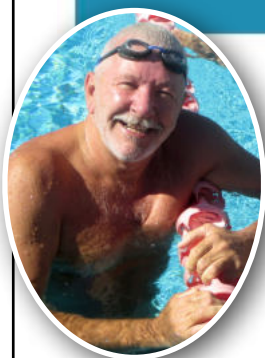


CHALLENGERS' CHATTER

MARCH 2020



The BIG News

thanks to Rob Jolly (Club Captain) & Jan Croft (Head Coach)

At the March Members' Meeting Club Captain (M), Rob Jolly, proudly announced that Noosa has 4 members in the 2019 FINA Top 10. Jan went further to find results for 'our' Eulah.



First, Eulah Varty 85-90 age group

E.Varty 1500m Freestyle LC #3

E.Varty 1500m Freestyle SC World #1 - Time 35.19.16

That time for Eulah as an 85 y.o. is remarkable !!

Other results for Eulah

E.Varty 50m Fly SC #9

E.Varty 100m Freestyle SC #7

E.Varty 200m Freestyle SC #8

E.Varty 400m Freestyle SC #6

E.Varty 800m Freestyle SC #2

E.Varty

E.Varty

100m Back SC #4

100m I.M. SC #9

800m Back SC #9

200m Back SC #3

200m Breast SC #6

So, 11 Top 10 results. Very proud of her. Amazing performance from an amazing lady!

Other results for our Club

S. Jones: 800m Freestyle L.C. #9

R. Kee: 100m Freestyle L.C. #10

L. Hill: 400m Freestyle L.C. #7

J. Croft: 200m Freestyle LC #9

J. Croft: 400m Freestyle L.C. #4

J. Croft: 800m Freestyle L.C. #4

ALL TIME - FINA Top 10

Eulah has also made the all time Top 10 list @ #9 for 1500m Freestyle.

Records go from 1986-2019

Jan also made the all time Top 10 list

J. Croft: 800m Freestyle L.C. #10

J. Croft: 1500m Freestyle S.C. #9

They missed the Members Meeting, but there was no escape ...



Left: Current QNA President, Jo Matthews, was delighted to present Carola Henderson with the 2019 President's Trophy

Right: Life Member, Bob McCausland, could not have been happier to present the 2019 McCausland Award for Endurance excellence to Sally Johnson ... so well deserved !



Swim Meets Cancelled

Please be advised that the following swim meets are cancelled:

Townsville Hammerheads Meet - 29 March

Albany Creek Masters Short Course Meet - April 4

MSA Nat'l Championships 2020 Sydney - 15-18 April

MSQ SC State Championships 2020 Cairns - 8-10 May

MARCH MEMBERS MEETING

The first Members' Meeting for the year was held on Sunday 1st March 2020. As usual, the Club Awards and Trophies for the previous year, 2019, were presented and the recipients congratulated. They were:

- E1000 Top Points – Jane and Mark Powell, Ian Tucker, Brian Hoepper, Rob Lucas, Jo Matthews. Irene Symons just missed out due to illness.
- Most Improved – Helen Malar
- McCausland Award – Jane Powell and Quentin Lee
- Challengers of the Year – Jo Matthews (F), Brian Hoepper (M)
- President's Trophy – Carola Henderson

Ten Year Badges – Lois Hill, Jacky Shields

Fifteen Year Badges-Helen Malar, Jan Croft, Maree Warr

Twenty Year Badge – Val Bedding

Jacky Shields informed those present that the long sleeve T-shirts had been ordered and were at the printer. They will be distributed either at the pool after squad or Hervey Bay. The Noosa logo stamp on swimwear appears to work and be popular. Club polo shirts: 5 required for an order to be placed. New members are urged to approach Jacky.



L-R : Lois Hill, Val Bedding, Ian Tucker, Helen Malar, Brian Hoepper
front
Jane Powell, Jo Matthews



Val Bedding 20yr



Lois Hill
10yr



Jacky Shields
10yr

Helen Malar - Most Improved
presented by Linda Hogg



Jane (& for Mark) Powell
Top Points E1000



Helen Malar
15yr



Jan Croft 15yr

Ian Tucker - Top Points E1000 programme
presented by Rod Alfredson (co-ordinator)



2019 Challengers of the Year
Brian Hoepper & Jo Matthews

2019 HERVEY BAY SWIM MEET

by Lois Hill

Candid Comments from the Pool deck

- Corals, Annie C, Robyn and Anne B - all 4 Noosa swimmers racing together in 200m Free - all came in within seconds of each other. Great racing by our "more mature masters swimmers."
- Jo Matthews - three personal PBs . Got under 4mins in 200m fly and down to 1:40 in 100m fly and three seconds off 100m back. 50m fly to go. (That was another PB).
- Unfortunately it appears the 240+ Freestyle relay aged themselves (or the marshals thought they looked too old!) and swam in 280+ relay lane.
- Wolfgang Ziegler (our visitor from Germany, via the IGLA Games with Rob), bettered his personal best 200m breaststroke by 27 seconds.

Wolfgang's note. "I am very thankful that I could take part as a guest in your competition. It was a wonderful atmosphere. I was successful with bettering my times. It was so easy to talk to lots of you because of your friendly interest - I felt never left alone. Thanks a lot for those wonderful three days. Wolfgang."

- Rob Jolly. Raffle humiliation. Put all the tickets in the box for a hat. (Cap: lovely white Panama). The marshalling guy told me that I had won (as a joke). and I went to claim it - to be told the raffle had not been drawn yet! "Fooled ya"



Jolly + dolly + trolley

- Congratulations to the "four" or three golden girls.

- Adele "Great meet, very hot. The only thing I won was a raffle. Will enjoy the Prosecco !"



foiled ... by hurrying Hoepper!!



Rob Jolly presenting Brian Hoepper with his medal

- Annie Collins. "Very enjoyable and relaxed meet. Great weekend !" PBs in 50 m backstroke and 200m freestyle
- Brian. "Great weekend. Congrats to all. But the real champions were the hardy souls who pitched in the wet! No luxury apartments for us!"



- Brian: "Very troubled, anxious and fearful at the arrival of the two outrageous clerical figures, one of them declaiming in ancient German (?) at the cocktail party."



Jolly fanner in heavy demand !!



"Money Bags" Adrian



2019 HERVEY BAY SWIM MEET

thanks to Linda Hogg, Lois Hill & Stephen Foote for photo contributions



Wendy N (rear), Kathleen G, Brian H



Linda Hogg in action



Lois H, Helen M, Robyn S



Jacky S & Adrian W



Trifecta : 1. Ian T, 3. Ross K, 2. Stephen F



Rob Jolly ... came home strongly !!



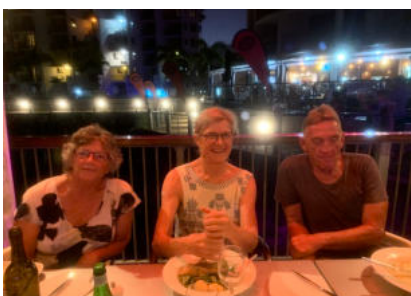
Lois ... knows how to prepare!



Rob Jolly & Wolfgang Ziegler



Annie C, Wendy N, Helen M, Christine E, Stephen F



Viv M, Stephanie J, Ross K



Helen M, Christine E, Stephen F



Adele T, waiter, Ian T, Robyn S



Kathleen G, Brian H, Jenny N



Rod A, Adrian W, Fran W, Liz A



Anne & Michael B + Corals D'Ott



2019 HERVEY BAY SWIM MEET

by Lois Hill

- Blast from the past! Cocktail onions and Kabana sausage and Maxam cheese (for Southerners-similar to Kraft-maybe very similar? Stolen recipe?) at the so-sophisticated cocktail party.
- Steph: "It was the meet of weird swims". No form in 200m free for Steph but she redeemed herself by the end of the day stroke-wise, not time-wise!
- Adrian won lots of money for being closest to his submitted time in the 100m Free - .07 seconds under his nominated time!

Adrian was swamped by all his "friends" afterwards.

Nitty Gritties:

Age group medals:

- Gold to Stephanie Jones, Wendy Nothdurft & Ian Tucker
- Silver to Annie Collins, Jo Matthews, Lois Hill & Stephen Foote
- Bronze to Brian Hoepper & Adrian Wilson
- and best-dressed to Rob Jolly!

Many thanks again to Hervey Bay Humpbacks ... a great carnival - well run as usual, and lots of food and fun, and to 'Café Balaena', 'Enzo's on the Beach' and 'Eat at Dan & Stephs' for our other meals over the weekend.

The last event with good memories to tide us over the next months of lockdown!



Adrian with his friends, all hoping he'll spend the money on THEM !!

Miami Meet Age Group place prizes ...

Congratulations to **Steph Jones** and **Jo Matthews** who received their *1st place* prizes from the Miami Meet and **Stephen Foote** who received a *2nd place* certificate and **Viv Merrill** and **Lois Hill** who received their *3rd place* certificates.



Postcard from Paris

♥♥♥ from Rob Jolly ♥♥♥

Thank you for your concern my friends.

As I write, we are now into our 4th day of Shutdown in Paris and the French government is about to announce extending the period to a month. It is eerie to see the Paris streets deserted with all shops and cafes closed except food shops and pharmacies. We are having to stay in a small apartment with me making quick trips out to get food. When I do go outside I have to show a pass if the police stop me when patrolling the streets: the fine without a pass is from 150 Euro!

The COVID-19 crisis is spiralling in Europe with record infections and deaths. In France to date there are 12,000 cases 372 deaths and 1150 serious and critical cases. Our neighbours in Italy have 41,000 cases and 3,500 deaths and it seems to get worse each day. Please stay safe Australia.

I am glad that I arrived before the closure of the European borders to help Gerard. He was discharged from a 7 month stay in hospital for Chemotherapy treatment for cancer 3 days before my arrival and is still in a fragile state. He is wobbly on his feet and finds it difficult to walk unaided and uses a stick or my arm for support.

I had booked and intended to return to Australia early May for the State Championships but now after their cancellation and because of Gerard's condition I will stay in France for longer.

My airline carrier Scoot Airlines has suspended flights to and from Europe at least until June.

Singapore will not allow entry into or transit through to visitors from France.

Scoot is allowing a free change of date or a full refund by the way of a voucher to re-book for up to 12 months. So it seems I will remain in France until the restrictions are lifted.

When I do get home I look forward to 14 days quarantine isolation in the Noosa Hinterland countryside.

All public swimming pools are closed in France so I have not been swimming since the Hervey Bay meet. If and when the pools open again I will start training again with my French club Paris Aquatique.

I miss my squad sessions and competitions with my friends at Noosa Masters and look forward to resuming again when this nightmare is over.

Hugs from a long distant,

... Rob

Weyba Wanderers ...

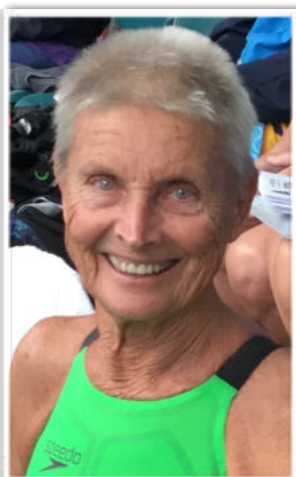
Mark & Jane Powell are off gallivanting about the countryside once more.

Their blog makes entertaining reading amply illustrated with some lovely photos ...

They invite you to share their journey, so take a look when you get a few minutes!

<http://weybawanderers.blogspot.com>

COACH'S TIPS



Technique

Free

Of all factors that lead to developing a longer stroke, an early catch is possibly the most important. Place, Pressure Power and Pull. Reach or place your hand towards the end of the pool you are swimming toward, keep your fingers and hand soft as you feel the water and begin to apply pressure to the water ... Catch - once you feel pressure on the palm of your hand/wrist, bend your arm so you have the following 3 points:

No 1 Fingers are pointing down to the bottom of the pool.

No 2 Your bent elbow is pointing to the side of the pool.

No 3 Your palm is pointing to the end of the pool you are swimming away from.

Pull smoothly and increase hand speed. Accelerate Hands. Very important.

Happy swimming - Cheers, Jan

The Health Report #3

Information brought to you by Jane Powell



Insulin

Insulin is an amazing hormone, but for good health, a long life, and weight loss, it is best kept at a low blood level.

We are able to manipulate our blood insulin level via the food we eat.

Food initiates an insulin hormone response, which regulates glucose and energy.

People who are chronically unwell or overweight are likely to have high insulin levels and may eventually develop insulin resistance.

Insulin resistance is a result of consuming too much carbohydrate relative to nutrient-dense fats, and can lead to diabetes, atherosclerosis and other chronic diseases.

For good health and longevity we need to source energy from natural nutrient-dense fats. Insulin facilitates this and remains at a low blood level when we reduce the amount of carbohydrate we eat, relative to fats.

Your doctor can request blood insulin pathology for you.

Meanwhile, the low carbohydrate diet is easy to stay on, because of the satiety that fat in the diet provides.

Ref: *The Fat Emperor and the Irish Heart Disease Awareness Charity*
@IHDA.ie

Introducing ... Greg Armitage

Hi ...

I was born in Kitwe, Zambia in 1976 and my swimming career began with the Chibaluma Mine Swimming Club. I'm told I was walking at 9 months and dived into the pool and started swimming without any lessons, just did what the big kids were doing.

I guess I was hooked on swimming quite early and I have always just felt at home in the water, my place for exercise, contemplation, relaxation and I've definitely solved the world's problems whilst grinding out laps on many occasions.

We came to Australia in '83, and spent some time in Mt Isa. The club swimming there was a whole new ball game and my competitive streak was born.

Moving to Victoria I stayed with club and school swimming throughout my school years. In '93 I captained Westbourne Grammar's swim team to some great wins against other Melbourne schools; they were proud moments for me.

After high school, the pool took a back seat. It remained with me though, a place to stay fit, a place to go and think and when I could manage it, a place to switch off.

I dabbled with Masters Swimming in my 30's in Melbourne but it wasn't until moving to the Sunshine Coast that I really got hooked again. Regular training sessions, pushing myself, seeing the weekly improvements led to my competitive streak hitting hard once again. There's nothing quite like that moment before stepping onto the blocks for me.

Bill and I originally joined QSC, but after sharing a bus to the Northside meet with Noosa, the camaraderie, mateship, and the sense of Team (and great uniforms) that Noosa displayed made us immediately want to switch. I'm glad we did.

I don't see the team as often as I'd like, due mostly to work commitments, but I certainly feel a part of a great team when I do.

Count me in for any relay; it's often seen as a solo sport, but they're what it's all about for me!



I talked to a man today ...

anon

I talked with a man today, an 80+ year old. I asked him if there was anything he needed while this Corona virus scare was gripping Australia .

He simply smiled, looked away and said:

"Let me tell you what I need! I need to believe this is still the country my generation fought for ... I need to believe this is still the nation we handed safely to our children and their children ...

I need to know this generation will quit being a bunch of sissies ... that they respect what they've been given ... that they've earned what others sacrificed for."

I wasn't sure where the conversation was going, or if it was going anywhere at all. So, I sat there, quietly listening.

"You know, I was a little boy during WWII. Those were scary days. We didn't know if we were going to be speaking English, German or Japanese at the end of the war. There was no certainty, no guarantees like Australians enjoy today.

And no home went without sacrifice or loss. Every house, up and down every street, had someone in harm's way. Maybe their Daddy was a soldier, maybe their son was a sailor, maybe it was an uncle. Sometimes it was the whole damn family ... fathers, sons, uncles ...

Having someone, you love, sent off to war ... it wasn't less frightening than it is today. It was scary as Hell. If anything, it was more frightening. We didn't have battlefield news. We didn't have email or cellphones. You sent them away and you hoped ... you prayed. You may not hear from them for months, if ever. Sometimes a mother was getting her son's letters the same day Dad was comforting her over their child's death.

And we sacrificed. You couldn't buy things. Everything was rationed. You were only allowed so much milk per month, only so much bread, toilet paper. EVERYTHING was restricted for the war effort. And what you weren't using, what you didn't need, things you threw away, they were saved and sorted for the war effort. My generation was the original recycling movement in Australia .

And we had viruses back then ... serious viruses. Things like polio, measles, and such. It was nothing to walk to school and pass a house or two that was quarantined. We didn't shut down our schools. We didn't shut down our cities. We carried on, without masks, without hand sanitiser. And do you know what? We persevered. We overcame. We didn't attack our Government , we came together. We rallied around the flag for the war. Thick or thin, we were in it to win. And we would lose more boys in an hour of combat than we lose in entire wars today."

He slowly looked away again. Maybe I saw a small tear in the corner of his eye. Then he continued:

"Today's kids don't know sacrifice. They think a sacrifice is not having coverage on their phone while they freely drive across the country. Today's kids are selfish and spoiled. In my generation, we looked out for our elders. We helped out with single moms whose husbands were either at war or dead from war. Today's kids rush the store, buying everything they can ... no concern for anyone but themselves. It's shameful the way Australians behave these days. None of them deserve the sacrifices their granddads made.

So ... no, I don't need anything. I appreciate your offer but, I know I've been through worse things than this virus. But maybe I should be asking you, what can I do to help you? Do you have enough pop to get through this, enough steak? Will you be able to survive with 60 channels on your TV?"

I smiled ... now humbled by a man in his 80's. All I could do was thank him for the history lesson, leave my number for emergency and leave with my ego firmly tucked in my rear.

I talked to a man today ... a real man. An Australian man from an era long gone and forgotten. We will never understand the sacrifices. We will never fully earn their sacrifices. But we should work harder to learn about them ... learn from them ... to respect them.

Perhaps a timely reminder with the first Anzac Day that will not be celebrated in a traditional manner coming up in April ... Ed

Thought for the day

A human being is part of a whole,
Called by us the 'Universe,'
A part limited in time and space.
He experiences himself, his thoughts and feelings,
As something separated from the rest
— a kind of optical delusion of his consciousness.

This delusion is a kind of prison for us,
Restricting us to our personal desires
And to affection for a few persons nearest us.
Our task must be to free ourselves from this prison
By widening our circles of compassion
To embrace all living creatures
And the whole of nature in its beauty.

... Albert Einstein



The MSX Programme

After the distribution of some 2019 MSX Awards last Sunday, some of our newer members were visibly surprised to receive one and many are probably wondering what the heck this is all about. So, as the programme was reviewed in Jan 2019 ...

- [MSX Qualifying Standard Times For Men](#)
- [MSX Qualifying Standard Times For Women](#)

The MSX Program is a Masters Swimming Queensland Program.

It is designed for the more competitive swimmers and those who may not be very competitive, but enjoy swimming at swim meets.

How it Works:

- The results are calculated from the time standards (qualifying times) below, which are based on the FINA events and distances.
- Every time a swimmer competes in a swim meet, the times are recorded on Meet Manager and the Results Portal.
- At the beginning of the following year, the previous year's Meet Manager Backup File results are imported into the MSX Meet Manager Program.
- The qualifying times are in the Meet Manager Program, which recognises the imported result i.e. if the result entered is faster than any of the qualifying times, the swimmer is recognised as having achieved the relevant level or standard – Platinum, Gold, Silver or Bronze.

- There are four (4) levels in this program:
 1. Level 1: PLATINUM
 2. Level 2: GOLD
 3. Level 3: SILVER
 4. Level 4: BRONZE

What does a swimmer have to do?

- All a member has to do is enter as many swim meets as you can.
- Check the qualifying times and train to beat those times.
- All you do is train, swim, enjoy the meet and the rest is done for you.

The MSX Program:

A swimmer will need to reach a qualifying time 3x in one year, to be awarded a level.

Example:

3x Gold = Gold

1x Gold + 1x Silver + 1x Bronze = Bronze

2x Platinum + 1 Bronze = Bronze

1x Platinum + 1x Gold + 1x Silver = Silver

3x mixed levels (colours) + the lowest level.

You may achieve these levels in the same event or multiple events.

... reprinted courtesy of MSQ



Platinum

Helen Malar
Ian Robinson
Jan Croft
Jennifer Watson
Jo Matthews
Lois Hill
Robert Jolly
Ross Kee
Sam Penny Steph Jones
Wendy Nothdurff
Karen Barton

Gold

Annie Collins
Felicity Hawkfns
Brian Hoepper
Jacky Shields
Ian Tucker

2019 Noosa Masters MSX Achievers

Silver:

Greg Bott
Linda Hogg
Charles Moore
Adele Smout
Ceri Weeks
Adrian Wilson

Bronze

Greg Armitage
Tony Frost
Studley Martin
Vivien Merrill
Pieter Santifort
.Adele Tucker

NEW ZEALAND MASTERS GAMES, DUNEDIN ...

Adele and Ian Tucker recently crossed the ditch to compete in the NZ Masters Games held in Dunedin and to brush up on the accent!

It was a welcoming crowd of Southlanders that made everybody welcome and ran a very efficient but relaxed meet. There was great empathy expressed for the Australians suffering from the recent bushfires and floods. As we arrived a week ahead of the events the local Dunedin Masters swim club made us welcome at their regular training sessions held in the mornings, lunch time and evenings. Self-motivated and a program set by one of the regular group had us all doing a range of taper sets in the lead up week before the start of racing. The Auto start equipment and electronic finish pads, volunteer timekeepers and officials all rolled in the morning of the meet starting with a half hour to go and everything was installed during warm up for the first event, no real fuss and it worked!

A special thank you to Stephen Clarke (Chief coordinator for pool events) and Mark Johnson (for the Open water Swims) and Richard Jongens (Dunedin Swim Club) who made us very welcome. Many of you will have a chance to catch up with these guys at the Pan Pacs this year and WMG in Japan next May or the FINA Worlds in Japan in July/August.

With a maximum of six pool events Adele put her recent increased training to good effect winning 6 Gold medals but more importantly swam some very good times. Events included the usual 200, 100 and 50 Backstroke plus the 200 and 100 Breaststroke and a virgin outing in the 100IM. Adele then topped this off with two golds in the medley and freestyle relay events.



Baggage alarm with overweight (8) gold medals for the rest of the trip!!

Ian also had a good meet and finished with 4 individual golds, a silver and a bronze for the 400 free, 200, 100 and 50 Backstroke, 200 Breaststroke and 200 IM. A Gold and a silver followed in the medley and freestyle relays. Happy with times and results.

Ian also had to front for an open water swim the next morning at 6.30am check in on the Otago harbour, 6 deg air temp and 12 deg Water temp, 30 knot south west winds added to the choppy freezing conditions. I was concerned that my "Noosa" wetsuit wasn't going to be warm enough??

Mark Powell had lent me some add on layers and hooded cap for extra protection. After a short safety review by the yacht club and OWS organisers it was decided to cancel the event due to the strong wind conditions and difficulty for water safety to stay in touch with the swimmers. I wasn't too unhappy with that decision!

We met several other Australians from Brisbane Nth Side, Redlands and Blacktown who all seemed to enjoy the competition and allowed us to form relay teams.

Following the swimming Adele and I were joined by Adele's sister and husband to complete the Otago Rail Trail, a 150km relatively flat and straight bike ride through central Otago.



We stayed along the trail and covered the distance in a leisurely 5 days. Donna and Mike on EBikes. Very popular with locals and tourists.



An enjoyable "cool down", (actually a warm up as Dunedin was freezing and wet) to the swimming and rest followed with 5 days in Arrowtown enjoying the scenery and wines of Queenstown, Cromwell, Wanaka and Gibbston Valley.

Our homeward journey had us fly from Queenstown to Tauranga spending 5 days with close family and friends.

An enjoyable experience if you are interested, Wanganui in 2021 and Dunedin again in 2022.

The work all starts again ahead of the Nationals after 3 weeks out of the pool !!!

... Ian Tucker

ENDURANCE 1000 REPORT

MARCH 2020

The McCausland Award is presented in recognition of the contribution that a member makes to the Club's Endurance program.

On this occasion it was a great opportunity to recognise one of our members who diligently comes to Endurance and actively swims the program within their capabilities.

Although not a maximum points achiever, Sally has been a high performer in the program for a number of years contributing to the Club's overall success.

Bob McCausland presented the award at the Club's morning tea on Thursday 12 March.

Through a heartfelt speech, Bob McCausland recounted his association with Sally as a great Club member and an Endurance swimmer.

Where would we be without the likes of Sally? Congratulations again on this prestigious award for 2019. Please keep swimming Endurance.

Future of the Endurance Program in 2020

At this stage the Club has not received any advice as to what the future of the program holds. We shall let you know as soon as possible.

In the meantime KEEP FIT.



The McCausland Award 2019
Sally Johnson

Regards, Rod

Rod Alfredson
Coordinator

Endurance 1000 program
Mob 0418 260716

rod.alfredson@bigpond.com

MARCH BIRTHDAY CELEBRATIONS



On 8/3 Bob Morse successfully tempted almost everyone to share his birthday cake after squad !



Lois Hill's Tea Party ... 'How many of you would attend a Committee meeting on your birthday? That's dedication ... Well done Lois 🍷



Happy Birthday

April

Linda Hogg	6/4	Rowan Ward	23/4
Tony Frost	12/4	Olga McCausland	25/4
Wendy Ivanusec	18/4	Stephen Foote	26/4

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

https://www.youtube.com/watch?v=2cz25q2Q_Z0



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**Noosa
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Tel: 5430 5400

Ironman

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