

# CHALLENGERS' CHATTER

JULY 2019

## 2019 BRISBANE SOUTHSIDE MEET

by Lois Hill

### Brisbane Southside (SC) Meet : July 6

Our team of 13 (nine women and four men) registered for the swim, but Jan Croft had to pull out at the last minute, and Lois Hill was unable to swim. But enough to still do relays!

We had to scratch the 280+ 4x100 Freestyle. Annie was to swim in Lois' place, but with Jan out as well, we didn't have another 'old' swimmer to make the age group. That's the vagaries of team events!



Annie Collins - Silver

Swimmers competing were Jenny Nock, LiQun Hussey, Adele Tucker, Ian Tucker, Jo Matthews, Greg Armitage, Helen Malar, Gerry Little, Pieter Santifort, Annie Collins. Ceri Weeks

Gerry Little (our 'new' swimmer from Toowoomba- thanks for driving from Toowoomba Gerry!)) was our top scorer in the 'Swimmer of the Meet Rankings', coming 19<sup>th</sup>., and with a perfect score of 50 in the individual events tally.



Team Noosa

The Age group medals results:

**Gold** : Gerry Little,

**Silver** : Annie Collins, Helen Malar

**Bronze** : Jenny Nock, Jo Matthews  
Noosa well placed in the Aggregate awards, coming 5<sup>th</sup> which was very good considering we only had 11 swimmers.

Some good PBs, with Jo going within 6 secs of her age PB for 100 IM. On the way back after the arm fracture!

Jenny Nock, in a new age group, swam age PBs in 5 events -just back to pool after injury- great swims!



Gerry Little - Gold

LiQun is still improving, with 3 PBs in 25 and 50 Breast, 25 Fly.

Ian Tucker swam 2 best ever swims in 100 and 200 Back, and 2<sup>nd</sup> fastest ever in 50 Back.

Ceri Weeks age PB'ed in both the 25 Free and Fly events.

Pieter Santifort swam his fastest 50Free since 2004! Well done Piet, and thanks for driving us ... we're all in safe hands there!

Last but not least is the PB queen Helen Malar -In 2 of her races, 25 Free and

50 Breast, she swam her 3<sup>rd</sup> fastest time ever (but these times recorded in 2005-2007!). She also set new age-group PBs in all her events- 25, 50, 100 and 200 Breast, 25Free.



Helen Malar - Silver

In the recent Genesis meet, she bettered her 25Free and swam a new 3<sup>rd</sup> fastest ever in 100 Breast. Obviously retirement is suiting Helen!



# 2019 Southside ... cont'd



Thanks to Piet for getting us there in time. The meet finished almost an hour earlier than last year as the numbers were way down this year.

Even QSM had a reduced entry list! (Our numbers were down too!)



Jo Matthews - Bronze

## Our Relay Results:

Mixed 200+ Freestyle Relay of Gerry, Ceri, Jenny N, Greg A placed 3<sup>rd</sup>, behind QMM and QHB who both broke the State Record.

Mixed 200+ Medley Relay of Adele, Gerry, Greg A, & LiQun placed 4<sup>th</sup>

Mixed 240+ Medley Relay of Ian, Helen, Jo, Pieter placed 2<sup>nd</sup>; behind QMM who set a Branch Record.



## Am I getting to THAT age?

I found this timely, because today I was in a store that sells sunglasses, and only sunglasses. A young lady walked over to me and asked, "What brings you in today? I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond ...

When people see a cat's litter box they always say, "Oh, have you got a cat?" Just once I want to say, "No ... it's for company!"

Employment application blanks always ask who is to be called in case of an emergency. I think you should write ... "An ambulance."

## AUGUST CARNIVAL CORNER

### Upcoming Meets

**24 August: Brisbane Northside Masters Short Course (QBN) at the Valley Pool –**

Meet entries are now open.

We are booking a bus to have swimmers ready for the 10:30 start of Event 9 onwards.

As we are not all swimming together at the same pools, if you've not put your intentions in the EOI book, can you please email captains if you plan to swim this meet, AND if you will travel by BUS? We need more swimmers and bus takers, to cut down the costs for those attending. QNA will be subsidising the bus, but our fellow QSC swimmers, who are helping to keep our travel costs down, are not subsidised, so we need more to decrease the per person costs. Taking a small bus is making it very expensive for them.

So dust off your racers and come to Northside as a warmup for the Noosa meet! Get over the race nerves before September!

**15 September: NOOSA CARNIVAL - PUT IN YOUR DIARIES NOW!**

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

See Summary from Masters Web site for 2019 in other part of the Chatter.

# 2019 Genesis Swim Meet

by Lois Hill

## Saturday 20<sup>th</sup> July 2019

Five swimmers competed in the Genesis Short Course Swim Meet....and.... they all received medals!

**Gold Medals** to Annie Collins, Jenny Nock & Helen Malar.

**Bronze Medals** to LiQun Hussey & Gerry Little.

A big thank you to LiQun's husband John for driving LiQun, Annie and Helen down to the meet and for being our official photographer for the day.

Thank you also to Gerry for travelling down from Toowoomba for the meet!

The day turned out to be cool but sunny & we all sat in the sun down behind the starting blocks so managed to keep nice and warm. We notched up a total of 242 points between the 5 swimmers.

LiQun swam PB's for her 100 Back & 25 Fly. Jenny and Helen swam improved times from previous meet at Brisbane Southside, Annie looked great in her 25 Fly and it was good to watch Gerry swimming fast in his freestyle races-30.78 for 50 free and 1.09.31 for 100 free.

Well done to all!



THE STARS ... our medal winners!!



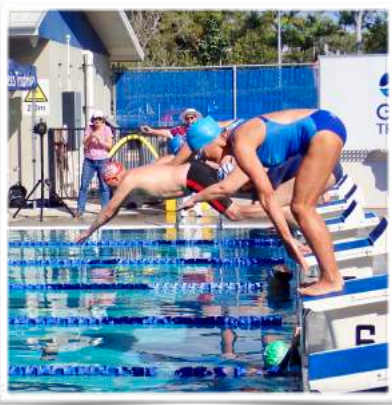
Jenny Nock takes off



Trying to keep warm !



Smiles despite the cold !



Annie takes the plunge !



Getting ready



Gerry chatting up the competition



# HOW TO HAVE FUN IN CROATIA

by Anne Besser

Our 3 weeks holiday had the first 10 days in London - heartwarming to catch up on our ABC Journalist son, his wife and 2 of our much-missed grandsons...wonderful!

Whilst in London, and having wanted to swim in that beautiful Olympic pool used for the 2012 Olympics ... we did!

What an amazing experience! I've been lucky enough to swim in quite a few pools around the world while training for triathlon (including the 120m pool in Kitsilano, Vancouver) ... but this pool takes the cake! 3 metres for the whole length and 'slitted' pool walls at each end - the water continually rotates (like wet-edges on a pool do). This lessens dramatically the wash as you swim and lane ropes seem to sit lower in the water which actually make it a little harder to see across lanes when swimming. The only problem I had was sighting the proximity of the walls to tumble because these end walls didn't seem solid! Probably also my eyesight!

The building has blue glass windows and with the blue tiles in the pool it creates a very calming atmosphere.

Then ... Off to do a SwimTrek in Privic Croatia for a week in the clearest most crystal water I've swum in (apart from our beautiful Noosa beach).



We went out from the base hotel on the swim launch every morning towing the 2 guides dinghies, until we reached our start point.

Then, in the previously sorted groups of about 5 swimmers, in we jump from the boat with much hilarity.



We had perfect swimming conditions and only a little choppy when we did a 'crossing'.



For those who haven't done it ... YET... it's where you swim from one island to another - a great feeling knowing you are sometimes crossing shipping lanes and these provide a little more excitement and challenge.

The water temp was just under 24 (one day down to 21 degrees) and being a wrinkle - I cramped up and had an episode of nasty hypothermia on day one. After that wore my Sailfish the rest of the time and didn't have another problem. Of course, playing and diving off the swim launch at lunchtime and then sitting in a wet cossie till the next swim probably didn't help!

Swam with a couple from Caloundra, he's a Lifeguard there ... small world and he

often comes to Noosa to do the ocean swims! There was a British 10km freshwater swimmer, newbies to OW swimming and everything in between ... fabulous!



Swimtrek swimmers giving the 'All OK'

Michael and I then went to Rapallo on the Italian Riviera and had some long, easy swims in the Mediterranean, up and down the sweeping foreshore.



The water wasn't as clear but still beautifully buoyant and much warmer. Very interesting swimming past the 'beaches' dotted along the coast and people watching.



Our last night in Italy prior to flying home was our 53rd Anniversary so a wonderful way to finish off a fabulous holiday!

Now ... back to the black line, trying to swim in chlorinated water and get ready to race!!



Marlene - Gold

## Greetings from Tom & Marlene

The Robsons in France have had a hectic 3 weeks with Australian and Scottish family visitors. It has been extremely hot here but we managed to entertain them, mostly involving lakes and swimming pools.

Just before that Marlene took part in the French National Championships in Chalons sur Saône and won a couple of Gold medals for 50 and 200 Back.

I won the races but the top 3 French ladies get medals too hence 4 on the podium.

The news on Tom is good. Latest scan was clear so next one is in 6-8 months, depending on our travel plans. He has been back in the water for a couple of months and getting fit again, and survived the family invasion.

We hope to go to UK in September to see other friends and family, and are keen to make it back to Australia in December or January for a couple of months, which would of course include Noosa.

Thanks to the various people who have kept in touch. Look forward to seeing you soon.

... Best wishes from Marlene and Tom

It is an odd system here, you can only be French champion if you are French,( not just belonging to a French club as I have for many years).

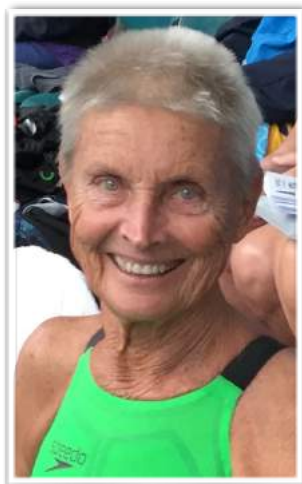


## Jazz at the J

Thanks to Viv and Geoff Merrill for arranging a couple of tables at the J for a great night of Jazz. Eight musicians belted it out - two of whom were female. All were prodigiously talented including - Jo Bloomfield on piano (a living legend !!) and the singer. The hours passed all too quickly. Can't wait for the next one !!

... Wendy Ivanusec

## COACH'S TIPS



### Hello again ...Tip Time !!

Once you have developed cardiovascular, musculoskeletal and nervous systems progressively, the absolute key to better performance and PB's is intensity of training. Research has shown that Masters athletes tend to train lower intensity as they age.

You need to train fast to race fast, sprint sets develop speed .

Heart rate sets develop endurance, no short cuts, just hard work.

Recovery is equally important. As we age we appear to need longer to recover and longer to adapt to training. Recovery strategies that work are stretching and nutrition such as high GI foods, protein drinks after training. Other strategies science has shown to work are easy swims, massage and sleep.

Stay active for life and remember that exercise is medicine!

Happy swimming - Cheers, Jan



## Pizza Night at Zachary's

by Helen Malar

**Wednesday 24<sup>th</sup> July 2019**

One of our biggest crowds rolled up for Zachary's Unlimited Pizza night.

Thirty-five members, partners and friends gathered to eat pizza, have a few drinks and a catch-up.

It was a beautiful evening with a lovely sunset over the Noosa River. The pizzas were plentiful and Mike (our host) made sure we were well looked after.



Another great gathering of friends with lots of laughter.

We welcome back Fran & Adrian Wilson and Bardie Gruber who have been away overseas, but Robyn Selby didn't make it due to the long haul home from Portugal. Are we a bunch of gypsies, or what?

Good to have Barry Lloyd with his wife Sue as well as Mick's wife Di join us.

Quizzically, the oldest person present, Ivan Ivanusec (81) managed to position himself beside our youngest, and very attractive, member - Karen Martin ...

you lucky dog, Ivan!



## I Opened a Book

"I opened a *book* and in I strode.  
 Now nobody can find me.  
 I've left my chair, my house, my road,  
 My town and my world behind me.  
 I'm wearing the cloak, I've slipped on the ring,  
 I've swallowed the magic potion.  
 I've fought with a dragon, dined with a king  
 And dived in a bottomless ocean.  
 I opened a book and made some friends.  
 I shared their tears and laughter  
 And followed their road with its bumps and bends  
 To the happily ever after.  
 I finished my book and out I came.  
 The cloak can no longer hide me.  
 My chair and my house are just the same,  
 But I have a *book* inside me."

— Julia Donaldson

## Swim cap instructions

from Wendy Nothdurft

### Instructions

- His hands into his hat inside, the net with appropriate bending The strength of the open after wear the can.
- Please avoid long nails, hairpin, sharp objects, to hold out Don't open greatly too forcibly.
- After each use use cold water cleaning, placed Yin
- Cool place dry naturally.

# Noosa Masters enters the MSQ “Swim into Spring” photo competition

Here is the Noosa Masters entry in the ‘Swim into Spring’ photo competition.

Noosa Masters swimmers were hamstrung by circumstance in terms of this competition. Our ‘home pool’ - the Noosa Aquatic Centre (‘NAC’) – is currently closed for major repairs and renovations. Hence, the invitation to ‘Swim into Spring’, while delightful in theory, has proved impossible to take up.

The photo shows us outside the tall, foreboding fence that now encloses our beloved NAC. The fence is adorned with the rather obvious message ‘POOL CLOSED’ and signs threatening dire consequences for any trespassers.



Regardless, this determined band of Noosa swimmers is set to scale the fence in the first stage of our ‘Unlock the Gate’ campaign – part of the global ‘Occupy’ movement.

Filled with apprehension, we all still managed to put on a brave, smiling face for the camera – subtly camouflaging the anguish and raging sense of injustice that can be known only by a swimmer deprived of a pool.

The Romantic poet Shelley opined that ‘If Winter comes, can Spring be far behind?’ ... but for us at Noosa, Shakespeare’s Gloucester was more apt - ‘Now is the Winter of our discontent’ - and our Spring recedes into a far and darkling future.

We trust our photo fulfils the spirit, if not the letter, of the ‘Swim into Spring’ competition.

... Brian Hoepfer

## Wear is on her way back from Taiwan



These are Wear’s OLD medals !!



Next year we can join the Taiwan Master Swimming Competition in November. The weather will be much nicer than now:). I have so many videos as well:) I’ll show u more soon! Hopefully to bring you here next year.

 Wear

# MASTERS SWIMMING QUEENSLAND

## EVENTS CALENDAR Aug – December 2019

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
<b>AUGUST</b>							
3	SC	Townsville Aquaholics	QTA	North	Q15/19	No	Kirwan Aquatics
5-18	LC	Fina World Masters		Gwangju, Korea		Yes	Nambu University Municipal Aquatics Centre
24	SC	Brisbane Northside Masters	QBN	Sunshine	Q16/19	Yes	The Valley Pool
24	LC	Long Tan Legends	QLT	North	Q17/19	Yes	Long Tan Memorial Pool
<b>SEPTEMBER</b>							
1-30	Postal	Rocky Crocs Postal	QRH	Central	Q29/19	n/a	Any 25m or 50m pool
14	LC	Noosa Masters	QNA	Sunshine	Q18/19	Yes	Noosa Aquatic Centre
28	SC	Maryborough Masters	QMB	Central	Q23/19	Yes	Maryborough Aquatic Centre
28-29	SC	Lismore Masters Games	QTR	South	Q19/19	Yes	Trinity Aquatic Centre
<b>OCTOBER</b>							
5-12	LC	Australian Masters Games		Adelaide		Yes	SA Aquatics & Leisure Centre
12	SC	University of Qld Masters	QUQ	Sunshine	Q20/19	Yes	UQ Aquatic Centre
26	LC	Sunshine Coast Masters	QSC	Sunshine	Q22/19	Yes	Kawana Aquatic Centre
<b>NOVEMBER</b>							
3	OWS	Sinkers OWS Balnagowan	QNS	North	Q24/19	n/a	Pioneer River, Balnagowan
9	LC	Aqualicious	QAL	Sunshine	Q25/19	Yes	Centenary Pool
24	OWS	Trinity Lismore Masters	QTR	South	Q26/19	n/a	Shaws Bay Ballina
<b>DECEMBER</b>							
1	OWS	Big Barrine Bash	MSQ	North	Q27/19	n/a	Lake Barrine

**Legend:**

MSQ Swim Meets
MSQ Postal Events
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.

## Contributing to the Noosa story?

### Proposed Bronze Timber Cutter Sculpture in Tewantin (like Miner example in photo)



For many years the Tewantin Heritage & Historical Society has been aware that there is no historical representation in Tewantin of the timber industry which was the economic backbone of the town and the basis for everything that followed.

I'm the Hon. Secretary of TH&HS, so I've drawn the short straw for this exercise. We hope you agree that a public art work like the proposed bronze sculpture (perhaps with audio as an additional educational tool) is a great way to show the respect Noosa Shire has for our pioneers and this part of its early history.

With support from our Noosa Community, we can pursue the support of our Council and proceed towards securing the funds required to advance this project. Apathy never achieved anything!

Please follow the link below to a really short 2 minute opinion poll. C'mon, the more people who participate, the better the beliefs of the people will be represented. Be smart - do your part - Let your voice be heard ... and thanks!!

<https://www.surveymonkey.com/r/GD87NR9>

... Wendy Ivanusec



Happy Birthday

## August

Quite a few of you this month ... no biggies tho'

Kerry Blackwell	2/8	Mark Besford	11/8
Mick Jones	4/8	Adele Smout	18/8
Jo Matthews	7/8	Dyanna Benny	23/8
Brian Hoepper	8/8	Rob Lucas	29/8

*Age is not about getting older ...  
It's about how much fun you've had !!*

## Twister or tongue twister?

There are important questions to be answered about recent LGBTI bathroom legislation and whether transgender people will be permitted to use a restroom of the gender that they "identify" with or be required to use the restroom of their biological gender.

If the latter, will public restrooms be required to have a Genital Inspection Station posted at the entrance to all public restrooms?

Who will have to pay these Pecker Checkers, the people using the restroom, or the entity that owns the restroom?

And how much money will a Pecker Checker be paid to check peckers?

Or, do we pay a Pecker Checker by the number of peckers checked?

How many peckers can a Pecker Checker check if a Pecker Checker could check peckers?

What has this country come to when the Department of Labor has to create a new job description of Politically Correct Restroom Service Inspectors?

Their Motto Will Be .....???  
"If You gotta pee - We gotta see!"

*Di McFarlane won the cap and magnet on 29 June, just before heading off to the Doctor to see about her sore eyes - caused by that lens bright/cleaning spray!*

*There's a warning there for us all.*



## MESSAGE FROM MSQ

This is a reminder that we would love to share any interesting club news with the MSQ community via our website and Facebook page. This is a great way to promote and highlight the programs and activities at your clubs, that others may not be aware of.

We would love to share more swimmer profiles and news items on our website, and encourage all clubs to send me information for this purpose. This can take any form, from interest articles about your swimmers, coaches, volunteers, a photo with swim session write up, a swim meet summary for your club, or a club social event etc.

If your club is hosting an activity or swim meet and would like assistance promoting, please send photos and news so we can do this. We would love to assist in any way we can.

If you have a function or activity you would like your VP or President to attend, please invite them. They would love to be involved and assist you also.

### Message from your Editor

*May I ask our newer members to email me a photo and a short 'bio' for publication in our "Chatter"? Did you swim as a child? What are your other interests? How did you come to join Noosa Masters?*

# MSX



## MASTERS SWIMMING QUEENSLAND EXCELLENCE PROGRAM

Every time you compete in a Queensland sanctioned swim meet, you are part of the MSX Program.

### What does that mean?

It means that your times are recorded on the Results Portal as per all your swim meet results. At the end of the year, the MSQ Recorder checks to see whether you've swum better times than the qualifying times in your events and distances.



### Qualifying Times

We have 4 Qualifying Time standards:

Platinum, Gold, Silver & Bronze Times are based on the Fina distance and stroke events—long and short courses.

The following events and distances qualify for MSX.

Freestyle: 50, 100, 200, 400, 800 & 1500

Backstroke: 50, 100, 200

Breaststroke: 50, 100, 200

Butterfly: 50, 100, 200

Individual Medley: 200 & 400

To qualify for a level, you have to beat a qualifying time 3 times.

Swimmers are awarded a cap if they qualify in a level. The cap has the MSX logo and level achieved printed on the cap.



The names of all the qualifiers as at 31 December, will be published on the MSQ web site.

All MSX qualifiers receive a certificate.

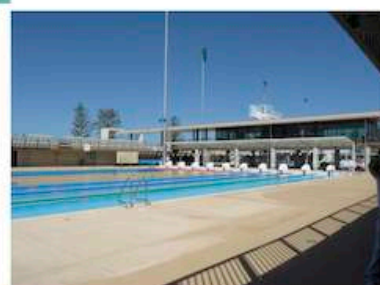


Accept the challenge  
to improve your  
times!

Enter a swim meet  
and you are  
automatically part of  
the MSX Program.



MSX  
FOR ALL  
ADULT SWIMMERS,  
NOT JUST  
CHAMPIONS



Postal and Endurance 1000 events which qualify in the Fina listed events, are included in the program.

These Fina events will be considered if they comply with the Swim Meet Rules.



The Fina Endurance 1000 and Postal swims would need to be signed off by a technical official and witnessed by 3 timekeepers.

# ENDURANCE 1000 REPORT

## JULY 2019



### **Brrrrrrr! Not so Brrrrrr! (cold)**

The Endurance mornings have been cold and I know that you have to get up half an hour earlier (out of that warm bed) to attend the Tuesday morning Endurance sessions at Good Shepherd. Our participation numbers have been down but you can take some consolation in the fact that the pool is delightfully warm so hit the alarm clock and come along.

### **What's happening ?**

In early July, a listing of all points earned by each swimmer in Endurance up until the 3 July 2019 was circulated to members. Since the end of April ,eight additional members have opened their book and put points on the table - Greg Armitage, Dyanna Benny, Corals D'Ott , Mick Jones, Quentin Lee, Helen Malar and Maree Warr – Well Done Guys.

Last year, 65 members participated in the program and so far this year 51 members have been involved. The numbers are improving. In addition, recent appearances by Ceri Weeks and Gerry Little have upped our numbers.

Ian Mitchell is still leading the points charge together with sterling efforts from Denise DeCarlo, LiQin Hussey, Sally Johnson, Quentin Lee, Jo Matthews, Irene Symons, the Powells and the Tuckers. Unfortunately as at 31 July, we are still approx. 2,000 points behind our tally at this time last year.

Thanks to Adele Tucker for organising the 5<sup>th</sup> Sunday Endurance program on 30 June.

Good points were amassed for the club during the session.

Members have also taken advantage of the opportunity to perform endurance swims at the Sunday training sessions.

Thanks to our core of time keepers we have been able to facilitate these sessions.

Please keep in mind with the up - coming Noosa Carnival in September 2019, many of the postal swims will count towards Endurance.

... Regards, Rod

Rod Alfredson  
Coordinator

Endurance 1000 program

Mob 0418 260716

[rod.alfredson@bigpond.com](mailto: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/>

### ***Please keep 14 September free for our swim meet. Who you are going to help?***

Bob Morse	with the set up
Linda Hogg	with the timekeeping.
Robyn Selby	with the raffles.
Carola Henderson	with the refreshments.

### ***Don't forget***

At the Good Shepherd pool, look out for the clipboard, sitting on a chair with the money bag, changing room side of the pool. Please cross your name off, or add your name if you have not been before, thank you.

Don't forget to enter Brisbane Northside and let Lois know if you wish to travel on the bus.

Postals for our swim meet open next Thursday, if you are training in a 50 m pool, please get yours done early. Otherwise watch this space, for a date for a special twilight swim, that will be dedicated to Postals for our swim meet. We would really appreciate all swimmers completing a postal, especially those swimmers who cannot attend the meet on the day. Points mean prizes, yeah!

***Congratulations*** to Barry Lloyd who took home the cap and the magnet, for being a dapper dresser and a wonderful encouraging time keeper for Endurance swimming

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)

**The Great Little Bag**

Shop 105 Eumundi Square  
Napier St Eumundi  
on Market Days  
Wed+Sat 7.30 -2.30 Fri 8.30 -2.30  
[www.thegreatlittlebag.com](http://www.thegreatlittlebag.com)

**Officeworks**

1 Gateway Drive,  
Noosaville Q 4566,  
Tel: 5449 5400

**John Bird Jewellers**

The Atrium  
91 Poinciana Ave,  
Tewantin  
Tel. 5474 4639

**Hinter-Coast Transport**

Charters-Schools-Weddings-Tours  
1300 658 971  
0410 602 632

**Terry White Pharmacy**

Shop 20, Noosa Junction Plaza  
Noosa Junction Plaza  
Tel: 5447 2244

**Live Life Pharmacy**

22 Sunshine Beach Road  
Noosa Junction  
Tel: 5447 3478

*Editor*  
Wendy Ivanusec  
Tel: 0414 727 302

**Challengers Chatter**  
PO Box 21, Noosaville 4566

*Assistant Editor*  
Brian Hoepper  
Tel: 0421 884 809