

NOOSA MASTERS SWIMMING CLUB

NEWSLETTER

"Challengers Chatter"

JANUARY 2025

Happy New Year
2025

With the sun shining and a nice breeze wafting, a great team of willing volunteers set up the marquees, tables and chairs on Sunday, 5 January ready for the influx of NY revellers.

With open arms, President, Terry Parker welcomed Noosa Masters and their friends and family to the annual gathering at the Ivanusec's 'outback' New Year BBQ bash .

... Ed

Many thanks to those club members who, after squad on Sunday morning 5 January, were able to come early and help set up tents, tables and chairs, etc.

By 12.30 the "outback" park was filling with happy Masters swimmers together with their most welcome family members and friends.

Delicious starters were shared by the hungry hordes, with sushi, mascarpone stuffed apricots, cheeses and dips all proving very popular and satisfying.

Drinks flowed as did the laughter and conversations, and before long Ivan was busy cooking the vegetarian, fish, steaks, sausages, chicken, meat patties and other delights at his well set up BBQ station.



Liz, Fran, Yvonne

The choice of pretty, seasonal salads was varied and plentiful - thanks to all our talented club chefs.

And, although we had help from almost everyone at some stage or another and we provided disposable plates, cutlery and glasses, I would really like to say a special "thank you" to Liz, Yvonne & Kathleen who just disappeared every so often, unbeknown to me, and got stuck into clearing up and washing of empty dishes, etc and generally tidying up. And to Akira who came prepared to help in whatever way he could!

What an enormous difference that all made at the end of the day. Really can't thank you enough!

But it doesn't end there ... as always, our wonderful members were quick to dismantle tents and tables at the end of the day and it was lovely to see a few stayers lingering behind to have a final drink or two with us.

It's hard to think of a better way to welcome in the New Year!
(see photos overleaf)

So ... cheers to you all !!

... Ivan & Wendy!!



2025 "Outback" Snaps



2025 "Outback" Snaps

... and a happy time was had by all



Trevor, Michael, Anne & Helen



(rear) Lois, Akira, Julie, Yvonne
(seated) Kathleen, Brian,
Zana, Noel (Julie's husband)



L-R: Denise, Jeff, Ian, Adele,
Lois, Jacky, Bob



Kathleen (photobomb!), Wendy, Akira, Ivan



Terry, busy taking these photographs!



L-R: Fran, Bob, Wendy & Sandy

Speaking about photos ... where was our Master photographer Mick Jones ??

Well he deserves a VERY special mention - He was there for the set-up before rushing home for a family function before tearing back to spend some time at the BBQ and help pack up at the end - all with his usual big smile!!

Waddy-ya-reckon? I think that deserves a medal !! You really are appreciated, Mick !!



... Ed

BREAKING NEWS

NINE TO BECOME OFFICIAL MEDIA NETWORK OF SWIMMING AUSTRALIA UNTIL 2034

SWIMMING Australia and Nine today announced a landmark 10-year, multi-platform media rights and sponsorship agreement through to 2034.

In swimming's longest and most wide-ranging broadcast deal to date, Aussie sports fans will have free access to more swimming action than ever before with Nine securing the nation's most-watched Olympic and Paralympic sport for the next decade.

Nine's coverage will come to life across streaming, broadcast and publishing platforms – including the 9Network and 9Now – for the Swimming Australia calendar that includes Australian Swimming Trials, Australian Short Course Championships, Australian Age Championships and Australian Open Championships.

The comprehensive agreement will ensure race meets featuring Australia's most successful Olympic team, The Dolphins, will be available in every household nationally, cementing Nine as the home of swimming starting with this week's Australian Open Water Championships and Ocean Swim Festival in Busselton, Western Australia.

Nine's coverage of the 2024 Olympic and Paralympic Swimming Trials saw an audience of 5.7 million tune in and the network's swimming coverage of the Games provided the most watched moments of the Olympics and Paralympics. Looking ahead, viewers can watch elite international racing on Nine including the Pan Pacs in 2026 and 2030.

Twilight Bowls

Maybe you'd like to get in a bit of practice before our Club's Barefoot Bowls and dinner evening on Wednesday, 19 March ??

Free Event -

Friday, 28 February
proudly sponsored
by BlueCare.

Join us for an evening of fun, laughter and friendly competition as the sun sets on the greens. Enjoy a relaxed atmosphere, cool evening breeze and good vibes.

Grab your friends and roll into the action and reserve your spot today.



Club Select - Format to be decided.

BBQ

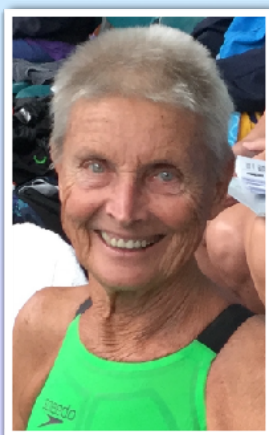
BOWLS

PRIZES

FREE EVENT

Register here : <https://www.noosalawnsclub.com.au/events/bluecaretwilight>

COACH'S TIPS



Use of pull buoy ... advantages and disadvantages

Benefits of using a pull buoy or not ...

Upside ...

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

Downside ..

The use of a pull buoy can limit hip rotation.

Power in your stroke doesn't just come from your arms and shoulders. A lot of it is derived from your hips. Using a pull buoy will make your hips flatter which will reduce your stroke length.

Be realistic about why you are using a pull buoy.

Happy swimming - Cheers, Jan

Festive Greetings from France !!

Hello to all our friends in Noosa, especially those who sent us news and greetings, and apologies for the late response!

We are both in good form after Tom's hip replacement in June, and my fractured shoulder after a fall in August. We managed to get to Tom's granddaughter's beautiful wedding in September in Oxford, but came back to Vichy right away. So we decided to spend the festive season visiting family in UK. Banchory near Aberdeen at Tom's daughter's, before Christmas overlapping with the newlyweds. Glasgow at my daughter's for Christmas then New Year with family near Manchester.

We had a busy time.

We have no immediate plans to come to Australia as the Sydney family are coming to France in April with another family gathering to help celebrate my 70 birthday! Hiring a chateau for 4 days so really looking forward to that.

Hope Noosa Masters have a great 2025. And please let us know if anyone is coming to Europe/France. Always welcome.

The French say '*bonne annee et bonne sante*' - '*Good Year and Good Health*'.

All the best from Marlene and Tom



“Go Noosa” - gone !!

Noosa's free holiday bus service is to be scrapped, while more money will be put into supporting “electric mobility”.

But the Go Noosa Loop service, which links park-and-ride locations with Hastings Street during the holidays, is to be retained as a free service, subject to agreement with state transport provider Translink.

The free holiday service, funded by ratepayers under Noosa Council's Transport Levy, now costs somewhat more than the \$900,000 the levy collects – the levy has not increased since its introduction in 2018 – and council would like to utilise that revenue on a broader range of services across the shire.

The proposal, discussed at council General Committee meeting on January 20, has been brought about by the new LNP state government's decision to continue with the former ALP government's decision to reduce the travel cost of most public transport services trips to a flat rate of 50 cents.

It is part of an interim report presented to council, and also includes recommendations to review the under-used Flexi-link subsidised taxi service between Boreen Point and Tewantin, as well as restoring some parking spaces, including for motorcycles, and relocating a loading zone on Noosa Drive.

Report author, Infrastructure Director Shaun Walsh, said the levy monies saved by the free bus service subsidy would be used in emerging new initiatives.

“One emerging area is electric mobility,” he said.

“E-bikes and e-scooters have the potential to ... reduce congestion in Noosa and are supported by the Noosa Transport Strategy.

“At the moment resources are not available to advance response strategies around this emerging transport form.”

These would include designated lanes and parking areas, funding education and safety campaigns and partnering with the state to revive or expand rebates schemes.

Councillors unanimously endorsed the proposal, which was ratified at the Ordinary Meeting on January 23.

... reprinted from Noosa Matters

The 80th Birthday Party - A Story

Someone clicked play, and the DVD started. The large house they had booked for the weekend had an enormous TV, and the family had gathered on the three huge sofas in the larger of the two lounges. The sixty year old film was, of course, black and white. It was also exceptionally dark and grainy. As much an historical artefact as a family heirloom.

Maurice had transferred it to DVD a few years ago. The film had deteriorated, and he had caught it just in time. One by one, every man, woman, and child fell silent. There were scenes of people milling round outside the church before a wedding. Such great outfits, the men's suits well-tailored compared to today's high street shops. It was Pam's first wedding. To Robert. Pam was Joan's sister, and it was Joan's 80th birthday party.

"There's your Dad" said Pam to her daughter. Robert had passed away a long time ago. He was dearly missed by many. His grandchildren were still playing the game where you read the newspaper and substitute the word Sausage for every word beginning with an S. Roger, Pam's second husband took Pam's hand in his and squeezed it.

"There you are, Joan!" said Maurice, clearly delighted to see the young Joan on the screen. Joan was a pretty young woman in her early twenties, quite stylish for the time. But the film betrayed some youthful nervousness as her smile sometimes dissolved into a look of some uncertainty. Maurice looked over to Joan, now silver haired and almost regal looking. And he smiled, glad to be back in her company once more.

Joan also smiled and shook her head at the sight of her younger self, and then the smile disappeared and there was a brief glimpse of that same nervousness. "This was all I wanted for my Birthday. Family. And my friends of course. But I've known you two so long," she nodded in the direction of Maurice and Pete "that you are family."

Pete, like Maurice, had his eyes fixed to the screen, his focus entirely on the younger Jean. He had driven hundreds of miles to get here. He'd picked Maurice up in Streatham. Pete was 87 now, but didn't seem it. As he bent forward there was still a leanness about him.

They took turns identifying various aunts and uncles, cousins, parents and grandparents. There were sharp intakes of breath as the two sisters spotted their mother and father, now long gone. Yet, on the film, they laughed and smiled, and looked all the world as if they might walk into the room at any moment.

The film then switched to inside the church. The quality was very poor at this point. Eventually the sound of the service remained, but the picture switched to still photos of the family. You could still hear the vicar working his way through the ceremony, but the pictures showed older relations sat in Victorian era posed photographs. Older people seated, the younger women standing respectfully.

The older relatives in the room identified the people in the photos for the younger people. And then the film moved on to the reception. The quality was a little better and there was something timeless about the scenes. Good friends eating and drinking. The faces of Joan, Pam, Maurice, and Pete, all fixed on the screen. They were bathed in that glow you normally only get at the cinema. By now some of the other family in the room were focused more on the reactions of the four old friends than they were the screen itself.

Joan's smile turned a little more melancholy as a handsome young man in uniform filled the screen. "Your Father" she said, turning to her two daughters. The young man on screen drained his glass and lit a cigarette. No one in the room commented further.

The speeches at the reception were given in what sounded like rather refined accents for a South London wedding. Pam's daughter watched her Father's every move during his groom's speech. There was a fragility in his gestures, and despite his youth, a slight tremor to his voice. The men all seemed solemnly dressed, yet a few of the women were exuberantly dressed and seemed timeless.

"The incredible thing about this" said Pete "is that, apart from us four, every other single person is now dead." Joan nodded. "Just us now." The room became silent again as the film came to an end, and the DVD was returned to its case.

The younger people waited patiently, and helped the older ones into their coats. And then it was time for Pam, Joan, Maurice, and Pete to say their farewells. Pete took Joan by both hands before clasping her to him, a little clumsily, taking her by surprise. All four faces seemed still to hold the glow from the screen, and each farewell involved a long embrace. The smiles seemed to grow less certain as the four parted and headed stiffly out of the door.

... Anon

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 ...

To the mathematician who thought of the idea of zero.
Thanks for nothing!



Trevor surprised us all when we learnt he'd reached the venerable age of 80. Reaching 80 signifies a lifetime of treasured experiences, notable achievements, and cherished memories. You've enjoyed over 4700 weeks of life on this earth. Best wishes for many more happy, healthy birthdays to come Trev !!

... Ed



A birthday surprise

...

Jacky Shields turned up at the pool with a box full of deee-licious home made rum balls to share with those swimmers who were there on Tuesday 21 February. So of course she had to endure the obligatory chorus of "Happy Birthday" sung with gusto as the good wishes were obviously sincere !!

Her birthday was actually the next day but husband Jeff was scheduled for day surgery, so their celebration had to be postponed until the day after - all the sweeter for the wait, eh Jacky?

... Ed



February 2025

An elite few this month

Julie Tierney	1/2
Rob Jolly	8/2
Greg Bott	24/2

May this trip around the sun be your best one yet !!

Lois Hill arranged a social event for QNA members and friends on 12 January at the German Restaurant in Tewantin. This just happened to coincide with Ivan's 86th birthday - how could we refuse?? The lunch was a set menu of some 6 courses, ranging from tasty tidbits through to dessert. All beautifully presented. Thanks Lois. It will become a regular dining spot for us I'm sure.

... Wendy Ivanusec



Chinese Zodiac

2025 - Year of the Wood Snake



As the Lunar New Year approaches, Asian communities are once again preparing for another festival of feasting, firecrackers and family celebrations.

In 2025, the Year of the Wood Snake will slither in on January 29 and end on February 16, 2026. Traditionally dubbed as “little dragons”, those born in the Year of the Snake are said to be wise, charming – but with an enigmatic personality. Each year, the date shifts within the Gregorian calendar.

While the event is a major holiday in China and nations with ethnic Chinese communities, it's also celebrated in Vietnam, Japan, South Korea and Tibet.

In many Western countries, snakes have long been associated with evil and temptation. However, in China, snakes hold a more complex and varied symbolism. They are simultaneously associated with harvest, procreation, spirituality, and good fortune, as well as cunning, evil, threat, and terror.

What does it mean to enter a Year of the Snake in Chinese culture?

There are 12 zodiac signs in Chinese astrology, each possessing a unique set of qualities. Each year, an animal is paired with one of the five elements: gold, wood, water, fire, and earth. These elements complement and conflict with each other, but it is this ongoing interaction that is believed to promote harmony, balance, and order in the natural world.

The unique qualities of a zodiac sign are often used to describe the personality traits of people born in that year. The Wood Snake is a charming, intelligent and creative sign, but also secretive, cunning and sometimes ruthless.

What kind of snake are each year?

Since each elemental animal follows a 60-year cycle, the last Wood Snake year was 1965. In 2025, we welcome the Year of the Wood Snake. It is also known as the Year of the Green Snake because according to the Chinese Five Elements theory, wood is associated with green.

Celebrities born in the Year of the Snake include Taylor Swift, Billie Eilish, Liam Hemsworth, Chris Martin, J.K. Rowling, Oprah Winfrey, Kanye West, Robert Downey Jr, Hulk Hogan, Bob Dylan and Audrey Hepburn.

The Snake is also a common zodiac sign among global figures, including Xi Jinping, Volodymyr Zelensky, Emmanuel Macron, Prince George, Bashar al-Assad and John F. Kennedy.

It comes as the Year of the Dragon delivered a baby boom in China, where 9.54 million babies were born in 2024 – the first uptick of newborns in seven years. But that wasn't enough to reverse the course of China's declining population, which fell for the third consecutive year.

Meanwhile, Taiwan wasn't swayed by the auspicious zodiac sign, with its birthrate declining for the ninth consecutive year in 2024, according to Taiwan News.

In Chinese culture, dragons are heavenly creatures that bring luck and are a symbol of abundance, power and prosperity. Those born in the Year of the Dragon are believed to be destined for success and wealth.

According to Chinese lore, those born in previous years of the Snake shouldn't count on a lucky year in 2025. Being in the year of your zodiac is not an occasion for celebration, but can be a period of upheaval and instability instead. To ward off misfortune, believers will don auspicious colours and lucky items of jewellery throughout the year.

What is the Chinese zodiac?

Unlike Western astrology, the Chinese zodiac doesn't correspond to months and has no link to constellations. Instead, it's a 12-year cycle labelled with animals and can be traced back more than 2000 years to the Han dynasty.

There are many versions of the zodiac's origin story, but most folk tales have one thing in common: a great race between the animals of the kingdom.

One popular retelling says the race was called by the Jade Emperor – the supreme ruler of heaven and earth — who wanted a way to measure time. He pledged that the order in which each creature crossed the finish line would determine its rank in the 12-year zodiac cycle. Rat won the race by snatching victory from Ox, followed by Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and, finally, Pig.

In the great race, Ox was leading the pack as the finish line neared. But cunning Rat climbed on his back, crept to the tip of Ox's nose and leapt off at the finish line, clinching the victory and becoming the first animal in the Chinese zodiac cycle.

Each animal represents a set of personality traits and characteristics, and some zodiac signs are more desirable than others. (Sorry, Goat.)

The Year of the Goat is sometimes referred to as the Year of the Sheep, as the Chinese character for both animals is identical.

The Chinese lunar year does not line up with the Gregorian calendar so pay attention to the exact dates of the lunar year in your year of birth – if you were born in January or February, your birthday could fall under the previous year's zodiac sign!

Hope you all had a bit of fun with this.

... Ed

ENDURANCE 1000 REPORT

January 2025



Whoo-hoo – we did it again! 11 years in a row for winning National Top Scoring Club with 17,170 points. How good is that?! Our competition is “getting closer” with 15273 points. That equals just two swimmers on that team completing the full endurance program – eek! Best we not rest on our laurels.

As you know the Noosa swim meet Postal swims are now open until 24 Feb. Endurance 800s and 1500s in the 50m pool can also be used for Noosa swim meet entries. The Endurance pool deck may be a bit full in February (I hope so), so be patient as we ensure everyone gets in their desired swims.

Our first twilight swim is Saturday 8 Feb from 4:00-5:30, followed by dinner at the Reef Hotel for anyone wanting to join the festivities.

John Havilah has already completed his 1500m Free, Ian Tucker impressed us with a 400m Fly in the 50m pool, Jo Matthews is swimming up a storm, and Corals D'Ott is consistently swimming as well.

Even Brian Hoepper completed a 400m (a bit early in the year for him!). Welcome back Alex Baker, Bob Morse and Lois Hill – great to have you doing Endurance swims again! A super start to January.

We had a huge turnout at Endurance on 28 January - 15 swims including 10 postals.

The Gold Star goes to Kevin Alford who swam a 1500 and an 800 free on a bum shoulder ... that's crazy!!

Very impressive start for the Noosa swim meet postals.

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) Give Denise DeCarlo your 2024 binder. She will file it away to reuse in 2026.

Congratulations to EVERYONE who participated in Endurance last year. Every point matters!

... Cheers, Denise DeCarlo
Endurance Coordinator
0447 255 388

**Xerox and Wurlitzer will merge
To produce reproductive organs.**

John Simonidis accepted the much anticipated E1000 MSA National 2023 Championship trophy on behalf of Noosa Masters Swimming Club last weekend at the @ipswichgrammarswimmingclub presented by MSQ President Susanne Milenkevich.

Fabulous to see this beautiful piece of artistry headed to Noosa!





**Noosa Masters Swimming Club thanks its
generous sponsors for their support**

PLATINUM



GOLD



SILVER



BRONZE



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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