

# CHALLENGERS' CHATTER

AUGUST 2022

## Jollyworld : Europe 2022

by Rob Jolly

*Bonjour!*

I am in central France on a high-speed TGV train travelling at speeds up to 280 kph from Valence to Paris; it is the best way to travel in Europe.

My good friend Gerard is now living in Valence in the Auvergne-Rhone Alpes region and hosted me there and kindly gave me the use of his apartment in Paris during my three months in Europe.

The cooler weather in the North of France was a relief as it has been scorching hot in the South with temperatures up to 40dC. Drought conditions and catastrophic wildfires have occurred near the French Atlantic and Mediterranean coasts.

A couple of days after arriving in France I competed at the **Tournoi International de Paris** a Multi-Sport Event with 2000 competitors, 200+ at the swim meet. I was pleased to swim well enough to win medals with little training and age group opposition.

I have been a member of the Paris Aquatique club since early 2010 and often represent them when competing in Europe. P.A. organised the T.I.P. swimming competition which attracts many international masters' swimmers from all over Europe.

At the end of June, we travelled from Valence to the Mulhouse/Strasbourg region of Alsace in France on the Rhine River border with Germany.



I competed in the **French Masters Championships** with 750+ masters swimmers competing over 4 days and managed to pick up 5 medals and Covid 19.

So, after 2 years of lockdowns, quarantine, mask wearing, etc. Covid finally got us. Our infections seemed mild at the time but there are some lingering issues, hopefully no on-going serious problems.

I visited the city of Strasbourg for the first time and it was the highlight of this European trip. Strasbourg Cathedral was impressive with its famous Astronomical Clock, and the Petite France district with its narrow streets and

waterfront areas were interesting sights to see. We did a river cruise which went through the historical centre and passed through locks on the river to the modern European Parliament.

Musee National de Automobile, Collection Schlumpf is a world-famous Automobile Museum located in Mulhouse, Alsace and built around a collection of 400+ classic automobiles.

Well worth a visit for car enthusiasts. The collection of Bugatti cars was impressive from the oldest to the latest models.

<https://www.musee-automobile.fr/en/>



# Jollyworld : Europe 2022



In July I travelled to Nijmegen in the Netherlands to compete in the swim meet at the multi-sports event ...

## Eurogames 2022.

I swam well and managed individual and relay medals in the well-organised swim meet in a short course indoor pool. There were 4 Australian and 1 New Zealand competitors at EG22.

One hot day while watching the Eurogames's rowing regatta on the River Waal I contemplated going for a swim in a cordoned off swimming enclosure but the fact that the

water was brown, current strong and the giant river barges chugging past on their way to the Rhine put me off!

After Eurogames I returned to Paris for a few days then travelled to Bordeaux to visit friends who have recently bought a property and are renovating their house in a picturesque village surrounded by vineyards

While in Europe I enjoy restaurant and winery visits, trying traditional foods and local wines. This first time in the Bordeaux area I tried and bought some of their delicious red wines. I have now joined the vast club of swimmers I know who regularly enjoy a glass of good red wine.

*See you soon ... Cheers, Rob Jolly*



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
<b>SEPTEMBER</b>							
10	LC	Rackley Masters Meet	QRL	Sunshine	Q15/22	Yes	Centenary Aquatic Centre
24	LC	Noosa Masters Meet	QNA	Sunshine	Q16/22	Yes	Noosa Aquatic Centre
<b>OCTOBER</b>							
15	LC	Maryborough Masters Meet	QMB	Central	Q17/22	Yes	Maryborough Aquatic Centre
29	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q18/22	Yes	Kawana Aquatic Centre
<b>NOVEMBER</b>							
6	OWS	Sinkers OWS at Balnagowan	QNS	North	Q19/22	n/a	Pioneer River, Balnagowan
9-12	LC	Pan Pacific Masters Games 2022	MSQ	South	Q20/22	Yes	Gold Coast Aquatic Centre
27	OWS	Big Barrine Bash	MSQ	North	Q21/22	n/a	Lake Barrine, Atherton Tablelands
<b>DECEMBER</b>							

**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 (SA) 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 and the two clubs be related as "one-clubs". A number of SA Meets have been co-sanctioned by MSQ for this purpose and are colour coded. Contact the MSQ Administrator for more details.

## COACH'S TIPS

### To improve your swimming ...



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 lower intensity as they age, but you need to train fast to race fast. Sprint sets develop speed. HR 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. Progressively overload, 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 are stretching and good nutrition such as high glycemic foods and carbohydrate and protein drinks after training. Easy swims, massage and sleep!

*Happy swimming  
Cheers, Jan*



## September

Studley Martin	3/9
John Simonidis	5/9
Ross Kee	15/9
Annie Collins	16/9
Ian Mitchell	23/9
Gillian Bensted	26/9

Don't worry about getting old, worry about thinking old.



# The Curious-Mail

BRISBANE: 27<sup>th</sup> AUGUST 2022

## Noosa Masters startling strategy at Valley Pool!

*Oswald Kraull, sports reporter*



Rod, Liz, Jo, Terry and Brian at Northside, Saturday 27<sup>th</sup> August 2022. (Wendy had to leave early.)  
It seems Jo isn't a member of the Blues Brothers fan club!

Is there a strategic shift emerging? Has Noosa Masters embraced a 'commando raiding party' strategy towards swim meets, in contrast to the 'shock and awe Viking invasion' approach that proved so successful in years past? Gone are the days of buses filled with blue-clad competitors hurtling towards Albany Creek or Chandler. Now it's the furtive approach to a swim venue ... perhaps a little car-pooled group; sometimes a lone cyclist with a backpack; or a trio on a train.

Having sent a 'raiding party' of five to the recent Belgravia meet (returning with a haul of national and state records) Noosa replicated this audacious strategy at the Northside meet. Five Noosa raiders (three of them veterans of the Belgravia campaign) made their way through the grit and grime of Fortitude Valley to the historic Valley Pool.

Hours later, with mist settling over the decaying Valley precinct, and as the denizens of the night emerged from darkened doorways (offering salacious invitations), the Noosa team threaded their way home, laden with booty.

The hours of competition were indeed demanding. With the short-course format and a packed program of events, the meet proceeded at a blistering speed. Event 6 seemed to merge into Event 7 and dissolve into Event 8 with eye-watering rapidity. In one tragi-comic episode, a competitor finishing her 25m Freestyle heard the shout 'Change to Breaststroke and keep swimming'. She did.

'Warm up' and 'cool down' became redundant terms. Each event became the 'cool down' from the previous event and the 'warm up' for the following one. One competitor, who'd obviously chosen his program unwisely, complained that he'd been swimming non-stop for 93 minutes.

Through the pandemonium, the Noosa team remained steadfast. They swam with passion and power, plus a tinge of fear as they recalled their captain's motivational command - 'Swim as if Jan is watching you!'.

But the plans almost came unstuck! The team had agreed to not win every race, as there was the risk of a drug test revealing the horrific intake of caffeine, coloured snakes and a strange white powder. But some people just can't be restrained! Oblivious, Matthews and Carter shattered all opposition and posted the possible 50 points.

Nothdurft and Hoeppe, with cooler heads, each 'fluffed' a turn to slip into second place. In a piece of impromptu brilliance, chief strategist Alfredson swam one-arm Breaststroke in every event, ensuring he'd not touch first.

In the end, the strategy worked brilliantly. The points piled up, everyone medalled and the Noosa team walked away with the 'small clubs' trophy. Back at club HQ, the Viking helmets were finally consigned to the rubbish bin and members fought ferociously for a precious place in the next raiding party. VENI, VIDI, VICI.

## 'CHATTER' EDITOR'S APOLOGY

Dear readers,

When our regular writer failed to produce a 'Northside Meet' report, I hastily accepted – sight unseen – the above report from *The Curious Mail's* sports reporter, Oswald Kraull. A big mistake. To make amends, here is a REAL report on Noosa Masters' triumph at the Northside meet on Saturday 27<sup>th</sup> August.

Sincere apologies  
Wendy (Editor, 'Chatter')



Jo and Terry at the Valley Pool. Terry had been warned there might be snow!



Brian and Jo catch up with Wendy at the NAC on Sunday morning, with the trophy and her medal!



The John & Shirley Kerr Award for highest average points by a small club. The splendid perpetual trophy is kept and guarded by Northside club. This is the smaller trophy kept by Noosa.

## Noosa Masters at Northside meet 2022

Five dedicated Noosa swimmers travelled to the Valley Pool for the 2022 Northside meet. The short course meet was swum in one half of the historic pool. The sun shone throughout the event, with no trace of the wintry chill that sometimes strikes this particular meet. All five Noosa entrants swam exceedingly well, as follows:

### **Rod Alfredson M73**

Second place: 50 BREAST 59.51; 200 BREAST 4:57.98; 25 BREAST 26.55; 100 BREAST 2:20.97;  
200 BACK 4:49.83  
Points: 45 BRONZE MEDAL

### **Terry Carter W72**

First place: 50 BACK 52.94; 25 BACK 23.62; 25 BREAST 24.65; 100 BACK 2:01.20; 200 BACK 4:15.54  
Points: 50 GOLD MEDAL

### **Brian Hoepper M75**

First place: 100 IM 1:39.76; 25 BREAST 21.11; 100 BREAST 1:45.88; 200 IM 3:45.69  
Second place: 25 FREE 17.00.  
Points: 49 GOLD MEDAL

### **Jo Matthews W67**

First place: 100 FLY 1:46.19; 25 FLY 17.91; 25 BREAST 22.41; 200 FLY 4:09.55; 50 FLY 41.90  
Points: 50 GOLD MEDAL

### **Wendy Nothdurft W68**

First place: 100 FREE 1:25.49; 25 BACK: 23.73; 25 FREE 17.30; 50 FREE 37.32  
Second place: 200 FREE 3:08.44  
Points: 49 SILVER MEDAL

The Noosa team of five won the John & Shirley Kerr Award for the highest average points by a small club. The beautiful perpetual trophy was presented by John and Shirley, and the Noosa team came away with a smaller trophy to be kept by the club.

Congratulations to all five of the Noosa team!  
And special thanks to Liz Alfredson for presiding over the meet as an MSQ official.

And ... there was spirited 'family' support for the Noosa team. Wendy's two sons cheered her from the grandstand. Nearby were six members of Brian's family – two daughters, a son-in-law and three grandkids. Extra motivation!



Motivational force: Brian's family at Northside.

## Breakfast Report

At last...after more than two years.... Club members have once again been able to enjoy a leisurely breakfast after a hard session of swimming. Yes! Our Sunday Club Breakfasts are back!!

Lanes #1 and #2 have provided us with delicious fare for the two breakfasts we have had and they certainly didn't hold back with the variety of food offered. There was everything ... muffins, pancakes, quiches, fruit platters, cakes, slices, sausages, cheeses and dips ... to tempt our taste buds.

The raffles were well supported with all money going to the club coffers. A fruit tray was won by Viv (lane #1) and a mixed produce tray was won by Bruce (lane #2). Wendy I. very kindly donated a bottle of wine which was won by Kev (lane #1).

The general vibe from all the members was positive that our breakfasts are an enjoyable social event every one or two months ... depending on the swimming calendar.

Our next breakfast will be after our own swimming carnival...so stay tuned.

*Carola Henderson  
Catering Coordinator*



*President Greg has his audience spellbound !*



*Carola (and everybody else!) was delighted with all the delicious, healthy contributions from Lane 2*

## Kevin's Krash klearly kaused karing concern !!



When Kevin's electric scooter lost a wheel and caused him to have a bit of a spill, Noosa members expressed their concern for his well-being in many different ways ... however, not everyone was entirely sympathetic as evidenced by the public presentations made to Kevin after squad one Sunday morning.

Bob Morse had managed to source a pair of training wheels and presented them to Kevin with a flourish amid much hilarity!



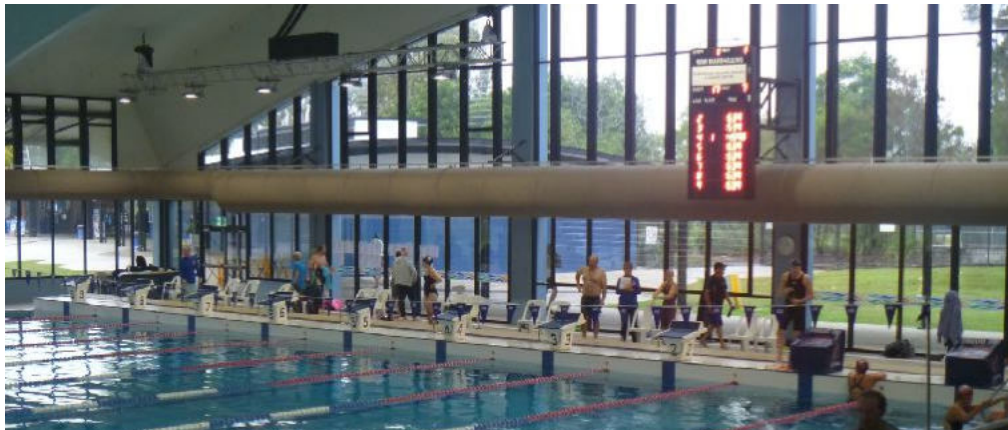
But it didn't end there ... as if by magic a T-shirt appeared, emblazoned with the purposely mis-spelt word "SKOOTER".

This brought the house down !

All this nonsense and his new nickname was graciously accepted by Kevin in good spirit !

*... Ed*

# THE BELGRAVIA MEET : 13-14 AUGUST 2022



## BELGRAVIA!

The name is so evocative ... conjuring images of luxury townhouses, leafy streets ... a stone's throw from 'the Palace' and a stroll to Harrod's.

Hardly the expected name for a masters swim club in Burpengary! And yet, in a way, quite apt. As competitors arrived at the aquatic centre for the unique two-day club meet, the Saturday was growing increasingly wintry and bitter. But they stepped into a pool environment that was – if not palatial – certainly 'top notch'. A cavernous space bookended by soaring glass panels houses a sparkling 50m pool, a matching 25 pool and a massive grandstand. What can't be missed are the huge cylindrical ducts that run around the perimeter. Yes, the entire complex is air-conditioned, maintaining a delectable mid-20s temperature throughout the day. The pool itself is kept a constant 27 degrees – complying with the FINA standard (25-28) for competition. For once, none of the shock of climbing out of a warm pool onto an icy pool deck and then shivering in the stands until the next race!

## THE MEET

To their credit, Belgravia offered something special to masters swimmers for 2022 – a two-day Long Course program with all four strokes from 50 metres to 1500 metres and the individual medley at 200, 400 and 800 metres. The second day's program consisted entirely of the 800 and 1500 events. Noosa Masters was represented by just five swimmers – Anne Besser, Terry Carter, Brian Hoepper, Helen Malar and Jo Matthews.

## SATURDAY

Helen swam on the first day only, completing a suite of Breaststroke races and a 50 Freestyle. Helen's 200 and 400 swims were her best for 2022, and her smart time of 49.30 for the 50 Breaststroke broke 50 seconds for the first time this year and earned her an impressive 593 points on the FINA scale. Terry matched Helen's program with a set of Backstroke swims. Terry's best result was in the 200m event – 4:16.02 - her fastest for 2022.

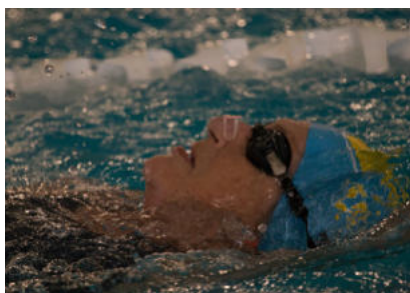
Brian swam four Breaststroke races at 50, 100, 200 and 400 metres, all of them fairly ordinary and none of them personal bests for 2020.

## SUNDAY

Terry and Brian returned on the Sunday and were joined by Anne, who'd just flown back from Sydney, and Jo. Terry set an example by entering both the 800 and 1500 Backstroke events, and set impressive marks in each – her first Backstroke swims at those distances for 2022. Terry's 1500m swim was smooth and consistent – the essential approach for that long swim – and she clocked a smart 34:31.79.

Anne took a more single-minded approach, focusing fully on just the 1500 Backstroke. This was very much a personal goal for Anne and, emulating Terry's smooth and steady style, Anne not only reached her goal but did so in a pleasing 48:31.90 – about 20 seconds over her PB, but remarkable after time away from the pool and such a recent flight home from Sydney.

Without doubt, the highlight of the morning was provided by Jo, who'd set her sights on the 800 FLY national record. A starting/timing malfunction meant that the start was 'abandoned' but, despite loud whistles etc, the swimmers kept going. Jo and some others swam the whole first 100 metres before being stopped. (No 'break' rope in use. An oversight!) ... *cont'd next page*



Anne demonstrating the perfect head position for Backstroke



The Saturday crew – Liz, Rod, Terry, Helen and Brian

# THE BELGRAVIA MEET cont'd

Jo spoke to the officials about delaying the restart for a while. They agreed, but Jo announced herself 'ready' after only a few minutes! Jo swam 18:41.46. This broke the old National record (19:19.44 set in 2008) by 37.98 seconds and the old State record (20:32.27 set in 1995!!!) by 1:50.87. Everyone who's ever swum Butterfly over any distance will know what a remarkable feat Jo achieved!



### Record breakers –

Jo (800 FLY State and National) and Brian (800 and 1500 BREAST State)



Jo on her way to National and State records

Brian swam both the 800 and 1500 Breaststroke, clocking 17:36.00 in the 800 to break the old State record (21:20.83 set in 1993) by 3:44.83. Brian had calculated that the program schedule would allow about 90 minutes break between his two races.



Brian with Don Taylor ... adjacent lanes, adjacent age groups

But heats were merged and the 1500 race lined up less than 40 minutes later. Brian's 1500 time was 33:50.63, breaking the old state record (39:42.33 set in 1998) by 5:51.70.

In the adjoining lane was Don Taylor (Toowoomba) who broke the 70-74 age record for 1500 Breaststroke and – along the way – also broke (convincingly) the 800m record that Brian had set in 2019.



AFTER THE 1500s - Terry, Brian and Ann

### THE WASH-UP

The Belgravia meet was more like an individual 'time trial' and less like a 'club competition'. In some ways, it lacked the spirit of the usual meet. But it did provide a rare opportunity for swimmers to chase PBs and, in many cases, state and national records. Remarkably, 23 state and five national records were broken over the two days. In many cases (see Brian's examples above) the existing records were very old and not very impressive – a reminder that it's very rare to have an opportunity to break an 800 or 1500 'form' record in actual competition. They just don't appear in club meets or even in state/national championships.

Despite that rarity, the Belgravia meet attracted fewer competitors than anticipated – just over 100 over two days. Belgravia officials suspect that a combination of COVID, a chilly winter and unfamiliarity with the meet 'style' probably combined to keep swimmers away. The Noosa contingent encouraged Belgravia to try again next year and – given the unmatched quality of the aquatic centre – to consider hosting the State Championships in the future. The pool can be converted to short course (25m) competition.



Terry at the turn, 1500m Backstroke

### A FINAL NOTE

Thanks go to Rod and Elizabeth Alfredson. Liz – an MSQ official - was an exemplary starter over the two days, wrestling on occasion with recalcitrant technology! And Rod put in a hard day's timekeeping that spared the Noosa swimmers the task of timing in between their events. Thanks also to Michael Besser, who demonstrated his hidden talent for managing the all-important lap counter in the long-distance events.

Meet report by -  
Brian Hoepper



## 38<sup>th</sup> Winter SC Championships : 20-21 August 2022

### Launceston Aquatic Centre

*from our 'Foreign Correspondent', Jenny Nock*

Another fun swimming meet run beautifully as usual by the Launceston Lemmings.

The weather was sunny and cool. Great for exploring Launceston and creating a warm atmosphere with the sun streaming in through the glass walls of the Launceston Aquatic & Leisure Centre.



Glen Miller & Jenny - twin Bronze medalists!

I enjoyed catching up with old friends from Huon Valley, Hobart Aquatic, Launceston Lemmings, Devonport, Malvern Marlins, Trinity Lismore and Ipswich Clubs.

I gained 2 Firsts, 2 Seconds, 2 Thirds and a Fourth which gave me a Bronze overall in my age group (70-74).

I am very happy as my times were better than Cairns States with very little preparation because of three weeks of a lung infection and Laryngitis.

Glenn Miller (Noosa 2<sup>nd</sup> Claim member) received Bronze overall too.

... Cheers, Jenny Watson



Jenny - happy with her Bronze medal



## **Long Tan Legends Meet, Townsville - 27 August, 2022**

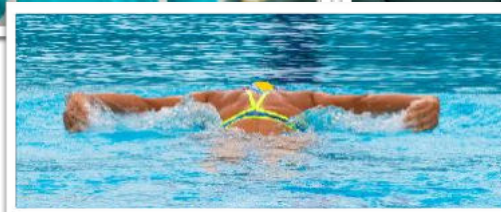
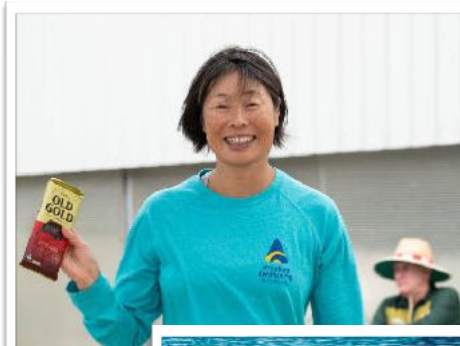
Thanks to Long Tan Legends Masters Swimming Club for a well organised swim meet with their friendship and enthusiasm.

It was my first time to swim in Long Tan Legends Master Swimming Club pool in Heatley Townsville; it was a beautiful pool with friendly excellent swimmers around.

Their generosity and my madness of swimming four hard events back to back allowed me to win my age group and the Swimmer of Event.

Look forward to participating in the meet for next year again for the fun fitness and friendship.

*Kindest regards, LiQun Hussey*



# Endurance Buddy

Have you ever thought, 'I'd like to do an Endurance swim, but I don't have anyone to time me.' ?

Have you ever thought, 'I'd be happy to time an Endurance swimmer but how can I let them know I am available?' ?

Hav you ever thought, 'if I offer to time someone swimming , perhaps they would then time me. But how do I start this conversation?' ?

Problem solved!

There is now a WhatsApp group called:

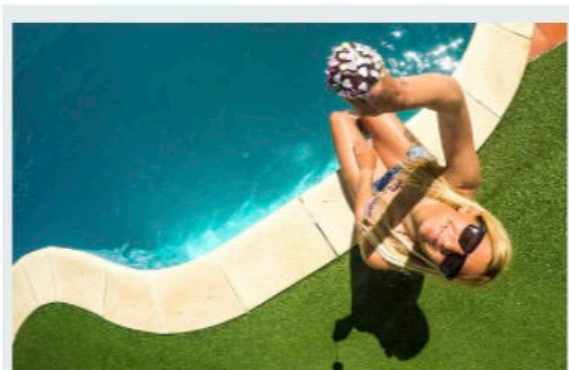
## Endurance Buddy

This will allow swimmers and timers to meet,

so you can swim through your Endurance program at your own pace, in your own time, and help each other to reach your Endurance swimming goals.

It's easy!

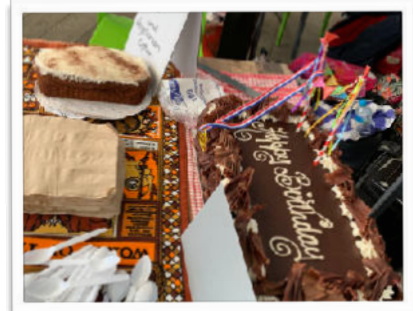
- \* Download the App (WhatsApp)
- \* Let me know your telephone number to include you in the Group
- \* Post your offers and requests, and **SWIM ENDURANCE**



*Happy Birthday  
Brian !!*

It's not every day one gets to celebrate a milestone birthday and his swimming buddies were only to willing to help Brian celebrate his 75<sup>th</sup> !! Rumour has it that he and Kathleen headed off to the Granite Belt immediately thereafter for a w/end of debauchery exploring the delights of the local restaurants and wineries!

Way to go Brian!!



Our very own published author –

**Jane Powell** will be signing copies of her children's picture book, 'Hunting Black Gold' at -

*Berkelouw Books store  
in Eumundi  
on  
Saturday 3/9 ...*

Please come & have a chat!

*Mob. 0407 620 070  
email: [powell.markjane@bigpond.com](mailto:powell.markjane@bigpond.com)*



# ENDURANCE 1000 REPORT

## August 2022

This month's funny anecdote is from Tuesday 2<sup>nd</sup>. Mark was swimming a lengthy breaststroke in Lane 0, which meant on the return lap he could see all the activity on the pool deck at each stroke. His timer, Julie is a very experienced, confident and reliable timer ... after all, she is - Julie!

We were all focused, or day dreaming, or chatting in between split recordings, when someone started yelling: 'Julie!' - then 'Julie! JULIE! JULIE!!!'

It was Mark, who, as he approached the wall could see Julie was completely distracted, had her back to the pool, animatedly chatting. Julie, upon realising she was caught out, almost dropped her stop watch in the effort to record Mark's split ... which she did, perfectly. But the episode reduced us all to helpless laughter at Julie's expense.

August has been the month to complete postal swims for our Noosa Carnival in September. Postal swims of 400m and 800m can be completed before September 13<sup>th</sup>. These swims, conveniently, can contribute to the Endurance program too, so please do a Postal Swim for our carnival. Many members have already, but there are many more who can and should.

If Tuesdays don't suit, Saturday afternoon has become an informal meeting time at the pool as well.

Our Endurance Buddy WhatsApp group is working as a communication tool between swimmers and timers ... or jump on the phone, have a chat at squad and help each other.

While Tricia is still at loggerheads with Masters Swimming Australia about our records not matching, our Endurance point score continues to climb. A few swimmers have either completed or almost completed the whole program already: quite a feat as it is only August!

Come on the rest of you! And, if you are not interested in swimming Endurance, please consider helping out on Tuesdays just with timing ... it makes the Decky's job so much easier with your dedicated help.

Did you know Endurance swimming is great prep for ocean swimming? And for swim carnivals.

### SWIM ENDURANCE

Yours Enduringly,  
Jane Powell



**Masters Swimming**  
Race Skills Coaching  
Workshop

**Invitation to:**

- MSQ Club Coaches and MSQ Swimmers

**Date:**

- Sunday 9 October 2022

**Venue:**

- Caloundra Aquatic Centre

**Time:**

- 9:00am - 11:30am

**Cost:**

- \$10 per person (plus GST)

**Tickets:**

- Purchase in [Swim Central](#)

**Register by:**

- 8 October 2022

This workshop is for Masters Coaches and Swimmers in preparation for the Pan Pacific Masters Games, Gold Coast Aquatic Centre, November 9-12 2022. It is for coaches to share skills and knowledge in preparing their swimmers for pool competition; and for swimmers to practise and improve their race skills. The focus is on starts, turns and finishes for all competition strokes combined with high intensity sprinting.

The workshop will conclude with networking and conversation over a barbecue lunch run by the Pelican Waters Swimming Club.

Please note a limited number of participants can be accommodated, so early registration is recommended.

### **Tom & Marlene Robson are coming back !!**

Our old friends Marlene & Tom Robson are planning to visit Noosa again soon ... message below

My family have a big plan for us to have Christmas in Sydney and we are working on that.

But our thought would be to come over to Brisbane mid-November and catch up with our Queensland friends.

So if you hear of anyone in Noosa needing a house sit late November/early December, we would be delighted to do that. Once we have our flights booked, I'll send a few emails.

### **Thought for the Day**

If the problem can be solved ...  
why worry?

If the problem cannot be solved ...  
worrying will do you no good.

- Shantideva -

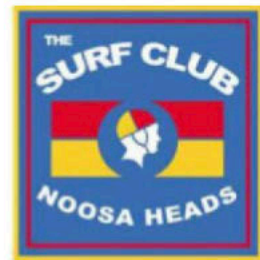
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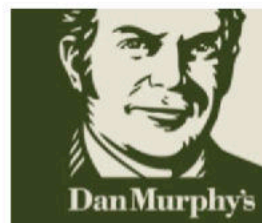
Vorgee Queensland



Noosa Junction



Noosa Junction



Noosaville



Noosaville



Noosa Junction



Noosa Junction



Seasons, Noosa Junction

*In the spirit of reconciliation the NMSC acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.*

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