

CHALLENGERS' CHATTER

APRIL 2020



MSQ 2019 VOLUNTEER OF THE YEAR !!

Vivien Merrill of Noosa Masters takes out the Award for 2019.

Masters Swimming Queensland is proud to announce that Vivien

Merrill of QNA Noosa Masters, has been voted as the MSQ 2019 Volunteer of the Year. Congratulations Viv, and sincere thanks for the time and effort you cheerfully give to the Masters Swimming community.

Vivien Merrill is one of five Masters Coaches for QNA at the Noosa Aquatic Centre. Over her 30 years of competitive swimming and involvement in the sport, Viv is still a competitive swimmer, Queensland Technical Official and Masters Swim Coach.

Viv has been an active member of Noosa Masters Swimming since 2012. During the 2019 year Viv has actively contributed to QNA in numerous roles. She is on the committee as the Club Treasurer (fourth consecutive year), as a club coach and as a technical official. As Treasurer, Viv has streamlined the club accounts and worked with an auditor to ensure that correct procedures have been followed. As a club coach, Viv volunteers one Sunday each month and assists on a Thursday morning when requested.

“Seeing improvements in swimmers after providing some stroke correction gives me great satisfaction.”

QNA volunteers at several events each year such as the Noosa Triathlon and the Run Swim Run. Viv selflessly gives her time to support these initiatives in addition to her official roles. Throughout 2019 QNA has also undertaken several Bunnings BBQs as fundraising activities and Viv is also part of the BBQ squad.

The QNA committee wholeheartedly support this nomination for Volunteer of the Year 2019 and feel that Viv Merrill has supported both MSQ and Noosa Masters above and beyond the call of duty.

An interview with Viv ...

How did you first become involved with swimming?

As a 13 year old immigrant from Wales, unable to swim, my parents enrolled me in a Learn to Swim Campaign in Wollongong.

What do you love about swimming?

The feeling of weightlessness while in the water, the freedom of swimming in the ocean, and the fun of competing against women in your age group.

When did you first join Masters Swimming?

Joined Malvern Marlins, Victoria about 1988.



**Lest we forget
Silo art**

Most memorable swimming moment?

Meeting my Idols Murray Rose, Dawn Fraser and Jon Konrads and volunteering in some Commonwealth Games, Deaflympics and Masters Games events.

Favourite events?

Alice Springs Masters Games / 50 meters butterfly.

How often do you swim, and where?

Living in Noosa, I swim almost every day - 3 days in pool, 3 days in ocean, one day recovery.

What motivates and inspires you?

I love being a swimming coach, able to pass on my knowledge to others.

Have you had setbacks to overcome?

No. I've been pretty swim healthy.

Favourite things? Likes and dislikes?

With arthritis in my knee, walking is not my favourite pastime, however, put an overseas trip in front of me with some walking and I will do it. I Love to travel – wanted to be an air hostess when I was younger.

What upcoming events are you swimming in?

Whatever event is available after this COVID 19 shut down is lifted.

Other interesting/little-known facts about you?

Returned to study as a 60 year old and completed a Master of Sport Business. Sometimes I was older than the lecturers!

Career?

Prior to getting my Masters of Sport Business, I was an accountant with a love of sport. Having the qualifications behind me, I have worked for Women's Golf Victoria, Masters Swimming Australia and my last position was with Boxing Australia. I came to appreciate the hard work and dedication that amateur boxers have to achieve to get to the Commonwealth and Olympic Games, and was in the sport when women boxers were given the right to box in those Games.

Philosophy on life? Favourite saying?

Give everything a go.

What would you say to someone who is thinking of becoming a Masters swimmer?

Masters swimming provides a basis for your exercise, social calendar, community spirit and your ability to surprise yourself.

Ed: Many thanks to our Committee for submitting Viv's nomination for this well-deserved Award and thanks to MSQ for this great story

FISHY BUSINESS

Tuna Before Sunrise



Inspired by fellow Noosa Yakkers, I was keen to take advantage of the current exceptionally calm conditions to make a pre-dawn launch off the open beaches in search of another elusive Spaniard for the freezer.

I studied rigging videos to make the most of my great stock of troll baits and bought some heavier hooks and wire to upgrade my terminal tackle. Arriving at the carpark at 4.40am I was surprised to see only one dog walker/dawn patrol surfer parked up. With no moon, I let my eyes adjust to the slightest of piccaninny dawns and launched just north of the creek outflow on a steeply shelving beach to a rising to near full tide. My patience in waiting for a perceived lull was rewarded with a dry-bum paddle-out - a first for me on the open beaches.

I deployed a trolled gar on a modified AKS SAFA rig, then spent a little more time than usual making sure it "swam". By this time the light southerly had me nearly to the southern headland of A-bay. After 5 minutes paddle north I was rewarded with a thumping strike. I put in 5-6 hard strokes to make sure the hooks were set and then turned the kayak to follow the first blistering run. The speed and endurance of that first run against a firm drag had me thinking Spanish Mackerel for sure. That impression was reinforced by the way the fish fought. After a relatively short fight I was surprised to see a tuna circling just below the yak before rising to my welcoming gaff. ... a great fish in the hatch before sunrise!!!

To say I was stoked would be an understatement! I was drifting back towards my launch spot when I flicked a lure at a sporadic bust-up and was rewarded with a yak-side take and entertaining tussle with a mid size Mac tuna which I released. My day got even better when I managed to get back above the high tide mark the right way up.

Fishing Tale - Mackerel

Another day I invited my fellow retired vet colleague, Brian Batch from Cooroy, to join me for a paddle off Noosa. Brian has been a keen paddler since our student days but has limited fishing experience so he was keen just to come out for a paddle and see what this kayak fishing is all about.



As a hobby he has built a few beautiful timber sit in kayaks that he has taken all round Australia.

We paddled out into minimal swell in Laguna Bay with only light breeze. Brian has no radio so the plan was to stick together.

There was less than expected boat traffic and the boisterous tuna action I had seen on Wednesday morning was largely absent in the bay. We paddled out to Jew Shoal off Noosa Headland. I cast a lure into a school of surface feeding fish off the headland and landed a small Mac tuna. I was trolling two rods one with a large fish bait and one deep diving lure. We allowed the now freshening NW breeze to carry us south to Lion Rock at the South end of Alexandra Bay. Arriving there at 8.00 am - our turnaround time - a hard slog awaited us back around the Hell's Gates headland so I pulled in the lure. Taking a pause at outer Granite bay to flick another cast at a small tuna school I watched Brian continue on towards Tea Tree Bay. As I started to follow him into the bay, my troll bait rig took off - I paddled hard to set the hooks and then turned to fight the strike - very little weight greeted me so I wound like mad thinking I had missed again (as per recent trips).

As the last of the line returned to my reel I saw the pink squid (bait decoration) coming back to me. The weight increased dramatically and the still-attached fish took off in the first of 3 blistering runs taking most of my line. I retrieved the line gradually and finally caught sight of the silvery flash coming at me slightly sideways attached not by it's mouth but by the last of 3 trebles imbedded in its flank near the pectoral fin. My heart sank - was I going to lose this one too!

I backed off the drag and on the fourth gentle pass I buried my gaff securely behind pectoral fin and into the cheek plate. Carefully avoiding hooks and razor sharp teeth, I slid the now exhausted fish into the hatch. Back on the beach at 9.30am, I was elated to have broken my fishy drought. Thanks Brian for the pics and drink on the



beach and your cheerful company.

The mackerel was hooked in the mouth at some stage judging by the damage around the jaw but had managed to chew through the wire trace on the last two hooks only to be jagged in the side by the third set.

Note to self - need to upgrade the wire trace as the 44 lb braided SS trace is not up to the task - has

lost me 3 previous fish and nearly lost this one.

.... Mark Powell

MELBOURNE : 2020 IGLA CHAMPIONSHIPS

International Gay & Lesbian Aquatics Championships 20 – 25 February 2020

650 competitors across five aquatic sports participated in the Melbourne 2020 IGLA Championships in late February.

Two Noosa Masters Swimmers Jan Croft and Rob Jolly proudly represented and competed for Noosa and managed to come home with swags of gold medals and 10 IGLA records. We managed 119 points to place 21st out of 52 teams in the teams combined scores.

The Championships offered a fantastic venue and environment to compete against a host of international competitors. About half were from Australia, and the rest representing 15 countries from around the world.



Albert Park Beach

The support from the State and Local Governments was great, the swimming venue, the organising clubs and committee did a wonderful job of presenting a very well organised competition with many social events which offered the opportunity to meet other competitors, to party and with whom to enjoy Melbourne.

Having competed in several previous IGLA Championships for my French club, Paris Aquatique, in Stockholm, Edmonton, Paris and New York, I had met and made friends with many international swimmers and was happy to introduce Jan to them.

I must admit that I had boasted about her being my coach and with her Australian and worldwide reputation, she was popular! In turn, Jan was able to introduce me to some of the top older swimmers from NSW and VIC.

I introduced Patricia Hayes, a US coach with whom I trained last year in Long Beach, USA. I think it woke up Jan's competitive spirit and, when she determined to beat Pat who was 10 years younger, I wasn't torn between two coaches (I barracked for Jan!)

In our first race of the championships Jan and I were in the same 1500m free heat 2 lanes apart and I thought I had her beaten by a length until the last 100m turn when I saw her turning with me, so I put in a huge effort to finish in a personal best time by 27 secs only 7 secs in front of Jan.

It's great to have such a legend as a club mate, friend and coach.

... Stay Safe, Rob Jolly



Poof Doof !!



Opening Ceremony



Opening Ceremony



Rob & Wolfgang



Found a Rainbow Trout !



French picnic



Rob & Jan

“The Swim”

I had to think long and hard on the correct title for this article and “The Day we Lost the President” was top of mind. “The Adventurous Five” had a good ring to it, but then I checked and there were only four in the Enid Blyton series. However, Flick produced the included diagram and called it “The Swim”, I immediately thought of the TV show “The Slap” and knew that was the way to go! ...Linda Hogg

As many of you would know, Jo, Jacky, Linda and Flick (coach) have taken to open water swimming during the “lockdown”, no hibernation for us. The theory was 2 pairs of 2 swimmers was legal. LiQun joined us in the last couple of weeks and has been diligently swimming 10m behind!

sight was rather confronting and I did have to give myself a good talking to. “Breathing OK, Linda?” Yes. “Arms working OK?” Yes. Well, nose down bum up and swim! The problem was no matter how hard I swam I was not getting any closer to the groyne. The stress levels were getting a little high when I sighted



L-R : Anne Besser, LiQun Hussey, Linda Hogg, Jacky Shields

The lack of a black line has been a challenge for some of us and last Tuesday was the ultimate test. The Fabulous Five set out from Main Beach at around 8am and conditions were good but not perfect. We swam our way to Flat Rock or Boiling Pot Lookout as it shows on Flick’s sat nav. It wasn’t a difficult swim so Flick declared we would now swim across to the groyne. “Really” was the response from Jacky. LQ and I were up for the challenge, having no idea what was involved. Jo thought it was a great idea to get some extra distance. Little did she know!

Flick established the landmarks we should be sighting from and we set off with Flick and Jo up front and Jacky, LQ and myself at the back. Situation normal. At about this time the wind picked up a little and a bit of “chop” developed. We three back swimmers were keeping sight of each other. However, I did look up and think that Jo seemed to be a long way out. About 10 minutes into the crossing I realised that I was sighting off the river mouth rock wall and had to alter direction to the groyne and then lost sight of Jacky and LQ.

For a confirmed pool swimmer to find herself in the middle of a choppy Laguna Bay with not a friend in

Jacky at the top of a wave and LQ not far behind. The call from Jacky was “back to Little Cove”, the best decision I had heard all morning. LQ, bless her, was concerned for Flick and Jo but they were nowhere in sight and if we could keep up with them, we would be AT the groyne and not heading back to Little Cove.

Flick, as an experienced open water swimmer, led the way and had Jo in her sights for a while – and then Jo disappeared! Feeling a touch concerned, Flick put on a spurt and did a little ocean reconnoitre. No Jo! The four of us regrouped at Main Beach with Flick’s first question, “Is Jo with you?”. Obviously not.

With the emotional energy running high, Flick, Jacky and LQ headed back to the groyne while I checked the bags, showers, and the other end of the beach. With still, “No Jo”, Flick spoke to the lifeguards and they deployed two wave runners to search for her. The four on the beach ... now that *could* be an Enid Blyton story ... had our hearts in our mouths as we watched the search and finally saw one of them stop and speak to a swimmer. Yes, it was Jo! Did she get on the wave runner and get a lift to the beach?



“The Swim” ... cont’d

– of course not! In true Jo style she completed her swim into Little Cove and then back to Main Beach.

As Jo emerged, she was lucky that we were observing social/physical distancing. Flick was preparing a good slapping, I suggested a knee capping, Jacky was just thankful we didn’t have to find her next of kin and LQ was sympathetic – as always.

And Jo’s side of the story – she was sighting off the river mouth rock wall. She did not know that there were two rock walls and when she realised that Flick was nowhere to be seen, she was way off course.

Jo then admitted, *“I think in future I will just follow Flick (we know Jo hates to follow), my eyesight really isn’t that great”* - now she tells us!



Flick estimates that Jo probably did about 4K that morning and has now placed her on a good behaviour bond that won’t be lifted until the pool reopens.

LiQun’s never had such short hair, but is happy!

Despite the drama, we are all still swimming at Main Beach four times a week with Flick as our fearless leader.

I am sure Jo has a story to tell as well.

... Cheers, Linda



Jo, LiQun, Flick distancing



Ian Tucker , Jesse Lee, Quentin Lee, Rod Alfredson



Jo, Jacky, LQ - distancing

COACH’S TIPS



Open Water

Most of us are doing lots of OW swimming. We do not have too many options at present.

Create a habit, three days a week is good. We need to keep the feel of the water happening. As mature age swimmers, it is difficult to do other strokes in the surf, but there are a couple of freestyle drills that work well, such as - head up polo/free or fist/free.

Mimic some of your pool sessions. Warm up 7/8 mins free (400) 6x50m drill/free count your strokes 30 fist or polo 30 strokes free for each 50m. Mix the main set up. 2x 400 , 2x200, 4x50. Do as many sets as relevant. Mix it up as it can get a bit boring out there. I swim for an hour, three times a week and do four laps of the beach, point to point.

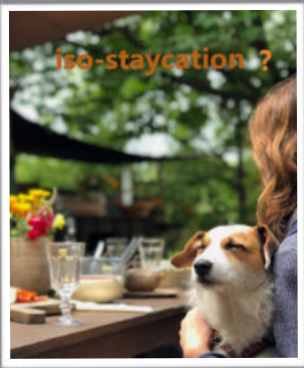
Stay healthy and motivated and we will get you really fit in the pool soon I hope.

Happy swimming - Cheers, Jan

Punning around ...

An email exchange between Steve and Brian produced this idea for 'what to do in isolation when Stan has lost his allure'.

Steve started the ball rolling with this image and the accompanying challenge:

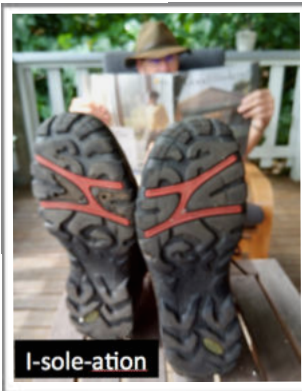


... an **isolation challenge** activity for anyone that is interested. Attached is an image and some words which are my attempt to put a positive spin on isolation. The two words 'isolation' and 'staycation' both describe the same action, at least in my mind, but do the words really go together? I can see our current situation of being at home as an opportunity and I hope you share that concept?

The challenge is to find the words that fit our current situation along with an image. The image can be anything (photo/drawing etc) that goes with your word/s.

I was wondering if there would be an appetite amongst QNA members to accept the challenge?

Brian and Kathleen responded with the following examples ...



Typically, in these long days of enforced seclusion, it's a case of ...

Brian in repose

and

Kathleen at work!



So ... is there 'an appetite amongst QNA members to accept the challenge'?

Please send your 'isolation visual puns' to Wendy at wendyivanusec@bigpond.com, for publication in the May 'Chatter'.



To go to the grocery store , they said a mask and gloves were enough....they lied.....everybody else had clothes on!



The Health Report #4

Information brought to you by Jane Powell



“Diabetes” and Metabolic Insulin Resistance Syndrome

In recent decades we’ve been encouraged to:

- * ‘eat less, move more’ and count ‘calories in and calories out’.
- * to eat less fat, and eat more ‘healthy’ grains
- * to replace the natural fats found in meats, chicken, cheese, butter & eggs, with industrially processed polyunsaturated vegetable/seed oils.
- * to eat sweet fruits, fruit juices and ‘healthy’ smoothies.

* to eat convenient highly processed food products, which are made with polyunsaturated oils and sugars.

The result of people in western civilisations eating such a diet (the MIRS diet) is the rise of a range of diseases which fall under the heading of Metabolic Insulin Resistance Syndrome. Diseases include systemic inflammation, fatty liver disease, type two diabetes, and weight gain.

The scientists have proven however, that people diagnosed with MIRS can become healthy again, by implementing a high fat, low

carbohydrate diet, or a ketogenic no-carbohydrate diet.

And if you have not succumbed to any MIRS affliction yet, the least you can do for yourself as a preventative measure is remove processed foods - refined carbohydrates and sugars - and polyunsaturated oils from your diet.

Ref: *The Fat Emperor and the Irish Heart Disease Awareness Charity @IHDA.ie*

Fran Wilson ... TV Star

by Adrian Wilson

The story behind my film star wife is this ...

Our daughter, Anna, works for an advertising company, *Publicis*, in Brisbane. They were after people over 65 to provide the faces for the ad so they asked their staff to get their "old" parents to do it. They provided the script and we just had to memorise the lines and use our phones to record ourselves reciting them. We both sent in our best effort. Fran got selected but I was left on the cutting room floor. She also was selected for a version of the same thing for radio.

Although she read the whole script, only one word - *Family* - was used on the TV version. For that contribution she received a \$500 gift card which she is giving to Vinnies.

We aren't actually doing anything formally with the Care Army, although we have an older friend who we are keeping regular contact with and making sure she is OK. We are, of course, following all the other advice.



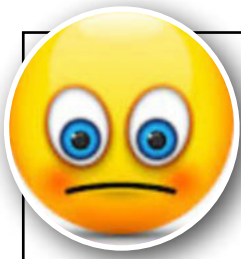
Fran practising her 'spiel'

People all across the world are sitting inside their homes to fight the novel coronavirus.

While some are working from home, some are just having the time of their lives.

With all the extra hours on their hand, people are experimenting in the kitchen, trying different forms of workout and making really innovative, funny TikTok videos ... like the recent video shared with our members by Stephen Foote practising his backstroke with weights.

Thanks Stephen ... we're inspired !!



ENDURANCE 1000 REPORT

APRIL 2020

Find out about the Million Metres Program

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>

To download the Million-Metres-Record-Card-and-Application-Form

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres/>

An interesting article from Rob Lucas about how the original Aerobics program was promoted by MSQ in the "early" days – 1990 was emailed to our members on 23 April 2020.

This promoted some further interest in researching the archives as to how the Aerobic program, now known as the Endurance program, kicked off within our Club.

According to Barrie Bedding, the program commenced in the early 1990s with a shaky start and a certain lack of enthusiasm from members.

However, this changed when Bob McCausland took over the reins and put the program on a solid footing in the mid-1990s.

Attached is a copy of the Aerobic report from our October 2007 Challengers Chatter outlining the activities for that month.

Regards, Rod

Rod Alfredson
Coordinator

Endurance 1000 program
Mob 0418 260716
rod.alfredson@bigpond.com

AEROBIC ANTICS:

(Note from the Editor.... Bob is now to be known as "30 seconds Bob" after his phenomenal swim in one of the relays at the Short Course Carnival. He gave the last swimmer in the opposing team at least two body lengths start and caught him in the 25m pool to win the relay by a finger nail !)

OCTOBER AEROBICS (by Bob McCausland)

Our members completed 48 swims including 17 x 400m carnival swims which also count as aerobic swims, totaling 48 swims for the month and an increase of 435 which now total 2,289 points. Unfortunately only 5 from our carnival swimmers will complete the necessary 5 swims to gain any aerobic points. However it does show the great depth of talent that our club enjoys and the potential, hopefully, for more points next year.

Patrick Mooney would have to be arguably our keenest aerobic performer having already completed 12 x 400m FR, 7 x 400m BR, 7 x 800m FR and 2 x 30 min. FR. and improving his times along the way – 400m FR 9.38.86 down to 7.01.43, 800m FR. 17.38.23 to 16.05.91, 400m BR.12.49 to 10.35. Great effort Pat !
Phil. traveled from Buderim to complete his 10 swims 4 x 400m and 1 x 800m on one day and 4 x 800m and 1 x 400m the next week. All these swims with only approx. 10 seconds between swims. Truly a remarkable man.

Also Geoff has very nearly completed the whole aerobic program again for at least the 3rd year in a row, with maximum points of 390 which is a great achievement. The program consists of 62 individual swims broken down into 25 individual 400m swims, 25 individual 800m swims, 3 x 1,500m swims, 3 x ½ hour swims and 3 x 1 hour swims.

Val and Barrie are also on their 5 swim completion trail already 4 swims each on their first week back from travelling.

Of interest..... 16 married couples from 84 clubs and all States achieved aerobic points last year with Noosa club topping the list with 3 couples, namely Loretta and Eric, Val and Barrie and Olga and Bob.

BY OLIVIER POIRIER-LEROY

March 22nd, 2020

What's your default reaction when things don't go your way in the pool?

Or rather, once you have had a moment to feel the setback, to vent off some frustration, how do you react? Do you give up?

Or do you use that failure as high-grade fuel for something greater?

"I HOPE IT STAYS THERE, BURNING INSIDE OF ME..."

Mike Barrowman had just achieved every swimmer's dream: he had dropped five seconds off his best time in the 200m breaststroke to qualify for the 1988 Olympic Team.

The 19-year old hadn't expected such a big time drop. Happy?

You bet your butt.

But it was still surprising.

With only six weeks until the Olympics, Barrowman found himself scrambling to realign his expectations.

Now he wasn't just trying to make the team, he was suddenly in contention for Olympic gold.

In Seoul, the Olympic final did not go well.

Within the first 20m of the race, his coach Jozef Nagy could tell that his 19-year old protégé wasn't ready to compete with the best in the world.

"It was obvious he was very scared," said Nagy. "I could tell he was not going to race those people."

Placing fourth, Barrowman was so devastated by the result that it was six months before he could watch video of the race.

Upon returning from the Games he resolved to do whatever it took to become the best breaststroker on the planet.

"Nothing can get in the way of that," Barrowman said. "I won't overlook any detail, no matter how small it is."

During the long days of training, where he would spend 6-7 hours a day in the water with fellow breaststroker Sergio Lopez, when the fatigue and the soreness and the rote repetition of swimming lap after lap tested him, he would think back to that swim in Seoul.

He would remember the disappointment.

The frustration.

And how he never wanted such a result to happen again!



This was our last squad before lockdown - although we didn't know it at the time. Greg Bott had given us a lecture prior to squad and one of the life guards had also give us an earful. We decided that everyone deserved a pink cap for turning up and training hard.

Less than a year after Seoul, Barrowman broke the WR in the 200m breaststroke for the first time.

"When Seoul stops bothering me, I'm in trouble," Barrowman said after breaking the world record in 1990 at the Goodwill Games in Seattle. "I hope it stays there, burning inside of me."

Three years after that, at the 1992 Barcelona Olympics, Barrowman dominated the field, winning gold by over a second while breaking the WR for a sixth time.

THE WAY WE HANDLE FAILURE

Every time we make a big plan...put in our best...and then fall flat on our face we are met with a fork in the road...

Option one is to quit. We tried, right?

Option two is that we use it as a springboard into something much better. Our failure refocuses us, gets us a little angry, and pushes us to smash some hard work.

Champions don't not fail.

Quite the opposite.

They fail lots.

But they have a habit of failing forwards, into something better.

After you have a chance to grieve, vent, or swim out your frustration, what's the next step?

How can you turn this setback into a five-star comeback?

How can you make this failure the best thing to ever happen to you?



May

Jennifer Watson	10/5	Barry Lloyd	21/5
Adele Tucker	12/5	Karen Martin`	23/5
Ceri Weeks	12/5	Jim Barnes	27/5
Rod Alfredson	15/5	Grant Scotcher	31/5

Age is strictly a case of mind over matter. If you don't mind, it doesn't matter !

https://www.youtube.com/watch?v=2cz25q2Q_Z0



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1300 658 971
0410 602 632

Editor
Wendy Ivanusec
Tel: 0414 727 302

Challengers Chatter
PO Box 21, Noosaville 4566

Assistant Editor
Brian Hoepper
Tel: 0421 884 809