

CHALLENGERS' CHATTER

DECEMBER 2014



Noosa Meets Aqualicious ~ Saturday, 29 November, 2014

Fifteen swimmers, together with some supporters, gathered at the Bicentennial Hall at the unusual time of 1:00 p.m. to catch the bus to the Centenary Pool at Spring Hill in Brisbane. We were to represent Noosa Masters in the Aqualicious club's Twilight Relay and Sprint Meet. After collecting our final swimmer on the way we arrived at the pool, took a group photo and then commandeered a spot in the grandstand, marking our territory with the club's banner. There was plenty of evidence of the big storm that had hit Brisbane on the previous Thursday, with lots of herbage lying in the grandstand and on the bottom of the pool.

The pool had been closed for refurbishment over the past year and was looking quite spruced up. As a consequence of the pool closure, Aqualicious club membership had plummeted to about 15 and they are in the process of re-building their numbers.

The program was unusual in that there were only 4 events for individual competition, with each swimmer limited to 2 swims. The other events were relays. In their 2 individual swims, Noosa team members did very well, achieving 16 first places in their

respective age groups - 9 second places and 5 third places. Noosa had as many relay teams as we could muster and they also performed so well that we won the trophy for the club with the highest average points.

During the meet there were 2 novelty competitions. The first was for the best cheer squad which, despite a rousing call of "Noosa, Noosa, Noosa", was won by Redlands. We all thought that the prize, which was a packet of Skittles, should have been given to the single representative of the Glamourhead Sharks team from Victoria who gave a proud cheer for himself (or was it herself?).

The other competition was a "Mystery Relay". Despite entering 4 teams for this event, Noosa was not included in the program and ended up swimming in a "Noosa Only" heat. This event was indeed a mystery, with the mystery being explained to swimmers just before the event. Each swimmer had to wear a single team cap and hold a "glow-stick" which was to be passed onto the following swimmer, like a baton. It was also explained that, being an Aqualicious

event, this competition was to be judged on style and not speed. It proved to be the highlight of the day and there was much confusion at the changeovers. It was won by Noosa thanks to our captain, Helen, who proceeded down the pool with her "glow-stick" held proudly aloft, like the Statue of Liberty. What style!

The meet was enjoyed by all - we owe a debt of gratitude to Bob & Olga McCausland who did timekeeping for the whole event. It was also interesting that Peter, our bus driver, was so motivated by our efforts that he requested that we send him a membership nomination form. We thanked their President, Nic Pirie, and other officials for organising it. They were quite pleased to have the support of our club at their meet.



Helen and Adrian, Team Co-captains with Avg Point score Trophy

NEW YEAR POEM

Anon

Another year has passed
And we're all a little older.
Last summer felt hotter
And winter seems much colder.

There was a time not long ago
When life was quite a blast.
Now I fully understand
About 'Living in the Past'

We used to go to weddings,
Football games and lunches..
Now we go to funeral homes
And after-funeral brunches.

We used to have hangovers,
From parties that were gay.
Now we suffer body aches
And wile the night away.

We used to go out dining,
And couldn't get our fill.
Now we ask for doggie bags,
Come home and take a pill.

We used to often travel
To places near and far.
Now we get sore asses
From riding in the car.

We used to go to nightclubs
And drink a little booze.
Now we stay home at night
And watch the evening news.

That, my friend is what life is,
And now my tale is told.
So, enjoy each day and live it up...
Before you're too damned old!



MELBOURNE CUP 2014



Thanks Viv & Geoff Merrill

Our wonderful hosts

THIRTEEN IN THE TOP TEN !!

Jan Croft

During 2014, Masters Swimming Australia ran a National Swim Series competition. It was accumulated over eight Carnivals which included State, National and Pan Pacs. By participating in the National Championships in Townsville and the PanPac Games on the Gold Coast, many of our swimmers automatically earned points in this competition. Noosa Masters did very well, having 13 members in the top ten swimmers throughout Australia in their respective age groups.

Top Ten Women

| | | | | | |
|-------|----------------|-----------------------|----------|-----------------|-----------------------------|
| 35/39 | Julia Dunstall | 7 th | | | |
| 40/44 | Grin Rudder | 6 th | | | |
| 55/59 | Stef Jones | 6 th | | | |
| 60/69 | Wendy Twidale | 2 nd | Dy Benny | 6 th | Helen Malar 7 th |
| 70/74 | Jan Croft | 4 th | | | |
| 80/84 | Eulah Vary | 10 th | | | |
| 90/94 | Joyce Faunce | 5 th | | | |

So... nine women in the National Top Ten!

Top Ten Men

| | | | | | |
|-------|--------------|-----------------------|--------------|-----------------|---------------------------|
| 65/69 | Robert Jolly | 6 th | Brian Hoeppe | 7 th | Bob Morse 9 th |
| 80/84 | Geoff Lander | 7 th | | | |

So ... four men in the National Top Ten

Hearty congratulations from all of us to each and every one of these swimmers!



COACH'S TIPS



Tips for OW swimming

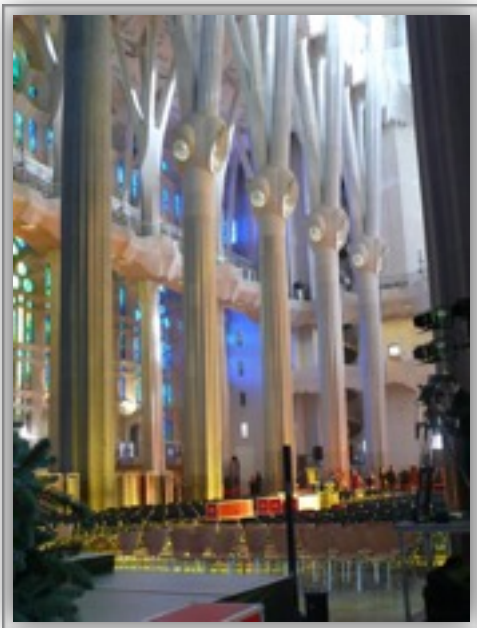
- 1 . *Practice Sighting.*
I have found the best way to sight is to lift the head and look forward as you are turning your head to breathe. Limit how high you lift your head because your hips will drop.
- 2 *Racing Open Water.*
Learn the course, look for landmarks like trees, houses, etc that will help guide you in a straight line. You won't always be able to sight off the buoys
- 3 .. Be warmed up and prepared to go hard from the start, get out fast.
- 4 . Draught when you can . draughting is part of open water swimming.

THE ADVENTURES of Brian & Kathleen

Dear Noosa Masters, Greetings from France, where I'm sitting looking out over the sunlit fields below our 'gite'. Here are our highlights from the past ten days or so.

BARCELONA

Our friend Max drove down from France and stayed several days with us in Barcelona. Those days included some real highlights, and the peak was the Sagrada Familia.



No photo can do justice to the audacious, soaring magnificence of this cathedral, made more remarkable by the fact that the architect Gaudi imagined this structure a century ago. See the photo of the interior, set up for a choral concert, and of an example of external sculpture.



At the more popular end of the spectrum, we had two great nights at the Harlem Jazz Club. The second night we saw Orquestra llegal de



Barcelona, whose name reflects their habit of being chased by the police when they play illegally in public places! In the photo you can see the violinist whose brilliance, I dare say, might have put Stephane Grappelli in the shade. Two interesting comments: first, on both nights every song sung was in English. The world is indeed becoming monolingual (and Anglophone). Second, a comment on 'time'. Max teaches at USP in Fiji, and is used to 'Pacific Time' (meaning nothing ever happens on time, if at all!); Kathleen and I are used to 'Noosa time' (where nothing much happens after 8pm). So it was a challenge to get used to 'Barcelona time', with the Thursday night gig at Harlem Jazz Club starting at 10pm and finishing at 12.30am, and the Friday night starting at 11.20pm and finishing at 1.45am! We'd thought it unusual enough that the flamenco guitar recital we saw on Wednesday (in a glorious chapel in a medieval church) had started at 9pm. Not sure how anyone gets up for work the next day!



In inner-city Barcelona, almost all shops are small and, each night, a roller door

is pulled down to secure the shop until morning. It's an unexpected visual treat, as every door has been painted - often very well - in designs that usually reflect the character of the shop.

Near where we photographed the shop door, there was an ongoing archaeological dig along the 2000-year-old Roman Wall that once

encircled the old city (bit which was largely destroyed by the French when they extended the city). Again, see the photo (complete with graffiti including the little man from 'Monopoly' ... a political comment??)



. Even more remarkable, under the very lane ways of the Barre Gottica is the largest Roman-era archaeological excavation/display in the world - through which one can wander (completely underground) along an excellent and discreet system of steel walkways.



The attached photo shows the view from the walkway looking down into wine storage vats that measure about 1.5m across.

I mentioned previously that Kathleen had ducked over to Fez for three nights. She had a fabulous time, especially wandering (female, alone) through the extraordinary mayhem of the Medina, being variously hailed, jostled and propositioned along the way! Amongst her favourite encounters was the traditional weaver using an old hand loom (see photo) from whom she bought some 'throws' and scarves.



And a coincidence ... at the 'riad' where she stayed, she met a musician (French) on his way to Woodford Festival - he was going with Sandy McCutcheon (ex-ABC radio) who is making a documentary about Sufi music. (Sandy 'retired' to Fez years ago, and his partner wrote the very evocative book 'A house in Fez' about their experience renovating a 'riad' and settling into Fez society.)

FRANCE

Today (Tuesday) is our fourth day in France. We are an hour east of Toulouse, looking down on at the tiny village of Andillac. We are staying in Chez Mouret, a stylishly reworked old stone barn, adjacent to a similarly reworked farm house - the project of a London businessman (Guy) who spends his weekends here. Guy does interesting work, including fitting out the new Skye Gyngell restaurant in the glorious Somerset House in London. He's given us lots of good leads for things to see and do in the area.

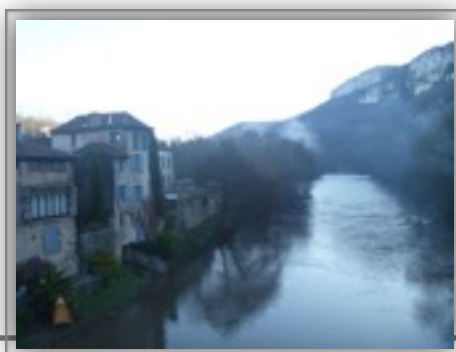


The photo above shows the view from Chez Mouret down to the tiny village with its lovely church. The area has innumerable vineyards and we're working our way through a dozen bottles that Max sourced locally last week!

Two highlights so far in France. On Sunday we went across to St Antonin de Noble Val - a lovely old riverside town with one of the biggest Sunday markets in the region. Incredible array of local produce and craft. Have chosen a slightly quirky photo ... part of the display by a woman selling a huge variety of spices and herbs. In the top row you'll see paper bags labelled with various ailments for which the contents promise relief. Perhaps you'll see something familiar amongst them!



! Also attached a photo of the view downstream from the bridge at St Antonin - taken in the cold mid-morning.



From St Antonin we drove to a very special site - Cordes sur Ciel - a thousand-year-old walled town, perched high atop a precipitous hill. The feat of having constructed this town is hugely impressive, and even more so perhaps the fact that it has endured over the centuries. I've attached a photo showing how, over time, different building styles/materials have been adopted, producing an interesting visual patchwork.



And finally ... a photo with us in it! Max, Kathleen and I are standing on a ridge with Chez Mouret - the farm where we are staying - in the background.



So now Christmas Day approaches, and we're planning some special treats using local produce. We hope that you all have a happy and peaceful Christmas.

Love and best wishes from Kathleen and me ... Brian

POSTCARDS ...

From Bob & Wendy

in Switzerland

We are having a fabulous time and snow is predicted in Lausanne later this week so fingers crossed. Your Christmas Day will have finished when ours begins so we shall have a drink to our family and friends, Love to all, Wendy & Bob xx



About Montreaux

Because of the exceptionally mild climate Montreaux is called the capital of the Vaud Riviera. Plants associated with the Mediterranean, such as pines, cypresses and palm trees grow here. Charlie Chaplin, Freddie Mercury and several other famous people of world-renown lived and continue to live on the Vaud Riviera.

The long, flower-bordered lake promenade which links Vevey and Montreaux going all the way to Chillon Castle is simply asking to be strolled along. Cultural events, such as the Montreaux Jazz Festival, as well as countless excursion options to the mountainous hinterland or on the lake make Montreaux the most popular excursion and holiday destination.



This is us drinking mulled wine at Montreaux street festival. If this was a postcard we would write "wish you were here"

Many of the houses along the lakeside road, including the magnificent Fairmont Le Montreaux Palace, date from the heyday of the Belle Epoque. And the town has a modern congress and exhibition centre: the Montreaux Music and Convention Centre (2M2C).

Winter

The lakefront promenade between chic Montreaux and charming Vevey is said to be the finest in Switzerland. The terraced vineyards of Lavaux, meanwhile, have been declared a UNESCO World Heritage Site.

... Ed

TRAVELOGUE UPDATE FROM SALLY and LYN

This is mainly to wish you all a very happy and peaceful Christmas and also to let you know where we are and what we plan to do.

Our last communication hinted that we had some car trouble, well that was an understatement, it was major. A cracked chassis required a donor chassis and took a month to repair. However we now have a longer wheel base and much better distribution of weight so our home on wheels now travels like a dream.

Usually we travel slowly. A few hours every few days is all it takes to find another beautiful spot, but Australia is a big little country and in 2 weeks we've done what a lot do during their annual leave. We've travelled 3000km from Cairns to Canberra. On the way, setting up camp on the banks of Warrell Creek in the Nambucca Valley NSW, we jumped out of our skins and spun around as a loud slap hit the water. It took us a few fear filled seconds to realise we were still in our Northern Australian mindset and that the sound was not a croc but a harmless NSW mullet.

Now in Canberra we are enjoying bush walks and soaking up the history that this city delivers so well.

We will have a Johnson Christmas at Sally's nephew's place at Kangaroo Valley.

Then we continue our explorations of the ACT for a few weeks before heading down to explore outback Victoria turning north into NT in March to arrive in the top end after the wet.

We sincerely hope you have a restful Christmas filled with inner peace.

Love from the happy wanderers, Sally and Lyn

SHOULDER PAIN - WHAT ARE THE RISK FACTORS IN MASTERS SWIMMERS?

December 6, 2015

Introduction

Many years ago when I was a 35 year old young buck, I had a conversation with a couple of Miami Masters legends, John Crisp and Geoff Ross. Both were well into their 50's and to me were 'old'. They were hard and consistent trainers who'd been swimming competitively in surf



and masters swimming since before I was born. The chat was about swimmer's shoulder. To highlight how bad they can be, Geoff pulled a plastic bottle out of his coat pocket and showed us a bone fragment that had been chopped off one his shoulders. He warned me to look **after the shoulders or end up having an operation** just like him. That op forced him out of the water for a few months then many more months of rehab to get his shoulders back to being able to handle the grind of training and competing again.

So what are the risk factors associated with shoulder pain in swimmers? Some recent research that included swimmers young and old examined the **physical characteristics and training variables** that can lead to shoulder pain or disability.

The Research

This American study examined differences between **swimmers with and without shoulder pain**. The researchers had **236 competitive female swimmers between the ages 8 and 77 years of age** complete the **Penn Shoulder Score** test (a test of shoulder pain and discomfort) with the Sports/Performing Arts Module plus a **range of other physical tests** including **core (tummy) endurance** (how long the swimmers could hold a side bridge), **range of motion (flexibility)** around the shoulder tests, **range of shoulder muscle strength tests, muscle (pectoralis minor) length tests, and scapular motion tests**. Height, weight, **years of swimming, hours of swim training per week, prior shoulder injuries and involvement in other sports** were also surveyed.

The swimmers were grouped into four groups:

- 1 8-11 years (n=42)
- 2 12-14 years (n=43)
- 3 15-19 years (n=84) (High school swimmers)
- 4 23-77 years (n=67) (Masters swimmers)

And the age groups compared and contrasted using various statistical methods.

The Results

Nine (21.4%) swimmers aged 8 to 11 years, 8 (18.6%) swimmers aged 12 to 14 years, 19 (22.6%) high school swimmers, and 13 (19.4%) masters swimmers had **shoulder pain and disability**. High school swimmers were the most symptomatic.

Differences that were found in 2 or more age groups between athletes with and without shoulder pain and disability included **greater number of years of training and number of swim training hours per week, a higher incidence of previous traumatic injury and patient-rated shoulder instability, and reduced participation in another sport (cross-training) in the symptomatic groups**. **Reduced shoulder flexion motion, weakness of the middle trapezius muscle and internal rotation, shorter pectoralis minor and latissimus muscle, participation in water polo, and decreased core endurance were found in symptomatic females in individual age groups including the masters swimmers**. **Breathing pattern, stroke preferences or use of paddles did not have any influence on shoulder pain or disability in the masters swimmers**. **Previous shoulder damage such as dislocation or fracture was related to shoulder pain in the masters swimmers**.

So What?

The results of this study strongly support the **need for stretching of the chest and posterior shoulder muscles, strengthening of all the muscles of the shoulder joint, and development of the core abdominal muscle strength and endurance**.

The results also highlight that masters swimmers should get along to a **sports physiotherapist and get screened** if they have any history of prior shoulder injuries, are experiencing shoulder pain, or feel any instability in their shoulders.

Better to be safe than sorry when it comes to being able to swim for life.

Source: Tate, A. and others (2012). Risk factors associated with shoulder pain and disability across the lifespan of competitive swimmers. *Journal of Athletic Training*, 47(2): 149-158.

2014 NOOSA TRI

A DAY TO REMEMBER ...



Ian Tucker - before the race



Ian on bike leg



Ian on bike leg



Q. If you're going to do a parachute jump - how high should you be?

A. About 3 days of steady drinking should do it ...

Tony Frost writes : We are all aware of the fabulous contribution by our volunteers throughout the NOOSA MULTI FESTIVAL week, assisting with the RUN- SWIM - RUN on Wednesday morning, ARENA OCEAN SWIM on Friday afternoon & Sunday's TRIATHLON, as well as our bar work over the week-end, all contributing valuable dollars to our Club for the efforts of so many willing members.

Some may not be aware of the enormous acts of courage shown by those who participated in events:

ARENA 1 kilometre OCEAN SWIM: Brian Cairns, Lynette Clemitson, Jan Croft, Bardie Gruber, Studley Martin, Mark Powell, Grin Rudder, Sue Silburn, Ian Tucker & Jess Tye.

Gillian Bensted, Mark Powell & Viv Merrill all swam the 1.5 kilometre swim leg with their respective teams in Sunday's TRIATHLON.

A super human effort by Ian Tucker, who contested the INDIVIDUAL TRIATHLON, starting with the 1.5 k swim, followed by a 40 k bike ride & a 10 k run. His goal of 3 hours was obliterated by 11 minutes ! Ian relates his lead up to Sunday, 2 November, 2014, in a most intriguing summary. Let's hear it from the horse's mouth:

Ian Tucker recalls: Interest started in 2012 in entering a family team for the 2013 race. Adele Ian and my brother Peter.

Adele the swim Ian the Bike and Peter the run. All went well during the year with constant text to Christchurch NZ to enquire about the run training, don't worry about me was the reply which immediately caused some doubtful concern. Race day eventually came Adele was lined up in the second to last swim wave at 9.40am, (the elite had already finished by 8.00am) when up periscope came a new novel camera capturing the swimming start in the water, not so, a sea snake making headway towards Adele, OMG I am out of here quick smart to the sandy beach amongst other fearful intrepid swimmers. Suddenly the blast from the horn sounds for the start!! Oh Shite do I go or stay, no time to think about the other team members waiting the swim completion to get onto their leg. Away went Adele in a course record (for her) not looking back to see if a slithering snake was in chase. Fortunately snake did not appear again.

The bike and run were far less eventful however Peter having come from a high of 18°C in Christchurch was feeling the heat and humidity, starting the run leg at 11.30am and already 30°C. The heat off the road was intense and finally finished a red faced dripping in sweat tri runner with a combined team time of 2 hours 59 minutes.

This got me thinking that I have a whole year to train and enter my first full Olympic tri next year. So the entry was posted, money paid and a year to think about it. Well the year also happened to include Masters comps, Open Water swims, State and Nationals Champs in Rocky, Worlds in Montreal + seven weeks travelling then home again and 6 weeks to get bike and run fit. The training was hard and I'll never be a runner. They say all tri athletes have one poor leg well I have two.

With Nick Croft hounding me to come to wind trainer, Gyndier Hill Repeats, Time trials in Eumarella road and fun rides to Cooroy, Sunshine Coast Airport return and swims in the canal, multiple runs on the course even the (wish it was not there) extra 1 km back loop around Dolphin Cres and Wyuna Point. Judgement day finally arrived after our lead in days of volunteering for the Run Swim Run, Breakfast Fun Run and a warm up swim in the Arena 1000, was I ready or not??

I set myself a target to beat the family team time of 3 hours. Luckily I had an early swim wave at 7.14am well ahead of the real heat of the day. The swim felt good, took my time in transition to hydrate, put on shoes and socks for the ride, stagger to the bike mount area and push off for a comfortable ride to Cooroy and back. Good old Tewantin raised a merry cheer from Mary and Janice on the way out and return. I was staggered by some of the equipment out there. Unfortunately some of the riders of this extreme equipment had no idea how to ride it! Maybe some will be cast off and I could pick up the discards? On I pushed to finished in a respectable time, on track or a little ahead for the target.

The dreaded run after the legs had felt the pain of 40km and Gyndier hill climb.



2014 NOOSA TRI

Ian Tucker - continues

The bike dismount is always a challenge just to stay upright, good thing I had a bike to lean on and staggered into transition once more, what lane number did I leave my gear?? Eventually found the spot sat down changed socks, put on two fresh pairs and the trusty runners, leaped up and thrust off to the run start point, argh this was not feeling as good as I had hoped and off I set.

The first 2-3 km were ok heart rate up, legs settling and drink stops and crowd cheering all helping. Thanks Jan/Bardie/Helen and Adele along from Witta Circle, I thought if only I was invisible no one would see me duck around the traffic cone and head back. The mind starts to play games, Robyn saved me from stopping and turning around at Howard Ave, keep going was the cry, or stop and have a drink, I decided if I stopped I would not start again and so around the corner into Weyba drive with Marcia and Jeff promised a pie if I finished, I thought I could pick it up on the way past again?? No one to be seen so keep going.



Our swimmers at end of Ocean Swim: Mark Powell, Studley Martin, Ian Tucker, Brian Cairns, Jan Croft & Bardie Gruber.

The back loop seemed much longer, hotter except for the good people with garden hoses to spray, much welcomed.

Finally home stretch from Quamby place, pace picked up?? Heading for home, again last cheers from the traffic island girls (Adele had left to pick up the pieces over the finish line) and a final burst flashing past Brian and Joan Cairns in the VIP and

a booming Noosa Noosa from Dyanna Benny hanging out from the VIP balcony. A relieved smile from proud Adele and an exhausted but extremely happy Ian touched down in 2 hours 49 mins.

The bug has caught again and 2105 entry is complete. I have another whole year to train!!

Then it was over and off to the Pan Pacs 3 days later!

CLUB HANDICAP SERIES

Adrian Wilson

Following a recent survey of members, the Management Committee has agreed that we should "give it a go" and run a club handicap series competition during 2015. Thirty four members responded to the survey and there was overwhelming support for the idea. There was a very strong preference for conducting the series on a monthly basis and for each round to be held on Sunday morning after a short "warm-up" squad session. There was support for both short course and long course competition, with lots of preferences for both pools to be used.

Accordingly, there will be one round of the handicap series planned for each month in 2015, to be held on the second Sunday of the month as part of our regular session and after a short squad session. None of the survey results were unanimous, however, so there is a possibility that some future rounds may be held on a different day and at a different time.

The first round of the series will be a short-course event using 4, or perhaps 5, lanes of the 25 metre pool. It will be

held on 11 January 2015. It may comprise 25 metre events for each stroke, a 100 metre Individual medley and a relay or relays. Swimmers will be limited to perhaps 3 individual events. We will divide all members into 4 "teams" for the purpose of the relays and they will stay in their "team" for the whole year. We are seeking suggestions for team names.

Bruce Warren has agreed to coordinate the competition and Adrian Wilson will act as handicapper and recorder (with the help of a computer). We are looking for other helpers to perform starter/marshal, referee and timekeeper roles.

Further information about how the competition is to be conducted will be provided by email to all members early in January. In the meantime contact Bruce (mob. 0414 790 084) or Adrian (mob. 0458 234 134), by phone or at the pool, for more information or to volunteer for one of the jobs mentioned above.

2014 XMAS GET TOGETHER

Well, this is one Xmas gathering we won't forget in a hurry !! All started well, a good crowd turned up, everyone was enjoying the nibbles, drinks and camaraderie - then there was an ominous rumbling in the distance and suddenly the heavens opened and a violent storm cell passed right over our little group - now getting to know each other more intimately as all huddled under the shelters, trying in vain to stay dry. We even noticed the acrid smell associated with a rather too close lightning strike! As you can see from the photos, nothing dampened the enjoyment of the company ... see you all again next year !!

... Ed



2014 XMAS GET TOGETHER



ENDURANCE 1000 REPORT

DECEMBER 2014

We ended November with 20,500 points and a call to all to swim for the club in December.

We finished December and the Endurance Program year with **23,357** points – a super effort!! This amounts to 3,357 points in three weeks!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Congratulations on another great year. We will now await the National and State results – keep your flippers crossed for Noosa.

So many people have done so much during the year. As an example, the Symonds family, especially Irene, drive from Kenilworth each Saturday to participate in the Endurance Program and gain well over a 1000 points each year for the club.

Many thanks to all swimmers, time-keepers and helpers, the Program's functioning and success is all down to you.

We hope you had a Merry Christmas and have a Happy and Healthy New Year.

[Keep Swimming for Fun , Fitness and Friendship.](#)

Your Endurance Team
Mary, Marcia and Bruce.

PS: 1st Endurance in 2015 is
Tuesday 6 January.
Please be there no later than
7.00am



BIRTHDAYS ARE GOOD FOR YOU... THE MORE YOU HAVE THE LONGER YOU LIVE

2015 - YEAR OF THE SHEEP

Beauty is in the eye of the beer holder.

SOCIAL EVENTS

New Year BBQ at Ivan & Wendy's
19 Lilly Pilly Place, Noosaville
Sun, 11 Jan @ 12.30pm
BYO meat, drink,
& a spare chair

Every Sat.. 7.30 am -
Main Beach - Ocean Swim

VISIT OUR WEBSITE ...
www.noosaaussichallengers.com

Challengers Chatter

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<http://www.whathappenedinmybirthyear.com>

January Birthdays

| | |
|------------------|-------------|
| Di McFarlane | 7/1 |
| Joyce Faunce | 10/1 |
| Jacky Shields | 22/1 big 60 |
| Carola Henderson | 23/1 |
| Terry Mortimer | 24/1 big 70 |
| Jessica Tye | 25/1 |
| Viv Merrill | 27/1 |