

CHALLENGERS' CHATTER

MARCH 2013



State Short Course Championships

Three days of glory for Noosa Masters swimmers

How good does it get?!

At the Masters Swimming state championships in Brisbane on 15-17 March, the Noosa Masters team shone brilliantly. Three members – Jan Croft, Ian Robinson and Kerryn Spinks – continued a record-breaking spree that began in January. Each claimed a State Record and Kerryn and Jan set **seven new** national records between them – Jan (4) and Kerryn (3). **Jan broke the 400m IM National Record by a staggering 14 seconds!** Not to be overshadowed, two Noosa relay teams chimed in with new State records, leaving rival teams floundering in their wakes.

On Day 1, because of some confusion amongst the timekeepers and some problems with lap scorers unable to count to sixteen, Jessica Tye had to swim her 400m Freestyle twice! The second time around, she shaved 45

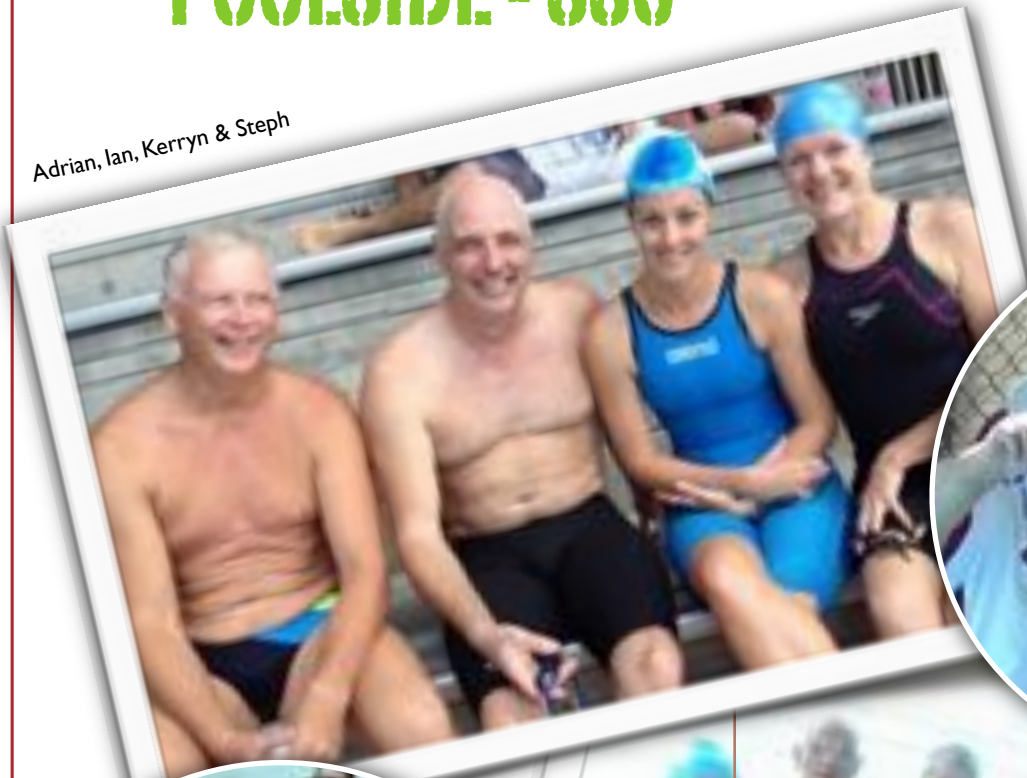
seconds off her time! That's what indignation can do for performance!

Then, because the whole day's programme ran incredibly ahead of time, Rob Jolly was nowhere to be seen as the final few swimmers were lined up for the last rolling starts for the 400m breaststroke. Suddenly, Rob burst through the doors. With no time left to change, he plunged into lane 3 'as is' - three piece suit, brogue shoes and briefcase – and brought home the silver medal in a PB time. To be fair, he did jettison most of the suit, one of his shoes and the briefcase by lap 7. To be even fairer, this report is probably a bit unreliable. Here's a reliable version – Rob was late, just made the blocks, no warm-up, swam his heart out, did a PB and won silver. OK?

... /cont'd

POOLSIDE - SSC

Adrian, Ian, Kerryn & Steph



Yes, you !! DQ'd



Jan, Bardie & Clinton



Jess, Grin, Brian & Julia



Mary

SSC REPORT ... CONT'D

Joyce Faunce turned up to barrack from the pool deck, even though she had no events on Day 1. Now that's club spirit!

On Day 3, records continued to tumble. Our relay teams were sizzling, with several simply blitzing the field and two of the relay teams set National records. Joyce, after three impressive swims, fell heavily on the slippery floor in the change rooms. Bandaged by the first aid officer, she rested for a hour but then insisted on taking her place in her relay team at the end of the day. ... and they medalled!

All 19 Noosa swimmers swam their hearts out over the three days to build up an impressive points tally. When the results were announced to the large and expectant crowd, Noosa was placed second to the powerful Miami club, which fielded a strong team of 28 swimmers. Aqualicious came a close third with 21 swimmers. We came third in the average points per member in the large clubs category. This was the second year in which Noosa Masters have been runners-up in the State Championships, confirming Noosa's position as one of the State's outstanding clubs.



her medals

There was sterling work done throughout the three days by our marvelous supporters who acted as timekeepers, including Wendy, Viv and Mary who drove down especially on Saturday.

To cap off the meet ... at the presentations on the pool deck, we received the Queensland Endurance 1000 trophy (long overdue) for both 2011 and 2012. This means Noosa has won the John Hughes Trophy for the fourth consecutive year! This year-long competition sees club members swimming personally 'against the clock' in distances up to 1500 metres and in time challenges up to 60 minutes. These trophies acknowledge the great efforts of successive 'Endurance 1000' captains Pat Mooney and Marcia Kimm and (wonderful news) Jan Croft was presented with a trophy for MSQ "Coach of the Year – recognizing her outstanding ability to not only fine tune record-breaking athletes but to also mentor swimmers across the whole range of ages and abilities.

A very pleasing aspect of Noosa's success at the state championships was the fact that every member of the team finished with at least two medals. This signaled the talent and determination across a team that ranged in age from 29-year-old Kerryn Spinks to 92-year-old Joyce Faunce. Joyce, who first swam competitively in Australia when she represented England at the 1938 Empire Games in Sydney (!), took home yet another individual gold and a silver team medal to add to her impressive collection. Now that's inspiring!

... Brian Hoeppe

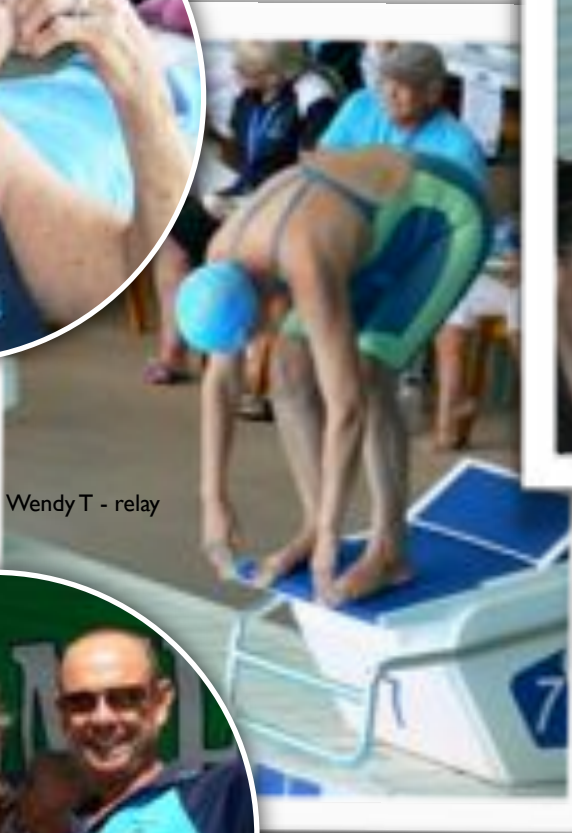


DIARY DATE - 25 MAY 2013
The annual Mad Hatters Party
at Bruce & Sandy Warren's home
6pm @ 30 Allambie Terrace
partners welcome

POOLSIDE - SSC



Joyce Faunce



Wendy T - relay



Oh, the pain !! Julia, Adrian, Jess



Viv - Chief Timekeeper



Wendy T & Brian



We did it !



Wendy T, Adrian, Rob & Clinton



Eulah & Gillian

ADRIAN'S AGONY ...

In Heaven at the State Championships

I have just finished the 100 metre Individual Medley at the State Short Course Championships. I am gasping for air. The whistle chirps. We can leave the pool. Oh God, can I hold my breath long enough to slip under the lane ropes? There's the steps. Grab the rail and drag myself up. Nearly there. I see a pair of white shoes. White trousers above. I lift my gaze. In front of me is a man dressed all in white. He even has a white hat. He has red flashes on his shoulders.

There is bright light all around. ... Oh no, is this it? I am so exhausted, I can't see properly. Have I died and gone to heaven? Are those red flashes on his shoulders angels? I wish I had my glasses. Is this God? Hang on - his beard has some grey. It must be St Peter ... he's looking directly at me!

"Adrian?" he enquires. Should I deny it? Maybe he won't recognise me if I take off my goggles. There's only three people getting out of the water. He probably won't fall for the 3-card trick.

"Yes", I gasp. Vision is still fuzzy from lack of oxygen. What does he want? My life flashes before me. There are other people around us, all dressed in white. They are looking at me too ... I remember to breathe.

"You're DQ'd", he says. "DQ'd?" I think. What does that mean? "Died Quietly?" "Died Quickly?" Hang on - "Disqualified". What? I'm disqualified from going through the Pearly Gates? I don't understand. Does he remember that I peed in the pool when I was 5 years old? Surely he won't stop me for that! The others are crowding in on us and nodding their white hats. Oh no, they must know too!

"Do you know what you did wrong?" he asks. Did I do something wrong? They say he never forgets, but I'm not going to confess.

"When?" I ask him back. What else have I done wrong in my life? Yes, I know that cats don't like water, but Puss seemed to recover all right. The chooks led healthy lives and it wouldn't have mattered except that Mum broke a tooth on the air-gun pellet. I look at him blankly and gasp for air!

"Your hands came up at the end of the butterfly", he says. Wait on ... that wasn't my fault. That butterfly flew right into the pool and I was just trying to save it.

I can breathe again. My head is clearing, my vision is coming back. The blue behind me is not the sky but a swimming pool. That noise in my ears is just a train passing. The gates behind St Peter are not pearly, but just an iron fence ... Wait a minute, that's not St Peter. It's the bloke who walks up and down the pool beside each race. That's his white referee's uniform. He looks at me ... he seems to expect me to understand.

And then it hits me. "DQ'd!" I've been disqualified from the race!

Oh, what a relief!

... Adrian Wilson

TONY'S TALLY ...

19 competitors from Noosa

Medal Tally

	Gold	Silver	Bronze	Total
Individual	38	36	27	101
Team (4/team)	24	20	16	60
	62	56	43	161

National Records	Kerryn Spinks	3
	Jan Croft	4

State Records	Kerryn Spinks	1
	Jan Croft	1
	Ian Robinson	1

17 Noosa swimmers won GOLD from individual or relay swims.

AWARDS

Coach of the Year 2012	Jan Croft (Noosa)
Aggregate Point Score	1 st Miami 2 nd Noosa 3 rd Aqualicious
Endurance 1000	Noosa (4 th successive year)

NOOSA GOLD

Rob Jolly (5)
Brian Hoeppe (2)
Ian Robinson (7)
Geoff Lander (6)
Clinton Stanley (1)
Bardie Gruber (2)
Joyce Faunce (1)
Kerryn Spinks (8)
Wendy Twidale (5)
Jan Croft (6)
Stephanie Jones (8)
Eulah Varty (2)
Julia Dunstall (1)
Grindle Rudder (2)
Adrian Wilson (3)
Bob Morse (3)
Jessica Tye (1)

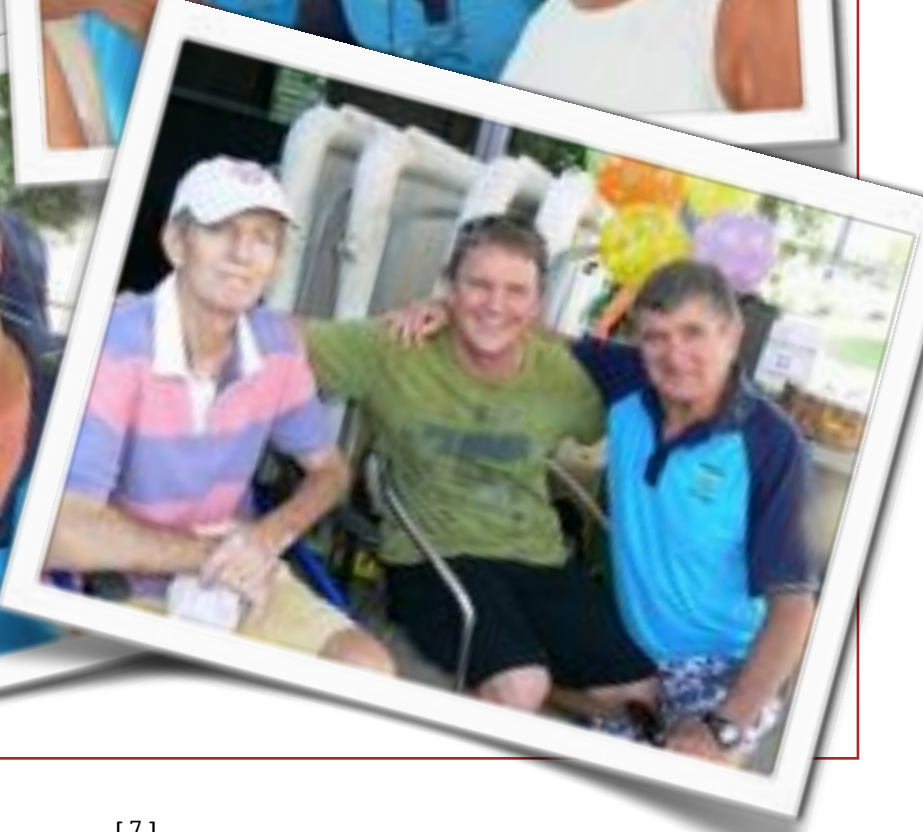
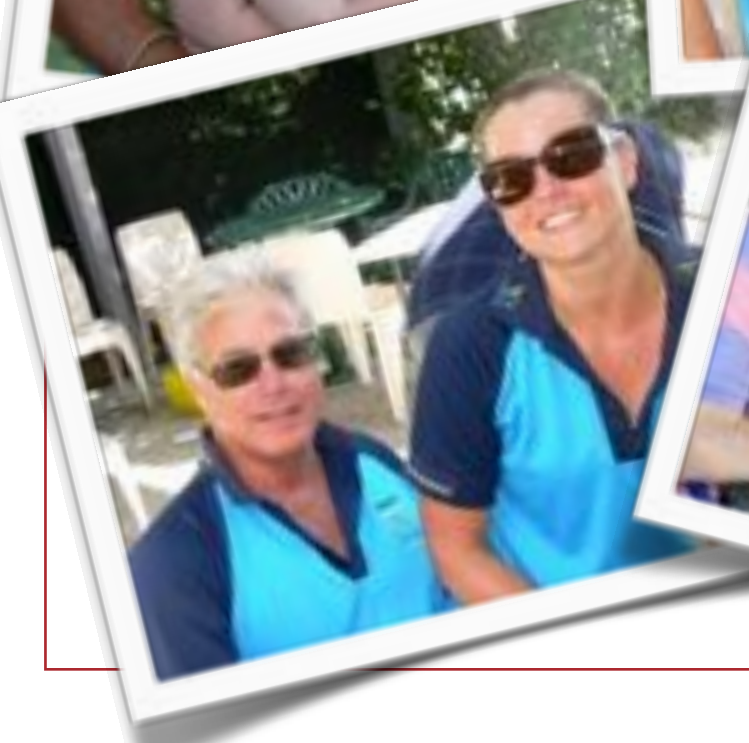
... Tony Frost

Jan's 70th ...

A huge turnout after squad on Sun 24th March saw the big 70 celebration relocated to the BBQ area at the NAC + shade tents - A bunch of '70' balloons hovered above three beautiful home made cakes which were lined up and soon demolished after the candles were blown out by Jan ... no mean feat! - Russ made a great speech smothering Jan with 7 leis, one for each decade and Robyn presented the birthday girl with a \$300 Gift Certificate for her favorite boutique in Brisbane which was the result of a collection from members. This left Jan almost speechless, but nonetheless absolutely delighted!! Roll on 80 !!



Spotted at Jan's 70th ...



Rosemary's Ramble ...



Having just returned from a five week trip, thought I'd tell you a bit about it.

My travels began by flying, bicycle and all, to Devonport in Tasmania, with the idea of competing in the Australian Triathlon Championships. However this was not an auspicious start for me, as I found the sea to be too choppy and put my hand up to be rescued in the swim. Those who didn't finish the swim (and there were quite a few) were, after their timing chip was removed, allowed to continue, and so I waved to the crowds, as I ran up the beach and onto my bike. The spectators hadn't seen me being given a helping hand by those burly guys in the motorized rubber dinghy and it looked like I was one of the leading women! I even fooled Penny Hearn (Noosa Masters squad), who congratulated me on a great race. In fact Penny took out the women's 60-64 title - well done!

Luckily things looked up after this, with my partner Chris, and I doing an eight day whirlwind tour of Tasmania. We spent a couple of nights in a cabin at Cradle Mtn (wise decision not to camp in that rain!) and did a pleasant walk to one of the lower peaks. Those we met who'd been to the top of Cradle Mtn that day said it was freezing, with zero visibility at the top, so we were glad with our more modest choice of trek. After that the weather improved and we camped at Freycinet, on the East coast, for two nights. The scenery here was spectacular and we signed the walk book and set out at midday. We move at quite a pace, since Chris claims he can't walk slowly - I have to jog now and again just to keep up! Thus we reached the top of Mt Graham and got back in the light. When we signed out of the log book, we noticed that no other day trippers go past Wineglass Bay (a beautiful spot), one third of our distance. I knew there must be some advantages to being fit!

Chris and I then spent a leisurely day exploring Port Arthur, followed by a stay with his sister in Hobart. The latter involved a gourmet tour of Bruny Island - oysters, cakes, ice cream, berries and ginger chocolates, all at different locations!

Chris flew home from Tassie, whilst I went to South Australia. I hoped to finish the Victor Harbor triathlon, partly to justify lugging my bicycle all over the country. Although the hotel I picked was in a great spot, there were some disadvantages - like being a long way from the

bus-stop, having no lift and there being a super loud disco on Saturday night (the night before my triathlon) - right below me! Anyway, things went swimmingly in the triathlon this time. Luckily the swim was in a canal, so weaklings like me could cope! The bike course was scenic and hilly, which I enjoyed. Having crashed on my mtn bike in early February in an off road triathlon (and hurt my shoulder), I was cautious and just free-wheeled down the hills. This was interesting as my super bike went so fast, I had to brake, whilst not pedaling, to avoid crashing into guys in front, who were pedaling like crazy! The run was straight-forward, if hot (30 degrees), and the many homeowners with sprinklers were fantastic.

The next part of my trip involved catching up with my son, Duncan, his wife, Marisa and their daughter Evelyn, in Adelaide, as well as various relatives of Marisa. Luckily they live only a couple of km from the Adelaide Aquatic Centre, so I could finally get to a pool. (The pool in Devonport was closed for the season, as they convert it to a super new indoor one and there was no pool in Victor Harbor.) Every day I jogged to the pool with a light backpack on - and sometimes ran further - e.g. on the N. Adelaide Golf Course, hoping not to get hit! Marisa, Evelyn and I went to story time at the library and Duncan and I went to Turner from the Tate and on the last night they asked if I could babysit Evelyn. This was, arguably, the most difficult part of my trip! Evelyn had decided that it is great being picked up by Granny Rosemary, and complained vehemently when put down. Thus there was much standing up to watch TV - she loved David Attenborough's Africa - and also moving about the house looking at things. She seemed puzzled to see herself in the mirror.

I said goodbye to Adelaide and recuperated from my babysitting ordeal by sleeping on the plane to Canberra. Here I stayed with my daughter, Emily, and her partner, Dominic, except for one night with my skiing friend, Mary, and her four Golden Retrievers. Having lived in Canberra for 36 years, I had many friends to catch up with, mainly runners. To see as many runners as possible, I went in three low-key running events. These races also kept the old heart pumping! As Canberra is now 100 years old, Emily, Dom and I, along with their friends and Dom's mum, went to a celebration in a park. I really enjoyed the spontaneous dance contest - not as a participant! We then drove to the top of a hill at the Arboretum, which reminded us what a bush capital Canberra is - so many trees and hills!

Now I am happy to be back in Noosa, but my training partner, Chris, went away to Melbourne today, so maybe I'll come and swim with the Noosa Masters this Sunday - Easter. See you then!

... Rosemary Longstaff

HAPPY 80TH GEOFF!!



Our Masters Swim Club has had several milestones since its inception in August, 1999.

Through the leadership of President Geoff, two Bobs (Jarvis and Morse), Pat and now Stephanie, our club has grown enormously from humble beginnings to a leading Queensland club. From the early years, with barely 3 or 4 swimming in carnival competition to winning at Brisbane River City and Hervey Bay meets in 2013.

Geoff Lander, our first President and great believer in the Masters aerobic swim programme, has led by example, gaining maximum points each year, with his No. 1 timekeeper, wife Lorna, by his side throughout.

80 years young on Friday, 1 March - a great achievement Geoff! After squad, Tony Frost made a short speech recognising Geoff's long association with the club since its inception and his many contributions to it. Geoff responded emotionally saying how proud he was of the club and the people in it.

This was greeted with loud applause and a stirring rendition of "Happy Birthday to you + 3 loud cheers" before Geoff plunged the knife deep into the heart of his black forest birthday cake, which was soon demolished amidst much smacking of lips and sighs of regret for the damage being done to various waistlines !

Many Happy Returns of your birthday, Geoff and best wishes from your fellow Noosa Masters swimmers!!

... Tony Frost + Ed

11 NATURAL ENERGY BOOSTERS

1. Tap Your Thymus

"Your thymus is located at center top of your chest, below the collar bone, between your breasts. When tapped it triggers the production of T-cells, boosts energy, relieves stress, and increases strength and vitality," says Marian Buck-Murray, a nutrition coach and Emotional Freedom Technique (EFT) practitioner in Maplewood, New Jersey.

For an instant boost of energy, Buck-Murray recommends tapping your thymus with your fingertips for 20 seconds, while slowly and deeply breathing in and out.

2. Get Some Sun

It's not surprising you feel tired when you're stuck inside a cold or stuffy office with fluorescent lighting. Sneak outside to soak up some sunshine for 15 to 20 minutes.

"Sunlight energizes and elevates mood," says Dr. Lorraine Maita, a board certified internist and author of *Vibrance for Life: How to Live Younger and Healthier* in Short Hills, New Jersey.

3. Sip Some Green Tea

If coffee is your go-to solution for the afternoon slump, try swapping out your cup of Joe for green tea. "Green tea has small amounts of caffeine, and there are many noted studies that demonstrate that EGCG, the active compound in green tea, facilitates weight loss," says Dr. Elizabeth Trattner, who specializes in integrative medicine in Miami Beach, Florida.

4. Stand Up

Are you reading this slumped over your computer, feeling tired at the moment? Perk up by standing up, says Moshe Lewis M.D., chief of the department of physical medicine and rehab at the California Pacific Medical Center, St. Luke's Campus, in Redwood City, California.

"Never sit too long. Vessels have a natural tendency to constrict during periods of inactivity, zapping you of energy and making you feel tired -- even if you are not sleep deprived."

Standing up and walking around even just for a few minutes is enough to jump start your heart and muscles. Plus, it can help you be more productive once you sit down at your desk again, Dr. Lewis says.

5. Give Your Brain A Mini-Vacation

Next time you're fighting off the urge to doze off at your desk, try blinking more often, suggests Dr. Douglas N. Graham, author of *The 80/10/10 Diet*. "When reading, watching television, viewing the computer, or otherwise engaged, blink 10 to 20 times per minute, rather than staring at the screen or page without blinking at all. Your brain takes a mini-vacation with each blink."

6. Drink A Green Monster

Think you can't live without your morning coffee? Trade it for this nutrient-packed drink once and you'll change your mind. "I usually have [this] for breakfast and then don't need to have coffee," says Joanna Chodorowska, a nutrition and triathlon coach in North Whales, Pennsylvania.

Here's how to make it: In a juicer, combine 2-4 leaves of kale, 2-4 leaves of romaine lettuce, 1 inch ginger root, half a lemon (with the seeds removed), one apple (cored), and a clove of garlic (optional for cleansing and boosting immune system).

Chodorowska says you can use this as a base and add other dark greens, carrots, celery, beets, or even an orange or pear instead of the apple to make your own signature energy drink.

Don't have a juicer? This creamy blend is just as effective at boosting energy (and tastes like an indulgent dessert!) and only requires a blender.

7. Socialize With High-Energy Friends

Surround yourself with people who help motivate and uplift you to revitalize your body and mind. "Associate with high-energy friends. Their energy and enthusiasm will soon enough rub off on you," Dr. Graham says.

8. Breathe Deeply

"Learning how to inhale completely and how to exhale completely is one of the best energizers," says Dr. Laurel Clark, president of the School of Metaphysics in Windyville, Missouri.

Next time you need a quick pick-me-up, try this simple exercise from Dr. Clark: Sit with your spine straight, eyes closed. Focus your attention on your breath, and slowly inhale to a count of 6. Hold your breath to a count of 3 and tense all of the muscles in your body.

Exhale for a count of 6, completely releasing all of the breath, relaxing the muscles as you do so. Hold the breath out to a count of 3. Repeat this slow rhythmic count--inhaling, hold and tense, exhaling and relax, hold the breath out.

"After a while, you can cease tensing and relaxing the muscles and just focus on the slow rhythmic breath," Dr. Clark says.

9. Sit Up Straight

"Shifting your posture can immediately give you more energy," says Dana Davis, a certified yoga teacher and Balance Posture Method instructor at Sonoma Body Balance, in Petaluma, California. We typically sit or stand with our shoulders, neck, and head shifted forward, which can affect the arteries that bring blood to our brain, Davis says.

"When [the arteries] are bent out of shape, that can restrict the blood flow to the brain. Our misaligned posture also wastes a lot of energy, as the muscles have to take over work that the bones would normally do in a healthy person."

Davis recommends a healthy, naturally aligned posture to help reduce long-term fatigue and stress. For help finding the most energizing posture.

10. Eat An Apple

It's tempting to turn to sugar (hello, chocolate!) when your energy dips, but eating high-sugar foods will make your fatigue worse in the long run. Make a habit of keeping apples on hand--at home and at work.

"A simple apple is a great energy-boosting, mid-afternoon snack. Full of vitamin C, fiber, and complex carbohydrates, an apple can deliver a boost of energy and stabilize blood sugar," says Peggy Kotsopoulos, a registered holistic nutritionist and author of *Must Have Been Something I Ate*.

What's more, new research from Florida State University says apple antioxidants and pectin (the sticky part of fruit used to make all-fruit jams and jellies) can help lower "bad" LDL cholesterol (think L is for lousy) and fight inflammation, a known trigger of premature aging and disease.

11. Drink Some Water

"The most common cause of fatigue is dehydration," Kotsopoulos says. Why? "If there is not enough fluid in your body, blood volume can drop; as a result, your body (and heart) must work harder in order to supply your cells with oxygen and nutrients."

Dehydration can cause everything from mental foggy, impaired short-term memory, dizziness, and fatigue, she says. Be sure to hydrate all day long but especially when you start to feel fatigue coming on to help combat low energy.

by: Jessica Smith, Huffington Post

MSQ Coach of the Year - 2012



At the conclusion of the State Short Course Championships in Brisbane, John Barrett, President of Masters Swimming Queensland, called a surprised Jan down to the pool deck and presented her with the Trophy for the Queensland Coach of the Year - 2012. What a memorable year her 70th will be !!

Congratulations Jan - from all Noosa Masters - on receiving this well-deserved Trophy !! No-one knows better than we just how good you are ... always enthusiastic - encouraging us at all levels and delighting in our improvements, no matter how small.

Sincere thanks to Bob Morse for putting together such a fine submission to MSQ in favour of the MSQ Coach of the Year Trophy 2012 going to our Head Coach, Jan Croft.

Although we all know how deserving Jan is of this Award, there was a lot of information that needed to be gathered and tedious paperwork involved to achieve this successful outcome much appreciated Bob !!

... Ed



Coach's Corner by Jan Croft



Freestyle Tips

- Emphasise shoulders - not arms.
Don't lift arms, lift and rotate the shoulders, so increasing the size of each stroke.
- Pull straight tram lines straight down the outside of the body.
Fingertip first. Pull back straight and hard.

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Call 1300 559 463 to place your order or go to www.getwinesdirect.com to see the complete range on offer. Do not log in. You need to shop for your items first then when you click to the checkout the following screen will come up:



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Make sure you select the below option of: "Are you a member of a pre-approved club or organization?"

Select your club and enter in your code. It is case sensitive so just make sure you enter NMSC1213 exactly as it is. Hit submit and then it will ask if you are already a current member or not.

Once you reach your checkout, you should be able to see where your discount has been applied to your order.

ENDURANCE 1000

John Hughes Trophy – 2012
top points in Queensland



Chia - A Nutrient Powerhouse

The chia seed was once a staple food of the Aztecs, loved for its ability to sustain and to give endurance. Actually, you could live off chia almost entirely, because it has 19 amino acids, with all of the essential amino acids except taurine.

- Chia is gluten free
- It is super high in dietary fibre, making it great for digestion and healing digestion issues.
- It contains 20% Omega 3 ALA, making it a super food for the brain and heart. Chia has eight times more Omega 3 than salmon!
- It boasts 20% protein
- It is high in antioxidants (It has a four times higher ORAC value than blueberries)
- Chia contains five times more calcium than milk
- Chia contains seven times more vitamin C than oranges
- It contains three times more iron than spinach
- It contains twice the potassium content of banana
- It is food for healthy skin, hair and nails
- It has a positive impact balancing blood glucose levels (making it awesome for diabetics)
- Chia makes a great egg replacement. Just combine with water to form a gel, and add it to recipes that call for egg.

So, how do you consume it? Well, you can grind it up into a meal called 'pinole' and add it to just about anything. In Mexico, they mix the whole chia seeds with water or fruit juice to make something they call 'chia fresca' which translates as 'fresh chia'. You can also sprout them in much the same way as you sprout alfalfa seeds and use them in salad.

NOOSA HEADS MASTERS FEATURE AT STATE SURF CHAMPIONSHIPS

Our Masters were represented on Friday 22 March at the Queensland Surf Life Saving Championships, conducted at Mooloolaba Beach.

Representing Noosa Heads Surf Life Saving Club was Bruce Warren - Team Manager for the Magnificent Masters Ladies competitors, who won dozens of medals ... mostly Gold.

Tony Frost managed 3 Silver and a Bronze in Surf, Tube Rescue, Board Rescue and Beach Sprint events.

Noosa Heads SLSC finished second to Alexandra Headland in the aggregate Point Score.

Good luck to Bruce and Tony who will be joined by Trevor King on 15/16 April at North Kirra for the Aussies.

... Ed.

ENDURANCE 1000



Another great month with over 100 swims again completed. Results from the recent State Short Course Championships have been entered into the Endurance Portal as well so you will be able to check your progress on line at any time and the points should be pretty much up to date. Go to mastersswimming.org.au then Endurance Portal to the right of the screen.

New participants and new members swimming this month include, Rodney Alfredson, Bruce Bate and Debbie Tancredi. All were pleased to swim either a 400m or 800m Freestyle and get a time. All swims completed earn points and the challenge for most of us is to stay consistent and perhaps improve a little each swim. Adrian Wilson improved his February 800m Freestyle time by a massive 60 sec. What a fantastic effort!

As you would be aware Eulah Varty is only with us for a few months each year. This year she has taken to the Endurance program and in completing 6 swims has gained 255 points for our club. Many thanks Eulah!

Our Total points this year = 4,352.

No of participants = 40. Club Memberships = 85

Average pts per member = 51.2

If our club average pts per member equaled 255 then our total pts for the club would be 21,675 and we would:

- (a) have surpassed our target of 20,000 and
- (b) possibly won the Endurance 1000 trophy.

Now, if you swim only one stroke, complete all the swims and score middle points, the pts earned = 200.

If you swim one stroke only and earn top points = 285.

If you only have limited time then I suggest taking the time to complete the longer swims only for a possible 210 pts per stroke.

(Last year our average number of points/ club member was 149.73. and the winners average was 547.18)

Swim times Tues 7.30am – 9.00am and Saturday 2.00pm – 4.00pm (please advise Bob Mc or Marcia)

Coming up

1. Postal swims for Albany Creek. Swim a 200m or 400m swim in any stroke (1 swim only can be entered) in the 25m pool. Last day to complete the swim is Tuesday, 16th April.
2. Postal swim for Noosa carnival. Two swims may be entered and can be either 400m, 800m or 1500m in any stroke. Last day to complete the swims is Tuesday, 23rd April.

Anyone not swimming but who could assist by timing is encouraged to come along especially as we will be covering both pools over the next few weeks.

20,000 in 2013

... Marcia Kimm

<http://www.whathappenedinmybirthyear.com>

April Birthdays

Karen Barton	5/4
Tony Frost	12/4
Wendy Ivanusec	18/4 ... Big 70 !!
Donna Frey	23/4
Leo Versteegen	24/4
Olga Causland	25/4
Jessica Watt Hine	28/4
Nic Pirie	29/4

HAPPY BIRTHDAYS TO ALL

FROM ALL OF US

SOCIAL EVENTS

DINNER AT ARCURI REST
Sunday 14 April

CRAFTERS MEETING
Tue 9 Apr @ 1pm
Venue TBA

RSVP: Marcia 0407 034 095

Every Sat.. 7.30 am -

Main Beach -Ocean Swimming

VISIT OUR WEBSITE ...
www.noosaaussichallengers.com

Challengers Chatter

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