

CHALLENGERS' CHATTER

AUGUST 2017

GENESIS AQUATICS SWIM MEET

Saturday, 29 July 2017



Well done to all swimmers/ timekeepers who supported this meet including Adele Tucker, Tricia Hughes, Robyn Selby, Wendy Ivanusec, Mick Jones, Viv Merrill & Jackie Shields.

The Noosa team definitely stood out & looked great in their new "Noosa" bathers & many compliments were received during the day.

A quick trip home with Viv supplying Chips & Chocs to finish off a great day of swimming, fun & friendship.

...Helen Malar & Adrian Wilson
Club Co-Captains.

A Team of 15 (9 women & 6 men) headed off to Genesis Swim Meet at Bray Park driven in a Hinter-Coast Transport bus & driven by our friend & swim member Pieter Santifort.

As the meet commenced at 1pm, we had plenty of time to stop for a coffee on the way down.

A great meet run by Genesis with 25m, 50m & 100m swims. Not much time for a cool down but plenty of fun especially in the relays with Mick Jones swimming his very first 50m freestyle leg & Jo Matthews & Jim Barnes stepping up to swim extra relay legs.

Aqualicious came in first overall with 653 points, followed by Noosa on 520 points & Miami 3rd on 335 points.

Gold medals were awarded to Jo Matthews, Greg Bott & Adrian Wilson.

Silver medals to Ian Tucker & Helen Malar.

Bronze medals to Linda Hogg, Jim Barnes & Charlie Moore.

Note that the boys in the 60 to 64 age group made a clean sweep of the medals – Greg 1st, Ian 2nd & Jim 3rd.



CHRISTMAS IN JULY BREAKFAST



With Christmas decorations scattered around and tables groaning under the weight of food, anyone at the NAC on Sunday 30 July would have thought they had lost six months of their life and it was Christmas Day.

No!! It was Noosa Masters enjoying their regular Sunday members breakfast with a **"Christmas in July"** theme.

Lanes #3 and #4 certainly excelled themselves by generously providing delicious food - lots of fruit, Jane's delicious bircher muesli, quiches, egg and bacon pie (a Kiwi favourite!), toasted sandwiches made to order by Adrian "Masterchef" Wilson, shortbread and even Christmassy cupcakes.

Raffles of wine and chocolates were won by Kerry B and Corals.

'Santa' also left some extra prizes of choccy bags for a few other lucky winners: Ceri, Jane, Tony, Ian T, and Quentin.

The breakfast was a most enjoyable reward for the swimmers after a great session of endurance swimming.

... Carola

SPECIAL ENDURANCE EVENT

Prior to the Xmas in July Breakfast, the morning was devoted to a special effort Endurance Swim morning with great results - preparations were furious and - as you can see - Sue "Rocky" Silburn took dedication to another level !!



MSQ CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
SEPTEMBER						
9	SC	Caboolture & District	QCD	Sunshine	19/17	St Peters School, Caboolture
17	LC	Miami	QMM	South	20/17	Miami Olympic Pool
23	SC	Maryborough Masters	QMB	Central	21/17	Maryborough Centenary P
OCTOBER						
7	SC	University of Qld	QUQ	Sunshine	22/17	UQ Pool, St Lucia, Brisbane
21	LC	Sunshine Coast	QSC	Sunshine	23/17	Kawana Waters Pool
21	LC	Long Tan Legends	QLT	North	24/17	Long Tan Pool, Townsville
NOVEMBER						
25	LC	Aqualicious	QAL	Sunshine	25/17	Centenary Pool, Brisbane
25	SC	North Mackay Sinkers	QNS	Central	07/17	North Mackay SHS Pool
26	OWS	North Mackay Sinkers	QNS	Central	26/17	Pioneer River, Mackay
DECEMBER						

Birthdays of the Month

SEPTEMBER

Irene Symons	14/09
Ian Mitchell	23/09
Bob McCausland	25/09
Val Bedding	26/09
Gillian Bensted	26/09
Sandy Warren	29/09

Happy Birthday everyone !

*The more birthdays you have ...
The longer you live !!*

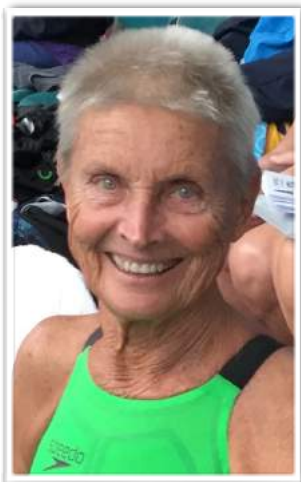
GREG & JULIE BOTT IN HUNGARY



ANNUAL GENERAL MEETING

**Sunday, 3 September
at the NAC after squad**

COACH'S TIPS



Some tips from Peter Reaburn's book - The Masters Athlete

Swimming tips - Once you have developed your cardiovascular, musculoskeletal and nervous systems progressively, the absolute key to better performance and PB's is intensity of training . Research has shown that masters athletes tend to train with lower intensity as they age. You need to train fast to race fast - sprint sets develop speed, high heart rate sets develop endurance. No short cuts, just hard work. But if you do these too often, too hard or too quickly for too long, you will overtrain or injure yourself.

Recovery is equally important .As we age we appear to need longer to recover and longer to adapt to training. Recovery strategies that work and are rated very highly ... compression garments, ice baths, stretching and nutrition, such as high glycemic foods and carbohydrate/protein drinks after training. Other recovery strategies science has shown to work are easy swims, massage, spa baths and sleep .

More from Peter next month.

Happy swimming ... Cheers, Jan

by Alexandra Béni | Aug 22, 2017

"It will be very hard to outshine Budapest", said Mohamed Diop, the Supervisor of FINA Bureau's Masters Committee at the closing ceremony of the 2017 FINA World Masters Championships. This marks the end of a phenomenal month for Budapest and Balatonfüred when the two cities turned into the home and capital of water sports.

The World Masters Championships started on the 7th of August, one week after the FINA World Championships had ended, and finished on the 20th of August. The two weeks were quite eventful as one-time professional swimmers took turns in the water and impressed the whole world with their persistence, still amazing physique and zest for life.

The history of the master events started a few decades ago. The first championships were held in Tokyo in 1986, under the rules of FINA. Swimming remained the only sport at the event until 1990, since then, all five disciplines form parts of the show. According to the format introduced in 2015, the FINA World Masters Championships has to be held alongside the main event, as its integral part.

Several records were broken by amazing athletes, who still find joy in sport and know no age limits. The oldest male athlete at the championships was the 97-year-old Hungarian veteran, Béla Bánki Horváth, while the oldest female participant was the 96-year-old American Emilie Kornfeld. She was the only one who entered the 800m freestyle event in the 95-99 age group, and managed to set a new world record with an amazing performance.



All in all, more than 10,000 athletes participated at the World Masters Championships. More than 4,000 swimmers were present in the Danube Arena for the relay events just on Friday.

To sum up, the 2017 FINA Masters World Championships ran its course perfectly. Hungary welcomed phenomenal athletes who know no limits. The FINA leaders called it the best Masters event ever ... hopefully, the athletes agree!!

NOOSA MASTERS : RESULTS

STEPHANIE JONES (60-64 yrs Female)

100m	Freestyle	1:13.23	5 th
200m	Freestyle	2:35.96	3 rd
400m	Freestyle	5:33.00	2 nd
800m	Freestyle	11:45.00	4 ^h
100m	Backstroke.		25 th

GREG BOTT (60-64 yrs Male)

50m	Backstroke	42.85
100m	Backstroke	1:39.83
200m	Backstroke	3:24.75
200m	Ind. Medley	3:25.61

ROB JOLLY (70-74 yrs Male)

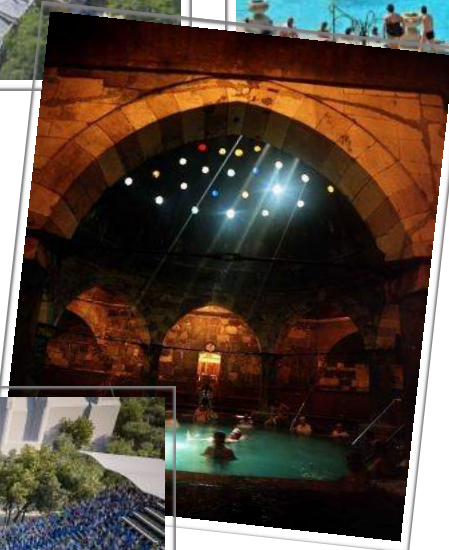
200m	Freestyle	3:04.23	11 th
50m	Breastroke	43.06	18 th
100m	Breastroke	1:38.63	18 ^c
200m	Breastroke	3:45.23	13 th
200m	Ind. Medley	3:35.94	16 th

JOLLYWORLD

My Budapest experience... by Rob Jolly



My French friend Gerard and I had a great time in Budapest and I enjoyed meeting up and competing with many masters swimmers from around the world. The Championship facilities were the best I have ever seen.



There are many thermal pools of different temperatures which are very relaxing. The main circular one built centuries ago by the Turks is under a domed roof with shafts of daylight shining down through the rising steam, just like I imagined a Turkish bath to be.



After the thermal bath I went to the rooftop (in togs) where there was a huge jacuzzi overlooking the Danube River where I relaxed watching the sunset and the lights of Budapest appear. After all this therapy my painful knee and sore back felt much better.

Stef swam brilliantly and was on the podium many times, she bagged a swag of medals as did quite a few other Aussies.

We went to a couple of other baths during our stay but they were more like aquatic parks full of tourists and not as enjoyable as the genuine thing.

We are presently in Munich for a week after 11 days in Budapest.

Munich is a beautiful city, very green and the cleanest I have seen in Europe, friendly people, most speaking good English. Wholesome reasonable priced food. The traditional Bavarian crispy pork knuckles and kartoffeln and huge steins of beer are very good.

There were four 50 m competition pools 2 undercover in the Duna Arena and 2 nearby open air ones on Margaret Island plus training and warm up pools which meant always plenty of room and that daily competition finished early. The Hungarians certainly put on a well organised event.

I was pleased with my swims even though my times were down. I was surprised to get an 11th in the 200m Free.

I met up with Greg and Julie by chance at a tram stop in the city and with Stephanie at the competition pool as our events were mostly in different venues.

While in Budapest I went to an ancient Thermal Bath on the banks of the Danube. It dates back to 1550 during the time of the Ottoman Empire and is an amazing place. It has men, women and mixed days in the old thermal area and mixed in the modern wing. Many Hungarians regularly take a medicinal bath in the mineral rich thermal water.

On entry I was handed a small apron to wear which covered the front and left the rear bare, as the Hungarians do. I felt a bit awkward at first but after a few minutes no problem.

I went for a stroll this morning along the fast flowing Isar River which runs from the mountains and through central Munich, there were many people sunbathing and swimming, some naked in the middle of a large city....Gotta love the Germans! Pity that folk get arrested at Alex Bay for doing the same on an isolated beach!

Back to Paris by TGV train doing speeds up to 300kph next week then on to Brisbane on the 14th Sept.

BAREFOOT BOWLS

Sunday, 27 August 2017

by Adele Tucker



Thirty members with husbands, wives and friends gathered at the Tewantin Noosa Bowling Club for a game of barefoot bowls.

What a lot of fun we had! Some veery interesting shots were made ...some ending up in the ditch and a few heading to the kitty two rinks away (won't mention any names!).



There were a few novice bowlers amongst us, but all in all we had a wonderful afternoon.

Nibbles were provided and a light ale or two afterwards was greatly appreciated.

I would like to thank everyone who attended and made it another wonderful social event for our swimming club.

Maybe this could become an annual event??

.... Adele

AUGUST BREAKFAST

Sunday, 27 August 2017

by Carola Henderson

Well, the PA system is up and running again - yippee !!

Lane 0 turned it on ... again !! Great brekkie ... lots of GF goodies - no-one went home hungry!

The tinny (sorry ... lucky) members who won the raffle were Jo Matthews and Adele Tucker ... nice smile Jo!!

Apparently Wendy I's GF blueberry muffins were a great hit, but then so was everything!! Fruit, yoghurt, pancakes, date and walnut loaf, delicious frittata and home made tomato relish - so more-ish !! and baby frittatas ... Gee, whizz - no wonder we look forward to our monthly breakfasts so eagerly. Thanks everyone - great job !!



ENDURANCE 1000 REPORT

August 2017



Overview

This crazy, mad enduring spring weather continues, which is wonderful for endurance swimming. Ocean conditions are also superb, with the ocean like a millpond.

We are in reasonable striking distance of achieving our second goal.

Goal for the year

Please note

A minimum of 200 points for every able swimmer.

20,000 points by the end of Spring.

Jane's Swimming Friday - 1 September

Jane will be organising a roster for the swim which starts at 4pm. Please take note of the start times, especially those completing longer distances. These are always really enjoyable with a glass or two after the swim. See you there!

Quote for the month

"When I go out and race, I'm not trying to beat opponents, I'm trying to beat what I have done ... to beat myself, basically. People find that hard to believe because we've had such a bias to always strive to win things. If you win something and you haven't put everything into it, you haven't actually achieved anything at all. When you've had to work hard for something and you've got the best you can out of yourself on that given day, that's where you get satisfaction from.

– Ian Thorpe

Endurance Interview ... with Tricia Hughes

Tricia does a great job as the administrator of the endurance program. It is a big work load, so you need to enjoy it to do it. She also has a powerful and effective breaststroke. This is Tricia's story-

"I was born at home in Johannesburg, South Africa. The doctor arrived with his big bag and my sister always said that he brought me there "in the bag". We lived in a flat in Mayfair and my

first school was E.P. Baumann. I lived the outdoors so spent most of my days playing outside. At school, they tried to get me to play netball, I didn't know how to so was quickly kicked off the court. I was more a tomboy. My mother used to laugh about the time a father brought his son to our door, looking for the boy who punched his son in the face, what a shock he got when the "son" turned out to be me and a lot smaller than his son. The boy got a caning from his dad!!!

We moved to Durban where I attended Addington School which was right opposite the beach. There I played hockey. I was a fast runner back then so played either centre forward or wing. I loved hockey. I also attended boarding school at Port Shepstone High which was down the south coast. It was a good school. When it was sardine season, the teachers would take us to the beach, with lots of buckets so that we could bring enough fish for the cooks to make us all a good meal. Our sports teacher trained us girls to be "drum majorettes" and we used to march in street parades. I was the leader. It poured with rain on one parade and I ended up getting pneumonia, which got me into hospital. Shortly after that I left the school and went to business college in Durban. I thought I would like to be a secretary. However, after getting a job in a salon and enjoying the work, my boss signed me up on a four year apprenticeship. I worked in the trade for several years before leaving SA in April 1969 to travel to England with my fiancé.

We lived in several different areas including, Earls Court, Somerton and Southampton. We got married in Bridgewater. We bought an A35 van and travelled to Hamburg, and Munich for the beer fests. In Dec, my daughter was born at Southampton Hospital. When she was 8 months old, we travelled Europe again visiting more countries. Camped outside the Dachau Concentration camp as my husband got a job working for the American Army. It was a very sad

place to see. We

went to Venice, Monte Carlo and all along that stretch of land down to Spain. We lived in a flat at Campello. I got work in a bar so hubbie looked after our daughter. I didn't finish work till about 0200hrs. After also working in another bar, my boss only spoke German, French and Spanish, I had to pick up some of the lingo, which I sort of did. We then lived in Jersey for a year before migrating to Canada where we lived for 3 years. What a wonderful country. Whilst in Toronto, I gave birth to my second daughter. We arrived in Australia Dec 5 1975. We lived in Maryborough and Hervey Bay. After the marriage breakup, I moved to Brisbane where I did many different jobs. Hairdressing, Courier driver, Cleaner, Solderer (assembling taps) My resume is full of jobs I have done.

I moved here to God's own country on the 11.11.2011. We had lived up here shortly after arriving in Aus, at the Woods caravan park and also at Coolool. Whilst in Brisbane I decided to take up rowing with the Dragons Rowing Club. I loved it. In 2000 we went to the Pan-pacs. I was in 4 races. Womens fours, mixed fours, womens eights and mixed eights. We won silver in our womens events and bronze in the mixed.

When I came to Noosa I didn't know if I wanted to swim or row. I went to the yacht club and went on a trial run in fours. Being a competitive soul!!! I couldn't handle the lackadaisical way of the other rowers in the boat. Then I saw an ad for a "come and try" at the NAC. I went to the pool on the Saturday to see if I could manage 50m as was the requirement. I did, so turned up the next day to swim. That was Nov 6, 2014. My good friend Mick Jones was there to try out as well. Both of us enjoyed it so much, we both became members in 2015. Being competitive and never having been in a swimming club before, having absolutely no idea of racing, I entered my first race at River City. That was in January. I won a silver medal!!!! Almost got DQ'd as well. A total misunderstanding.



... Tricia Hughes cont'd

About halfway through 2015, Mary asked me if I would be interested in learning the ropes with Endurance. I had started swimming in the program. Of course I said yes and after many problems, mostly mine, I eventually started to understand what I was doing. I've got it mastered now!!!

I absolutely love being in the program and get a lot of enjoyment seeing some of our not so experienced endurance swimmers

getting in there and doing better than they thought they could. It is a real lift up. Take my friend Mick, for instance, he has finally been to 2 meets and has also done 2 endurance swims.

My best achievement in the program is having completed an 800m breaststroke. I honestly didn't think I could do it but it just goes to show you. Anything is possible if you at least try. I always thought that freestyle was easier but after the 800m breast, I am now wanting to do longer swims. I don't think I will ever do backstroke and absolutely, not, fly!!!

So, may I just say to the 22 members of our club who do not participate in endurance swims, please, give it a go. You would be surprised at how good you feel afterwards and you achieve so very much from the experience. Do it for your club. *We need to get an extra 2010 points this year, if we are to win the trophy.*

Personally, I think we have an excellent club where there is so much encouragement given out. I'm sorry I didn't start swimming club when I was younger.'

REMEMBERING GARTH PROWD



Gympie. Robyn's Dad, Tom, was appointed the GMH dealer in Gympie by our own Joe Gilbert, who worked in a management role for Holden's GMH, and ultimately extended into Noosa.

Tom Madill, as Patron of Sunshine Beach SLSC, was a regular diner in their restaurant.

Many interesting conversations with Tom, where the pride in his son-in-law was evident, crediting Garth with the purchase of 14 hectares on Eumundi Road, Noosaville, the current site of the auto park, including John Madill, Holden and Toyota.

With the birth of the Noosa Triathlon by local Noosa residents, Olympian athlete, Dave Power and his good friend, Joe Gilbert, was the start of something BIG. Joe co-opted the manpower from fellow members of Noosa Lions Club.

From humble beginnings, Garth saw the potential of this fast becoming sport of Triathlon, and took over the annual event, establishing his United Sports Management, USM.

The rest is history.

Just was the respect for Garth, as it soon extended from the Sunshine Coast to world wide. His vision and people skills soon found him on several boards, and at the time of his untimely death, Garth was Patron of Noosa Heads Surf Life Saving Club and a Board member of "Tour de France."

Typical of Garth's respect of fellow human beings, each time that we had conversations over the past 12 months, he asked: How's Joe?

Such was the man.

Garth's support of our Club, Noosa Masters Swim Club, cannot be underestimated through his ongoing sponsorship (USM & IRONMAN) and the financial opportunities through volunteering.

Thank you Garth for your unselfish generosity to so many.

... Tony Frost

So many were stunned by the sad news that Garth had suffered a bicycle accident in Barcelona, Spain, on 31 July, from which he never regained consciousness. The only blessing was that he was surrounded by wife, Robyn, daughters Sally, Megan and Katie, and sons-in-law, Ben and Matt.

The boy from Gympie, renowned for his physical fitness, met the love of his life, Robyn Madill, another local from

CAN FASTING IMPROVE YOUR HEALTH?

Author: Lia Pellizzeri :3 July 2017



A lot of people associate fasting with words like difficult, detox, dangerous, deprivation... what if I told you, when it's done correctly, a fast – or a temporary break from food – has the potential to make a very positive impact on your health? And so you might ask 'What are the possible health benefits?' Let me tell you.

Both intermittent fasting and caloric restriction have a vast amount of evidence supporting their ability to enhance cardiovascular and brain functions by inducing a mild state of ketosis. This happens when your liver utilises all its glycogen stores so that it must use fat as an energy source as opposed to glucose, which usually happens after about 12 hours or so of fasting.

But isn't Ketosis bad for you?

Actually no, this metabolic state is actually extremely beneficial as it can reduce oxidative damage and increase cellular stress resistance. This means both naturally offsetting the effects of free-radicals by preventing oxidation from occurring in the first place, as well as enhancing the cells ability to cope with stress by activating adaptive stress-response pathways - in a similar fashion to what happens during intense physical exercise.

The physiological effects of these mechanisms is varied and plentiful, and include increased insulin sensitivity, decreased oxidative damage to proteins, lipids and DNA, increased resistance to various types of stress, and enhanced immune function.

But this just scratches the surface, as the available data also suggests various types of fasting can enhance synaptic plasticity, thus promoting the survival and growth of neurones or brain cells.

Potential Benefits At a Glance

BLOOD:

Decreased insulin, and regulation of leptin and ghrelin levels which can play a role in obesity by increasing ketones

FAT CELLS:

Enhanced utilisation of fats.

Decreased Leptin (the hunger hormone) and inflammation.

Increased insulin sensitivity and improved glucose tolerance

Optimises energy metabolism

HEART:

Can help reduce resting heart rate and increase stress resistance.

May help decrease blood pressure

Helps maintain healthy cholesterol

INTESTINES:

Decreased energy uptake and inflammation.

Improved cell differentiation

MUSCLE:

Increase in efficiency

Decreased inflammation

BRAIN:

Improved cognitive function through increased neurotropic factors

Increased stress resistance and decreased inflammation.

Promotes Neuroplasticity and cell growth through increasing energy metabolism of brain cells

But is it a Nightmare to do???

It's the question you have probably been waiting for me to answer. These benefits sound amazing but the sound of starving just seems senseless and down-right masochistic. However... it's actually not that difficult, as just by waking up in the morning you've fasted unintentionally while sleeping, and this will find you in a mildly ketotic state.

There are actually a couple of ways to approach this easily and with minimal discomfort, you can either:

1) *Impose a Caloric restriction for yourself 2 days a week.*

Otherwise known as the 5:2 diet used commonly for weight-loss, this style of intermittent fasting proposes 5 days of eating as you normally would, and 2 days curbing calories to approximately 500 - 600.

2) *5 Days a Week of Calorie control/ Every 3 months –*

This means the first day limiting oneself to 1,100 Calories, and the subsequent 4 days to 750 Calories.

3) *Skip Breakfast!*

Shock Horror- How dare we suggest this? The truth is, it's not a big deal if you are in generally good health and maintain a balanced diet. It isn't license to binge for the rest of the day, - make sure you break your fast with some substantial protein to counteract this such as Eggs or Oats with Greek Yoghurt.

In my opinion it is the easiest way to induce a mild ketosis. For those of you who aren't particularly hungry upon waking, this will be ideal. For those who are ravenous, this might not be the best option, or perhaps save it for a day you wake up a little later and start the day off with some exercise before sitting down to Breakfast.

Intermittent fasting and temporary caloric restriction can be a step toward living a long, healthy life according to ever-growing quality research.

BRIAN HITS THE BIG 7-0!

Fellow Noosa Masters swimmers joined Brian Hoepfer, to share a celebration of his 70th birthday. Joining us in 2009, this septuagenarian quickly showed his love of swimming long distances in his aerobic program having completed the programme with top points on several occasions.

Thanks to our Welfare Officer, Grant Scotcher, who organised a tasty carrot cake from Jaspers for the occasion.

Copy and paste the following link to your browser to see a very short video clip of the occasion.

https://www.youtube.com/edit?o=U&video_id=z2iQXde7ZWg

... Ed



SEPTEMBER 2017 CLUB BREAKFAST

Sunday breakfast for **September** will be pushed out to **Sunday 1 October** because Miami and Maryborough carnivals. Many of our members attend these carnivals and may not want to back up with a swim and breakfast preparation on the Sunday .(There are 5 Sundays in October so we can still have another breakfast for October.)
Hope that makes sense!!

... Carola Henderson

2017 COME AND TRY PROGRAMME

The first session of the 4 week programme starts on Tuesday 3 October 2017 at 9.30am at the NAC and will be coached by Karen Martin.

There will be 3 follow up sessions on 10, 17 and 24 Oct 2017

Noosa Masters has produced a couple of flyers which we will be asking members to please distribute to local golf clubs, U3A, Probus, Tennis, Bridge and or any other club/association that you think might have people that could be interested to Come and Try??



ROD & KAREN BARTON

Rod and Karen Barton (UK) are visiting Noosa again ... Yeaaseptagenar

ETA 20 October, probably feeling good for nothing, then departing on 16 November.

They are available for house sittings, dog/cat sitting, weddings, birthdays, and barmitsvas, etc, between these dates. You can contact them at karenandrod@hotmail.com.



Please support our sponsors

<p>Noosa Heads Life Saving Club Hastings St, Noosa Heads Q 4567 Tel: 5474 5688</p>	<p>Noosa Aquatic Centre Girraween Court, Sunshine Beach Tel: 5448 0288</p>
<p>Noosa Bookshop Sunshine Bch Rd, Noosa Heads Q 4567 Tel: 5447 3066</p>	<p>Bank of Queensland Tewantin Noosaville Branch cnr Gibson Road and Mary Street Noosaville Q 4566 PH:5470 3100</p>
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<p>Orchids Florist 100 Poinciana Avenue, Tewantin Q 4565 Tel: 5470 2888</p>	<p>Dan Murphy's Noosaville 17-21 Mary St, Noosaville Q 4566 PH: 1300 723 388</p>
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Challengers Chatter

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