

# CHALLENGERS' CHATTER

FEBRUARY 2017

## HERVEY BAY HUMPBACKS SWIM MEET

### Saturday, 11 Feb 2017

A great weekend at Hervey Bay with 20 swimmers, 7 open water swimmers, 9 supporters including Viv Merrill who attended as an official.

replacements.) At the OWS, Ian Tucker, Brian Hoeppe, and Viv Merrill all placed 1<sup>st</sup> in their age groups and Wendy Twidale 2<sup>nd</sup> so well done team of 4 !!

All swimmers were cheered on by Noosa in their "Bling" blue & gold tinsel wigs, fluffy sparkly headbands plus blue and yellow ra ra shakers. Noosa making its presence known

Brian Hoeppe, Ian Tucker & Charley Moore with Average Point Score Trophy for large clubs



The weekend started with dinner for 22 on Friday night at Santinis Italian Restaurant. Food was excellent, friendly service and welcome air conditioning on a very warm evening.

The Open Water Swim started at 8am in the balmy warm waters of Hervey Bay but only four Noosa swimmers turned up!!! Was it the wine or the water the night before?? Geoff Lander turned up, but was disappointed not to swim as he had left his togs and goggles at home. (When shops opened, he bought the necessary

The swim meet commenced at midday. Team Noosa started the day off with 86 points thanks to our 9 swimmers who completed postals in the 1500m swims including Mark Powell who put in his postal before travelling to Africa. All placed 1st, 2nd or 3rd in their age groups.

The 200m races were up first with 14 of our swimmers placing 1st, 2nd or 3rd again in their age groups/strokes. Anne Besser was very excited about her PB in her 200 Free and Wendy Twidale swam her best time in 3 years in her 200 Breaststroke.

once again with heaps of fun. (Will also be taking the "bling" cheer squad to Nationals!).

It was a long, hot afternoon with very warm pool water. The meet eventually finished around 5pm. Noosa won 5 of the 8 relays we entered.

Hervey Bay put on a great afternoon tea and drinks - all very welcome. The (closest to nominated time) "Dash for Cash" presentations followed with Noosa taking out 4 of the 8 \$50 prizes.



# HERVEY BAY CONT'D ... by Helen Malar



A big thank you to Viv Merrill for officiating all day at the meet and also thank you to timekeepers, Lorna Lander, Wendy Ivanusec, Fran Wilson and John Twidale who worked tirelessly most of the day as well as other swimmers and supporters who stepped in to help throughout the day.

Saturday night- the famous Hervey Bay 'Fun & Frolics' were held at the Blazing Saddles Bar & Grill with a theme of "It's a Bling Thing". A record 24 Noosa swimmers & supporters attended the dinner with everyone dressed in their best Bling. Lois looked fantastic

in her yellow curly wig & white and gold dress with Richard in his Bling Elvis wig and outfit.. Robyn looked amazing in her 'Marilyn Munroe' platinum wig which everyone thought suited her - Geoff & Lorna were sparkling in their matching pink and diamante earrings. Rob Jolly had set the scene with blue flashing tube lighting all along the table and laser lights. Great venue, great food, plenty of drinks, much frivolity and laughter.

Presentations followed dinner with **Gold** Medals presented to Rob Jolly, Geoff Lander, Sam Penny and Steph Jones. **Silver** Medals to Lois Hill, Brian Hoeppe, Quentin Lee, Dyanna Benny & a tie to Jo Matthews and Wendy Twidale. **Bronze** Medals to Ian Tucker & Adrian Wilson. Congratulations to our winners.

Overall aggregate points winner was Hervey Bay but Noosa won a trophy for 1st place for large clubs (10 swimmers and over) overall average. Well done Noosa.

A great weekend of swimming, with lots of laughs, yummy breakfasts & dinners, fun & friendship!!



Winners were Ian Tucker in 200m Free, Geoff Lander in 100m Free, Sam Penny in 50m Freestyle (a tie) & Helen Malar in 100m Breast. Other presentations at the pool saw Sam Penny win the Swimmer's Lucky Draw – holiday donated by Big 4 Fraser Lodge & Jo Matthews who won a raffle prize of swim gear. Congratulations to all swimmers and prize winners.





## JOLLY ROB ... 70?

Unbelievable !! Another “big O” — they’re coming thick and fast this year!

Rob was delighted with the cake the club bought for him and his mate Grant. Scotcher was on hand to help distribute slices to his swimming pals after squad.



Once again, the rafters shook to the strains of “Happy Birthday, dear Ro-ob” We all look forward to celebrating many more birthdays with you Rob !!

... Wendy Ivanusec

# word play #5

### Last month's solution:

You were asked to find a word that can be all of a noun, a verb, an adjective and an adverb. Here is one answer: 'well'

Noun: Get your water at the *well*!  
 Verb: Tears began to *well* in her eyes!  
 Adjective: After six beers, he's not a *well* boy!  
 Adverb: I swam *well* in the relay!

You could also have picked 'better' or 'best'.

### This month's challenge:

What is a word that is male and plural, but that becomes female and singular if you add an 's' to the word.

Clue: the original word has seven letters.  
 Clue: think 'fairy tales'

*Answer in the next edition of Chatter*



## MARCH 2017 CLUB BREAKFAST

No breakfast scheduled for March as we will be busy supplying raffles, food etc for our carnival.

Breakfast for **APRIL** is tentatively scheduled for **SUNDAY 23 APRIL** with **LANE #1** providing the food.

... Carola Henderson



## MEMBERS MEETING & PRESENTATION OF CLUB AWARDS

**02 April 2017 at the NAC**

... Ian Tucker



## COACH'S TIPS

### Freestyle

- 1 . Catch and pull with entire surface of hand to elbow. Hand moves straight line to hip.
- 2 Apply force at beginning of stroke, don't cross centre line. There is no power if hand crosses centre line of your body.
- 3 . The most power and leverage is just outside of your shoulders , pull from the surface of the water.
- 4 .. Rotation comes from your hips and core not from shoulders
- 5 .. Do not bend the wrist.

*Happy swimming ... Cheers, Jan*



**Noosa Masters Swimming Club 17<sup>th</sup>  
Annual Swim Meet – Saturday 25<sup>th</sup> March  
2017**

What a brilliant way to get involved and promote the very best of the swimming Club and Noosa to our visitors, competitor's families and friends.

If you haven't entered for a swim, please do so. Every swim counts and adds to the overall points tally and retention of the Pat Mooney Total Aggregate Points Score Trophy..

We are targeting to have 50 members swim this year even a 50m, 1 lap event is so much fun, fitness and friendship. You will not have a better place to commence, further or finish your competitive racing career so get involved and have some fun.

As for helpers and volunteers for the day there are several roles and most have a lead person nominated but extra help is always welcomed. The largest requirement is for timekeepers, even if you haven't done this before, training and instruction is available and we need some 20 people per (3) shifts to cover the lanes. Noosa will receive support from other clubs but Noosa must provide the majority. Please contact Viv Merrill (Chief Timekeeper) if you can help on the day. Assistance is required on the Friday afternoon before the meet for tent setup and venue prep so please advise me if you can help from 1pm for a couple of hours.



**MARCH**

<b>Geoff Lander</b>	<b>1/03</b>
<b>Lois Hill</b>	<b>9/03</b>
<b>Christine Edwards</b>	<b>10/03</b>
<b>Bruce Hammond</b>	<b>12/03</b>
<b>Bob Morse</b>	<b>15/03</b>
<b>Brian Cairns</b>	<b>16/03 (70)</b>
<b>Adrian Wilson</b>	<b>19/03</b>
<b>Anne Gripper</b>	<b>23/03</b>
<b>Jan Croft</b>	<b>24/03</b>

**Happy Birthday everyone !**  
*The more birthdays you have ...  
The longer you live !!*

## CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
<b>March</b>						
8 - 11	LC	MSA National /MSQ Championships			04/17	Gold Coast Aquatic Centre Gold Coast
25	LC	Noosa	QNA	Sunshine	05/17	Noosa Aquatic Centre
25	SC	North Mackay Sinkers	QNS	Central	06/17	North Mackay SHS Pool
<b>April</b>						
1	LC	Atherton	QAT	North	07/17	Atherton Pool
22	SC	Whitsunday Warriors	QWY	North	08/17	Cannonvale Pool
29	SC	Yeronga	QYP	South	09/17	Yeronga Pool
<b>MAY</b>						
13	SC	River City Rapids	QRC	South	10/17	Somerville House, Brisbane
13	LC	Rats of Tobruk	QRT	North	11/17	Tobruk Pool, Townsville
26 - 27	LC	Great Barrier Reef Masters Games			12/17	Tobruk Pool, Cairns
<b>JUNE</b>						
10	SC	Rum City	QBB	Central	13/17	Bundaberg Swim Academy
10 - 11	SC	Clarence River	NCM	NSW	14/17	Yamba, NSW
<b>JULY</b>						
8	LC	Brisbane Southside	QSM	South	15/17	Brisbane Aquatic Centre
22	SC	Genesis Aquatic	QGA	Sunshine	16/17	Genesis College
<b>AUGUST</b>						
19	SC	Brisbane Northside	QBN	Sunshine	17/17	The Valley Pool, Brisbane
<b>SEPTEMBER</b>						
23	SC	Maryborough Masters	QMB	Central	18/17	Maryborough Centenary P
<b>OCTOBER</b>						
7	SC	University of Qld	QUQ	Sunshine	19/17	UQ Pool, St Lucia, Brisbane
21	LC	Sunshine Coast	QSC	Sunshine	20/17	Kawana Waters Pool
21	LC	Long Tan Legends	QLT	North	21/17	Long Tan Pool, Townsville
<b>NOVEMBER</b>						
25	LC	Aqualicious	QAL	Sunshine	22/17	Centenary Pool, Brisbane
25	OWS	North Mackay Sinkers	QNS	Central	23/17	Pioneer River, Mackay
<b>DECEMBER</b>						

# EASY SPEED

**The secret to swimming faster is learning to relax**

Scott Bay | January 31, 2017

Unlike many sports, swimming is almost solely technique-based. Simply trying harder won't make you faster. At the risk of over-generalising, if you want to run faster you simply pick up the turnover of your feet. Similarly, if we take away a bike's gears, the secret to speed is pedalling faster. Want to hit a baseball or golf ball farther? Increase club head or bat speed.

But swimming is different in that subtle changes make a difference. How subtle? Finding easy speed is a matter of relaxing the parts of your body that aren't helping you swim and preventing them from robbing you of energy. Another way of looking at it: Muscles that are working (contracted or stiff) when they don't need to be are using up valuable oxygenated blood that should be going to the muscles that are propelling you forward.

## How Do They Do It?

Male or female, short or tall, young or more seasoned—the fast folks make it look so easy, even effortless. But swimming at that level is anything but easy or effortless. The secret is that elite swimmers aren't wasting any movements or doing anything that isn't related to swimming faster. Many of us will chalk that ability up to pure talent, but there's more to it than that. Anyone can learn how to do this in any stroke, but it takes patience and a concerted mental effort. Here are some suggestions for what to do to find your easy speed.

- **Harness the power of counting** This is a new twist on a drill you might have used before, the 20 for 20 drill. Take 20 strokes of any stroke. For freestyle and backstroke, each time you move an arm, that's a single stroke. For breaststroke and butterfly, count each stroke cycle. Go through each of the four strokes, five times. The goal is to be aware of where the tension is in your body.



As you are swimming, carefully monitor your entire body and make note of which muscles are flexed and which are relaxed.

- **Feel where you slip.** You've no doubt seen the elites with their pre-race rituals—slapping their muscles or rubbing their palms across the starting block. There are several reasons for this, but the one to focus on here is that they're trying to stimulate the nervous system. They're waking up the body and signalling to the parts where the water may slip, to feel what's happening in the water. Maintaining a feel for the water is critical for all strokes. Roughing up the hands or other body surfaces can make them more sensitive to where the water slips off those surfaces. This heightened sensation can help you make micro adjustments as you're swimming, adding velocity and intensity to your swims.

- **Breathe.** When putting in a big effort, many people unconsciously take a deep breath and then hold it. This is problematic in swimming, where oxygen is fuel. What's more, holding your breath requires effort, and flexes a bunch of muscles in the core that aren't helping you swim. Depriving yourself of oxygen is always a bad idea. Rather, strive for rhythmic and relaxed breathing that provides resources to the muscles. Avoid holding your breath or hyperventilating to avoid engaging muscles that can't help you swim faster.

- **Conduct a head-to-toe body check.** Start with the hands: If your hands are very stiff, chances are the muscles in your arm that connect to the hand are, too. They should be relaxed, with some space between the fingers. Tightening or clenching your fingers together doesn't help you swim faster.

The same thing is true of the feet. Rather than thinking about pointing your toes, which is forcing your foot muscles to work, focus on keeping your ankles loose when kicking. Relax those parts that are creating tension that aren't doing any work for you are swimming.

- **Be thoughtful.** Many of our daily activities are goal-driven. But finding your easy speed when swimming is process-driven, so it's important to be mindful of the process rather than the goal. If you focus energy on your movements and not the other end of the pool or the yardage, you'll be more aware of many of the things your body is doing, which give you the opportunity to make adjustments.

At the end of the day, the two most important things to remember are: First, along with being great exercise, swimming is a cognitive activity—you're programming your brain to tell your body to perform a specific pattern of movements. Second, each time you look to acquire a new skill, it takes time to master it, so be patient with yourself.

## About the Author—Scott Bay

Scott Bay is a USMS-certified Masters coach and an ASCA Level 5 coach and has been actively coaching and teaching swimming since 1986 to swimmers of all ages. The Masters swimmers he currently coaches include national champions, All Americans, and world record holders, who have swum to more than 300 Top 10 swims and 30 world records in just the past 5 years. Throughout his career Bay has taught thousands how to swim or how to swim better. He's also written numerous [articles on technique and coaching](#) and contributed to USMS's coach certification curriculum. Bay presents at clinics across the country and has written an instructional book, "Swimming Steps to Success." (Human Kinetics, 2015.) Bay is the past chair of the USMS Coaches Committee, and the Head Coach of YCF Masters.

# VALENTINES DAY ... BOAT CRUISE ON NOOSA RIVER



38 members and family of our Club joined together to enjoy a River Cruise for Valentine's Day.

Fortunately we had enough people to have the whole boat to ourselves ... after we found it, that is!! There was some small confusion (by some) as to the 'real' departure point. Robyn waved this aside airily - "it must have been a computer glitch" - so the evening kicked off with much good natured hilarity!

What a wonderful evening it was cruising around Noosa Sound and along Gympie Terrace for 2 hours.

The weather was exceptionally lovely which made for a beautiful sunset. The club lashed out and purchased some champagne and sushi for this special evening which was appreciated and enjoyed by one and all.

The skipper, Ian, circulated amongst members and had a few interesting tales to share. The top deck missed out on that, but they certainly

made their own fun and enjoyed the ambience and views from a higher perspective!!

Also - a big thank you to all who bought plates of food along to contribute to the evening. What about Robin Mitchell's heart shaped treats?? Gold medal stuff, eh? !

We think another occasion would be wonderful to do it all over again.

*Adele & Robyn  
Social Committee*





# ENDURANCE 1000 REPORT

FEBRUARY 2017

## Overview

At last some cooler weather and better pool temperatures to enable the Endurance program to begin in earnest. A number of swimmers are completing endurance swims to submit for the Noosa meet which is great for both the endurance points as well for ensuring we win the meet. The cut off for these swims is March, 3<sup>rd</sup>.

## Goal for the year

A minimum of 200 points for every able swimmer.

## For ocean swimmers

Superb conditions out there. Water temperature is perfect, the jellyfish have largely disappeared and the water is beautifully clear. Great surfing conditions lately as well if your into it.

## Tuesday swimming

If you are going to complete a long swim on any Tuesday morning (anything above 800m), please come early. If you can get poolside by 7.15 it makes Marcia's role much easier to coordinate lanes and swimmers.

## Quote for the month

*"I was so surprised. Then again, I was so relaxed in the water, it felt amazing."*

*Pieter van den Hoogenband after 2000 Olympic gold medal swim*

## Endurance interview

The following is an interview with Corals D'Ott. Corals is a relatively new member who is really contributing to the Endurance program. Her times are also going through the roof compared to last year. As you will read she relishes life and loves new challenges!

Like most people of 'a certain age' we have packed much into that space of time so it needs to be condensed down a lot! Was born in NZ in the central North Island area and spent most of my idyllic childhood in the country, attending small country schools and generally

being free and safe, much different to what it is now. Being from a very traditional and conservative family married young and was a dutiful and supportive wife in the 60's and 70's until it all came to a sticky end and my new life started at 35 having to support 3 boys 10, 12 & 14 with no money and no job and living in a new town at the top of the South Island of NZ.

That soon changed and I learned very quickly that one did not need academic qualifications to learn the ropes and started to travel for the export company I was employed by in the export processed fruit industry. Was also seconded to New York for 6 months to open up NZ green mussel industry to the foodservice and retail sectors which was very different to what I had been doing. Was a huge adventure and eye opener for me but what was the company doing sending an unworldly inexperienced female to New York to deal with the mafia? (In later years also dealt with the Mafia up on the Russian Chinese border but was more experienced then!) Had a few close calls and it must have awakened in me my thirst and curiosity for knowledge and travel.

Within 6 months of arriving back in NZ we had packed up and moved to Australia - a move that changed our lives and gave us incredible opportunities. We all changed to become naturalised Australians over time and never looked back. After another secondment to Seattle for 3 years and 3 Australian start-ups decided at the age of 59 to start my own company supplying natural fruit and vegetable ingredients to large multi-national companies, which I did and operated for 10 years. It was a fabulous wild ride and one that took me to many remote parts of the world. My company was the sole supplier to the Nudie Juice company for the first 7 years of their existence. That was an extra wild ride with trips up the Amazon to look for super fruits and dodging the Bandera's bullets in the hills of Mexico.

So six years on from selling the business, I have spent a good portion of time travelling still — it sort of gets in the blood — a lot of it in a 4WD camper around Australia on remote roads including the fabulous Gibb River road and its side tracks up in the Kimberley. Best place in the world!

Have also spent time volunteering on remote cattle stations during times of extreme drought and hardship. Have done a couple of stints when owners have had to leave for one reason or another but is a dangerous thing to do alone with no support and have nearly come undone a couple of times so have decided will only do that with another person around in the future. But the experience is just so worthwhile and the sky is big and it is peaceful.

Post business I am just so enjoying being engaged in doing things I never had time before, paddling on the Maroochy river, cycling with the Sunshine Coast Club and U3A, hiking when I can, and of course taking the plunge to join the Noosa Masters. I think it is the Masters swimming I enjoy the most and was so relieved I did not need a certain proficiency level to join and have never felt pressured. Up until now most of my activities have been solo and I am surprised that I am enjoying so much being part of a supportive organisation. What do they say? A man is not an island ...very true.

As to the club itself - the squad I enjoy because I know I need it and adore our coach, Jan, but have been very surprised to find the Endurance side is one I feel very comfortable with. Never saw myself as a distance swimmer (or any swimmer really) but find I just love it and would certainly like to improve and take it to another level. Talk about improving ... have never swum competitively, - have no idea how to do a tumble turn and cannot dive in without losing goggles - so I have a long, long way to go.

I live in an apartment on the 11th floor right on the water's edge in Duporth Avenue Maroochydore looking out to the sea and the river.



# ENDURANCE 1000 REPORT

FEBRUARY 2017 (cont'd)

It is very different to country living which I am used to but is extremely liberating. One look out the window decides if I walk, paddle, cycle or swim the mornings I am free.

Also do Yoga/Pilates 2 times a week. I have 3 sons and their wives, 6 grand-children aged from 20-30 and 3 great grand-children. Have a great relationship with them all and while we all live our own lives we are very close. My children and grand-children have achieved things that were unheard of in my youth. e.g. one grand-daughter fly's A320's for JetStar, another is training to be an post natal (new born baby) open heart surgeon, another has her own fashion design label and another is a child-care director. Hard work runs right through this family and I can attribute that to my pioneer parents I think.

Music/Arts? Adore Opera and symphony (don't care for musicals) but love anything that is live which is not in a stadium - Rock, blues (if you ever have a

chance go to the New Orleans Blues Festival) folk, Jazz. In fact discovered an incredible performer at Woodford this year by the name of Tash Sultana. She is the most authentic performer I have ever seen and is now on a world tour. She is just a Melbourne kid and has taught herself 10 instruments and is a new breed of folk/rock using all her own material. So nice to know I can appreciate another genre - it gets boring hearing the same old things. (Have to get used to the yo talk)

Go to Brisbane, Sydney and Canberra when I can to catch up on exhibitions - spent some time in France last year salivating over the artworks of Rodin (my fave) in the Musee Rodin and Musee D'Or where I saw Van Gogh's Starry night for the 2nd time - the first was in Canberra.

Oh I forgot ... Quentin asked me specific questions regarding the Endurance program. Here they are

**Q-How long have you been swimming endurance program?**

*Corals - since November 2016 with lots of gaps in between due to travel , etc. So I am very new to this.*

**Q-Why is it important for you to be involved?**

*Corals - I wanted to be part of something and to be challenged.*

**Q-What do you get out of being involved?**

*Corals - Huge surprise that I can actually do things and distances that it was difficult to do on my own at Cotton Tree.*

**Q-Q-HowHow does being involved in the endurance program influence your approach to swimming?**

*Corals - it actually makes me quite excited as to the prospects of achieving something different while having a great supporting structure around me.*

Quentin Lee  
Coordinator

Endurance 1000 program  
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## IMPORTANT : REQUEST & INFORMATION

Ian Tucker



Club Members are requested to further consider the roles that remain unfilled that form an important part of the Club functions. Without your support the load falls back on the Committee members who are already doing an exceptional job and with a very busy start to the year are under pressure.

Without representation, some of the important activities will simply not get done and overall this impacts on the club's ability to remain strong for its members.

Roles remaining vacant include;

- **Media & Publicity Officer**
- **Funding Officer**
- **Ironman/USM volunteer coordinators**

### • **Merchandise assistant.**

(Lynette Clemitson is unable to continue in the role due to other commitments. Jacky Shields requires someone else to assist in the role)

Details as per last month's Chatter. Please contact the president and/or committee members for more information.

### **Training and Instruction DVD's – Help with your stroke and technique**

Many newer members will not be aware of a library of DVD's that the club has purchased providing great demonstration and instruction for development of the correct techniques of each swimming stroke.

These are retained in the Club's storage at the NAC and have a book entry system to loan and return the disc for a short period to view the DVD at your leisure, then implement in the pool!! These will be available at the pool after squads on Thursday and Sundays. Contact the Club Captains.



**Please support our sponsors**

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(\*) Noosa Bookshop is moving to the new address above – just five shop fronts along from the present arcade.

**Challengers Chatter**

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