

# CHALLENGERS' CHATTER

JANUARY 2020



## Endurance Report

November 2019

**2019 NATIONAL & STATE CHAMPIONS  
YET AGAIN!!!**

**NEWS FLASH**

Our Club now reigns as the Vorgee Endurance 1000 Champions for the 7<sup>th</sup> consecutive year. We led our closest opponents by 4,870 points. What a fabulous effort!

The results for the top six clubs are as follows:

|                                   |        |
|-----------------------------------|--------|
| • Noosa Masters (Qld)             | 21,233 |
| • Campbelltown Collegians (N.S.W) | 16,363 |
| • Tuggeranong Masters (A.C.T)     | 15,803 |
| • Talays Masters (Tas)            | 15,536 |
| • Miami Masters (Qld)             | 13,302 |
| • Darwin Stingers (N.T)           | 11,634 |

Seven female swimmers and nine male swimmers were ranked in the Top 10 results for Age and Gender. Details of rankings by age groups are set out below.

### 2019 Age & Gender Top Results

|       |                |           |
|-------|----------------|-----------|
| 45-49 | LiQun Hussey   | 2nd       |
|       | Karen Martin   | 4th       |
| 60-64 | Jo Matthews    | 1st Equal |
|       | Jane Powell    | 1st Equal |
| 65-69 | Irene Symons   | 3rd       |
| 80-84 | Annie Collins  | 10th      |
| 55-59 | Studley Martin | 7th       |



|       |                |           |
|-------|----------------|-----------|
| 60-64 | Mark Powell    | 1st Equal |
|       | Ian Tucker     | 1st Equal |
|       | Quentin Lee    | 4th       |
|       | Jim Barnes     | 7th       |
| 70-74 | Brian Hoepper  | 1st Equal |
| 75-79 | Rob Lucas      | 1st Equal |
| 80-84 | Barrie Bedding | 6th       |
| 90-94 | Bob McCausland | 1st       |

It was particularly pleasing to see Bob McCausland (90-94 age bracket) achieve a 1<sup>st</sup> this year, an improvement on his third placing in 2018. Another tremendous effort was put in by Barrie Bedding (80-84 age bracket) towards the end of the year and despite a limited number of swims he achieved a 6<sup>th</sup> place.

Thanks must go to our club supporters, club members and the Endurance Team – Tricia, Jane, Denise, Grant, Wendy I, Adele, Linda, Helen, Quentin and Bob Martin.

A full listing of the Vorgee Endurance 1000 points detailing each member's tally is readily available on the MSQ web site.

### ANALYSIS

As at May 2019, Noosa Masters had 76 registered members of whom 63 (compared to 65 last year) participated in the program. This was an excellent participation rate across the club.

Our average points tally per participant was 268 (compared to 255 last year). Masters Clubs that amassed high averages were;

|                         |         |                 |
|-------------------------|---------|-----------------|
| Singleton (NSW)         | 745 pts | 4 participants  |
| West Auburn (NSW)       | 618 pts | 12 participants |
| Castle Hill R.S.L (NSW) | 503 pts | 6 participants  |

### Six of our members achieved maximum points (1,005)

They are: Brian Hoepper, Jane Powell, Ian Tucker, Rob Lucas, Mark Powell, Jo Matthews

A notable omission from this illustrious line up was Irene Symons (950 pts).

Irene apparently succumbed to a minor injury towards the end of the program thus preventing her from completing it and achieving maximum points.

Well done, Irene !! .All the best for a speedy recovery in 2020, Irene!

**WELL DONE EACH AND EVERY ONE!!**



## Endurance Report ... continued

Mention should also be made of the performances of many of our swimmers including:

|                 |         |
|-----------------|---------|
| Adele Tucker    | 803 pts |
| Quentin Lee     | 800 pts |
| Denise De Carlo | 775 pts |
| Ian Mitchell    | 695 pts |
| LiQun Hussey    | 737pts  |
| Rod Alfredson   | 664 pts |
| Sally Johnson   | 576 pts |
| Studley Martin  | 610 pts |
| Jim Barnes      | 596 pts |

### 3000m Swim Stars 2019

One of the longest swims you can do in the program is the one hour swim. A number of members completed the award target of 3000 metres. In particular mention should be made of Ian Tucker's effort of swimming 3600 metres (and he still had a bit left in the tank at the end) and Karen Barton who achieved swims in both the backstroke (3225m) and freestyle(3200m).

A list of the swims is set out in the table below.

*Well done swim stars for 2019.*

|                 |      |
|-----------------|------|
| IAN TUCKER      | 3600 |
| WENDY NOTHDURFT | 3400 |
| STUDLEY MARTIN  | 3400 |
| JO MATTHEWS     | 3300 |



|                 |           |
|-----------------|-----------|
| KAREN BARTON    | 3225 BACK |
| KAREN BARTON    | 3200 FREE |
| ADRIAN WILSON   | 3200      |
| IRENE SYMONS    | 3175      |
| DYANA BENNY     | 3150      |
| MARK POWELL     | 3150      |
| JAN CROFT       | 3125      |
| DENISE De CARLO | 3100      |
| BRIAN HOEPPER   | 3100      |
| QUENTIN LEE     | 3075      |

### WHAT CHAMPIONS!! THANK YOU!

Special thanks to Tricia Chalmers for her great record keeping and compiling all the stats for this report.

### LOOKING FORWARD IN 2020

The first few Endurance Sessions have been very well attended with many of our members making the most of the opportunity to undertake postals for the upcoming Miami and Hervey Bay carnivals.

Let us endeavour to maintain the momentum throughout 2020.

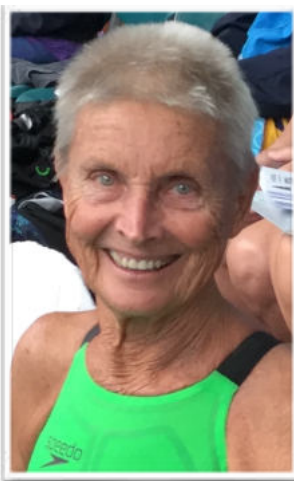
Finally, I would like to personally give my thanks to ALL those Club members who participated.

Please congratulate yourselves on a sterling effort!

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rod.alfredson@bigpond.com

*Find out about the Million Metres Program*  
<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>  
*To download the Million-Metres-Record-Card-and-Application-Form*  
<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres/>

## COACH'S TIPS



### A Few Key Tips for Freestyle !!

1. The forward extension of each arm as it enters causes the body to roll on its side, a motion that brings into play the large trunk muscles to aid the power phase of the stroke.
2. The forward extension also places the body in a streamlined alignment. Relaxing the wrist also keeps water pressure on the hand which keeps the hand planing directly backwards instead of upward.
3. The face should be forward as each hand enters the water and the swimmer should see each hand as it enters, *this is a stroke fundamental*. Many swimmers lose their timing by incorrectly turning their head to breathe before the forward hand has entered the water.
4. Kick easy and aerobic, it helps to clear lactate. Loose ankles increase propulsion. Key to easy and efficient kicking is to keep feet loose and flexible

Happy swimming - Cheers, Jan

## The Health Report

Information brought to you by Jane Powell



### The CAC Scan

Have you ever been told your cholesterol is too high? That you may need statin drugs to lower it and avoid heart disease? I have.

I didn't want to take that medication, so I did some research and this is what I found:

A far more accurate assessment of heart health for - 'middle-aged men & women' - is a Coronary Artery Calcification Scan.

Like a mammogram or an endoscopy, a CAC Scan provides a visual image of healthy and diseased tissue (and is far less painful and invasive than those two tests!)

The CAC Scan is a more powerful tool to assess heart health than any other measurement-of-risk blood tests, angiography, stress tests, etc.

This scan also shows the damage done, if any, by "the broad root causes of modern chronic disease".

But you will need to ask your GP for this test to be performed, and it isn't covered by Medicare. It costs about \$150.00 and takes 5 minutes. Not much at all, in the interests of preventative health care.

Ref: *The Fat Emperor and the Irish Heart Disease Awareness Charity*

## Learning Self Defence

by Karen Martin



In January 2019 I started to learn Self Defence with a group at the leisure centre, "Combat Self Defence". In December I passed my second grading to yellow belt.

We train twice a week, there is a warm up to get the heart rate pumping and stretching, ready for the drills, etc. It's not too physically hard but its very mental and intense. We have to listen to instruction, show respect and everyone helps each other.

The classes move quite fast from one drill onto another and this is where it gets mental because sometimes it's easy to get disheartened if you can't get the action right. This is when home practice is necessary and always ask questions after class. We also learn about weapons, knives or sticks.



So watch out, don't mess with Karen in the water!



Sunday, 1 March : QNA "Trophy & Awards" Members' Meeting 9.15am

ooo0oo

Please INK in and keep the date for our 2020 Carnival.

*It's on Saturday 12 September*  
Swimmers and helpers will be required!



| DATE             | LC/SC  | CLUB/MEET                         | CODE | REGION     | SANCTION      | SURVEYED   | VENUE                               |
|------------------|--------|-----------------------------------|------|------------|---------------|------------|-------------------------------------|
| <b>JANUARY</b>   |        |                                   |      |            |               |            |                                     |
| -                |        |                                   |      |            |               |            |                                     |
| <b>FEBRUARY</b>  |        |                                   |      |            |               |            |                                     |
| 15               | LC     | Miami Masters Swim Meet           | QMM  | South      | Q2/20         | Yes        | BLK Performance Centre              |
| 22               | SC     | Sinkers Fun in Feb                | QNS  | Central    | Q3/20         | No         | North Mackay High Pool              |
| <b>MARCH</b>     |        |                                   |      |            |               |            |                                     |
| 7                | LC     | Hervey Bay Humpbacks Meet         | QHB  | Central    | Q4/20         | Yes        | Hervey Bay Aquatic Centre           |
| 29               | LC     | Townsville Hammer Heads Meet      | QHH  | North      | Q5/20         | Yes        | Northern Beaches Leisure Centre     |
| <b>APRIL</b>     |        |                                   |      |            |               |            |                                     |
| 4                | SC     | Albany Creek Short Course Meet    | QAC  | Sunshine   | Q6/20         | Yes        | Albany Creek Leisure Centre         |
| 15-19            | SC     | <b>MSA National Championships</b> |      | <b>MSA</b> |               | <b>Yes</b> | <b>Sydney Olympic Park</b>          |
| <b>MAY</b>       |        |                                   |      |            |               |            |                                     |
| 8-10             | SC     | <b>MSQ State Championships</b>    |      | <b>MSQ</b> | <b>Q1/20</b>  | <b>Yes</b> | <b>Tobruk Memorial Pool, Cairns</b> |
| 31               | OWS    | Crater Lake Classic               | QCN  | North      | Q7/20         | N/A        | Lake Barrine                        |
| <b>JUNE</b>      |        |                                   |      |            |               |            |                                     |
| 13               | LC     | Brisbane Southside Masters Meet   | QSM  | South      | Q8/20         | Yes        | Brisbane Aquatic Centre             |
| <b>JULY</b>      |        |                                   |      |            |               |            |                                     |
| 1-31             | Postal | Toowoomba Tadpoles 1500m          | QTW  | South      | Q9/20         | N/A        | Any 25m or 50m pool                 |
| 5                | LC     | Nudgee Bluefins Winter Meet       | QNB  | Sunshine   | Q10/20        | Yes        | Nudgee College Pool                 |
| 11               | SC     | Rum City Short & Sweet Meet       | QBB  | Central    | Q11/20        | Yes        | Bundaberg Swim Academy              |
| <b>AUGUST</b>    |        |                                   |      |            |               |            |                                     |
| 22               | SC     | Brisbane Northside Short Course   | QBN  | Sunshine   | Q12/20        | Yes        | Valley Pool                         |
| <b>SEPTEMBER</b> |        |                                   |      |            |               |            |                                     |
| 1-30             | Postal | Swim with Crocs Postal Meet       | QRH  | Central    | Q13/20        | N/A        | Any 25m or 50m pool                 |
| 12               | LC     | Noosa Masters Swim Meet           | QNA  | Sunshine   | Q14/20        | Yes        | Noosa Aquatic Centre                |
| 29               | SC     | Long Tan Legends SC Sprint Meet   | QLT  | North      | Q20/20        | No         | Long Tan Memorial Pool              |
| <b>SEPTEMBER</b> |        |                                   |      |            |               |            |                                     |
| 12               | LC     | Noosa Masters Swim Meet           | QNA  | Sunshine   | Q14/20        | Yes        | Noosa Aquatic Centre                |
| <b>OCTOBER</b>   |        |                                   |      |            |               |            |                                     |
| 3                | SC     | Maryborough Masters Meet          | QMB  | Central    | Q15/20        | Yes        | Maryborough Aquatic Centre          |
| 24               | LC     | Sunshine Coast Masters Meet       | QSC  | Sunshine   | Q16/20        | Yes        | Kawana Aquatic Centre               |
| <b>NOVEMBER</b>  |        |                                   |      |            |               |            |                                     |
| 1                | OWS    | Sinkers OWS Balnagowan            | QNS  | Central    | Q18/20        | N/A        | Pioneer River, Balnagowan           |
| 11-14            | LC     | <b>Pan Pacific Masters Games</b>  |      | <b>MSQ</b> | <b>Q17/20</b> | <b>Yes</b> | <b>Gold Coast Aquatic Centre</b>    |
| 29               | OWS    | Big Barrine Bash (3Bs OWS)        | MSQ  | North      | Q19/20        | N/A        | Lake Barrine - Atherton Tablelands  |
| <b>DECEMBER</b>  |        |                                   |      |            |               |            |                                     |

|  |
|--|
| MSQ Swim Meets                               |
| MSQ Postal Events                            |
| MSQ OWS – Open Water Swims                   |
| MSQ Co-sanctioned Swimming Australia Meets * |

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

### Registrations are now open for 2020 ASMG!

The Alice Springs Masters Games is on again from 10 – 17 October 2020 where athletes can choose to compete in one or a number of the 36 individual or team sports on offer. Known as 'The Friendly Games' there is more to offer than just the competition with entertainment and sightseeing opportunities across the week.

The sporting program will offer competition for individuals and those that want to play with your mates in a team. Come and visit us in the Northern Territory for this sporting festival and tick Central Australia off your bucket list!

REGISTER NOW to secure your spot  
[www.alicespringmastersgames.com.au](http://www.alicespringmastersgames.com.au)

Take all the stress out of planning your Masters Games visit and let the friendly team at **Discover Central Australia** help you find the right accommodation for you.

For more information visit our website  
[www.alicespringmastersgames.com.au](http://www.alicespringmastersgames.com.au)  
or email [info@alicespringmastersgames.com.au](mailto:info@alicespringmastersgames.com.au)  
or call the ASMG hotline 1800 658 951

### **MSA Nationals-April 5-19 2020, Sydney**

Pool events: [Sydney Olympic Park Aquatic Centre](#)

Open Water events: [Lake Parramatta](#)

**8-10 May 2020 MSQ State Short Course Championships** will be held in Cairns at the Tobruk Memorial Pool.

# CARNIVAL CORNER 2020 JANUARY 2020

Diary dates of upcoming Meets

## **\*\*Miami QMM Meet (LC) 15 February Warmup 8:45 Meet 9:30 am - 3:00 pm,**

**Venue:** BLK Performance Centre, Cnr Sports Drive / Morala Avenue, Runaway Bay  
Link to BLK - <http://www.sportssupercentre.com.au>.

Postals/Entries close at 5.00pm, 1st February 2020.

Following is Link to information on the meet-  
<https://mastersswimmingqld.org.au/event/miami-masters-swim-meet-2020/>

## **Friday 6pm Members**

**dinner** at Gino's Trattoria, 28 Lae Drive Runaway Bay, (corner of Oxley & Lae),

## **\*\* Hervey Bay QHB Meet (LC) 7 March Warmup 10 Meet 10:30 am -xx pm**

Program available on MSQ web site

Individual Entries close on Friday 21st February 2020.

Entries not open yet. Watch for email when they do. Check Facebook page also

POSTALS: (one 400m swim per member) must be swum in a 50m pool between Sat 1st Feb & 28th Feb. (postal entries close 28th February 2020)

Please use the 400m blank entry forms for QMM meet, and alter name/date of meet please, (new ones will be printed later).

Accommodation (book now) for the weekend at the The Beach Hotel and Function Centre, The Charlton, cnr Esplanade and Ann Street, Torquay, phone 07 4125 1544

Social: Friday night dinner @ Café Balaena (maybe): Saturday QHB Presentation night Cocktail party @ The Beach motel: Sat Breakfast Dan & Stephs: & Sun Breakfast Enzo's on the Beach (Scariness). Both Café Balaena & Enzo's have been supporters of QHB and the carnival.

## **\*\* Townsville Hammer Heads Meet (LC) 29 March**

**\*\* Albany Creek Meet (SC) April 4** Warm up 8:45 Start 9:30-4pm (est)- BUS booked

Program available on MSQ web site -<https://mastersswimmingqld.org.au/event/albany-creek-masters-short-course-meet/>

Entries not open yet  
No Postals: We will be booking a bus!

## **\*\* MSA National Championships Homebush, Sydney (SC) 15-19 April**

Entries are now open  
See links to meet <https://mastersswimmingnsw.org.au/event/2020-msa-national-championships/>

## **\*\* MSQ SC State Championships (SC) 8-10 May CAIRNS**

See links to meet <https://mastersswimmingqld.org.au/event/msq-sc-state-championships-2020/>

Entries are open in Feb  
Individual closing date 11:00PM April 21 202



## POST-VALENTINE'S DAY

After some "change room chatter" on Sunday, there was quite a bit of interest in having a social event for Valentines Day as has happened in past years.

To avoid conflict with other functions, it is proposed we have a

♥♥ Post Valentine's Day event

on Friday, 21 February 6.00pm ♥♥

At the newly renovated

## Sunshine Beach Surf Club

Everyone welcome..... Bring your Spouses, Partners, Valentines, non-Valentines

A list will be circulated at coffee after Squad Thursday 30/1 and on Sunday 2/2 for you to indicate if you will be coming along so we can confirm numbers.



## YOU KNOW YOU'RE AUSTRALIAN IF ...

- You believe that stubbies can be either drunk or worn.
- You're liable to burst out laughing whenever you hear of Americans 'rooting' for something.
- You can translate 'Dazza and Shazza played Acca Dacca on the way to Maccas.'
- You believe it makes perfect sense for a nation to decorate its highways with large fibreglass bananas, prawns and sheep.
- You think 'Woolloomooloo' is a perfectly reasonable name for a place.
- You're secretly proud of our killer wildlife.
- You believe it makes sense for a country to have a \$1 coin that's twice as big as its \$2 coin.
- You understand that 'Wagga Wagga' can be abbreviated to 'Wagga' but 'Woy Woy' can't be called 'Woy'.
- You believe that cooked-down axle grease makes a good breakfast spread. You've also squeezed it through Vita Wheats to make little Vegemite worms.
- You believe all famous Kiwis are actually Australian, until they stuff up, at which point they again become Kiwis.
- Beetroot with your Hamburger ... Of course!
- You know that certain words must, by law, be shouted out during any rendition of the Angels' song "Am I Ever Gonna See Your Face Again" and "Living next door to Alice".
- You believe that the biscuit known as the Wagon Wheel has become smaller with every passing year.
- You wear Ugg boots outside the house.
- You believe that every important discovery in the world was made by an Australian but then sold off to the Yanks for a pittance.
- You believe that the more you shorten someone's name the more you like them.
- You understand that "excuse me" can sound rude, While "s'cuse me" is always polite.
- You know what it's like to swallow a fly, on occasion via your nose.
- You know it's not summer until the steering wheel is too hot to handle and a seat belt buckle becomes a pretty good branding iron.
- Your biggest family argument over the summer concerned the rules for beach cricket.
- You know how to abbreviate every word, all of which usually end in - o: arvo, combo, garbo, kero, metho, milko, muso, rego, servo, smoko, speedo, righto, goodo, etc.
- You know that there is a universal place called "Woop woop" located in the middle of nowhere ... no matter where you actually are.
- You know that none of us actually drink Fosters beer, because it tastes like s#\*t. But we let the world think we do.
- You have some time in your life slept with Aeroguard on in the summer. Maybe even as perfume.
- You've only ever used the words - tops, ripper, sick, mad, rad, sweet - to mean good. And then you place "bloody" in front of it when you REALLY mean it!
- You know that the barbecue is a political arena; the person holding the tongs is always the boss and usually a man ... and the women make the salad.
- You say 'no worries' quite often, whether you realise it or not.
- You understand what "no wucking furries" means.
- You've drunk your tea/coffee/milo through a Tim Tam.
- You know that 'roo meat tastes pretty good, but not as good as barra. Or a meat pie.
- You know that some people pronounce Australia like "Straya" and that's OK.
- You will send this list to other Australians, here and overseas, realising that only they will understand ...



*Thanks to Anne Besser for this great photo. It really sums up how many Aussies celebrate, did you?*

*Karen Martin & her father, Bob, really got into the spirit of Christmas! Thanks for sharing this fun photo with us, Karen!*





# ACTION STARTS WITH INTENTION

*It's another New Year ... Resolutions are often made, but not carried through ...*

## **A powerful intention is almost unstoppable**

I remember a friend with cancer who was asked how he maintained his way of eating and regular meditation practice over years. "Easy" he said, "I have not forgotten my life depends upon it".

Many people in my experience compromise their good intentions. "I will do it when I can." "I will do it when everything else is done." "I would do it now, but it might upset someone". Stuff like that. Or they forget. Or life gets in the way... Sound familiar?

If it does, and if maintaining a good intention has been tough for you, maybe it is time to revisit the intention **and ask 4 key questions**

### **1. How clear is the intention?**

The clearer it is the more likely you will follow through. The closer you can express the intention in a few words like an affirmation, the better. "I really enjoy Meditating for 20 minutes every day."

### **2. How important is this?**

Is it a matter of life and death, or is it an optional extra? Answering this one is crucial.

### **3. How can I remember how important it is?**

Who do I tell and ask for help with this? Do I write it down? Put reminders on my phone?

### **4. How do I reinforce the intention?**

People? Groups? Books? Apps? Podcasts? Blogs?

*"Three good friends went for a swim.*

*The one who was fat wished she was thin.*

*The one who was curvy wished she was clever.*

*The one who was clever wished she swam better*

*The really great swimmer wished she was witty.*

*The one who was witty wished she was pretty.*

*All three friends thought the other two were just fine.*

*If only they could let their own bright light shine.*

*So throw on your swimsuit if you're fat or you're thin.*

*Enjoy fun and friendship .... love the skin that you're in"*



*Happy  
Birthday*

## **February**

|                  |     |               |      |
|------------------|-----|---------------|------|
| Julie Tierney    | 1/2 | Greg Armitage | 23/2 |
| Rob Jolly        | 8/2 | Greg Bott     | 24/2 |
| Pieter Santifort | 9/2 | Howard Peters | 26/2 |

*Age is strictly a case of mind over matter.  
If you don't mind, it doesn't matter !*

[https://www.youtube.com/watch?v=2cz25q2Q\\_Z0](https://www.youtube.com/watch?v=2cz25q2Q_Z0)



Please support our sponsors

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Hastings St, Noosa Heads Q 4567  
Tel: 5474 5688

**Noosa  
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Girraween Court, Sunshine Beach  
Tel: 5448 0288

**Bunnings Warehouse**

Noosa Road & Gateway Drive  
Noosaville Q 4566  
Tel: 5430 5400

**Ironman**

24 Lionel Donovan Drive  
Noosaville Q 4566  
Tel: 5430 6700

**Bank of  
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Tewantin Noosaville Branch  
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**Terry White Pharmacy**

Shop 20, Noosa Junction Plaza  
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Lanyana Way, Noosa Heads QLD 4567  
Tel. 5447 4044

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