

NEWSLETTER

"Challengers Chatter"

SEPTEMBER 2025



from ... Bob Jarvis,
Noosa AUSSI Challengers' first President

Councillor June Colley presented Bob Jarvis with a Trophy for his magnificent rendition of Elvis singing "How great thou art".

Back in 2007 ... The Rock'n'Tewantin Festival kicked off for 11 days - what a treat, with a huge list of events to keep the toes tapping.

Joining Australian rock legends Normie Rowe, The Delltones, The Radiators, and Stevie Wright, were Dean Vegas, Route 66, Kevin Barker and the Beagle Boys and Babes, Ray Hoff, The Diplomats, Doc Span, Ross Williams, Annie Jeffs, The Big Easy, Not Dead Yet, The Bostoks, No Parkin, Steven Hart, Dee Flemming, and Noosa's own musical Mayor Bob Abbot.



Event organiser Perene Barker said that signing up all these popular and very talented musicians was a great coup for the festival.

"Some of these fantastic musicians have never performed in Noosa before this event, which is a great achievement for this festival," she said.

"There was a lot of buzz and excitement in the area about all the big names.

"This was going to be the biggest and best collaboration of Australian rock legends that Noosa has ever seen."

For something a little different, many checked out Sunshine Coast Rock and Roll Dancers live at Noosa Civic on Thursday evening, where Australian champions were performing live.

After the Rock'n'Big Dance party with Brisbane classic rock band Route 66 on Saturday, some enjoyed a leisurely Noosa River cruise on Sunday evening with Kevin Barker and the Beagles live on board.



Then many checked out the Big Easy at Rock'n'Bowl at Noosa Tenpin on Tuesday, May 1, and enjoyed a meal with music legends at the Rock'n'Restaurant party at the Boathouse Restaurant. Not to miss was showtime with Annie Jeffs live on Thursday, May 3.

The Rock'n'Tewantin weekend concert series kicked off with Dean Vegas at Noosa Marina on Friday, May 4, followed by the Rock'n'Legends and Blues Party at The J in Noosa Junction on Saturday, May 5 with The Radiators, Stevie Wright, Ray Hoff, Doc Span and a host of legends live on stage.

... courtesy Courier Mail

Ed. ... In 2025 a R & R Championship was held 'down South' at Chancellor State College, Sippy Downs on 16 & 17 August from 8:30 am 16 – 17 Aug 2025, 6:00 pm. Did anyone know?

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 & humorous context -

Will glass coffins be a success? ... Remains to be seen.

And the Lord said unto John, "Come forth and you will receive eternal life." ... But John came fifth, and he got hell.

Need an ark? ... I Noah guy.



Where's Wally?

So where have Denise and Bob been??

We were overseas from late April to September to visit family in the U.S., did a bit of work as Bob filmed courses for

LinkedIn Learning in California, and met up with US clients and travelled about.

Denise's large family is scattered about in Iowa and Minnesota. Bob's sister lives near Denver, Colorado. We have a cozy 90-year-old cabin in Brainerd, MN (just 250 km from the Canadian border, which is our base when we are in the U.S. Denise's sister and niece live nearby.

In May, we went to the Galapagos Islands with family and friends. We enjoyed an over-the-top 7-day western loop cruise via a double-hull catamaran. As many of you know, Galapagos is simply amazing. It's been a national park since the 1950s to preserve the beauty of this very special and unique place. Bob's daughter, Kelly, was with us. She's a photographer (and zookeeper in Canberra) so we have top-notch photos from the trip and memories to last a lifetime. We snorkelled and hiked 1-2 times a day, and enjoyed beautifully prepared food like there was no tomorrow. We were quite spoiled. Check out Kelly's Facebook page if you'd like to indulge looking at her photos. <https://www.facebook.com/share/1Jmc8E6p7E/?mibextid=wwXlfr>

As soon as we returned from Galapagos, in late May, we drove to Swea City, Iowa (try finding that on a map!), to move Denise's mom from her assisted living place (which was closing!) to another one just 20km down the road. Moving a 84yo is not easy, but we did it and she (and her 2 cats) love her new digs.

Other than heaps of time with family, we enjoyed walks in the neighbourhood as the eagles soared above us, a trip to Colorado to visit Bob's sister and lots of friends (we lived in Colorado for many years), several baseball games (but never too many for Bob!), an airshow in Duluth, MN followed by a few days hiking in the "north shore" which borders Lake Superior.

Of course, it's not an easy time in the US right now, but seeing family and being in our "cabin bubble" makes it worthwhile.

We always enjoy our trips to visit with family and friends. We are grateful to have time with them, especially given some have significant health challenges. And yet, coming back to Australia is always settling for us. Feeling the sand between our toes, hearing the ocean waves and returning to the NAC to swim with our mates is the best!

Now we are happy to be back after a long flight on 21 September

... Cheers, Denise & Bob

Memories



Denise's sister + Baker & Rhea



Denise's mom enjoying dessert



Denise's childhood pool



North shore near Duluth Minnesota



Rocky Mtn National Park Estes Park, Colorado



Where's Wally? ... cont'd



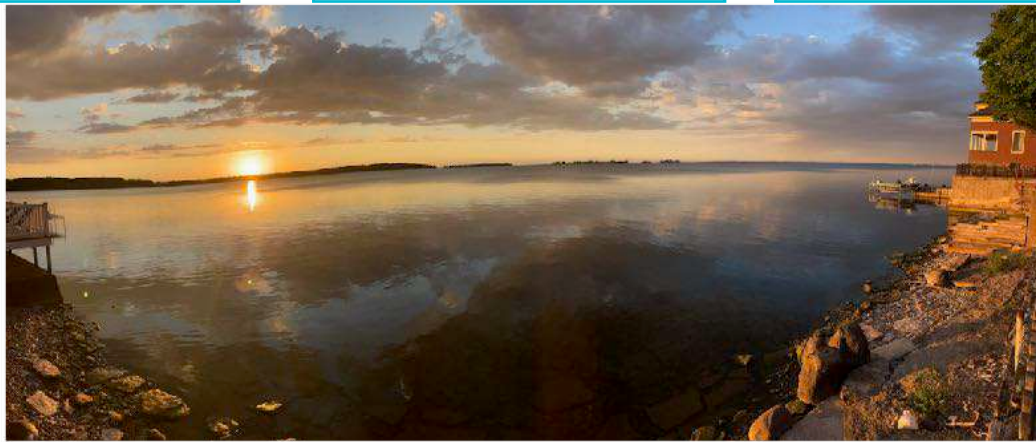
St Paul Mn baseball mascot



Canadian snowbirds - Duluth MN airshow



4th July parade



Henderson Harbor NY with Canada in the background.



Galapagos



Above: Galapagos volcano
Below: Seahorse



Above: Blue-footed Booby
Below: Eagle Spotted Ray



Why Does My Achilles Hurt When I Wake Up?

Morning pain explained – and what you can do about it

Picture this:

You swing your legs out of bed, stand up, and... ouch. There's that sharp, stiff pain at the back of your ankle again. It eases off after a few steps, but it's becoming a regular part of your mornings. If that sounds familiar, you might be dealing with **Achilles tendonitis** – and you're not alone.

Let's talk about why your Achilles feels worse in the morning, what's actually going on, and how you can start feeling better.

First of all, what is the Achilles tendon?

The Achilles tendon is the thick, strong band that connects your calf muscles to your heel bone. It helps you walk, run, jump – basically, anything that involves moving your foot.

When it becomes irritated or inflamed, we call it **Achilles tendonitis**. And one of the most common symptoms? That telltale **morning pain and stiffness**.

Why mornings feel worse

You might wonder, "Why does it hurt most when I haven't even done anything yet?"

Here's the simple answer: **your body stiffens up overnight**.

While you sleep, your foot is usually in a pointed-down position. This shortens the Achilles tendon slightly. If the tendon is already a bit irritated, it tightens up even more overnight. So when you get up and stretch it suddenly with your first few steps — boom — you feel that sharp, aching pain.

Think of it like a rubber band that's been left in the freezer overnight. It's stiff and cranky at first, but once it warms up, it's a bit more forgiving.

Other signs it might be Achilles tendonitis

Along with that morning pain, you might also notice:

- A dull ache at the back of your heel during or after walking
- Swelling or tenderness in the area
- Pain when going up stairs or on tiptoes
- Tight calves or stiff ankles

Sound familiar? You're not imagining it – and it's something that is often seen at a physio clinic.

What you can do to feel better

Here's the good news: Achilles tendonitis is very treatable. And catching it early can make a big difference in how quickly you recover.

1. Start with gentle morning movements

Before hopping out of bed, try a few simple ankle circles or gently flexing your foot up and down. This can help "wake up" the tendon before you put weight on it.

2. Stretch your calves regularly

Tight calf muscles put more strain on the Achilles. A simple wall calf stretch or using a towel to gently stretch your foot in the morning can really help.

3. Avoid going barefoot on hard floors

Hard floors + no support = more stress on the tendon. Pop on some supportive shoes or soft slippers first thing.

4. Ease into activity

If you're a walker, runner, or on your feet a lot during the day, consider cutting back a bit until the pain settles. You don't have to stop moving — just give the tendon some breathing space.

A quick word of encouragement

Achilles pain in the morning can feel frustrating – especially when it becomes part of your daily routine. But it doesn't have to stay that way. With the right advice and support, you can get back to moving comfortably, whether that's walking the dog, hitting the trails, or just making it through the day pain-free.

... courtesy Tewanin Physio Clinic





Our logo is more than just a symbol or a mark. It's the visual representation of our mission, our brand and our desired impact in the world. Designed to display our worldwide presence and leadership role, the icon includes the building blocks of who we are: an abstract globe that emphasises global reach; six circles representing our sports; and five lines for our five continents.

Top 10!

2024

Long course

#8 Stef Jones for 200m free.

#7 Jan Croft for 800m free

Long course relay

#9 4 x100m mixed

Adrian Wilson, Wendy Nothdurft

Ian Tucker, Jan Croft

Short course

#9 Stef Jones 100m free and

#7 for 200m free

Short course relay

4 x100m mixed

#7 Greg Bott, Wendy Nothdurft

Trevor Matthews, Stephanie Jones



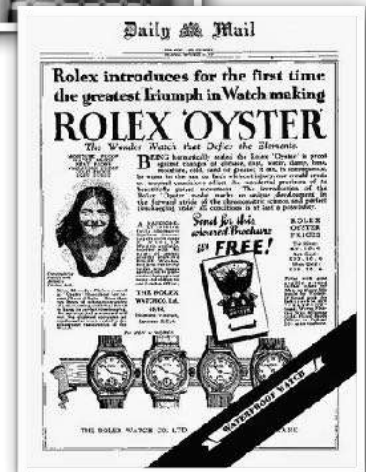
What is the most interesting thing you know about Rolex?

In 1927, a young English secretary named Mercedes Gleitze became the first British woman to swim the English Channel. It was a huge international news story. She attempted the grueling, 10+ hour swim multiple times.

A visionary at Rolex ... likely founder Hans Wilsdorf himself ... saw an opportunity. He gave Gleitze a brand new, experimental Oyster watch to wear during one of her attempts. She wore it on a necklace throughout the swim

When she emerged from the frigid, choppy waters, the watch was not only still running but keeping perfect time.

This was the world's first waterproof wristwatch, and it had just been proven in the most dramatic way imaginable!



COACH'S TIPS

Basic Tips on Drills ...

Kicking ... we use lots of energy in kicking, but remember the kick only accounts for 10% of propulsion and is mostly used for balance and rotation.

Fists ... closing your fists and swimming can really improve your stroke technique.

At first it will feel clumsy and awkward but it actually forces you to rotate your hips.

Catch up free ... shows swimmers where the best leverage is.

At the front one third of the stroke, shoulder above elbow, elbow above wrist, wrist above fingertips. Don't bend wrists.

... Cheers, Jan



2025 MASTERS SWIMMING QLD EVENTS CALENDAR

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
OCTOBER							
4	SC	Toowoomba Masters Meet	QTW	South	Q7/25	Yes	Glennie Aquatics, Toowoomba
5	OWS	Whitehaven OWS	MSQ	Central	Q11/25	n/a	Whitehaven Beach
18	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q8/25	Yes	Hervey Bay Aquatic Centre
NOVEMBER							
2	OWS	Sinkers OWS at Balnagowan	QNS	Central	Q17/25	n/a	Pioneer River, Balnagowan
6-8	LC	MSQ LC State Championships	MSQ	South	Q4/25	Yes	Brisbane Aquatic Centre
DECEMBER							
6	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/25	Yes	Kawana Aquatic Centre

Noosa Seniors Expo

Come along to the Noosa Seniors Expo to find out about the services and supports available to you! Services providers available on the day: Sage Care Advice, Services Australia, Relationships Australia Queensland, Footprints Community, Seniors Enquiry Line, Noosa Council services and more! Noosa Seniors, Wednesday 29 October 2025, 10am-2pm. No bookings required.

Generations Connect

Come to Noosa Seniors for a hands-on intergenerational session for an age-friendly community. Have fun, build relationships and share life stories in an engaging, age-friendly space. Light refreshments provided.

Noosa Seniors, Wednesday 22 October 2025, 10.30am-1pm.

Bookings essential, please call 5329 6175 to register your attendance.

What Are Chia Seeds?

Chia seeds (*Salvia hispanica*), also called Salba chia or Mexican chia, are the edible seeds of a flowering plant from the mint family. Native to Mexico and Guatemala, the seeds have a long history. They were a vital crop in ancient Aztec and Mesoamerican cultures. The seeds had medicinal uses and made up an important part of people's diets.

Today, chia grows commercially in many countries, including Mexico, Guatemala, Peru, Argentina, Australia, and the United States. The seeds are widely recognised as a nutrient-dense addition to healthy diets. Chia seeds provide many essential nutrients, including:

Calcium, Manganese, Magnesium, Selenium, Copper, Iron, Phosphorus

Chia seeds are also an incredible source of alpha-linolenic acid (ALA), an omega-3 fatty acid that helps to promote a lower ratio of omega-6 to [omega-3](#) fatty acids. A lower ratio is linked to reduced risks of chronic disorders such as heart disease, cancer, and inflammatory conditions.

A typical daily intake of chia seeds is around one ounce (28 grams), or about two – three tablespoons, which provides significant fibre and nutrients. Start with a smaller amount, such as 1 tablespoon, to assess your tolerance, especially if you are not used to consuming high-fibre foods.

To prevent digestive side effects like bloating or constipation, always drink plenty of water and consider soaking the seeds before eating them.

Recommended Daily Amount

General guideline: 1 ounce (28 grams) or about 2–3 tablespoons per day.

Benefits: This amount is linked to potential benefits like weight loss and improved bone mineral content.

How to Incorporate Chia Seeds

Soak them: Soak chia seeds in liquid (like water, milk, or yogurt) for 5–10 minutes to allow them to expand and form a gel, which helps with digestion.

Mix them: Stir them into oatmeal, smoothies, yogurt, or other baked goods.

Use them as a topping: Sprinkle raw chia seeds over salads or other dishes.

Hydration is key: Chia seeds absorb liquid, so drinking extra water is crucial to prevent constipation and digestive discomfort.

Start small: Begin with a smaller dose (e.g. one tablespoon) and gradually increase your intake as your body adjusts to the high fibre content.

ENDURANCE 1000 REPORT : September 2025



September has been a good month for Endurance. Warmer weather and more swimmers!

I returned from overseas and was the deckie on 23 Sept. It was awesome to see SO many swimmers and many long swims. What a great way to come back!

Our point tally continues to climb, slow but steady. We remain behind our 2024 accumulative total by about 2,000 points. So, is everyone ready to come out of the woodwork and do some long swims over the next few months? Every swim counts. Join us on Tuesdays for a swim and a cuppa.

We have an extra endurance swim on Saturday, 25 October. The Twilight swim will be from 4-5:30 followed by dinner at the Reef Hotel. Come do a swim (or two!) and enjoy some time together at the Reef. Terry Carter will be the deckie. Let's give her a fine farewell before she heads to the Gold Coast.

We will be auditing the Endurance binders in October. We will verify that your paperwork is in order and the Summary Page in your binder matches the Endurance portal results. Please ensure your binder is in the file cabinet so we can complete the audit. If there are issues with your binder, I will contact you.

To check your swim results in the Endurance portal, follow these steps:

<https://e1000.msarc.org.au/stats/index.php>

Step 1 – Select the “History” tab

Step 2 – Select the year and type in your MSA ID where indicated and press show

This will display your Endurance swim results for the selected year. Your binder summary page should match the Endurance portal results. If they do not, please contact me to make corrections.

Susie Morris has volunteered to join Endurance as a deckie. Thanks Susie! I will train her up in October. Be kind to her as she adjusts to her new deckie role.

Let's finish the year strong. We have a few teams “on our tails” – let's see if we can pull off another Top Scoring Club for 2025.

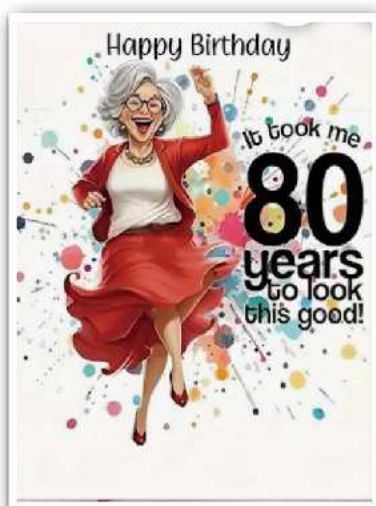
Happy Swimming,

... Denise – Endurance Coordinator
endurance@swimqna.com.au



Gillian Bensted

Making the world a happier place since 1945 !!



“Gilly” celebrated with her Masters buddies on Thursday 18 September. Many thanks Chris Cooper for making a beaut pavlova & finding a great card ! Here's to many more happy, healthy birthdays, Gillian !!

... Ed



October 2025

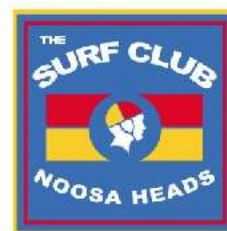
Jo Edwards	1/10
Robyn Selby	14/10
Yvonne Mutton	18/10
Ian Tucker	21/10 (Big 70)
Wendy Nothdurft	22/10
Helen Malar	24/10
Bob McGannon	26/10
Lynette Clemitson	29/10
Felicity Hawkins	30/10

*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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