

SWIMMERS NEWS

SPLASH TO THE MAX

Alan Patterson, Coach, QRB



L to R - Rachael Archer, Lloyd Sheffield, Chris Condon, Shane Knight, Gill Mackenzie, Janet Dodd and Sue Patterson

Inside this issue:

Around the Clubs 2

Holy Spirit Boondall 7

Rocky Road Trip 8

Prostate Season 10

Helena Holmes 11

Special points of interest:

Images from the Past 8

Swim Meets 12

Edited and compiled by Helga Ward



Typical of most of our Masters clubs, Redlands Bayside has also found that a majority of our members are not attracted to competition and even at our coached sessions, suggestions of some competition against fellow members had been greeted with reluctance and a refusal to participate. Well, we learnt once again that forcing the horse to water is possible, getting it to drink is a lot harder.

Many weeks ago, we started to promote the idea that we should organise as many members as possible to attend a local swim meet to show support for one another and do something different. Whether you shout from the stands, timekeep, help in some way or even give it a go in the pool for the first time, all of us will be there for one another. Having started the conversation, we slowly sounded out a few swimmers about entering a Short Course event and just trying one or two races over 25m.

Slowly the enthusiasm grew and *SPLASH to the MAX* became our catch-cry to muster our swimmers. As the days passed, more and more signed up and on the day, 19 red-shirted Redlands Bayside competitors, plus several supporters, were in the stands at Chandler. This was to be our best-ever support of a swim meet.

The day was really for our seven 'Virgin' swimmers who had steeled themselves to give it a go in the pool! All of us were so chuffed to have them marshalling for their first races and being there to support and guide them through the process. To see their excitement and trepidation before the start was nerve-wracking for each of us - but what a buzz! Off they went and they are now boasting official race times and every race was a PB.

Their day started with, "This is the most stupid thing I have ever done", to "Why did I agree to do this?" Once the relief was evident at the end of the meet, we had broad smiles, lots of laughs, shouts of congratulations, back-patting and a wonderful sense of achievement on each face. Now we have them comparing times, asking how they can go faster and talking about improving their technique. Congratulations to each of you! You made us proud to be there to share your triumphs.

The *SPLASH to the MAX* challenge has now moved to your Club.

How many members and 'Virgin' swimmers can you field at one swim meet this year?

Let's see you go in the H₂O.

AROUND THE CLUBS

Compiled by Raylene Rasmussen (VP North), John Feddersen (VP Central), Nic Pirie (VP Sunshine) and Brian Davis (VP South)

Whitsunday Masters Swim Club: While the rain came down in south east Queensland, the sun shone warmly in the Whitsundays. It has been great swimming weather and they have had lots of enthusiastic members turning up on Tuesday nights and Sundays for training. The attendance during winter has been higher than previous years, which is excellent. Recently, seven swimmers took up the challenge of completing a 30 minute timed swim and they were quite pleased with their efforts! The next challenge will be a 1500m timed swim. Mark has been coaching the club on Tuesdays and Sundays during winter and he has been challenging everyone with his various swim sets and drills.

The AGM was held recently and congratulations to Bob, Rob, Freya and Cheryl for continuing to lead the club into another successful season.

Andrea and Vicki organised the club's Xmas in July celebrations for the end of the month. Cheryl is preparing for a 5 week holiday in the USA and it is good to see Andrea back at training after falling off a horse and breaking a few ribs!

The club wishes Julie all the best while she is down south dealing with some health issues. We hope you are enjoying the sights at Bribie Island.



The Whitsunday crew enjoying the smoko after a Sunday morning swim session.

Mareeba Masters' pool has been closed for a month and probably won't be opened until the end of July. A couple are heading up to Atherton twice a week for their squad training. Most members are enjoying some down time during winter.

Herbert River Masters have at least five adults who continue to train during winter. Some adults train with the junior swim squad and join in the junior club's Friday night club nights. Overall they are currently enjoying a bit of quiet time during the winter season.

Cairns Legends Masters are planning a Christmas in July function and presenting MSX awards. The club is also planning an open water/ocean swim for 18th August. Members are enjoying the Sunday morning training session at 8a.m. followed by morning tea at a local café.

Rats of Tobruk, Townsville, club members have been actively involved in organising and participating in the local open water swims including the Magnetic Island to Townsville swim. These events are run by the Townsville Open Water Swim Association.

Four members have entered the Great Barrier Reef Masters Games.

Cairns Mudcrabs "Muddies" experienced a very sad time in May – Jimmy Nimmo, one of their Life Members passed away just two days before his 89th birthday. Vale Jimmy --- of whom they have very fond memories.

In early June, Muddies held a presentation ceremony with a local MP and a Councillor presenting the MSX and Lane Warrior awards. Thelma Bryan received her National Record certificate for 200 m fly in the 80-85 age group – well done to Thelma! (still awaiting the State record certificate – both National and State records were set at the Mareeba meet on 16th Feb!)

Kevin Murgatroyd had a new road named after him recently and was presented with a replica road

AROUND THE CLUBS

continued

sign. Kevin also had the honour of Life Membership bestowed on him. Kevin has been a stalwart member of Muddies for many years devoting his time, expertise and humour to the club. Muddies is proud of Kevin.

This year Muddies' members have continued to swim throughout the winter months in preparation of the inaugural *Great Barrier Reef Masters Games* in August. Muddies are hosting the swimming for this event and their members are looking forward to a major event in Cairns. The closing date for entries has been extended until 31st July. Cheryl is Meet coordinator and everything is running smoothly.

As a result of obtaining a QLD Government 'Get Going Grant' Muddies is holding an open water swimming "Come and Try Day" on 13th Oct at Lake Eacham, when they are hoping to attract more members into the club. This will be open to anyone over 18 years who is interested in trying some open water swimming. Muddies is also in the process of organising an open water coaching course later in the year, but this is in an embryonic stage at the moment. Open water swimming appears to be getting very popular in the Far North and Muddies hopes to be able to offer more competitions in this aspect of our sport.

Cairns Sea Eagles are enjoying a bit of quiet time during winter – although they are still getting 8 to 12 swimmers at club nights. The good news is that in recent times they have been getting some new people along!

Atherton Mountaineers have during the past few months continued both open water and pool swims. In April they held a skills and drills session across Lake Eacham and back. Gayle Sticher and Kim Christie also represented Masters at the Tablelands Health and Wellbeing Expo organised by the Tablelands Regional Council where they handed out a number of club flyers and information packs to those more interested.

May saw them continue with open water swimming and having an open water swimming training session at Lake Tinaroo. A number of swimmers also joined Cairn Mudcrabs in their swim across Lake Eacham. With the cooler winter weather on us now, they have moved back to the heated pools and in July their club coach, Kim Christie and Swim Logics', Penny Soper conducted a freestyle, breaststroke and butterfly clinic in the heated 25 m pool.

Gladstone Gropers held their Mid-Year Awards Ceremony at a recent BBQ.

The winners were: Don Jones for the most outstanding swimmer, who was awarded the George Busk Shield and most improved swimmers based upon their swim times from one year to the next year were Emma Moorhouse and John Feddersen.

Gropers' (photo below) Bev Baldock (Endurance Officer), Pauline Walters, John Feddersen (VP Central region), and Don Jones (Head Coach), each completed the whole endurance program and therefore received a Club Trophy recognising their efforts. Club President, Rod Porteous commented "that the



endurance program builds aerobic capacity and increases swimming stamina". Top points for this event went to Don Jones and Bev Baldock.

Club Members, Sandy Dennis and MSQ Treasurer, John Feddersen were also recognised for their behind the scenes work for the Club. John is a Club Coach and he handles Grants, Sponsorship and Media Relations. Gladstone Gropers were successful in obtaining two grants to further the Club's objectives. The Queensland government provided funds to allow the Club's coaches to obtain their Lifeguard qualifications.

Queensland Country Credit Union provided funds to allow the purchase of a laptop computer and printer etc. The Club also farewelled long serving members Des and Kathleen McNee who are retiring to the Sunshine Coast area.

AROUND THE CLUBS

continued



Bev and Trudy from Gladstone Gropers showing off their Lane Warrior towels.

Since **Albany Creek's** meet in May, their Meet Director, Peter Mulcahy is looking to make their club bigger and better for 2014. They sent members to meets at Noosa, Redcliffe and Southside with mixed results and congratulate those who competed. Albany Creek is planning to hold a series of workshops with professional speakers in the coming months. These workshops will be open to the wider MSQ community and further details will be circulated when finalised. They thank their dedicated group of coaches who provide excellent training and encouragement at their Sunday morning training sessions.



Aqualicious are toddling along at their temporary training pool at Colmslie near the lovely restaurants in Oxford Street, Bulimba, which prove to be a popular hang-out after training every Thursday. Significant progress has been made towards re-opening their home pool at Centenary Aquatic Centre in Spring Hill and they are looking forward to returning there in early September. Aqualicious is currently planning and will be holding a 10 year anniversary gala dinner, which should be a great night for all involved. They are commencing their planning for the twilight relay swim meet, which will be going ahead as planned on November 30. The club has sent swimmers to Noosa, Redcliffe and Southside meets with some great results for those who competed.

Noosa has been doing what Noosa does best - swimming and having a great time doing it! The club sent a small group of swimmers (6) to the National championships at the end of April and despite being a small team, they finished 29th in the Medal Tally out of 101, which is a great effort. A number of medals were brought home and records were broken (well done Jan!) as well as a great time was had by all. Noosa also sent groups of swimmers to compete at Redcliffe and Southside along with a large number supporting their own meet. Robert Jolly also recently swam in the Masters Championships in France on the Cote d'Azur scoring himself a bronze **medal in the 50m and 200m Breaststroke - well done Robert!** **Noosa is also working hard towards retaining** their title for the Endurance 1000 trophy for a consecutive third year - look out Queensland!



Photo: Clinton Stanley and coach Ian Robinson, - both members of Noosa. Clinton featured on our website highlighting his remarkable achievements over the past years.

AROUND THE CLUBS

continued



Bronze lane warriors with their certificates and caps

Twin Towns has had good representation as demonstrated at the recent swim meets at Yamba, Caboolture/Redcliffe and Brisbane Southside. Registrations for the year stand at 61 members. The club was very pleased with their traditional social outing at "Back to the Tivoli", which was up to its usual terrific standard, with a fine performance from the talented violin player. Some members then went to the Hogs Breath Cafè for lunch. In endurance swimming, Paul Somerfield clocked up his seven million metres.

Ipswich club had a good turn out for their recent 100m and 50m intra-club event, which was most enjoyable. Thanks to Eric and Jon for organising the races. Congratulations to Chris, who was the inaugural winner and is clearly very much in touch with her "inner swimmer" as she was incredibly close to her predicted times.

Congratulations to Jon and Fiona, who represented the club at the Noosa meet, which was held in beautiful weather and attracted 151 entries including some very accomplished performers. Jon tied for first in his age category in his first pool hit-out for some time. Fiona swam very well at her maiden meet and was especially impressive in her butterfly events.

On June 17 a group of our swimmers did battle at the inaugural combined Caboolture/Redcliffe club meet. Special thanks to Dot, who came along as a supporter and manned stopwatch for the entire meet.

They have been approached by the Ipswich Lions Club to support a fundraising night at the Incinerator Theatre on Wednesday 24 July.

Brisbane Southside members were both delighted and encouraged by the support shown by Clubs for their July Short Course Swim Meet at Chandler. They received 145 entries, which they happily accommodated. Clubs that entered large numbers were: Noosa (22), Redlands (19), Miami (15), Sunshine Coast (12) and River City (10). QSM was most grateful for their support, and also to all the smaller clubs, some of whom came long distances, who contributed to the success of their Meet. QSM had 20 entrants including long time member Wendy Kingma who came all the way from Gundagai and Sharon Thompson from Toowoomba.

The Meet had an international flavour. Richard Lockhardt from New Zealand broke the New Zealand Masters 50 metre Breastroke (50 to 54) record setting a new mark of 31.86. Caroline Saxby, from River City, set a new British Masters record of 2.04.83 in the 200 Freestyle (30 to 34).

There were a number of National and State records including by George Coronos (95 to 99) claiming 4.

The River City Relay Team won the Rosita Gillespie Memorial Relay. Each of the Team members received a towel and the River City Club will hold the Shield for the next 12 months. Max Gillespie, Rosita's husband, and long time supporter of Masters swimming was present at the awards ceremony.

The Sleeman Sports Complex gave the club wonderful support including allowing them to use the Aquatic Lounge for the presentations. Their own Club members were extremely generous with donations to the raffle organised by Carol and Bob Brett who did a magnificent job in securing support from many businesses and organisations. Councillor Adrian Schrinner, Chandler Ward, provided support through the Lord Mayor's Suburban Initiatives Fund.

QSM wishes to thank the officials who presided over the meet, including Karina Horton and Stan Pearson who gave them valuable technical advice in the processes of timing and recording record attempts.

The organisational teams managed all aspects of the meet and we congratulate every one of the team members for their outstanding efforts.

We were pleasantly surprised to accumulate the highest points on the day.

AROUND THE CLUBS

continued

The top 10 Clubs were:

1 Brisbane Southside Masters	864
2 Noosa Challengers Masters	796
3 Miami Masters	742
4 Redlands Bayside Masters	693
5 Sunshine Coast Masters	534
6 River City Masters	403
7 Redcliffe Peninsula Masters	224
8 Nudgee Brothers' Masters	194
9 Aqualicious Masters	170
10 Albany Creek Masters	152

Miami Masters currently have ninety-one members in the club.

The Brisbane Southside swim meet was held on Saturday 13th July. QMM had a team of 15 entrants.

QMM were represented in the Rosita Gillespie 4 x 50 Memorial Trophy Relay by Christine Dennis, Roger Belmar, Liala Davighi & Rod Taylor. This was an Open event & whilst being beaten into second place, the team created a branch record for the 160-199 age group. This is yet to be ratified. The winning team was River City 80-120 age group who swam a yet to be ratified World Record for that age group.

No results are at this time available for the mixed medley relays in which they had entrants in the +160, +200 & +240 age groups.

Congratulations to all entrants & a thank you to all who helped with the timekeeping including members who were not competing, but travelled to Brisbane to do so.

Residents of Holy Spirits Boondall



HOLY SPIRIT BOONDALL HOSTS MSQ MEETING

Holy Spirit Boondall is delighted to host the Masters Swimming meeting on Friday 15 and Saturday 16 November 2013 at our new retirement village.

Swimming and aqua fitness are essential activities for residents at Holy Spirit Boondall. As part of our new complex for over 65s, it was important that we incorporated a high quality swimming complex to promote fitness, flexibility and relaxation for our residents.

Our beautiful indoor pool is 15m in length and is suitable for lap training, racing, leisure swimming and aqua aerobics. Plus we have the added features of the splash-less rollover edge to reduce wash and drag and easy access steps to suit all abilities.

We have a team of health professionals on hand who support our retirees with individualised fitness and rehabilitation programs. Our physiotherapist holds regular exercise programs through the week and encourages the use of the pool in rehabilitation and general wellness programs.

Fitness and allied health professionals recommend water rehabilitation as being ideal for recovery from all types of surgery. It assists in increasing flexibility and adding muscle tone in a relaxing and non-impacting environment. However more common, is the recommendation of swimming and water-based sports for injury prevention and to assist in building core stability and cardiovascular strength. A regular program of laps combined with aqua aerobics has been proven to reduce common illnesses and enhance mobility.

Our health professionals suggest that prior to conducting any form of water-based exercise, the following warm up activities be implemented into your program:

1. **Side bends** – stand up straight with your feet flat on the floor. Gently slide your left palm down your left side until you feel a gentle stretch down the right side of your torso. Only take the stretch to the point of being comfortable and hold for 30 seconds. Repeat on the right hand side
2. **Chest expansion** – gently interlock your fingers behind your back and straighten your arms to a point where you can feel a light stretch down the insides of both arms while still being comfortable. Hold this position for 30 seconds
3. **Hip flex** – stand on your left leg and slide your right foot straight back behind you. Put your weight on your right foot while gently bending your left leg. Feel a light stretch down the front of your right leg. Hold for 30 seconds and repeat on the left hand side
4. **Calf stretch** – extend your left leg in front of you with your heel pointed downwards and your toes pointed towards the ceiling. Avoid locking your knee as you lower your weight through your right leg. You should feel a gentle stretch behind your left knee. Hold for 30 seconds and repeat on the right hand side. You might like to hold onto a stable structure (wall or chair) to help balance your weight during the exercise

**Please conduct these activities in consultation with your health care professional.*
In addition to personalised recreation and health activities, residents of Holy Spirit Boondall enjoy

- Spacious, modern and private two and three bedroom apartments with large balconies overlooking the Nudgee College Golf Course
 - Secure complex with undercover secure parking and lift access
 - On-site cafe, gym, library, media room, functions areas and walking tracks
 - Handy local amenities including shopping centres, Kedron Wavell Services Club, the Brisbane International and Domestic Airports and Cruise Terminal
 - Priority access and emergency support for residents 24/7 from the on-site Hendrina Nursing Centre
- Holy Spirit Boondall is now selling. If you would like a personal tour of these magnificent new apartments please call us on 30544635. Open for inspection Saturday and Tuesday 1p.m. to 3p.m. and Thursdays 1:30p.m. to 2:30p.m. For more information, please contact 3054 4635 or visit **www.holyspirit.com.au**.

ROCKY ROAD TRIP 2014 Mark Erickson

90% of SUCCESSFUL PEOPLE SET GOALS
90% of PEOPLE WHO FEEL THEY HAVE FAILED, DID NOT SET GOALS



So, let's get ready for State and Nationals in Queensland during 2014!
 Yes, I know it is ages away... 9 months away... but here are a couple of hints to get you started.

- Step 1 - Goal setting! Start planning... yes it is possible! You don't need to be an elite athlete - there are no qualifying times - so the events are open to everyone. Look up the MSQ website for information about Nationals in Rocky 2014.
- Step 2 - Get excited! Encourage your team mates to come on board too. Tell your coach that you're keen to go to Rocky 2014!Club Road Trip to Rocky 2014!
- Step 3 - Get committed - book accommodation and transportation
- Step 4 - Talk to your coach to plan training sessions to assist you to achieve your best at Rocky - work out what events you might nominate for and goal times - MSQ website has a list of events
- Step 5 - Stay focused on training goals! Put a poster of Rocky National Flyer? Write up swimming goals and display them on wall? Plan events to go to test yourself.
- Step 6 - Swim train consistently . Try your best in training.



See page 9 for the long term plan

Here's a swim programme to get you started!

It is an aerobic medley programme. Please feel to modify the programme and apply rest. Please feel free to wear fins. This programme should be swum at 60 - 75% effort.

Levels	Level 1 (1.7 -1.8km)	Level 2 (2.5 - 2.6km)	Level 3 (3.3 - 3.5km)
Warm Up	4x 100m (50m Free, 50m Back) with 15 - 20 sec rest	4 x 150m (50m Free, 100m Back) with 10 - 15 sec rest	4 x 200m (100 Free, 100m Back) with 10 - 15 sec rest
Main	4 x 100m (50m Free, 50m Breast) with 20 sec rest 4 x 100m (75m Free, 25m Fly) with 20 sec rest 4 x 100m IM with 20 - 30 sec rest	4 x 150m (100m Free, 50m Breast) with 10 - 15 sec rest 4 x 150m (125m Free, 25m Fly) with 10 - 15 sec rest 6 x 100m IM with 20 sec rest	4 x 200m (100 Free, 100m Breast) with 10 - 15 sec rest 4 x 200m (100m Free, 100 Fly or 150m Free, 50m Fly) with 15 - 20 sec rest 4 x 200m IM with 30 sec rest
Cool down:	100 - 200m easy choice	100 - 200m easy slow swimming	100 - 300m easy swimming

LONG TERM PLANNING

Mark Erickson

Consider long term planning:

Months	Goals/Plans	Events to assist me with my goals
July 2013		
August 2013	Yep, I am going to State/Nationals in Rocky 2014. I am going to motivate my swim mates and club – so we can all train and travel together! Start budgeting – save your pennies!	9 – 11 Aug. GBRMG (Cairns) 17 Aug . Rum City (Bundaberg) 24 Aug. Bris Northside
September 2013	Look at the MSQ website about information about Rocky State/ Nationals 2014 – start thinking about events . Talk to coach and plan training. Book accommodation and work out travel arrangements. Maybe look at fundraising to offset costs?	7 Sept. Toowoomba 21 Sept . Atherton 21 Sept. Lismore Games
October 2013	Write up training goals – events and times you would like to achieve at Nationals. Display them on the wall. Put up a poster of Rockhampton as motivation? Put up a poster of a swimmer who inspires you or you aspire to be? Motivate and encourage swim mates!	5 Oct. Maryborough (TBA) 19 Oct . Long Tan Legends (Townsville) 19 Oct . Redlands Bayside
November 2013	Commit to a training programme. Be consistent and try your best! Work hard to achieve your goals. Be positive and don't let “blockers” set you back (too much)	2 Nov . Caribeae Rocky Crocs (Rockhampton Grammar S) 9 Nov . Cairns Mudcrabs 17 Nov. Ipswich (Ipswich Grammar School) 30 Nov. Aqualicious, Centenary Pool 30 Nov. North Mackay Sinkers
December 2013	Yes, you need to ensure there is balance in your life – so don't forget to rest, play and enjoy! But also, remember to focus on your goals!	Christmas!
January 2014	Build training – quality training sets. Don't give up if you have a minor setback... just readjust your goals and give it your best shot!	TBA
February 2014	Train hard – race preparation work Design a TShirt for members going to Rocky!	TBA
March 2014	You are almost there! You can do it! Confirm travel arrangements. Plan meals!	TBA
April 2014	Taper and travel to Rockhampton Nationals in Rocky 23 – 26 April 2014! National OWS, 27 April 2014	

Sorry if you thought this was about nuts, chocolate and marshmallows! (Rockyroad)... this “Rocky road” might be better for you?

Hey Guys, it's Prostate Season! Alan Patterson

Fairy Tales and Facts

In the year 2013, at the strike of the bells at midnight for the New Year, men were suddenly transformed into taking their health seriously, understood their responsibilities to their loved ones and as soon as practical, made appointments and attended their annual medical checks that would ensure early detection of Prostate cancer. Could men and women be so lucky!

Sorry to disappoint you, but unfortunately, that is a future fairy tale. Sorry too, to have given you false hope Venus, but that magic will not happen. Could Mars be that responsible for their health? However, I am hoping that my words below will transform your man into action.

Only old men die from Prostate Cancer (fairy tale)

Your male is probably of the opinion that old men (guys over 70yrs old) don't die from Prostate cancer, but will die with it. That means it is not really so serious and I can save myself all the hassles of medical checks and blood tests and avoid being declared, 'Sook of the Year' for visiting the doctor. Perhaps you would rather ignore the stories of operations and the reported bladder incontinence and erectile dysfunction that are associated with surgery. Putting your head in the sand like the proverbial ostrich, may seem a good idea to avoid thinking about it. Don't believe it.

Young men die from Prostate Cancer (fact)

Why do over 10,000 men die *from* Prostate cancer every year in Australia? . . . because it is no longer an old man's disease. Prostate cancer now strikes men in their forties and too many men consider themselves bullet-proof and continue to be stubborn and refuse to have regular annual medical checks for their PSA (Prostate Specific Antigen) readings. Hey guys, scared of the needle, or is it the finger?

Regular maintenance

I am sure that when the Venus car has broken down and when asked by Mars if they had heard any earlier 'noises from the engine' and received a 'Yes', Mars would have asked, 'Why did you keep driving?' or 'Why didn't you tell me?' The long-suffering partner from Venus would have experienced hands thrown into the air and a look of disbelief on Mars's face that Venus could be so may I say itdumb?

'So, you heard these noises and did nothing!' Why is it then, that Mars does not pay the same attention to regular checks on his two-legged vehicle? Mars will totally ignore their own scheduled medical servicing? Mars's car gets regular servicing because it is necessary to protect their investment, so what about protecting the family investment with an annual medical check-up of the breadwinner's two-legged Mars vehicle?

Symptoms (fact)

Generally, there are few symptoms to warn you, other than the urine flow slowing down, increased difficulty in urinating and having to rush to urinate. Do not ignore these symptoms - there is a message in this for you. Please guys, act smart and make an annual appointment for your medical check, including a blood test and ensure that you get the PSA score. The PSA reading is indicative of activity in the prostate gland and each annual reading will give you a good history of this activity and any changes. Should the PSA score rise above your age-related threshold, this unusual activity may be due to enlargement of the prostate, inflammation or cancer. It may be as simple as antibiotics to settle the inflammation, or you may be advised to have a biopsy of the prostate to get an accurate report on whether cancer is present. There is no pain associated post-biopsy, plus you will have the facts for any necessary decisions to be made.

Early detection (smart fact)

Early detection will offer you an excellent opportunity to receive treatment with a full recovery to enjoy many years of active life with the people that you love, those who love you, as well as the great friends that you have.

In my case, that is what I have benefited from. Several years of PSA records showed a progressive increase in PSA levels until it was decided in November 2012 that intervention by an Urologist was recommended. I had the biopsy the following week when cancer was confirmed and I decided to have a radical robotic prostatectomy eight weeks later, at the end of January. My prognosis was good, with the cancer still fully contained within the prostate capsule. Three weeks later I was back at work and I started with light swimming again at six weeks. Choice!

Not everyone might be that 'lucky,' but being responsible for yourself and your loved ones, gives you an excellent shot at destroying the unwelcome invader and living a long and good life. Prostate cancer is regarded as a highly curable form of cancer. No-one is bullet-proof and no-one likes bad news. Now is the time for you to decide whether you want really, really bad news, or bad news that will save your life.

Are you 40years old (fact)

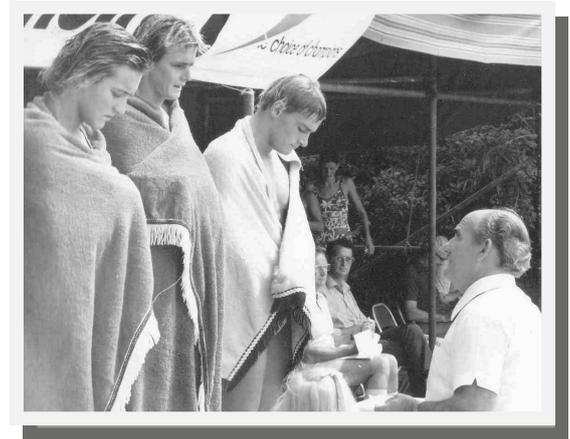
Listen up Mars, if you have turned 40, or any older, it is time for annual maintenance checks. Make the appointment, have the 'red oil' tested and then have the peace-of-mind that all is clear, or that early signs of the disease have been detected and you will be as 'lucky' as I am. Be smart - Act now - Live longer.

IMAGES FROM THE PAST



Our own Mark Erickson as a 12 year old competing in the Qld State Championships—200m Breaststroke.
Left to right: Rich van der Zant, Mark Erickson, - Parry, Michael Bohl,- Greenslade, - Carmen, - Morrison & _ Salisbury.

Mark, from the Whitsunday Masters' club is MSQ's Director of Coaching Services. He also coaches juniors as well as adult swimmers.



Right: Larry Forsyth (middle — Cairns Sea Eagles) in the 15 & 16 year age group circa 1973/74 presented with his silver medal, by Denny Mullins.
The gold medal was won by Stephen Holland and the bronze by Paul Ashburn.

HELEN HOLMES

On behalf of the MSQ Board of Management and all members of our organisation, I would like to thank Helen Holmes for her tireless work in compiling our "Around the Clubs' segment of the newsletter, which she did for years. Her involvement in highlighting the club news has been invaluable to me and I am extremely grateful to Helen for her contribution to our newsletters. Helen is a member of the Brisbane Southside Club and a former secretary of the club.

Any request for assistance is never too much for Helen, who readily supports MSQ and continues to assist our organisation and her club.

Helen has been involved with MSQ for a long time and past Board members know and remember this dignified lady well. Any appeal for help in the office, was invariably answered by Helen. She continues to play an active role in MSQ, currently as one of our dedicated officials.



Helen also volunteers her time with Swimming Qld, having first supported them during the Goodwill Games in 2001. She continues to volunteer her time with SQ, having graduated to the ranks of Technical Official.

Brisbane Swimming Association also receives Helen's assistance during their swim meets.

Helen is an inspiration to so many people and regardless of any personal matters that may hinder her in supporting our organisations at all times, she still manages to find the time to do whatever she needs to and she does so with dignity and grace.

Thank you, Helen—you epitomise what we all subscribe to, not only as a competitor, but you also embody the spirit of organisations such as ours, which rely on its members to sustain them and to ensure that we don't lose sight of the principles that matter to us: support, involvement, teamwork, commitment, fun, fitness and friendship.

UPCOMING MSQ INTERCLUB SWIM MEETS 2013

⇒	9—11 August	Great Barrier Reef Masters Games—Long Course
⇒	17 August	Rum City—Short Course
⇒	24 August	Brisbane Northside
⇒	1 Sept—31 October	Aqua Jets—Postal Swim
⇒	7 September	Toowoomba—Short Course
⇒	21 Sept—3 Nov	Albany Creek Postal Swim
⇒	21 September	Atherton Mountaineers
⇒	5 October	Maryborough

 <p>masters swimming AUSTRALIA</p>	<p>NATIONAL CHAMPIONSHIPS</p> <p>2014</p> <p>ROCKHAMPTON</p>	<p>Pool Events:</p> <p>Wed: 23 to Sat: 26 April</p> <p>Open Water Swim:</p> <p>Sunday, 27 April YEPPOON</p>
--	--	---

PO Box 1279
CAPALABA BC
4157

TEL: 3245 1571

Website: www.mastersswimmingqld.org.au

Email:
administrator@mastersswimmingqld.org.au

Facebook:
[MSQ Masters Swimming Queensland Facebook](#)

Twitter:
[@msqliaison](#)