

CHALLENGERS' CHATTER

AUGUST 2019

2019 BRISBANE NORTHSIDE MEET

by Lois Hill

Brisbane Northside (SC) Meet : August 24

The sun gods turned on a fantastic day for this carnival (where it can usually be a bit cold and windy I believe). This year the sun shone all day, and there was no wind.

Our team consisted of:

Rod Alfredson, Chris Cooper, Felicity Hawkins, LiQun Hussey, Helen Malar,



Wendy N, LiQun, Flick, Lois, Wendy I, Pieter, Jo, Chris, Linda, Ceri, Helen



Wendy Nothdurft after 1500m

Jo Matthews, Wendy Nothdurft, Pieter Santifort, Ceri Weeks, with Wendy Ivanusec and Lois Hill time-keeping, a couple of part-time supporters/shoppers (Liz, Linda). Anne Besser was missing in action (ill) bad luck Anne!

Wendy N is to be congratulated on her 1500 Freestyle swim - so many laps in a 25m pool - she was our only swimmer keen to get to the Valley Pool early on Saturday, and swam an excellent PB without any cheering from the absent team!

Wendy N then went on to swim 4 other events in great times, 2 of which were just off her PBs.

Helen M continued her run of good swims to win all her 5 events.

Rod A did his best ever swims in 50m Backstroke and 50m Breaststroke plus an age group PB in 100m Breaststroke - well done!

We'll have to watch out for Chris C - a best ever in 50m FS and age group PB in 25m Fly.



Wendy Nothdurft - Silver,
Helen Malar - Gold

Another to watch is Flick Hawkins - PBs in all 5 swims, and her FS 100m was 8 secs and FS 200m was 12 secs faster than her previous swims. Training is helping the 'EverReady bunny'!

Special mention to LiQun who entered almost 5 consecutive events in doing four x 200m swims, including a PB in 200m Breaststroke, then a 50m Breaststroke where she was just off her best time. Also a major PB in shopping while the others swam at the start

of the short distance meet! Good reason to load up your program for the last part of the meet!

Jo M swam valiantly, feeling pretty rotten, to place well in her events.

Ceri W, in her last swims before heading back to Tassie, showed the benefits of training with us in the sun. She did PBs in 25m Fly, 50m & 100m Breast, 50m FS, and a .35 second behind her 100 IM PB!



Ceri Weeks - Bronze,
Jo Matthews - Silver



2019 Brisbane Northside ... cont'd



Lois, Ceri, Chris

Well done everybody in the team, and thanks to Wendy Ivanusec for her sterling efforts in time-keeping for the meet.

We hope you are back in the pool soon Wendy!



Flick - Bronze

Pieter S also just shy (by less than .5 second) of PBs in 25m & 50m FS – conserving himself for the bus drive home.

Thanks Piet – we had a speedy trip back and we arrived at the Valley Pool in record time this year.

Congratulations to our Age group winners - Gold to Helen Malar, Silver to Jo Matthews and Wendy Nothdurft, and Bronze to Ceri Weeks and Felicity Hawkins.



Linda, Rod, Liz

Jenny Nock in Launceston



LiQun at QBN



Hi everyone !!

I'm sending this waiting for my flight back to Brisbane from Launceston.

I won Gold in 7 events over 2 days. Very happy. Times improving.

This is my 3rd visit to this meet. I have a swimming friend and her husband in Devon and they come to Launceston each year for this meet.

They looked after me and drove me everywhere in their new Mustang Bullitt!

Regards ... Jenny Nock



I refuse to go bungee jumping...
I came into this world because of a broken rubber, I'm not leaving because of one.

USA Coast to Coast

by Rob Jolly



Rob with Eulah Varty

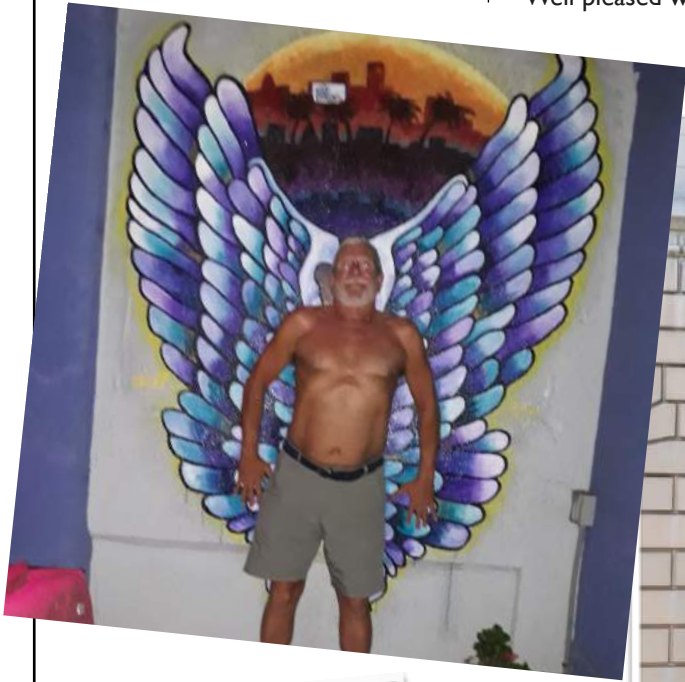
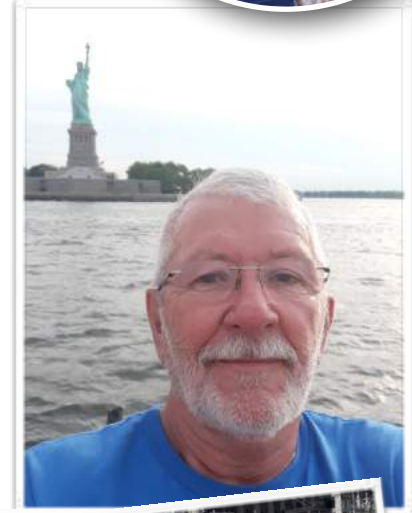
Home again after a great 2 months vacation in the USA. I crossed 17 US states by Amtrak train from New York to Orange County CA. swim training with clubs on the way in New York, Washington DC, Chicago, Denver, Colorado Springs, Sacramento, San Francisco, San Luis Obispo, Los Angeles, West Hollywood, Long Beach and Mission Viejo.

Results:-

2 big competitions, IGLA in New York, 1 gold 2 silver.
USMS Summer Nationals, Mission Viejo CA. 5 bronze.

Highlight of the USMS swimming competition was to meet up with our friend Eulah Varty from Vancouver Island, Canada who visits Noosa regularly to train with us... She won 4 gold and 2 silver... What a legend!

Well pleased with our results 😊





Joyce with Libby Lenton
2008

THE NOOSA JOURNAL 5 November, 2009

Medal haul at last for Joyce, 88
by Sue Mikkelsen

SEVENTY-ONE years after travelling 28,000 miles to swim for her country, Joyce Faunce has finally won gold.

The Noosa AUSSI Masters swimmer said two gold medals and a silver from the recent World Masters Games in Sydney made up for her disappointing form at the 1938 British Empire Games in Sydney, and missing Olympic selection.

Joyce (nee Harrowby) was the youngest member of the English team at the Empire Games. She spent four months away from home - it took six weeks to travel by boat from England - and celebrated her 17th birthday in Australia.

"It was my first time away from school and only the second time I'd been to London," Joyce said.

"I was as green as grass then and I didn't do so well. There was no coaching like I have now."

Joyce won the English national championships in 100 yards freestyle in 1938 and 1939, and was expected to make the Olympic team for 1940. She defeated the German champion at the England-German Games in 1939, three weeks before the outbreak of World War II. The 1940 and 1944 Olympic Games were cancelled because of the war.

"By 1948 (Olympics) I was married with three children," she said.

Joyce, who moved to Australia in 1957, did not swim again for more than 50 years 'til she joined the AUSSI Masters in Noosa in 1999.

Club president Pat Mooney said Joyce is the club's "greatest asset".

Joyce, 88, has had two hip replacements, two knee replacements and had open heart surgery last year. She trains three

times a week under coach, Jan Croft, whom she credits for her success.

Joyce was the "baby" of the 360+ years 50m freestyle relay team at the World Masters Games, which won gold. She won gold in the 85-89 years 50m freestyle, in 55 seconds, and silver in 50m backstroke.

She said the highlight of competing at the World Masters Games was "not dropping off the perch and still being able to do this".

Noosa AUSSI Masters swimmers, won 16 medals at the World Masters Games.

10-Year Membership of QNA by Joyce Faunce (2009)

It is hard to realise that our club has now reached the 10-year anniversary of its founding in 1999. After my initial introduction to swimming (which would have been about 1930) via the council swimming baths in Leicester, England – standing in the shallow end, shivering with cold, trying to blow up a pair of canvas "water wings" (does anyone remember them ??) and then plucking the courage to actually get my top half wet – I finally improved enough to start thinking that perhaps swimming might have a place in my life. I had no idea then that later on in life it would become my "lifesaver" in the true sense of the word.

After 50 years of never setting a foot in a swimming complex, I was curious to see the new 50m Aquatic Centre at Sunshine Beach and unbeknown to me at the time, my name was submitted as "being interested in the possible formation of a Masters Club" and from that time my life changed. I am now "addicted" To the black line ... in a pool.

For me, the sea is not for swimming. It's to gaze at, spend lazy days looking at it, sail on it, but never actually swim in it. I have such admiration for those "QNAers" who regularly rush into the water at Tea Tree Bay and the next minute they've come into sight at Main Beach. Encounters with rocks, seaweed, little fish, stingrays, and horrors,

NOOSA MASTERS IS 20 years old ...

Joyce Faunce remembers, and we remember Joyce

SHARKS – seem to leave them completed unconcerned.

So recalling various memories I have over these last 10 years – I can remember poring over swimming catalogues with Val Bedding, trying to decide which cossie and what colours would be most appropriate for our members. The design and colours we eventually came up with were voted spot on and proved most popular, even now today.

Another memory I have is at the time when we were visited by the then "elite" swimmers of the day. Kieren Perkins, Susie O'Neil, Michael Klim, Grant Hackett and of course, Ian Thorpe. "Thorpie" was yet to reach the astronomical heights of his career, but I remember we were all swimming in the pool at the same time as they were training and I manoeuvred myself into the next lane to "Thorpie" and had a go at pushing off in unison with him and trying to see if I could keep up with him. Of course he was half way back again by the time I reached the end of the pool, but it was one of those "moments" to look back on and relish.

Looking back again, I have come across a Newsletter dated 2002, where I wrote (trying to encourage new members), "No matter how overworked, fed-up, hassled, or just plain tired you are, I can promise you that you will feel revitalised if you swim. Even if you just float along, or commit to a real "work out" session, you will feel better than before you swam. Guaranteed."

I still feel that these sentiments are still true today. Even more so, as we all get older. It's the very best exercise for everyone.

But overriding all the above, to me "Noosa AUSSI Masters Swim Club Inc" is not just a name, not just a club to belong to because I happen to like swimming. It's the people who are the club. I am proud to belong. They are all my "lifesavers" as I said at the beginning and even if I have to give up swimming I shall still come along "for a chat and a cup of coffee" and to see how you are all going.

JOYCE FAUNCE (1910-2016)

AUGUST CARNIVAL CORNER

14 September: NOOSA CARNIVAL - come and support your Club!

NOOSA! September 14: 10:00 am-5:00 pm

Postals can be swum up till 9/9, but you must have entered the meet by 31/8.

We need all your help on the day too!

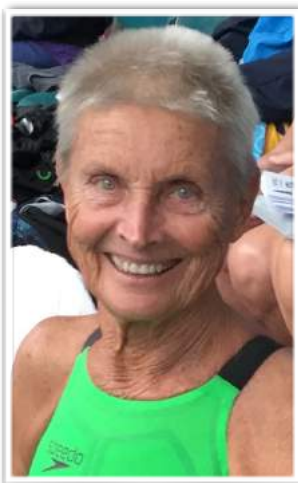
Noosa Carnival: we need your entries asap as close is on Saturday. Even if you have volunteered to help on the day, please enter some events - you will be freed up from your 'duties' to swim. We currently have entries from only 3 people to swim on the day, so that's not even a relay.

We have many people away, so we need as many swimmers as possible, and also as many helpers too to make the day a success!

Summary of new dates for Postal entries-

- Postals to be swum in a 50m pool up to 09/09/2019
- Entries will still close on 31/08. If you intend to swim a postal but have not done so by 31/08 then enter your intended swim in Entry Manager with a NT (no time)
- Completed entry into file in Endurance cabinet, or photo-copy emailed to captains, by morning of 9th Sept, preferably earlier.
- No postal swims will be accepted after the 09/09 and especially not on race day
- Please send replies/queries to Captains at captain.noosaqna@gmail.com

COACH'S TIPS



Hello again ...Tip Time !!

Kicking

Improving your kick is probably the biggest breakthrough you can make to improve your freestyle. Kick should not be engaged to the point that it is over propulsive.

Why you sink ...

Your kick is either too big – too powerful – too rigid – tight ankles – bent at the knees

We need to kick to hold our body in position to help initiate rotation, it is not about propulsion, avoid the kick being too big - that is, kicking outside the body profile and creating drag. A good kick is small, not too wide and not too deep - a relatively straight movement from the hips.

Happy swimming

Cheers, Jan

Upcoming Meets ...

Maryborough 28 September (SC) 9am-4pm, Entries close 22 Sept, no relays

Miami Masters Splash and Dash Fun Meet

October 5 (3:00 pm-5:30 pm) To Register: email Roger Belmar on rogerbelmar97@gmail.com by 7pm 4th October. (pay \$6.50 on day)

University of Queensland QUQ

October 12 (SC) - 12:00 pm-6:00 pm: Entries close 27 September: No Postals: New format for heats(in reverse order), 4x200 mixed FS relay, 4x100 mixed FS & Medley, plus some new innovations (fin race).

Sunshine Coast QSC

October 26 (LC) 9:30-3:30: Entries close 15 Oct for QNA swimmers, relays by 18 October: No Postals

Aqualicious QAL

November 9 (LC)

Please send queries to Captains at

captain.noosaqna@gmail.com

Message from your Editor

May I ask our newer members to email me a photo and a short 'bio' for publication in our "Chatter"? Did you swim as a child? What are your other interests? How did you come to join Noosa Masters?

*We'd love to know you better
(wendyivanusec@bigpond.com)*

MSQ wants to hear from YOU ...

MSQ Swimmer Profiles:

Masters Swimming Queensland would love to share profiles of our members on our website and through Facebook from time to time. It would be great if each club would choose a member every month or so to write something they would be happy to share. Paragraphs can be based on answering the following questions, but plenty of creative licence is encouraged!

We want to hear YOUR story, so please include anything you like. We want to profile a wide variety of swimmers' stories, as it is fascinating to hear about the range of factors that bind us together in the love of swimming. Three or four good quality photos would also be appreciated to accompany each profile. Thank you for your assistance. Please email to Christina: admin@mastersswimmingqld.org.au

How did you first become involved with swimming?
What do you love about swimming?
When did you first join Masters Swimming?
Most memorable swimming moment?
Favourite events?
How often do you swim, and where?
What motivates and inspires you?
Have you had setbacks to overcome?
Favourite things? Likes and dislikes?
What upcoming events are you swimming in?
Other interesting facts about you?
Philosophy on life? Favourite saying?
What would you say to someone who is thinking of becoming a Masters swimmer?

As an example, here's what Jo Matthews has submitted ...



How did you first become involved with swimming?

When I was 14, I went along to the local swimming club and asked if I could join, they were a bit surprised due to my age and that I was a virtual non swimmer, my real reason for going was to meet boys! They set me a challenge of being in the top squad by Christmas, which was only 3 months away, that's when I knew I loved a challenge and much to their surprise I made it. After swimming for a couple of years, I gave it up to do other sports.

What do you love about swimming?

It is like a drug; I don't feel like I have achieved in the day if I haven't taken part in some sort of swimming.

I hate it if I must miss a session due to illness.

When did you first join Masters Swimming?

At 37 years of age, after a chance race against Mike Fibbins who was ranked 5th in the World for the 50m Free. He was the one that told me about Masters Swimming and strongly suggested I join a club.

Most memorable swimming moment?

In 2005, winning a silver medal in the 200m Butterfly at the World Masters Games in Edmonton Canada.

Favourite events?

200, 100 & 50 Fly and 400, 200 & 100 IM

How often do you swim & where?

Six times a week, 4 times at the NAC with Jan Croft and twice a week at the Good Shepherd Pool with Brian Stehr.

What motivates and inspires you?

Having short term and long-term goals and inspirational sports men and women.

Have you had setbacks to overcome?

Yes in 2012 I was diagnosed with Lymphoma and was out the water for 18 months, then last year I broke my

arm and had to swim and compete one armed for 6 months.

Favourite things? Likes and dislikes?

Positive people, laughing and animals. Negative people, bad drivers and queuing.

What upcoming events are you swimming in?

I'm looking forward to the Nationals and States next year when I move into the 65-69 age group.

Other interesting facts about you?

I'm President of the Noosa Masters Swimming club, I have two Grandchildren, Lily who is 5 and Grace who is 2 and a shiatzu/ Maltese Cross female dog called Charlie and a female tabby cat called Diana. I am an ex Principal of a High School and I am still involved in teaching and tutoring as well as running an Airbnb business.

Philosophy on life? Favourite saying?

Don't give up, failures and obstacles make you stronger. 'We can and we will.'

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

Do it, it is great fun, you meet some amazing people and you will surprise yourself, in what you can achieve.

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
SEPTEMBER							
1-30	Postal	Rocky Crocs Postal	QRH	Central	Q29/19	n/a	Any 25m or 50m pool
14	LC	Noosa Masters	QNA	Sunshine	Q18/19	Yes	Noosa Aquatic Centre
28	SC	Maryborough Masters	QMB	Central	Q23/19	Yes	Maryborough Aquatic Centre
28-29	SC	Lismore Masters Games	QTR	South	Q19/19	Yes	Trinity Aquatic Centre
OCTOBER							
5-12	LC	Australian Masters Games		Adelaide		Yes	SA Aquatics & Leisure Centre
12	SC	University of Qld Masters	QUQ	Sunshine	Q20/19	Yes	UQ Aquatic Centre
26	LC	Sunshine Coast Masters	QSC	Sunshine	Q22/19	Yes	Kawana Aquatic Centre
NOVEMBER							
3	OWS	Sinkers OWS Balnagowan	QNS	North	Q24/19	n/a	Pioneer River, Balnagowan
9	LC	Aqualicious	QAL	Sunshine	Q25/19	Yes	Centenary Pool
24	OWS	Trinity Lismore Masters	QTR	South	Q26/19	n/a	Shaws Bay Ballina
DECEMBER							
1	OWS	Big Barrine Bash	MSQ	North	Q27/19	n/a	Lake Barrine

Legend:

MSQ Swim Meets
MSQ Postal Events
MSQ Co-sanctioned Swimming Australia Meets *

*A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SAL) hosted swim meets and have their results published in the MSA Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia. A number of SAL Meets have been co-sanctioned by MSQ for this purpose and are colour-coded.



September

TWO BIG ONES this month ...

Studley Martin	3/9	Annie Collins	16/9 (BIG 80)
Kim Kelly	4/9	Ian Mitchell	23/9
Irene Symons	14/9	Alan Cameron	23/9
Ross Kee	15/9	Bob McCausland	25/9 (BIG 90)
		Gillian Bensted	26/9

*Age is not about getting older ...
It's about how much fun you've had !!*

After a tiring day, a commuter settled down in his seat and closed his eyes.

As the train rolled out of the station, the young woman sitting next to him pulled out her cell phone and started talking in a loud voice: "Hi sweetheart.

It's Sue. I'm on the train". "Yes, I know it's the six thirty and not the four thirty, but I had a long meeting".

"No, honey, not with that Kevin from Accounting. It was with the boss".

"No sweetheart, you're the only one in my life".

"Yes, I'm sure, cross my heart!"

Fifteen minutes later, she was still talking loudly.

When the man sitting next to her had enough, he leaned over and said into the phone, "Sue, hang up the phone and come back to bed."

Sue doesn't use her cell phone in public any longer!

Ten steps to good travel etiquette

1. Walk in the fast lane
2. Board when told to
3. Have your travel documents ready
4. Be mindful of luggage sizes
5. Give middle seats the arm rests
6. Respect personal space
7. Be polite to cabin crew
8. Learn about where you're going
9. Tipping
10. Be positive

Airport travel etiquette

Despite what being at an airport means – normally that you're about to go on holiday or you've just had a great time away – a quick look at the faces around you shows that you're not in a happy place. An airport is one of those awful waiting places, full of queues, delays and discomfort. When you're in an airport, the best tip is to stay aware of your surroundings and be ready to move so that you don't add to the frustration of others.

Walk in the fast lane

In bigger airports, you'll find travelators and escalators around the terminal. Like in train stations, there's a fast lane for those in a hurry. Blocking a moving walkway or staircase is a surefire way to annoy someone in a rush to board their plane. Ideally, you should always keep moving until you get to a food court or your gate, and be sure that if you are taking things slowly that you don't block the way with your luggage.

Board when told to

While some low-cost carriers don't give allocated seats, almost every airline you fly with will give you a designated spot. Passengers are invited to board in intervals at the airport, and for a very good reason. Respect this system and wait until your rows are boarded otherwise you'll disrupt the flow.

As a general rule, families with children and passengers requiring assistance will be called first, so if you aren't in either category simply sit and continue to read until your row is called.

Have your travel documents ready

Everyone boarding the flight knows that they will need to show their passport and boarding pass at some point during the boarding process, whether it's at check-in, security or at the gate. Be prepared and have them ready while you're queuing. There's no excuse for fumbling around and wasting others' time, especially when you're at the front of the queue (or you've skipped the step ahead because you're so desperate to get on the plane).

Flight travel etiquette

Etiquette on a plane is generally about being kind and courteous. It's unlikely

that the flight will be the highlight of your trip – although you may get some great views if you have a window seat – and trying to sleep in an uncomfortable seat or work out what exactly is in your meal can put some people in a foul mood. Try not to add extra reasons for people to get air rage by thinking about those around you.

Be mindful of luggage sizes

Airlines have restrictions on the size of cabin luggage and the reason is simple: it's what fits in their overhead lockers. Be mindful of this when you pack so that you can quickly put your bag away and get seated to ease the boarding flow.

If you see someone struggling with their luggage, don't tut or scowl, it may be their first time flying and everyone makes mistakes. You can offer to help either by giving them a hand to lift their bag or by pointing out a locker that has more space. This simple act can make a huge difference to someone struggling with their luggage.

Middle seats get the arm rests

No traveller chooses the middle seat as their first preference. The window has the advantage of views but the disadvantage of having to climb over others to get to the toilet. In the aisle, you can stretch out but your sleep or film watching may be disrupted by someone looking to stretch their legs. In the middle, you get neither of these advantages but all of the disadvantages. To make up for this imbalance, it's common courtesy to at least give the middle seat use of both arm rests so they're not as cramped in.

Respect personal space

Personal space is limited on a plane (at least in economy class) so be respectful of those around you. Don't stretch out into your neighbour's leg or arm space, ask the person behind you before you recline and while some people are happy to chat on a flight, be mindful that others are not. As in the office, if someone has headphones on it's a sign that they don't want to be disturbed.

Be polite to cabin crew

There are a lot of grouchy people on planes and most of them take their frustrations out on the cabin crew, regardless of the situation. As a reminder, the cabin crew did not design the seats and they are not responsible for delays. International travel etiquette One of the greatest things about travelling is discovering foreign cultures and finding out how other people live.

While much of your education will happen on the ground, it's important to do a bit of research before you go so that you can make a good first impression and avoid making faux pas.

Learn basics of where you're going

Travel etiquette is different around the world – what's true of Bali may not be the same in Europe or America. Before you fly, make sure you brush up on a few common courtesies. Despite the heat, in temples in Indonesia it's important to dress respectfully. In Thailand, it's rude to point at things with your feet and in Korea it's polite to use both hands when passing or receiving an object from someone. *Travel photo etiquette* is a consideration too. Always ask permission when taking a photo of someone you don't know and show the subject the photo after it's been taken. Be mindful of religious aspects – generally, it's a no-no to take photos of people praying or attending worship.

Language is another big thing. For a short holiday, it's not expected that you'll quickly get to conversational level, but learning a few words like 'hello', 'thank you' and 'please' is a nice touch that will be appreciated the world over.

Tipping

Tipping is a grey area for Australians, preferring as we do to pay our workers a liveable wage. However, travel etiquette in different countries is to tip like the locals do, not as you would at home.

The obvious country for tipping is the USA, where 15-20% is expected in restaurants (likewise in Canada). In Europe, 10-15% is normal when you're pleased with service, but it's not as enforced as it is in the States. However, in some countries, such as China and Japan, it's actually rude and insulting to offer a tip.

Be positive

Travel is a glorious privilege and something that we in Australia are lucky to embark on. With our high wages and generous annual leave, Aussies can travel more than most. While some aspects of your trip might not be up to expectations, no one wants to put up with the tourist who complains all the time. Yes, things aren't like they were 20 years ago, they're not the same as they are back home and it's unlikely they'll look like they do in the brochures, but travel is about the experience and expanding your horizons, so take the good with the bad and save your complaints for the serious issues!

ENDURANCE 1000 REPORT

AUGUST 2019



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/>

Yes,- we are back at the NAC but are yet to run a full Endurance session. The temperature of the water in the 50m pool is still a little cold, to put no finer point on it.

As I pen this report (Thursday), we expect the pool temperature to be fine by Saturday 31 August to undertake some postal swims for our Carnival which will also count for Endurance points.

During August, a number of our members were able to complete some major short course swims at Good Shepherd. These included:

Studley Martin - 30 min free, 30 min back, 45 min back, 45 min breast, 60 min back, 60 min breast, 45 min free.

Quentin Lee – 45 min breast, 60 min breast, 30 min free, 45 min free, 60 min free.

Denise DeCarlo – 60 min breast, 60 min free.

Greg Bott - 45 min back.

Brian Hoepper – 30 min free, 45 min free.

Mark Powell, Jane Powell, Jo Matthews – 30 min breast

Bob Morse – 30 min free.

Well done ! Great opportunity to get that extra push off in the turns.

Unfortunately, we are losing one of our favourite Deckies – Denise DeCarlo. Denise and her husband are travelling overseas and when they return will be shunting off to Tasmania for a major work commitment.

Hopefully, we will see them back in the middle of 2020.

I would like to pass on our appreciation to Denise for the sterling job she has done and the points amassed as an Endurance swimmer. Last month, Denise had earned 650 points – making her the leading points scorer.

I am also pleased to report that Helen Malar has kindly offered to replace Denise as one of our Deckies.

Happy swimming in the 50 m pool at the NAC. See you there.

... Regards, Rod
Rod Alfredson
Coordinator
Endurance 1000 program
Mob 0418 260716
rod.alfredson@bigpond.com

Please keep 14 September free for our swim meet. Who you are going to help?

Bob Morse	with the set up
Linda Hogg	with the timekeeping.
Robyn Selby	with the raffles.
Carola Henderson	with the refreshments.

Wear is on her way back TO Taiwan



The recent family holiday in Taiwan was enough to convince Wear's Australian husband that they should move back to Taiwan. We are really sad to see you go, Wear and we wish you and your family all the very best for the future.

Next year, hopefully, club members will visit you in Taiwan and join the Taiwan Masters Swimming Competition in November as you said the weather will be much nicer then.

Don't forget ... if any of your Masters swimming friends would like to visit us here in Noosa, the welcome mat is out and I'm sure some of our members would offer to billet them.

... Ed

Please support our sponsors

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Life Saving Club**

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Tel: 5474 5688

**Noosa
Aquatic Centre**

Girraween Court, Sunshine Beach
Tel: 5448 0288

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Noosa Road & Gateway Drive
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Ironman

24 Lionel Donovan Drive
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