

CHALLENGERS' CHATTER

JANUARY 2021

Message from MSQ President, Cheryl Brodribb

Welcome to another year of swimming and hopefully many swim meets.

Due to COVID we will again have to follow all State regulations but hopefully there will not be too many issues to have to worry about.

Major Swim Meets

The MSQ State swim plans are well underway with thanks to Sunshine Coast Masters for all their organising and working with MSQ to provide an excellent swim meet. The dates are 9 – 11 April.

Look forward to seeing many of you at Kawana.

The GBRMG will be held in Cairns 20 – 22 May with swimming at the Tobruk Memorial Swimming Pool

Entries are open on the GBRMG website and planning is well underway.

The GBRMG committee will refund all entry fees if for some unforeseen reason the games have to be cancelled.

Ridges Esplanade Resort Cairns have offered discounted room rates and half price buffet breakfast. Members to book directly through the link. For the reduced breakfast price this must be booked at the time of making your booking. <https://www.rydges.com/private-page/masters-swimming-queensland-2/>

Pan Pacs will be held at the Gold Coast Aquatic Centre in November and planning has started for this.

Contacts:

Please remember that your regional VP is the main contact for the day to day issues of swim meets etc, or suggestions for MSQ. If your VP is unavailable, your next contact is myself.

Your enquiry will be passed onto the Board, if required, and answered as soon as possible.

For registration and membership enquires/issues your contact is the Branch Administrator, Christina.

I look forward to seeing many of you at Kawana for the State Championships, in Cairns for the GBRMG and at the Gold Coast for Pan Pacs.



Happy New Year! 🎉

Mark your calendars, put a reminder on your phone and spread the word - entries for 2021 Australian Masters Games opened at 9am (AWST) on **Monday 18 January**.

2021 is the year for getting back into sport, reconnecting with old friends and making new ones, and exploring more of your backyard (when borders reopen of course)!

We know we're living in uncertain times, but we all need something to look forward to, so we've updated our [Cancellation and Refund Policy](#) to take the risk out of entering.

Let's get active, social and adventurous together in 2021!

Places we swam ...

contributed by Jane Powell

Places We Swam, en route to Tasmania and Back

We bought our ferry ticket 12 months before we wanted to use it ... no-one expected a Pandemic! So we had some anxious moments last year, wondering if we would be able to travel across borders to Tasmania to spend Christmas with our youngest son, Sandy (Alexander).

Our first chance to swim was at Horton Falls, a beautiful National Park rainforest south of Inverell. A spectacular mountain gorge creek and waterfall into a deep pool, the water was so cool and refreshing after the day's heat. The creek is a just short stroll from the campground and there was only one other camper.



Tathra on the NSW south coast is close to glorious beaches, and Gillard's Beach in Mimosa National Park was our camp site for a few nights. Ocean swims were brief - the water icy, but shells scattered the sand and I was able to indulge my love of beach-combing.

We admired Asling's Beach at Eden from the boardwalk as the weather had become wintery by our standards, and again at Lake's Entrance, although the Aquadome there is a lovely facility. We had this indoor pool complex almost to ourselves on a bitterly cold and wet day. Swimming there set us up for the long drive to Port of Melbourne and the Spirit of Tasmania ferry across Bass Strait.

It was so good to see Sandy when we arrived in Burnie next morning, and to swim at Anniversary Bay with him and his partner Hannah. The sea was chilly and clear: so welcome after hiking from Sisters' Beach around the headland of Rocky Cape National Park.



Mark, Jane, Sandy at Anniversary Bay

Somerset was home for the next two weeks. The camp ground is across the road from a beautiful beach where we were able to kayak and swim, in calm, clear, frigid water. By now the wetsuits were in use!

Burnie also has an aquatic centre and we did some last minute Endurance swims in their indoor 25 metre pool. On Sunday, December 20th we joined the Burnie Crocs Masters Swimmers' Nonsense Christmas Carnival. They were very friendly and welcoming, and the carnival was lots of fun and frivolity. We swam in the outdoor pool which was heated to 29°C ... on a rainy grey day when the air temperature was 11°C. BBRRR

It is a short flight from Burnie/ Wynyard to King Island - farms, cheese, golf, and spectacular beaches with secret surf breaks and the best shells ever!



King Is shells



on King Island

There is a perched lake, Penny's Lagoon which is reminiscent of Fraser Island. So much water, but all of it far too cold to tempt us in!



Eddystone Point crayfish

On Christmas Day, after a feast of local crayfish and blue-eyed trevalla, we wandered down from Sandy's home to swim at Burnie Beach. The day was mild and so was the water, allowing us to swim off that too-full feeling Christmas lunches invariably leave us all with.

After Christmas, the weather deteriorated and we could only gaze while shivering at Boat Harbour Beach & Lake Llewellyn, then Green Pt (Marawah), Preminghana and Arthur River on the West coast.



Hannah & Sandy at Arthur River

Balfour Packhorse Track was a bush walk through temperate rainforest in the Tarkine, beside a clear stream, again like Fraser Island. But we shied from swimming in the chilly clime.

The Pieman River at Corinna couldn't tempt me either, but at Strahan, Macquarie Harbour glistened in the sunshine so we all jumped in there.



Places we Swam ... cont'd



Shadow Lake at Lake St Clair

We passed by the alpine waters at Lake St Clair and Mount Field National Park, longing for a swim and admiring that most capable of swimmers, the platypus!



Mt Rufus at Lake St Clair



Jane & Ceri at Coles Bay

... but it wasn't until we reached Coles Bay on the East coast that we swam again. Here we visited Ceri Weeks, friend and occasional visitor to Noosa Masters' squads, at her home overlooking magnificent Coles Bay near Freycinet National Park.

The afternoon we arrived, the sun shone warmly, the bay was benign and inviting. Ceri suggested we swim the next day at Richardson's Beach ... by which time a southerly weather change had arrived.

But, swim we did!

For about twenty minutes, in clear water between moored boats. Lovely!

But Mark and I have never been so cold!!!

Our last few days in Tassie were at Bay of Fires in the North-east. Here at last, with summery weather and warmer seas, we swam and snorkelled in gin-clear water over kelp forests, spying crayfish and abalone and giant stingrays. It was magical!

Back on the 'big island', summer was fierce: hot and dry. We paused to swim in public pools at Gilgandra, Narrabri and Goondiwindi because doing so sets us up for long days in the car...

... and we knew, if we didn't do a little prep before returning to swim at Noosa, our first squad back with Jan would really hurt!

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## Valentines Day Proposed River Cruise ..... An Alternative

Given that the weather this wet season has been... well..... wet.... and unpredictable, it seems prudent to hold off with the plan to have a river cruise to celebrate Valentines day this year

So, after chatting with several members here's an alternative proposal that I hope will give us a chance to get together for catching up, being entertained, maybe some dancing, definitely eating and perhaps a drink or two.

WHEN:

**Friday, 12 February - 6:00 pm** ( another 'not quite Valentines Day')

WHAT:

**The SANDFLYS** are playing at the **Marina Wine Bar** in Tewantin.

This popular local group plays a great mix of mix of 80's, 90's and more  
Now that dancing is permitted, it could be a great opportunity to kick up your heels  
We can buy food and drinks from the Chippy or the Wine bar as desired.  
There's some gluten free options as well.

WHERE:

**Noosa Marina, Tewantin**

I've booked tables for 30 - 40 and will confirm numbers closer to the date.

Hope we can get a great turnout for a very pleasant evening

... Christine Cooper



# NOOSA MASTERS ANNUAL NEW YEAR BBQ BASH

by Wendy Ivanusec

Ivan & Wendy were delighted to see so many turn up on Sunday 10 Jan to enjoy a lovely relaxed afternoon even tho' the weather was a bit doubtful. Their back yard became the venue to be on the safe side. Rob Jolly & Adrian Wilson did a sterling job of erecting 3 gazebos, setting out tables & chairs and, more importantly, packing up again at day's end! And thanks everyone for your yummy, thoughtful contributions!

Laughter and conversation flowed all 'round with a few shrieks when a couple of showers caught a few unaware briefly, but the food, drink and company couldn't have been better ...

Ivan worked his magic on the BBQ and this 'different' New Year Club get together BBQ was voted a success!

We look forward to doing it all again next year!



Geoff, Carola



Ivan, Adrian, Lois, Rob



Chris, John, LiQun, Michael, Robyn, Helen



Greg, Bob, Wendy N



Adrian, Jim



Di, Ian, Brian



Ian, Gillian, Rob



Lois & Richard



Ivan, Jan, Richard



Diane, Julie, Linda, Viv



Ian, Kathleen, Brian



TIME TO Celebrate

Viv Merrill celebrated her "27th" birthday and Australia Day by sharing food, drink and some wonderful jazz with neighbours, swimming buddies and friends. The pictures tell the story - a great time had by all! Thanks for your warm hospitality, Viv & Geoff !!



# REFLECTIONS

11/2020 Rob Jolly & Gerard  
in COVID Paris



01/2020 : QNA are 2019 E1000 Champions !!



## A BIT ABOUT BEES

### It's Hot AF



The weather's increasing in temperature this weekend which has devastating effects to our bees. If they don't have access to water they suffer and die.

Please remember to create a safe platform for the bees to drink. Add pebbles or sticks to a bird bath for example - a beekeeper must give your bees access to water.

Bees find water in a number of places including damp rocks, branches, muddy puddles, pond edges, irrigation hoses. They swallow the water before flying home. The water is transferred to the waiting in-hive workers through the process of trophallaxis—the direct transfer from one bee to another.

The water is spread in a thin film atop sealed brood or on the rims of cells containing larvae and eggs. The in-hive workers then fan vigorously, setting up air currents which evaporate the water and cool the interior of the hive. Nurse bees, who feed the developing larvae, also have a high demand for water. The nurses consume large amounts of pollen, nectar, and water so that their hypopharyngeal glands can produce the royal jelly that is used to feed the larvae and the queen.

Bees seem to prefer water that has some growth in it—such as green slime that contains nutrients—rather than perfectly clean water.

## Backyard Buddies (an initiative of FNPW) January was Native Bee Month

Since January is Native Bee Month for our Backyard Buddies community on [Facebook](#) we have been sharing fun facts about native bees and tips for creating a native bee friendly backyard. Read more about these stories by clicking on the link below.

<https://www.backyardbuddies.org.au/backyard-buddies/native-bees>

### How to be a Bee Buddy

Plant bee food plants - bees love angophora, eucalyptus, brachyschomes, callistemon, melaleucas, scaevolias, grevilleas, tea trees, hibbertias and westringias.

Provide a nice bee home. Make nest sites for some solitary bees from dead or hollow stems or by drilling holes in blocks of hardwood timber.

Avoid using insecticides in the garden.

### Did you know?

European honeybees collect 90% of available nectar and pollen but pollinate only about 5% of our plants.

Not all bees sting. For most Australian bees stinging is not their style.

Most Australian bees are solitary. Of the 2000 species of native bees only 10 are social and form hives.

Carpenter Bees, Blue-banded Bees and Teddy Bear Bees have a special way of pollinating flowers. They vibrate a flower so vigorously that pollen locked away in little capsules explodes out. A static charge draws the pollen back to cover their bodies. The bees move from flower to flower doing this, which results in pollination.

# CARNIVAL CORNER 2021 UPCOMING MEETS

Diary dates of approaching carnivals for Noosa Club  
Further information about these and other meets can be found on the MSQ & MSA Websites

## Albany Creek Masters Duckathon 2021 Postal Meet 1 January – 28 February.

Off the blocks for 2021. A different format for a postal meet, three levels and three distances in any stroke excluding 1500m IM and Fly, in either a 25m or 50m pool. This should help motivate you to get back into shape after the Festive Season and a difficult 2020. Send entries electronically, payment by bank transfer. Details on AC flyer MSQ.

## Hervey Bay Masters Postal Swim Meet. 1 March - 31 March

In light of the COVID restrictions the Hervey Bay Humpbacks have changed their swim meet to a postal meet. Alas, no weekend away, sunburn or fancy dress after-party this year. In place is an interesting postal meet of up to five swims in all strokes with distances from 50m to 400m. Send entries electronically, payment by bank transfer. Details on HB flyer MSQ.

## 2021 Masters Swimming Queensland Long Course Championships 9-11 April 2021

Hosted by our neighbours the Sunshine Coast Masters at Kawana Waters Aquatic Centre.

A great opportunity for a large Noosa Masters team to shine in the Highest Average points and Highest Club points awards.

As there are some new male club members, we should be able to field more male and mixed medley relays.

## Great Barrier Reef Masters Games – Swim Meet 20-22 May 2021

Tobruk Memorial Pool 370 Sheridan Street. North Cairns.

The recently renovated shaded 10 lane pool is the venue for the GBRMG Swim Meet. The Games are expected to once again attract many entries from Queensland and Interstate.

Feel the energy of Cairns and the Far Tropical North. The GBRMG is not just about the thrill of competing in the swim meet but also about enjoying the social events each night, and touring the beautiful region outside of competition time.

Recommended Accommodation: The Lakes Cairns Resort (closest to pool)

## Muddies Annual Crater Lake Classic OWS Lake Barrine 23 May

Please send any queries to Captains at [captain.noosaqna@gmail.com](mailto:captain.noosaqna@gmail.com)

|                  | LC/SC  | CLUB/MEET                          | CODE    | REGION      | SANCTION | SURVEYED | VENUE                                     |
|------------------|--------|------------------------------------|---------|-------------|----------|----------|-------------------------------------------|
| <b>JANUARY</b>   |        |                                    |         |             |          |          |                                           |
| Start 1 Jan      | Postal | Albany Creek Postal                | QAC     | Sunshine    | Q2/21    | Yes      | Any 25m or 50m pool                       |
| <b>FEBRUARY</b>  |        |                                    |         |             |          |          |                                           |
| 8-10             | SC     | New Zealand Masters Games          |         | New Zealand |          |          | Splash Centre, Springvale Park, Whanganui |
| 27               | SC     | Sinkers Fun in Feb                 | QNS     | Central     | Q3/21    | Yes      | North Mackay High Pool                    |
| Finish 28 Feb    | Postal | Albany Creek Postal                | QAC     | Sunshine    | Q2/21    | Yes      | Any 25m or 50m pool                       |
| <b>MARCH</b>     |        |                                    |         |             |          |          |                                           |
| 1-31 March       | LC     | Humpbacks Postal Meet              | QHB     | Central     | Q4/21    | Yes      | 50m pool                                  |
| 27               | SC     | Townsville Aquaholics              | QTA     | North       | Q5/21    | No       | Kirwan Aquatics                           |
| <b>APRIL</b>     |        |                                    |         |             |          |          |                                           |
| 9-11             | LC     | MSQ State Championships            | MSQ/QSC | Sunshine    | Q6/21    | Yes      | Kawana Aquatic Centre                     |
| <b>MAY</b>       |        |                                    |         |             |          |          |                                           |
| 20-22            | LC     | Great Barrier Reef Masters Games   | MSQ     | North       | Q1/21    | Yes      | Tobruk Memorial Pool, Cairns              |
| 23               | OWS    | Muddies Annual Crater Lake Classic | OCN     | North       | Q7/21    | n/a      | Lake Barrine                              |
| <b>JUNE</b>      |        |                                    |         |             |          |          |                                           |
| 19               | LC     | Brisbane Southside Masters         | QSM     | South       | Q9/21    | Yes      | Brisbane Aquatic Centre, Chandler         |
| <b>JULY</b>      |        |                                    |         |             |          |          |                                           |
| 1-31             | Postal | Toowoomba Tadpoles 1500m           | QTW     | South       | Q10/21   | n/a      | Any 25m pool                              |
| 17               | SC     | Rum City Short & Sweet Meet        | QBB     | Central     | Q8/21    | Yes      | Bundaberg Swim Academy                    |
| <b>AUGUST</b>    |        |                                    |         |             |          |          |                                           |
| 21               | SC     | Brisbane Northside Masters         | QBN     | Sunshine    | Q11/21   | Yes      | The Valley Pool                           |
| 28               | LC     | Long Tan Legends                   | QLT     | North       | Q12/21   | Yes      | Long Tan Memorial Pool, Heatley           |
| <b>SEPTEMBER</b> |        |                                    |         |             |          |          |                                           |
| 4                | LC     | BRALC Long Course Meet             | QCD     | Sunshine    | Q13/21   | Yes      | Burpengary Regional Aquatic Centre        |
| 18               | LC     | Noosa Masters                      | QNA     | Sunshine    | Q14/21   | Yes      | Noosa Aquatic Centre                      |
| <b>OCTOBER</b>   |        |                                    |         |             |          |          |                                           |
| 9                | LC     | Rackley Masters Meet               | QRL     | Sunshine    | Q15/21   | TBA      | Centenary Pool                            |
| 9-11             | LC     | Australian Masters Games           |         | Perth       |          | Yes      | Perth                                     |
| 24               | SC     | Maryborough Masters Meet           | QMB     | Central     | Q16/22   | Yes      | Maryborough Aquatic Centre                |
| <b>NOVEMBER</b>  |        |                                    |         |             |          |          |                                           |
| 7                | OWS    | Sinkers OWS Balnagowan             | QNS     | North       | Q17/21   | n/a      | Pioneer River, Balnagowan                 |
| 11-13            | LC     | Pan Pacific Masters Games          | MSQ     | South       | Q19/21   | Yes      | Gold Coast Aquatic Centre                 |
| 28               | OWS    | Big Barrine Bash                   | MSQ     | North       | Q18/21   | n/a      | Lake Barrine                              |
| <b>DECEMBER</b>  |        |                                    |         |             |          |          |                                           |
| -                |        |                                    |         |             |          |          |                                           |

# ODDS & SODS

## What's on at Noosa Library

### Get tech savvy this year

With our tech programs returning in February, we are offering new topics, along with the return of our most popular lessons. Find out how to use your Windows 10 laptop in an interactive workshop, or learn to use your Android device, iPhone or iPad in one of our 'Discover your Device' workshops. These lessons are designed for beginners wanting to learn the basics and get started. More information [here...](#)

### NEW: Noosa Seed Library

Library members are invited to borrow seeds, grow and enjoy produce, harvest mature seeds and return them to the library for others to use. Free to borrow, members can select from the twelve seed varieties available at all library branches. Try your hand at gardening, teach the kids or grandkids, or expand your existing garden. Watch out for our upcoming range of Seed Library programs too! Donations welcome. Proudly funded and supported by the Queensland Government and the State Library of Queensland. More information [here...](#)

### Trace your family history

Get started on your family history journey in this 'where to start' session. Discover key resources, search strategies and methods of recording your findings. This session is for those new to family history or those with experience seeking a refresher. Presented by Shauna Hicks. More information [here...](#)

<https://www.rd.com/list/iphone-hacks/>

### 25 hidden iPhone hacks you never knew about

From charging the battery faster to taking a hands-free photo, these are the secret iPhone hacks you wish you knew about sooner ... *by Brooke Nelson*

It can be really frustrating when it seems to take forever to write a text message, not to mention finding there's no available space for that quick snap you want to take. Luckily, there are lots of little tricks and tips to make things that little bit quicker.

'Our' Zana (Dare) is giving a free talk at U3A Tewantin Friday 19 March 1.30pm. You have to book in if you want to go because of restricted numbers etc. "First in Best Dressed" as they say !!

### Lights Camera Action – highlights from early Australian films

While the world's first feature film 'The Story of Ned Kelly' was made in Australia, dozens of early films captured the hearts of their audiences. We will look at Cinesound classics, including 'Dad and Dave', 'Lovers and Luggers' and 'Forty Thousand Horsemen', the story of the Australian Light Horse at Beersheba. The enormously successful 'They're a Weird Mob' was credited with reviving the Australian film industry in the 1960s and the US-Australian co-production of 'On the Beach' brought Hollywood stars to Melbourne. To find out more about the talk go to:

<https://www.u3anoosa.com.au/2021/01/16/lights-camera-action-highlights-from-early-australian-films-2/>

**Have faith in the Pfizer vaccine. Don't forget they make Viagra. If they can raise the dead they can save the living 🙄**

Bruce Hammond says,

*"A great event for a great cause" ...*

### Starlight Foundation

<https://superswim.org.au/about/the-challenge>

Swim for yourself and gather donations, swim for a team &/or QNA. Take the challenge and raise much needed funds for worthy charity. Swims can count towards Endurance if timed.

For anybody who's up for the challenge. Pick your distance, individually or as a team, seek sponsorship, swim your chosen distance over 30 days from Australia day and raise money for the starlight children's foundation.

<https://superswim.org.au/get-involved/team-fundraising>



Julie Tierney  
Rob Jolly

1/02  
8/02

Greg Armitage  
Greg Bott

23/02  
24/02

*Happy Birthday ... Let it all hang out!  
(Make of that what you will!)*

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



# ENDURANCE 1000 REPORT JANUARY 2021

by Denise DeCarlo, Endurance Coordinator



We ended 2020 with a bang! *Huge congratulations to Irene Symons for completing the whole Endurance 1000 program.* Irene is the only team member to achieve this significant milestone during the most challenging of years. Some of us had the honour to meet the elusive Irene recently as she made it to the pool on a Sunday (to do some Endurance swims of course!).

Denise did complete 3,000 metres (just!) during her 1-hour swim. Should we consider that a perfectly swum Endurance event? Not too much – and not too little to achieve the desired goal.

The ladies (Irene Symons, Denise DeCarlo and Jane Powell) took the top 3 places for the Noosa team in 2020. So now, the challenge is on – who will be in the Top 3 next year??? But truth be told, Jane exceeded Mark Powell's point total by a whopping 10 points. Clearly, we have a competitive team!

On our first Endurance Tuesday swim of the year, we had 17 swimmers complete 25 events – whoop! Karen Martin and Irene Symons were first to obtain Endurance points on 1 January, New Year's Day.

It is pleasing to see so many people participate in the program. Corals D'Ott and Su Silburn are currently leading the pack with the most points – well done!!

As we kick off the new year – please make sure your Endurance paperwork is in order for each swim. You need to complete your "heading" information on your forms such as member registration number, your age as of 31 December, etc. Please have a close look at each timesheet prior to your swim. And remember, if you are participating in a postal swim use your club form for E1000 length swims, write POSTAL SWIM in huge letters on the bottom of your Endurance timesheet.

Your postal swim paperwork also needs to be submitted separately to the club captains.

If you have not timed in a while and would like a hand – please ask the Endurance Deckie for help. It is our role to ensure you understand how to operate the stopwatch, write down splits and the accumulative time. And if you make a mistake – that is ok – just let us know right away and we will get it sorted.

Sun 31/1 - 5th Sunday, therefore devoted to Endurance swims ... I'd like to thank everyone for their cooperation and understanding today as I know everyone didn't get to swim as much as they would have liked (and some just decided to workout instead). LQ did an amazing job maximising the lanes, but we really needed more - a great problem to have! An awesome turnout at the end of the day with 19 swimmers completing some big swims, 28 in total, including 3 postals! Our newest E1000 participant, Sandy Gilfillan, entertained timers when he had to sacrifice a few seconds to readjust his gear after almost losing his bathers during his 30 minute swim. He still did a good time, well done Sandy! Thanks everyone for the generous post swim spread we all enjoyed during the coffee and chat afterwards, much appreciated.

... Cheers, Denise



Irene Symons & Bob Martin  
Swimmer and Timekeeper, both extraordinaire



## Hello again ...Tip Time !! Benefits of using or not using a pull buoy when you swim

A pull buoy helps us to achieve a more efficient body position by keeping our butts dry and feet high. We learn how efficient swimming should feel. When swimming with a pull buoy, it is easier to focus on the high elbow catch. It is also helpful with breath control and great for hypoxic sets of 3/5/7 pattern.

Downside ... Use of a pull buoy can limit hip rotation. Power in your stroke doesn't just come from your arms and shoulders, a lot of it is derived from your hips. Using a pull buoy will make your hips flatter which will reduce your stroke length. Be realistic about why you are using a pull buoy.

Happy swimming - Cheers, Jan

Please support our sponsors

**Noosa Heads  
Life Saving Club**

Hastings St, Noosa Heads Q 4567  
Tel: 5474 5688

**Noosa  
Aquatic Centre**

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  
Queensland**

Tewantin Noosaville Branch  
cnr Gibson Road and Mary Street  
Noosaville Q 4566 Tel: 5470 3100

**Karen Martin  
Barber Shop**

28 Sunshine Beach Road  
Noosa Junction Q 4567  
[www.barbernoosa.com.au](http://www.barbernoosa.com.au)

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Shop 105 Eumundi Square  
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[www.thegreatlittlebag.com](http://www.thegreatlittlebag.com)

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Tel: 5449 5400

**John Bird Jewellers**

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Tewantin  
Tel. 5474 4639

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**Live Life Pharmacy**

22 Sunshine Beach Road  
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