

CHALLENGERS' CHATTER

JUNE 2014



3.9787234 MEDALS !!

RUM CITY CARNIVAL - SATURDAY, 21 JUNE

A memorable week end for those fortunate enough to drive up the Bruce Highway to Bundaberg, a town built on the success of Colonial Sugar Refinery (CSR) and the Bunderberg Rum Distillery , as well as being home of one of Australia's aviation pioneers, Bert Hinkler. The town's wealth is reflected in the abundance of our nation's best Queensland homes.

The Bundaberg pool, home of the famous and successful Fairymead Swim Club. The Masters swim carnival started at noon, following a morning of learn-to-swim, probably explaining why the pool temperature had spiked to 30 degrees Celsius. Not quite the type of warm welcome that our four swimmers were expecting : Wendy Ivanusec, Nic Pirie, Brian Hoepfer & John Hordyk.

Our " Fabulous Four " swam brilliantly to end the Meet as winners of Shield for best result for small clubs (3 - 6) competitors.

NIC & BRIAN with 50 points, won GOLD in their respective age groups, JOHN with 49 points was pipped pipped for gold with a well deserved SILVER.



John Hordyk, Wendy Ivanusec, Nic Pirie, Viv Merrill, Brian Hoepfer

The unluckiest Noosa swimmer was WENDY, who amassed 46 points and missed a medal by one point. Mathematically, Wendy can proudly say that she won 97.87234 % of a medal.

With 195 points the winners of the SMALL CLUB SHIELD can be justifiably proud :

" SMALL CLUB but BIG VICTORY "

Nic Pirie, Ivan Ivanusec, Wendy Ivanusec, John Hordyk, Leslie Hordyk, Brian Hoepfer



Sadly, Viv Merrill injured herself days before the meet and had to withdraw from relay teams.

She busied herself with official refereeing duties. Geoff Merrill, Lesley Hordyk and Ivan Ivanusec providing timekeeping duties. IVAN was rewarded for his coin throwing skills in the " CLOSEST to the BOTTLE ", closest not with one, but two coins. The prize ... a bottle of BUNDY !

" Guess what skills Ivan learnt over the years in the Snowy Mountains?" quipped Wendy.

RUM CITY is a very friendly and welcoming Club, which ran a very good meet. "The weekend away was very enjoyable, both in the POOL and SOCIALLY." reported Brian Hoepfer.

(Thanks to Brian Hoepfer , who provided information for this report .)

...Tony Frost

The first event in the **Masters Swimming Australia 2014 Swim Series** is the **Rockhampton National Championships, 23-26 April 2014.**

Eight events make up the new Series – the 2014 National Championships and one nominated event from each of the Masters Swimming Branches.

This is about participation and performance! Masters Swimming members are encouraged to get involved in these pool events to be in the running for the inaugural awards.

Members only need to swim in two events to be eligible for prizes – any two events below.



SERIES BULLETIN

The 2014 nominated events

Event	Host	Dates	Location / Contact
1 2014 Masters Swimming Australia National Championships (LC)	MSQ	23-27 April	Southside Memorial Pool, Rockhampton QLD www.mastersswimmingqld.org.au
2 LiveLighter 2014 State Championships (LC)	MSWA	24 – 25 May	Challenge Stadium, Perth WA www.mswa.asn.au
3 30th Winter Short Course Championships	MST	23 – 24 August	Launceston Aquatic Centre TAS www.tas.aussi.org.au
4 MSV Short Course Championships	MSV	31 August	MSAC, Melbourne VIC www.mastersswimmingvic.org.au
5 Short Course State Cup	MSSA	31 August	State Aquatic & Leisure Centre, Adelaide SA www.mastersswimmingsa.org.au
6 Alice Springs Masters Games – LC	MSNT	11-14 October	Alice Springs Swimming Centre NT www.alicespringmastersgames.com.au
7 State Short Course Championships	MSNSW	18-19 October	Peninsula Leisure Centre, Woy Woy NSW www.mastersswimmingnsw.org.au
8 Pan Pacific Masters Games– Swimming	MSQ	6-9 November	Gold Coast Aquatic Centre QLD www.mastersswimmingqld.org.au

Awards for the Series

This is the formula for the awards:

	Point sum of the best five performances								TOTAL Points	Meet count	Multiplier	AWARD POINTS
	MEET 1	MEET 2	MEET 3	MEET 4	MEET 5	MEET 6	MEET 7	MEET 8				
TOM	5000	5000	—	—	—	5000	—	—	15000	3	0.38	5625
ALICE	2000	2000	2000	2000	2000	—	—	—	10000	5	0.63	6250

$$\frac{\text{Meet count per Swimmer}}{8 \text{ Meets}} = \text{Multiplier}$$

The best swims from 5 swim meets will be used and then it doesn't disadvantage the people who do not participate in all events. This will deliver approximately 30 trophies/awards in total.

The formula only works with FINA Events because a point base is required (world record = 1000pts).

At a swim series meet, only the 50, 100, 200, 400 IM, 400 Free, 800 Free and 1500 Free are eligible for the Swim Series awards. In other words, no 25m, 400 Back, relays, etc. The legs of the relays will not be eligible for this series.

Attending more meets would give any swimmer a better chance to compete against the "super fish" in their age group. But to keep the integrity of the Series and to encourage members to travel and support Masters Swimming events – a minimum of two Series events would need to be entered and swum to be eligible for awards.

Progressive points for the series will be available on the Results Portal (on the Masters Swimming Australia website), with the final awards for 2014 being announced at the Presentation Function for the 2015 National Championships in Hobart.

Some Branches were very late identifying their events for 2014 and we have date clashes in our first year; but we will get better at scheduling these events in the future.

Entry Information

The information that you need to enter these events will be available from the host Branches, so you can keep an eye on the Branch/Masters Swimming Australia website for further information.



www.mastersswimming.org.au

Eight Meets make up the new Series – the 2014 National Championships and one nominated Meet from each of the Masters Swimming Branches.

This Series is about participation and performance!

Masters Swimming members are encouraged to get involved in these pool Meets to be in the running for the inaugural awards. Members only need to swim in two Meets to be eligible for prizes across all the age groups for men and women. The Results Portal (on the MSA website) will lift each participating member's points from their best five events (cumulative) from up to five of the nominated eight swim Meets to the Swim Series results. Members can track their results over the duration of the year by visiting the Results / Records Portal and clicking "Swim Series".

The Events

EVENT	DATE	HOST	LOCATION	FORMS
MSA National Championships (National Swim Series 1)	April 23 - 27	MSA/MSQ	Rockhampton, QLD	Results
MSWA Long Course Championships (National Swim Series 2)	Saturday May 24 Sunday May 25	MSWA	Challenge Stadium	Results
MSTas Winter Short Course Championships (National Swim Series 3)	Saturday August 23 Saturday August 24	MSTas	Launceston Aquatic Centre	Flyer Entry Form
MSV Short Course Championship (National Swim Series 4)	Sunday August 31	MSV	Melbourne Sports and Aquatic Centre, Melb	Program
MSSA Short Course State Cup (National Swim Series 5)	Sunday August 31	MSSA	State and Aquatic Leisure Centre, Adelaide	Program
Alice Springs Masters Games (National Swim Series 6)	Saturday October 11 until Tuesday October 14	MSNT	Alice Springs Swimming Centre	Meet Program
MSNSW State Short Course Championships (National Swim Series 7)	Saturday October 18 Sunday October 19	MSNSW	Peninsula Leisure Centre, Woy Woy	Event Flyer
Pan Pacific Masters Games (National Swim Series 8)	Thursday November 6 until Sunday November 9	MSQ	Gold Coast Aquatic Centre	Meet Program Event Flyer

[CLICK HERE for more information about the MSA National Swim Series.](#)

Real Insurance

For the first time ever, the Foundation for National Parks & Wildlife has been selected as an official charity partner of the Sydney Real Insurance 10k *and* the Blackmore's Sydney Running festival. Susanna Bradshaw, CEO, has committed to run in the Sydney Harbour 10k on the 13th July. in an attempt to raise \$3,000 for her organisation. Simply click the link below to view her fundraising page and make a donation:

<http://www.gofundraise.com.au/page/FNPWildlife1>



Upcoming events

[FINA World Championships\(27/07/2014 - 10/08/2014\)](#)

- [Alice Springs Masters Games - October 11-18. Alice Springs, NT. Entries close September 3.](#)
- [Pan Pacific Masters Games\(1/11/2014 - 9/11/2014\)](#)

2014 Postal Swims Calendar

Tuggeranong Trifecta

MSA Sanction Number: 03/14

Date 1 July to 31 August 2014

Details Swimmers need to complete three swims.

Each swim **must** be in a different stroke, and individual medley is allowed for 400m or 800m.

Forms [CLICK HERE](#) to view the event flyer and entry form

Old Time Dancing

Saturday night monthly Old Time dances are a lot of fun. The address is approx. 11 km along the Kenilworth Road from the Eumundi turnoff. There is a 5 piece band called 'The Sunshine Swing'. They have a great sense of humour.

Admission is \$14.00 and it starts around 7.45pm till midnight. The supper (included in the price) put on by the local country ladies is delicious.

.If anyone is interested please ask them to see John Hordyk ...

Dance Dates **9 Aug (Belli), 6 Sep (Belli), 11 Oct (Belli), 15 Nov (Belli), 31 Dec (Belli)**

Mark Besford (Mob 0420 360 277) has returned from his sojourn in Tassie and from now until January is offering to housesit for anyone who needs their place cared for while they are away.

He is also looking for any sort of handyman jobs - gardening, painting, cleaning gutters, washing windows - you name it, he'll do it for you.

Farewell for our World Games swimmers

To celebrate EOFY, Christmas in July, it is time and an occasion to send off our wonderful, wonderful, wonderful team who are off to Montreal to represent Noosa Masters and we are having lunch [because we can !!!!!](#)

Our destination is the exciting **BOHEMIAN BUNGALOW at EUMUNDI** ... lunch, a band will be playing during the afternoon. If we get large numbers, as I hope, we may have to have a banquet menu which does have choices and separate bills. Unfortunately it is not BYO. I will forward the menu on when received by moi.

So put **20th July** in your diary.

More details to follow, when I shall call for numbers.

Cheers - Robyn Selby



backyard buddies™
get more enjoyment from our native plants and animals



Enjoy your **July B-mail**, the monthly e-newsletter for Backyard Buddies.

This month, B-mail is themed **Good Things Come in Small Packages.**

[Some colourful little buddies](#) you may be more familiar with as pets.

[These tiny beautiful buddies](#) that are showing off over winter

[A small and frequent](#) visitor who's hopping around your backyard.

[This Little Troublemaker](#) who's digging up the grubs that kill your lawn.

Enjoy!

10 FUN WAYS TO USE CHIA ...

By Sarah Wilson



Chia seeds are the new quinoa. The new ingredient to wriggle its way into the mainstream after a few decades as the fibrous, whole-mealy staple of the granola belt. I know many of you out there are still trying to work out what to do with them once you've bought a packet. And since I hate the idea of anyone buying a packet of anything and having it sit there going to waste, henceforth a wee list of clever applications.

I've written on why chia seeds are so healthy before. Amongst many things, they're godsend when you're quitting sugar. They help to control your appetite because they fill you up (with the addition of liquid they swell to 17 times their original size) and they're a fabulous source of protein. They're also full of nutrients – vitamins A, B, D, E, calcium, potassium, iron, magnesium – which help with the detox hell that some can suffer.

Here are 10 ideas on how you can use chia in your diet.

1. Use In Place Of an Egg In Recipes

Substitute 1 tablespoon of chia seeds (preferably finely ground) + 3 tablespoons of water per egg.

2. Thicken Up Soups Or Gravies

If you don't want to use cornstarch or other thickening agents, add a teaspoon of chia seeds or chia bran at a time until you reach your desired thickness. Bear in mind it takes a minute or two for the seeds to swell and work their magic. Be patient!

3. Sprout Chia Seeds To Use In Salads.



These things are quite zesty...a bit like broccoli sprouts. Chia seeds are mucilaginous so you can't use the usual tray or jar spouters. Instead...

- Sprinkle a thin layer of seeds on the bottom of an unlaquered terra cotta dish or plate.
- Put the terra cotta dish in a larger plate of water.
- Cover with another plate.
- Small amounts of water permeate the terra cotta plate upon which the chia seeds sit, and provide exactly the right amount of water to sprout them.
- Day 2, lightly mist the seeds (or sprinkle) with water.
- Day 3, they should be right to eat.

4. Add To a Chocolate Brownie or Truffle Recipe To Turn Them Into Protein Bars

Throw in a few tablespoons of protein powder while you're at.

5. Try a Chia-coconut Goob, Especially if You're An Athlete

Just mix coconut water and some seeds to form an electrolyte-laden "goo". I got my Dad onto this. He runs marathons and does 24-hour mountain bike races and swears by the idea (and he's a hard guy to get on board!). It's infinitely better than the commercial goobs and energy drinks.

6. Use as a Slow Cooker Aid.

Cooking with a slow cooker can often leave you with a lot of excess liquid. I do two things.

The first: I thicken the sauce by adding some seeds or chia seed bran. The second, I remove any excess liquid (a very brothy, nutritious mixture) and put in a jar with some chia seeds and then eat with toast, over rice, pasta or vegetables.

7. An Easy Thick Omelette.

Add chia seeds to beaten eggs, soak for 10 minutes and turn into an omelette or frittata.

8. Make Crackers.

Make a thin batter of ground chia seeds and milk and cook in a slow oven to make crackers.



9. Make a Cinnamon Chia Butter.

Add ground seeds to nut butter and amp the nutrition. Or add to butter with some cinnamon and spread on hot toast.

10. Make a Healthy Pudding.

Add 1/2 cup of chia seeds to 1 1/2 cups of almond or cashew milk. I make mine in a jar and carry it to the office, or on planes when I'm travelling. It's filling, can be made the night before and is spill-

WHERE DID YOU START ?



All Noosa Masters swimmers must have started somewhere, sometime. Some were probably "water babies" ... others reluctant starters.

Please send Wendy your early PHOTO.

Photos to be published in next month's CHALLENGER CHATTER.

Annette Kellerman promotes women's right to wear a fitted one-piece bathing suit, 1907. She was arrested for indecency



MORETON MEET ...

Moreton Region Masters Swim Meet

Noosa Masters returned in triumph from the recent swim meet – the Moreton Regional Meet at Redcliffe on Sunday 15th June.

In the 'champion club' contest, Noosa won convincingly, with 645 points, ahead of the host club Redcliffe (519), Southside (401), Twin Towns (360), Miami (320), Northside (314), Aqualicious (281) and Sunshine Coast (210).

Congratulations to the team of thirteen, who all swam their hearts out ⁽¹⁾ ...

Dyanna Benny, Jan Croft, Anne Gripper, Bardie Gruber, Lois Hill, Brian Hoeppe, Wendy Ivanusec, Studley Martin, Bob Morse, Jackie Shields, Adele Tucker, Ian Tucker and Bruce Warren

No trophies this time, but age-group placegetters were presented with bottles of wine (1st and 2nd) and coffee cups (3rd).

The bottles went to Jan, Dyanna, Ian and Brian (all 1st in age group) while Jacky, Adele, Lois, Anne and Studley received the coffee cups (all 3rd).

The balmy Sunday ended convivially when an impromptu suggestion saw almost all the team relaxing and sipping coffee at the 'Rusty Nail' café on the Redcliffe foreshore, before car-pooling back to Noosa.

Well done everyone!

Caution: Do not mention 4X100m Freestyle Relay to Bruce Warren for a month or two!

... Brian Hoeppe

ROB JOLLY WRITES...

Hello everyone,

My European swimming campaign is going well so far. In just over a month I have managed to win 15 medals, achieve 2 PB's and get DSQ'd for the first time in my life!

Two days after I arrived I competed in the long course Île-de-France (greater Paris area) competition still suffering from jet-lag and feeling as if I was swimming at 2am. I was DSQ'd for taking off too early in a medley relay thus costing my team mates a certain gold as we were the only team in our age group....Merde!

Two weeks later I swam in my French club Paris Aquatique's annual meet the Tournoi International de Paris which is my favourite short course competition with over 350 entries, I medalled and did a PB in the 100m freestyle.

A few days later I swam the English Channel.....if only!

But I went by Eurostar and competed in the British Masters in Swansea, South Wales where I achieved 3 Silver and 2 Bronze and did another PB in 50m Butterfly. Strong competition there from Sweden and Ireland. I received an invitation to compete in the Irish Nationals and was told that they do not

award medals thereyou get engraved Waterford Crystal !!

I must admit that so far the level of competition in my age group is not up to our level in Australia. The Masters swimmers tend to be younger here and not as many older swimmers competing.

Next week is the biggy....The French Masters in Millau in southern France. The competition there will be fierce as the French Masters Nationals attract swimmers from all over Europe and I hear the Russians are coming!

Swim well, long and strong,

Hugs, Rob.

from Helen Malar

Hello Everyone.

Have had a great week in Paris. Last night tonight. Dinner with the boys.

... Helen



APOLOGIES to Barry & Caroline Giles ... CORRECTION.

Our last edition of Challenger Chatter mentioned Barry & Caroline's bus company by the incorrect name. It should be HINTER-NOOSA TRANSPORT. Our apologies to Barry & Caroline, whose bus company has been so generous to our members with the provision of a bus for charter to Brisbane carnivals and to Albany Creek in April, providing a bus & driver, Ian, at no cost in their respect for Pat Mooney.

Barry & Caroline are a very community giving couple, having been active members of Sunshine Beach SLSC for the past 10 years. Barry is a patrol captain and has served as Club captain, whilst Caroline is a patrol member and was the Club's First Aid officer.

Their support to Noosa Masters swim club members has always been treasured, to the extent that this year our Committee decided to give naming rights for the 50 metre freestyle event to HINTER-NOOSA TRANSPORT.

Thanks Barry and Caroline.

... Editor.



MISQ 2014 CALENDAR



2014 MASTERS SWIMMING EVENTS CALENDAR

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
JULY						
12	SC	Brisbane Southside	QSM	South	18/14	Brisbane Aquatic Centre
26	SC	South Burnett	QSB	Sunshine	19/14	South Burnett Aquatic C
27 July - 10 Aug	LC	World Masters Championships				Montreal, Canada
AUGUST						
9	SC	Maryborough Masters	QMB	Central	08/14	Maryborough Centenary Pool
23	SC	Brisbane Northside	QBN	Sunshine	20/14	The Valley Pool
SEPTEMBER						
13	SC	Toowoomba Tadpoles	QTW	South	21/14	Glennie Pool, Toowoomba
OCTOBER						
4	SC	Redlands Bayside	QRB	South	22/14	Ormiston Pool
18	LC	Long Tan Legends	QLT	North	23/14	
11 - 18		Alice Springs MG				Alice Springs
NOVEMBER						
1	LC	Whitsunday Warriors	QWY	North	24/14	Proserpine Pool
6 - 8	LC	Pan Pacific Masters G			25/14	Gold Coast Aquatic Centre
9	OWS	Pan Pacific Masters G			26/14	TBA
15	SC	Cairns Mudcrabs	QCN	North	27/14	Gordonvale Aquatic Centre
29	LC	Aqualicious	QAL	Sunshine	28/14	Centenary Pool
29	SC	North Mackay Sinkers	QNS	Central	29/14	North Mackay High School
30	OWS	North Mackay Sinkers	QNS	Central	30/14	Pioneer River, Mackay

COACH'S CORNER ... BY JAN CROFT



Drills

When performing drills make sure the focus is mental rather than physical as you are focusing on stroke development rather than physical conditioning. This is one reason I often use fins for drills.

Dog paddle drill. This is the drill used to focus the attention of both the catch and the high elbow position in the pull phase of the stroke. The key to dog paddle is that the arm never breaks the surface of the water. Perform the normal arm stroke under the water. *catch, pull and push* - but once the hand has finished the stroke bend at the elbow putting the thumb into the armpit and then push the hand under the surface of the water to the starting position in front of the body.

Keep swimming.

Cheers, Jan

TOP 5 SOURCES OF PLANT PROTEIN ...

by Derek Henry (Natural News)

Good quality sources of protein are widely available, and many of them come from outside the animal kingdom. It's time to identify the top sources of highly digestible plant protein with the most benefits for your health.



1. Spirulina & Chlorella

Spirulina, Chlorella and the algae family is garnering more and more attention as a superlative superfood that delivers a wide array of nutrients and helps rid our body of heavy metals. **What many people don't know is that it is an exceptional source of vegan protein.**

Chlorella alone is commonly cited as 58 percent protein (and at times, up to 75 percent) with a balance of important amino acids, including all the essential ones the body can't manufacture. When you combine this with an abundance of enzymes, probiotics, and phytonutrients, chlorella becomes a high quality protein source that is easily digestible as well.



2. Hemp

Hemp has no shortage of health benefits, including being the perfect ratio of omega-6 to omega-3 (3:1), the most abundant source of EFAs (essential fatty acids), and a rich source of phytonutrients, antioxidants, and plant sterols.

Hemp is up to 47 percent protein, **and contains 20 amino acids; including the 9 essential amino acids our body cannot produce**, making it one of the few plant-based complete protein sources.



3. Bee Pollen

Bee pollen is not a well-known food, but that doesn't mean it is not powerful. **It is considered one of nature's most complete and balanced foods, with a rich source of vitamins, minerals, amino acids, hormones, enzymes and fats, as well as significant quantities of natural antibiotics.**

Bee pollen is between 25 to 40 percent protein, and contains 22 amino acids which have five to seven times the amino acids found in equal weights of beef, milk, eggs, or cheese. Factor that in with the incredible enzyme content of bee pollen, and you have a highly digestible form of a complete plant protein.



4. Chia

Chia is an ancient fuel source used for centuries by some of the healthiest people. These seeds are an incredible source of omega-3 fatty acids, antioxidants, fiber, calcium, magnesium, and potassium.

Chia is 21 percent protein and **contains all the essential amino acids in proper ratios, so it is considered a complete protein.** When soaked, they absorb 10 times their weight in water which helps hydrate the colon and move toxins out of the gut. This creates a healthy digestive system that absorbs nutrients, including protein, more effectively.

Chia can be used in no grain cereals, smoothies, baked goods, and simply eaten on their own as pudding (once soaked, they will have that type of consistency).



5. Quinoa

Quinoa is a seed grown native to South America. It was seen as a sacred food to the Incas, and is a great source of manganese, magnesium, phosphorous, iron, copper, zinc, and vitamin B-6 and B-9.

Quinoa is 14 percent protein and **contains all the essential amino acids, making it a complete protein. It also has prebiotic properties which helps feed the beneficial bacteria in your digestive tract, making it easy to digest.**

You can use quinoa in many different ways, most notably as a substitute for other grains such as rice. It also makes a great breakfast as an alternative to cereal or oatmeal, and can be used in many baked goods as well.

It can be difficult to get past the mindset that protein needs to come from animal sources. However, you can now see that vegan sources of protein are not only comparable, but superior in most cases.

ENDURANCE 1000

ENDURANCE REPORT – JUNE 2014

CONGRATULATIONS TO
BOB McCausland AND **ROB LUCAS**
FOR COMPLETING THE ENDURANCE 1000 PROGRAM
WITHIN SIX MONTHS!!!!
WHAT AN INSPIRATION TO ALL OF US.

At the time of writing we have almost 12,000 points. A great achievement.

However, the other clubs now know that they must have at least 25,000 points to beat Noosa Masters. So, as I know we can do, we should push on to achieve more than that this year.

In previous years one female member has completed the full Endurance 1000 Program. However, this year it seems she may be joined by two of her colleagues – names withheld at this stage. But, when they complete the full program their names will be up in lights!

Special thanks also go to all those Noosa Masters who regularly contribute to our Endurance 1000 Program, despite the fact that they are not only competing in regular Branch swim meets, but have also competed in the Nationals and are going to the Worlds.

Welcome to Linda Hogg, a relatively new member who has decided to have a go at the Endurance 1000 Program. Her first swim was a good 800 Free – well done Linda!

It is also time, to say a special thank you to all the volunteers who turn up just to provide much needed timers. People such as Olga McCausland, Lorna Lander, Bob Martin, and many others. As well as all the wonderful swimmers who are also willing to time others. You are all truly appreciated.

We are still in need of timers – so don't be shy – turn up on the following times and be part of a great program.

Endurance 1000 : Tuesday 7.30am – 9.00am
 Saturday 2.00pm start.

Thanks to all those involved.

Keep on swimming for fun fitness and friendship.

Mary Lester

For:

Marcia Kimm

Endurance 1000 Program Co-ordinator

Kerryn Spinks



<http://www.whathappenedinmybirthyear.com>

July Birthdays

Joe Gilbert	
Courtney McMahon	2/7 (85)
Marcia Kimm	5/7
Jana Clancy	12/7
John Havilah	13/7
Bruce Bate	14/7
Monica Byrnes	20/7
	27/7

HAPPY BIRTHDAY TO ALL OF YOU



SOCIAL EVENTS

Bohemian Bungalow - Eumundi
20 July - Lunch

CRAFT AFTERNOON

1-3pm - Tue
Date & Venue TBA

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

VISIT OUR WEBSITE ...
www.noosaaussichallengers.com

Challengers Chatter

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