

CHALLENGERS' CHATTER



Christmas 2022 ...

"Down by the riverside ..."

Noosa Masters were determined to make this a great opportunity to catch up, eat, drink and be merry

Out came the Christmas Festive Finery and around 50 members, family and friends gathered on the banks of the Noosa River on Sunday 11 December to celebrate this highly anticipated event on the Club's social calendar. It was a beautiful warm, balmy evening – perfect in every way.

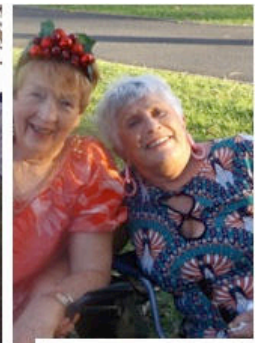
A game and some prizes for Xmas outfits made for light entertainment, but most were interested in drinking, nibbling and talking!! It's a great opportunity to catch up with other lane swimmers and their partners.

A fantastic array of food appeared before us and was happily shared and consumed with gusto and joy.

It was a very pleasant, festive finale for a fabulous year of swimming achievements and camaraderie - a year full of great swimming in the pool, in the ocean, limited competition and a year full of Fitness, Fun & Friendship.

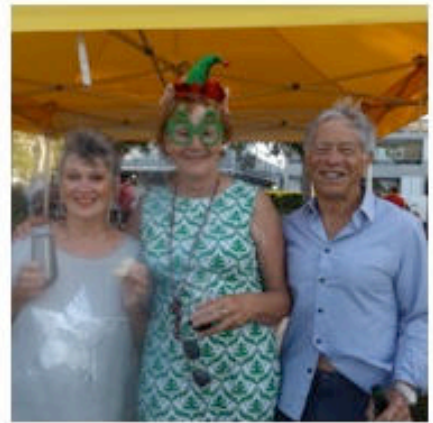
Thanks to those who got down there early to erect the gazebos and set up long tables to accommodate the gourmet delights that appeared ... so many lovely surprises!

... Ed



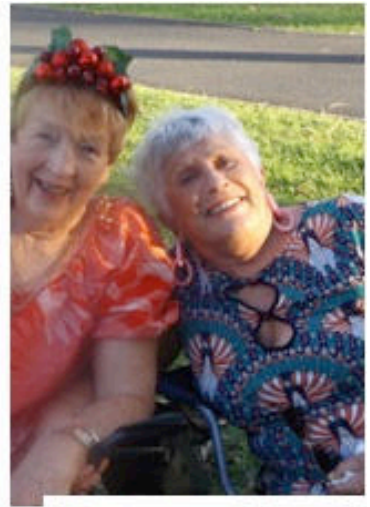
Christmas 2022 ... "Down by the riverside"

... and a happy time was had by all



Christmas 2022 ... "Down by the riverside"

... and a happy time was had by all





Mayhem in the Marshes ...

Have you ever heard of Bob Snorkelling ??

First played in 1976, Llanwrtyd Wells, Wales UK	
<i>Characteristics ...</i>	
Team Members	- No
Mixed Sex	- Yes, but in separate leagues
Type	- Outdoor, aquatic
Venue	- Water-filled trench cut through a peat bog

Bog snorkelling is a sporting event where competitors aim to complete two consecutive lengths of a 60 yards (55 m) water-filled trench cut through a **peat bog** in the shortest time possible, wearing traditional **snorkel, diving mask and flippers**. They complete the course without **swimming**, relying on flipper power alone.

The current world record was set by Neil Rutter in 2018, with a time of 1 min 18.81 seconds.

The women's world record stands at 1 minute 22.56 seconds by Kirsty Johnson in 2014. Both were set at the Waen Rhydd bog, **Llanwrtyd Wells** in **Wales**.

Rules

A water-filled trench 60 yards (55 m) in length must be cut through a peat bog by the organisers.[1]

Competitors must wear snorkels, mask and flippers.[1]

- A wetsuit is not compulsory, but is often worn.[1]
- Bog snorkelling competitors must traverse two consecutive lengths totalling 120 yards (110 m) in the shortest time possible.[1]
- The course must be completed without using conventional swimming strokes, relying on flipper power alone.[1]

*There were only two categories, under 50s & over 50s.
Hats off to 'our' Karen Barton who recently won the Women's Over 50s category!! What next??*

Free Buses

Noosa Council in partnership with Translink, are providing FREE public transport on the following bus routes:

<p>626 Tewantin to Sunrise Beach via Noosa Heads</p> <p>627 Tewantin to Sunshine Beach via Noosa Heads</p> <p>628 Noosa Parklands to Noosa Junction via Noosa Civic</p> <p>065 Temporary Go Noosa loop</p>	<p>629 Tewantin to Noosa Junction via Noosa Civic</p> <p>632 Noosa to Cooran via Cooroy and Pomona</p> <p>064 Temporary route 064 Peregian Beach to Noosa Heads</p>
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*Routes 620, 622, 630 and 631 travel outside of the Noosa Shire Council area and are not included in the free service.

If you are travelling on routes 626, 627, 628, 629 or 632, scan the QR code to use the Translink journey planner, download the **MyTranslink** app or call **13 12 30** to plan your journey.

For route information on temporary services 064 & 065 visit noosa.qld.gov.au/go-noosa-holidays or call **5329 6500**.

Translink services will operate to a Sunday timetable on most public holidays. Temporary route 064 will run to its hourly timetable and the 065 will operate as per the timetable overleaf.

Park & Ride/Walk

Park anywhere along the free bus routes and hop on a free bus (normal car parking restrictions apply) or jump on the ferry.

1

2

3

*Car parking availability may vary on Sundays. The Noosa Farmers Market is located at the Noosa AFL grounds every Sunday from 5am to midday. The J car park is utilised for church services every Sunday at 8:30am, 10:30am and 5:30pm

BE COVID SAFE

Scan the QR code for more information

A "plate" of Oysters

by Bruce Cuttle

Recently came across this newspaper story from 1919 while researching information about Ede's Store. For those who don't know where that was, it was located in Pelican Street, but in line of sight down Gooloi Street (Poinciana Avenue), just to the left of where the front door of the Council building is now. The article was suitably titled. I hope you also see the lighter side of life in Tewantin in the early 1900s.

A "Plate" of Oysters!

While fishing at the mouth of the river Noosa seven years ago a resident of Tewantin lost a dental plate to which were attached six or seven artificial teeth (writes a correspondent). While laughing (probably at the everlasting fish joke), the teeth fell into deep water. Diving and dredging failed to recover the plate at the time, and the owner ruefully said a long and last farewell to the teeth. But during this new year holiday, while groping for fragments of rock with oysters on them, the long lost teeth came to light. When seen by the present writer this week the plate was on exhibition in Ede's store, Tewantin.

The discovery aroused no little interest. Four or five small oysters - some dead, others alive - were clinging to the vulcanite plate while six or seven gleaming teeth lured among the ragged oyster shells.

Brisbane Courier, Friday 10 January 1919, page 6.

One would have to wonder whether some money expended on the new oyster reefs in the river could have been saved by recycling unwanted dentures! There must be an abundant supply of them, and the resultant reef could become a Tourist attraction!



Oyster growing on a different set of false teeth.
image source: *The Strand magazine - 1903*



2023 MASTERS SWIMMING QLD EVENTS CALENDAR



DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JANUARY							
FEBRUARY							
18	LC	Miami Masters Meet	QMM	South	Q1/23	Yes	Miami Aquatic Centre
MARCH							
5	SC	UQ Masters SC Preparation Meet	QUQ	Sunshine	Q2/23	Yes	Stuartholme School Pool, Toowong
11	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q3/23	Yes	Hervey Bay Aquatic Centre
30 Mar-1 April	LC	MSQ State Championships - Pool	MSQ	Central	Q4/23	Yes	Mackay Aquatic & Recreation Complex
APRIL							
2	OWS	MSQ State Championships - OWS	MSQ	Central	Q5/23	n/a	Pioneer River, Balnagowan
18-22	LC	MSA National Championships	MSA	TAS		Yes	Hobart Aquatic Centre
MAY							
25-27	LC	Great Barrier Reef Masters Games	MSQ	North	Q6/23	Yes	Tobruk Memorial Pool, Cairns
JUNE							
17	SC	Brisbane Southside Masters Meet	QSM	South	Q7/23	Yes	Brisbane Aquatic Centre, Chandler
JULY							
8	LC	River City Masters FINA Worlds Prep Meet	QRC	South	Q8/22	Yes	Valley Pool, Fortitude Valley
22-23	LC	Belgravia Masters Long Course Meet	QCD	Sunshine	Q10/22	Yes	Burpengary Regional Aquatic Centre
AUGUST							
5-11	LC	FINA Masters World Championships	MSA	Japan		Yes	Fukuoka Japan
26	SC	Brisbane Northside Short Course Meet	QBN	Sunshine	Q11/22	Yes	Valley Pool, Fortitude Valley
SEPTEMBER							
9	LC	Noosa Masters Meet	QNA	Sunshine	Q12/22	Yes	Noosa Aquatic Centre
30	LC	Rackley Masters Meet	QRL	Sunshine	Q13/22	Yes	Centenary Aquatic Centre
OCTOBER							
7-14	LC	Australian Masters Games	SA	Adelaide		Yes	Adelaide Aquatic Centre
7	SC	Toowoomba Tadpoles Meet	QTW	South	Q14/22	Yes	Glennie Aquatics, Toowoomba
14	LC	Maryborough Masters Meet	QMB	Central	Q15/22	Yes	Maryborough Aquatic Centre
28	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/22	Yes	Kawana Aquatic Centre
NOVEMBER							
5	OWS	Sinkers OWS at Balnagowan	QNS	North	Q17/22	n/a	Pioneer River, Balnagowan
9-11	LC	Pan Pacific Masters Games 2023 (TBC)	MSQ	South	Q18/22	Yes	Gold Coast Aquatic Centre (TBC)
DECEMBER							

Legend:

MSQ Swim Meets
MSQ Co-sanctioned Swimming Australia Meets *

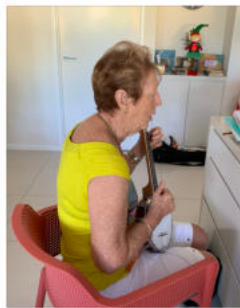
* A Masters Swimming Queensland (MSQ) swimmer may also be recognised for Swimming Australia (SA) hosted swim meets and have their results published in the MSA Portal. The swimmer must be registered with both Masters Swimming Queensland and Swimming Australia and the two clubs be related as "one-clubs". 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.

Swimming Strummers

December 2022

by Mick Jones

The Swimming Strummers a.k.a. "the Soggy Strummers" met at Robyn Selby's place for the end of year extravaganza.



There were a number of set pieces that people had nominated as their favourites over the year and we threw in a few Christmas jingles to whet our appetite for the refreshments post strum.

A few brave souls came along but chose not to join in as back up singers, instead preferring to sit outside, and make faces at the discordant sounds coming from the sound room. They also decided that alcohol was a suitable stunner to help them "face the music".

After the strum and a few well deserved presentations to Robyn, our regular host, and Chris, our mentor and enthusiastic leader we adjourned to join the audience in the back stalls.



To our astonishment we were greeted with a fair amount of praise for our performance. *Thank you audience.* We would like to think it was genuine and we have enthusiastically invited them back.

A reminder to anyone interested in a strum or a singalong you are welcome to join us at Robyn's place on a Thursday at 2.30pm. Opening day will be announced.



2022 Pan Pacs Records !!

Stephanie Jones & Jo Matthews were thrilled to receive their Record Certificates from Queensland Masters ... Ed



With France now beckoning once more, Tom & Marlene Robson wrote ...

We would like to thank the members of Noosa Masters Swimming Club for their warm welcome during our recent visit after six years .

It was as if we had never been away and we were immediately included in coffee sessions, a riverside Christmas function and several invitations to people's homes.

The friendship of the club members is so important - and we do appreciate it.

We have just spent Christmas Day with our daughter and family in North Bondi, along with the Glasgow daughter and her family, so this has been a really special trip to Australia for us.

Best wishes to all for 2023 and remember to contact us if coming to France!

... Marlene and Tom



Birthdays of the Month

January 2023 ...

Trevor Matthews	06/1
Robert Ashwell	20/1
Jacky Shields	22/1
Alexander Gilfillan	23/1
Carola Henderson	23/1 (Big 70 !!)
Motoko Kono	27/1
Viv Merrill	27/1

At your age you need glasses ... and plenty of them !!

HEALTH SMART

10 ways your body is telling you you're running low on key vitamins

Your body gives you a lot of information, including what's going on inside that you may not be able to see. The key is to pay attention to symptoms – sometimes sneaky ones – so you can get the nutrients you need to feel great again.

... by Jessica Migala

Flaky scalp

Possible deficiency: fatty acids

If you notice that you've got flakes raining down after you scratch your head, you automatically think dandruff. But it may also be because you're not getting enough healthful fatty acids in your diet. "Essential fatty acids, like omega-3s, are a lubricant for our body," explains dietitian Staci Small.

Without it, you'll go dry. Make sure to eat two fish meals per week to get in omega-3s, she says. Other fatty acids, like alpha-linolenic acid (ALA), are also important. Find these in walnuts and flaxseeds.

Thin, brittle hair

Possible deficiency: B vitamins

You hear all about how important the B vitamin biotin is for strong, healthy hair, and that's true. However, running low on folate (also called folic acid) may also cause thin, brittle strands, says Small. Folate is often found in enriched grains like bread and cereal. Even one cup of white rice is an excellent source. But if you've been cutting out carbohydrates because you're aiming to lose weight, you may be missing out without careful planning.

Grains aren't a must, though. A cup of raw spinach is a good source, says Small; a cup of cooked asparagus will give you 60 per cent of your daily quota.

A greying part

Possible deficiency: copper

If your part is looking unexpectedly silver lately, check your copper intake. "Copper plays a role in melanin production, which is what gives hair its colour," says dietitian, Olivia Wagner. Consider getting your copper levels tested if your hair is going grey quickly or surprisingly early (like in your 20s without a family history).

Organ meats, seafood, nuts and seeds as well as dark leafy greens are all go-to sources, says the Australian Dietary Guidelines.



You're invited to the Annual QNA New Year

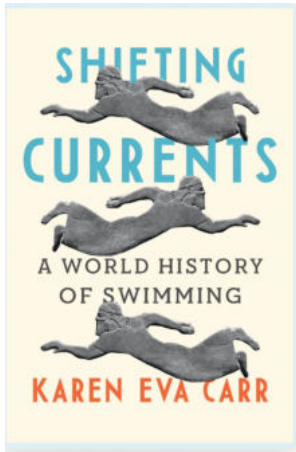
BBQ

WHERE ?
Ivan & Wendy Ivanusec's extended back yard
(Council land off Eumundi Road) at the rear of 19 Lilly Pilly Place, Noosaville

WHEN ?
Sunday, 8th January 2023
from 12 noon

WHAT TO BRING?
Your meat/fish for BBQ
Your drink
Your chair
And last but not least ... your smile !!

RSVP
by Thursday 5th January 2023
to Julie Bott
social.noosaqna@gmail.com



The earliest humans swam 100,000 years ago, but swimming remains a privileged pastime

Todd Quackenbush/unsplash.
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Review: *Shifting Currents: A world history of swimming* – Karen Eva Carr (University of Chicago Press)

Karen Eva Carr opens *Shifting Currents* with the startling information that today worldwide – for all Earth’s many rivers, creeks, lakes, ponds, seas and oceans, to say nothing of built pools, canals and theme parks – the majority of people can’t swim. People might bathe and wash their clothes in rivers and lakes, or undertake ritual ablutions in bathhouses, but the vast majority must keep their feet on the ground.

Yet the earliest humans from over 100,000 years ago taught themselves how to swim, for food and for pleasure. There is a long history of human swimming for utility and leisure, amply recorded in pictures from the earliest cave drawings and folk narratives.

This year the OECD [reported](#) that only one in four people in low-income countries can swim. Low to [middle-income](#) countries report more non-swimmers than swimmers, and a majority of those not able to swim are girls and women.

Access to natural waterways has decreased world-wide through the privatisation of foreshores and beaches, and the building of dams, roads, ports, the development of wetlands, and larger cities.

It hasn’t always been the case that worldwide most people could not swim, though as Carr’s world history shows, swimming abilities have shifted over time, along with weather patterns and across geographies. People have migrated, conquered, traded, competed and shared stories that celebrated entering the water or warned of its dangers and need for sacred respect.

Neanderthals swam

The earliest humans swam. Neanderthals living in Italy about 100,000 years ago swam confidently. Their ear bones show they suffered from swimmer’s ear from diving 3–4 metres to retrieve clamshells they then shaped into tools.

During the last major [Ice Age](#) of 23,000 years ago, when glaciers reached south to England, northern Germany, Poland and northern Russia, swimming, if it had been present, was abandoned. Over the next tens of thousands of years, people didn’t swim.

Across the continent of Eurasia, people turned to farming wheat and millet for bread, and began to eat less fish, a food that is rich in vitamin D. In order to absorb more sunlight, and produce sufficient vitamin D necessary to good health, these populations developed genetically lighter skin.

Some of these lighter skinned white people then migrated south and their descendants, the Greeks, Romans, Scythians and Iranians continued to be non-swimmers right through to the end of the Bronze Age, even in places that had remained warm during the Ice Age.

Thousands more years passed, and [then rock paintings at Tassili n’ Ajjer in southern Algeria](#) show depictions of people moving in a horizontal posture with their arms outstretched. Quite possibly they are swimming.



By 8000 BCE, in the Cave of Swimmers in western Egypt, small red figures swim.

Another 5000 years pass, and Egyptian hieroglyphic texts and imagery are replete with representations of

swimming. Egyptian kings swam, as did poor Egyptians. Many Egyptian girls and women swam, and quite possibly Cleopatra swam. Mark Antony could swim. Swimming was common throughout the continent of Africa, and stories about swimming for fun and pleasure along with hunting and foraging, are found in many traditional tales.

Overarm is the oldest swimming stroke depicted. In Egyptian, Hittite, and early Greek and Roman images people are shown swimming, alternating their arms and sometimes using a flutter kick with straight legs, the same stroke we’re routinely taught in Australia. Greek and Roman swimmers are not shown putting their faces in the water, and breaststroke is absent from ancient imagery and stories.

Only in Plato’s [Phaedrus](#) is there a mention of backstroke, suggesting that a man “swimming on his back against the current” is behaving foolishly. Sidestroke is used when swimmers need to push canoes or carry something aloft through the water. Assyrians created possibly the earliest flotation devices, habitually using a *mussuk* made from goat skin to help them stay afloat in the fast-moving rivers of eastern Syria and northern Iraq.

Not all cultures swam in the ancient world. Across Europe and northern Asia, in Mesopotamia (Syria, Iraq and Kuwait) and Southwest Asia, people did not swim, were afraid of the water, and the real and imagined creatures of the seas and lakes. Carr’s history explores the reasons for this non-swimming through a wealth of archaeological, text-based and pictorial sources.

North China was part of the northern Eurasian non-swimming “zone”, and for these northern-hemisphere non-swimmers, water was sacred, dangerous, sometimes magical, and not to be polluted by human bodies. Australian First Nations and Pacifica histories are also only sketched in. Nevertheless, this ambitious work achieves its aims of being a fascinating and highly informative world history, written for the lay reader with an interest in this rich topic, and beautifully illustrated with mono and colour images, an index and chronology.

Chinese Zodiac

2023 - Year of the Water Rabbit



The Lunar New Year of the Water Rabbit 2023, which starts on January 22, with the first New Moon following the winter solstice, and ends on February 9 of 2024, when we will pass into the Dragon Year, is more favourable or, at least, less spectacular than the Year of the Tiger, which is just coming to an end.

In Chinese Astrology, the Rabbit symbolises patience and luck, which would mean that the Year of the Rabbit 2023 will bring what we have lacked in 2022: peace and success!

The influence of the Rabbit will temper those too impulsive or those with their heads in the clouds. This is why, thinking twice before acting, you will manage to fulfil all your plans successfully.

The Year of the Rabbit 2023 will bring less anger and more relaxation! And more good news: this year, money will come much more effortlessly than before!

The people born under the Rabbit sign are calm, decisive, and rarely panic. This is why they easily get out of the most difficult situations.

The people born in the Rabbit sign are lucky in terms of money and get along with those born in the Dragon, Monkey, and Ox signs. They cannot stand the Rooster's arrogance or the Tiger's hysterical fits.

What Does the Chinese Horoscope 2023 say for each Zodiac Sign?

During the Year of the Water Rabbit of 2023, life will change for every zodiac sign. While some people will do away with the misfortunes they had in 2022, some will need to brace for trouble and unfortunate accidents. Click one of the zodiac signs below to see the 2023 Chinese horoscope for your animal sign (*for a bit of fun! ... Ed*).

[Rat Horoscope 2023](#)

1936, 1948, 1960, 1972, 1984, 1996, 2008

[Ox Horoscope 2023](#)

1937, 1949, 1961, 1973, 1985, 1997, 2009

[Tiger Horoscope 2023](#)

1938, 1950, 1962, 1974, 1986, 1998, 2010

[Rabbit Horoscope 2023](#)

1939, 1951, 1963, 1975, 1987, 1999, 2011

[Dragon Horoscope 2023](#)

1940, 1952, 1964, 1976, 1988, 2000, 2012

[Snake Horoscope 2023](#)

1941, 1953, 1965, 1977, 1989, 2001, 2013

[Horse Horoscope 2023](#)

1942, 1954, 1966, 1978, 1990, 2002, 2014

[Goat Horoscope 2023](#)

1943, 1955, 1967, 1979, 1991, 2003, 2015

[Monkey Horoscope 2023](#)

1944, 1956, 1968, 1980, 1992, 2004, 2016

[Rooster Horoscope 2023](#)

1945, 1957, 1969, 1981, 1993, 2005, 2017

[Dog Horoscope 2023](#)

1946, 1958, 1970, 1982, 1994, 2006, 2018

[Pig Horoscope 2023](#)

1947, 1959, 1971, 1983, 1995, 2007, 2019

What Are the Luckiest Zodiac Signs of 2023

As per the Year of the Rabbit 2023 predictions, the luckiest signs of the year are Goat, Pig and Dog! These 3 lucky signs are in for one of the best years they will ever have. During the Year of the Rabbit, the Goat, Pig and Dog will experience blessings on the financial side and should look forward to a prosperous business and a rewarding career.

Everyone born in Rat years should be happy because this sign is among the luckiest zodiac signs from the Chinese horoscope 2023. This is the year when Rat natives can start their own businesses or get married.

Lucky Elements During the Year of the Rabbit 2023

- **Lucky numbers** such as 5, 7, 9, and numbers that contain them (such as 35 and 47).
- **Lucky days:** the 15th, 27th, and 30th of every month of the Chinese Lunar Year.
- **Lucky months:** The month of March belongs to the Rabbit. The Yin Wood of the Rabbit needs the energy that the sun provides in order to grow. If Yin Wood is able to find a huge tree, a wall, or flat land, it will spread very quickly.
- **Lucky colours:** blue, green, yellow, and black.
- **Lucky directions:** southwest, west, and northwest.
- The ruling **Tai Sui during 2023** is Pi Shi. The direction of the Tai Sui is to the Northeast. Tai Sui is in a rivalry with the Chinese sign of the Rooster, the other animals in indirect conflict are Rats and Tigers.

The Chinese Element of 2023 – Yin Water

In 2023, the Rabbit is correlated with Yin Water, which in turn is connected with rain, cold water, lakes, or rivers. According to the Chinese system of the 5 elements, water is associated with black colour. This is why 2023 is also called the Year of the Black Rabbit.

People associated with this Water element, act with the characteristic fluidity of water, influencing the environment with their strength and discreet charm. Creative and engaging, diplomatic and intuitive, these individuals are masters of subtle manipulation. Without even seeming to try, they will win the trust and affection of those around them.

According to the Chinese zodiac, those born in one of the Years of the Rabbit will irritate the God of Age (Tai Sui), which brings bad luck. As such, it is said that Rabbits should be a bit more cautious about everything in their lives during 2023.

Luck will be on the side of the zodiac signs, and you will often notice that you can accomplish everything you've set out to do. Towards the end of 2023, our lives will go on apparently monotonously, and we will tend to delude ourselves. However, the Rabbit's dualism recommends caution because this year can bring hits below the belt, financial earthquakes, and social turmoil.

... what a note to end on!! Ed

ENDURANCE 1000 REPORT

December 2022 – by Jane Powell



During December, with year's end fast approaching, there has been a renewed enthusiastic effort by members to complete Endurance swims and contribute to the climbing points tally. Once more, Brian leads the field with the most swims to be completed before month's end. The tally is north of 19,000 now and may reach 20,000 by the end of this week.

Swimmers can complete Endurance swims wherever and whenever is suitable: all they need is a willing timer. We also have lanes booked on Friday 30 December from 4pm for a Twilight Endurance swim to give members a final formalised opportunity to swim. Of course the highlight of these evenings is the pot-luck supper afterward, and the adult beverages being shared.

Unfortunately, Tuesdays 13th and 27th were 25m format only, due to the

installation of a shade sail in the 25m pool, thus necessitating its closure, then a public holiday altering our regular lane booking. However, nobody let the discombobulation distract them from the task at hand.

Sue bravely swam backstroke for one hour and fifteen minutes, Adele grabbed the short course opportunity to complete a 400m individual medley, as did Terry and John soldiered on to complete his first 400m butterfly swim. Each swimmer finished to a round of applause ... the camaraderie on the pool deck is heart-warming.

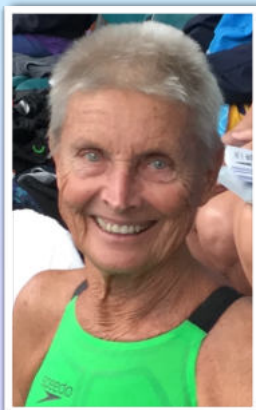
I owe a big "Thank You" to my merry band of Deckies, club members who willingly time swimmers (and non-club members who time too!) and to our ever-efficient Club Recorder. The Endurance Program is very much a team effort.

You'll see me in '23!!

... Jane



COACH'S TIPS



Form is perfect when elbow is high and close to the body and fingertips just skim the surface. With good body roll and balance your body line will be long and clean, keep it loose.

Use fists to find out how much water you actually pul. Fist also teaches swimmers to use forearms as well as hand to pull through the water and also forces you to use your core instead of your hands for balance.

Hand Speed.

The biggest difference between fast and slow swimmers is change in hand speed, in slow swimmers the hand is the same speed all the way through.

In fast swimmers the hands are almost stopping in front and then speeding up.

... Happy swimming,
Cheers, Jan

Our valued sponsors



Sunshine Beach



Noosa Branch



Vorgee Queensland



Noosa Junction



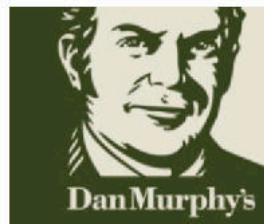
Noosa Junction



Department of Sport
and Recreation



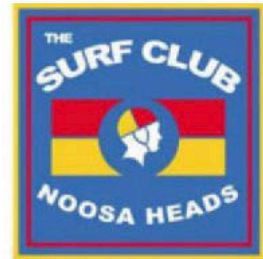
Noosaville



Noosaville



Noosa Junction



Noosa Heads



Noosaville



Noosa Junction



Noosaville



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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