum/Emu Mountain
8 March 2025	Noosa Masters Meet	NAC
JANUARY 2025		
5 Jan	Annual NY celebration 'Outback BBQ'	from 12 noon @ Wendy & Ivan's
18 Jan	Ipswich Grammar Masters LC Meet	2.30-5pm - Ipswich
FEBRUARY 2025		
2	Moreton Bay Swim	7-11am-Suttons Bch, Redcliffe
22	Miami Masters Meet	7.30am-3pm Gold Coast
MARCH 2025		
8 Mar	Noosa Masters Meet	8am-5pm NAC
30 Mar	Endurance 5 th Sunday of the month	NAC

Ginger Beer Shandy

- 2 x 330ml bottles beer
- 2 cups lemonade, chilled
- 2 tbsp ginger cordial
- 2 tbsp lime juice

Combine in a jug, lemonade, ginger cordial, lime juice
Divide beer between 4 glasses
Top beer with jug mix
Add a lime wedge & crystallised ginger skewers to serve

Noosa Masters Xmas fair ...

by Julie Bott



The first Sunday afternoon in December has traditionally been the time when our club comes together to celebrate the Festive Season on the banks of the Noosa River. Combine this with an “away weekend” swim meet for twenty-one of our members at Hervey Bay and it’s a testament to the enthusiasm and spirit of camaraderie in our club that we had so many in attendance at our Xmas party this year.

Many of our members had been to or were heading off to other events that afternoon, so it was a moving group who happily gathered with festive attire and even more festive food in the breezy Noosaville Park full of holiday revellers.

Thanks to everyone who donated either pet food or cash for the RSPCA. This was dropped off on the Thursday morning following the Christmas gathering, and the donations were MOST gratefully received.

If by chance you missed out on this terrific club event, please don’t worry as our next social event is the New Years BBQ at Wendy and Ivan’s on Sunday 5th Jan from 12 noon. Please note, we need a few people to help them with the set up at about 11am+. More news about this event and set up over the next week.





Touching!

by Fay Canuse, special correspondent.

There's just a touch in it !

They're at it again! After a quiet year, the club's two septuagenarian reprobates – The Boss and Nifty – are devising 'new tricks' ... dare we allude to 'old dogs'?

Renowned over recent years for brazen skullduggery in pursuit of gold medals, they've renewed their gold-digging campaign, testing it recently at the Hervey Bay meet. More anon, but first a historical refresher.

There have been accusations galore over the years ... but the mud has never stuck. The pair has been suspected of spiking opponents' drink bottles, stealing their racing suits, hacking into Swim Central entry lists and even applying liberal dollops of superglue to rivals' starting blocks.

'What! Us??? No way!' is always the response.

Now, for 2025, they've declared that they're definitely 'going straight'. And it's all because of what happened at Hervey Bay. In four events, they shared the medals – two gold and two silver each – by the barest of margins.

In the 25 Breaststroke, The Boss beat Nifty by 0.67sec, and in the 100 Breaststroke by 0.04sec. Meanwhile, Nifty pipped the Boss in the 25 Free by 0.27sec and in the 50 Breast by 0.30sec.

A random comment about 'nail biting finishes' and 'only a touch in it' got the pair thinking. If fingertip touches can produce victory, why not take those fingertips to new extremes!

Hence the latest sighting of the two boys patiently cultivating their fingernails – a sight described by some as 'innovative' and 'imaginative' ... and by others as 'unbecoming' and 'frankly disturbing'. Unabashed, the boys have been studying cosmetic catalogues to ensure their fingertip finishes in 2025 are flamboyantly colourful. Our intrepid club photographer Mick snapped them in decisive mode.

A new chapter begins ...

Fay xx



Congratulations!

Lynette Clemitson, like many other members of Noosa Masters Swimming Club, also has other interests. Some members bowl, others sing, some compete in ocean swimming whilst others have musical talents and play the ukulele.

This year Lynette won the Over 70 Longboard Trophy with Noosa Malibu Club beating Rosie Sinkora who used to swim with the Masters a few years ago and now plays croquet as well as other sports and activities.

Whilst the legs are failing, Lynette's enthusiasm is still very much alive and the passion for both sports remains. So Lynette keeps plugging on.

She says, "We are so lucky to be living in paradise".



... Ed

Did you know?

World's coldest place

East Antarctic Plateau ..

On the high ridge of the East Antarctic Plateau the temperature can drop to as low as **-135.8** degrees Fahrenheit, which was recorded in August, 2010.

Most populated city

At a whopping 24,150,000 permanent inhabitants **Shanghai** is the only city that is home to over 24 million people in one city.

Least populated city

Vatican City

With a paltry population of 842, the city-state of Vatican City is the smallest city and state in the world.

World's wealthiest city

Tokyo , Japan

That tower might as well be made of gold since Tokyo tops the charts with a GDP of \$1,520 billion, beating New York City by a mere \$310 billion.

Poorest city in the poorest country

Kinshasa, Congo

It is the poorest city in the Democratic Republic of the Congo which is also the poorest country in the world, at a GDP of \$55 billion. Many of its residents live on less \$1 a day.

Highest point in the world (easy)

Mount Everest...

Towering 29,029 feet in the air, the top of Mount Everest is the closest you can get to touching outer space while still standing on Earth.

Lowest point in the world?

The Challenger Deep Trench

It is the lowest known natural point in the world at 35,797ft. below sea level at the bottom of the Mariana Trench. Only three people have ever made it to the bottom in a submersible, one of which was filmmaker James Cameron.

Most photographed place in the US

Surprise: the Guggenheim building in New York.

Photos have always told stories, but in today's world of cell phone cameras and social media, that story is relayed as data to companies who monitor everything we do. Geotagged data was culled by Sights map using a Google-based image sharing software, and can show us the most photographed places in the world, right down to this landmark. The strange winner is this building in New York City. Guess it impresses a lot of visitors.

Wettest spot (& it's not the Amazon)

Mawsynram, India

In this city in India, it rains an average of 467.35 inches per year, and has a record of 1000 inches in 1985 ... much more than any rain forest!

ENDURANCE 1000 REPORT

December 2024



Wow, our year is coming to a close.

Lots of big swims this month. Great to see people getting in their endurance swims.

We had 20,264 points in 2023. We currently have 16,700 points, but we have one final endurance swim on Tuesday 31 Dec to accumulate more points. Come swim those events you've been avoiding! The 2nd place team last year had 14,161 points. Let's hope they don't have a surge and pass us up! We will have to wait until late January to learn if we have won Top Scoring Club for the 11th year in a row.

Brian Hoepper did finish the endurance program this month. He managed to complete 15 swims in December achieving 620 points! Not a recommended approach to leave so many swims for December, but it consistently works for Brian ;o)

A huge thanks to all our deckies and timers. They are the working elves of the endurance program. And a special thanks to Terry Carter for assisting with Recording swim times throughout the year. This helps me tremendously.

We will be producing the 2025 endurance binders on Sunday 29 Dec after squad. I will only be creating binders for swimmers who participated in Endurance in 2024. If you need a binder made up, please let me know.

Action for each swimmer:

- 1) Remove your completed timesheets from your 2024 binder
- 2) Leave in the binder the pages at the front of the binder that explain the endurance program and any unused timesheet
- 3) In January, give Denise DeCarlo your 2024 binder
- 4) Denise will file it away for reuse in 2026

Please let Denise know if you have any questions.

There is a new email for Endurance related matters. It is endurance@swimqna.com.au. Please use this email for Endurance related communications going forward.

*With thanks,
Denise DeCarlo
Endurance Coordinator
Mob 0447 255 388*



What would we do without these willing volunteers who put up their hands to stuff the 80+ binders with all those blank Endurance swim record forms so our members can start the year off afresh ??

Your blood is worth bottling girls !!

A [paraprosdokian](#) is a sentence or statement with an unexpected ending. It means "against expectations" in Greek, and typically puts the first part of the sentence in a new and humorous context...

I wasn't originally going to get a brain transplant, but then I changed my mind.

Which country's capital has the fastest-growing population? Ireland. Every day it's Dublin.

Don't spell part backwards. It's a trap.

Son: "Dad, can you tell me what a solar eclipse is?"

Dad: "No sun."



Noosa Masters Swimming Club thanks its generous sponsors for their support

PLATINUM



GOLD



SILVER



BRONZE



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