

CHALLENGERS' CHATTER

NOVEMBER 2019



2019 Noosa Triathlon

by Bob Morse

This November, Noosa Masters were pleased to again play a key role in the smooth running of Noosa Tri Week events, and could be spotted at strategic marshalling and checking points on Noosa's beaches and roads. And, as usual, some brave QNA members actually competed.

Not as many Masters lined up this year for the 1km swim on Friday night. Ian Tucker was the fastest of our swimmers followed by Studley Martin and Greg Bott, then Jan Croft, LiQun and Julie Bott. Conditions were rougher than other years and even the most experienced swimmers found it quite tough. It was LQ's first race in the ocean. Jan asked LQ how she coped and was amazed when the answer came that she thought it would be harder! Ian was the only one in the full Tri on Sunday. He had a very strong race and was very happy with his performance. Studley also performed extremely well in the swim leg of the Tri – remarkable given that swim conditions were even worse on the Sunday and the course had to be changed on race day to cope with the strong rip running across Main Beach.

A small group of usual volunteers took on the challenging week of events for the Noosa Tri Week again this year. First up on Wednesday at 5.30am was the Run Swim Run, where we found that our responsibilities were more than those described in the briefing sheets. But, with their usual calm demeanour, our members delivered in excess of what was expected to the delight and gratitude of the new Ironman Volunteer Coordinator, Michelle.

Next up was the Noosa Fun Run down Hastings Street on the Friday morning at 7.00am. Again our dedicated group just fell in and did what was needed.

Friday afternoon saw us back for the 1,000m swim up the beach, firstly doing registrations, then overseeing the race start and the beach transitions. There was a strong current down the beach towards the start and the going was tough for all swimmers.



It was an early start for our vullies !!



Ian Tucker did the whole thing !



LiQun & Jan Croft did the 1km in tough conditions !



Tribal dancers



Traditional welcome to country



Tricia, Mick, Julie, Chris, Wendy - enjoy a well earned reward!!

2019 Noosa Triathlon cont'd

By the start of the first race the transition barricades at the half way had not been set up and our team, headed up by Helen at the location, scrambled to fix the problem. The first competitors arrived at the transition just as the barriers were fixed. Well done Helen and her crew!

By the end of the week, some unforeseen circumstances saw some of our volunteers having to withdraw, having made their important contributions.

The Sunday was surprising, to say the least. By 5.30am we were gathered for the beach start of the Triathlon main event. Less than 30 minutes before the start of the event, the Ironman organisers changed the course for the swim leg, directing all swimmers to just swim to the groin, come ashore and then run back up the beach to the usual beach exit point and across to the bike transition in Lions Park.

Amid the pre-race rush, however, organisers had not managed to get barriers, cones or checkpoint volunteers in place. Compounding the problem – in the face of such a strong current - many competitors sprinted along the sand through the beach-going public to then enter the water from a better position. But all was far from lost. Our Noosa volunteers played a key role in ensuring that – amid the confusion - the swimmers completed the vital swim leg satisfactorily. With a mixture of good luck and good management, our team did more than 'muddle through'. Ironman's Michelle was very pleased, advising that our \$1700 payment included a bonus for being such good help on her first outing as Volunteer Coordinator.

I submitted a somewhat critical report to Ironman on this year's organising of what previously has been a well-run event. Their return email thanked me for my advice and for the help our club provided. Well done Noosa Masters!

A visit from Saint Nicholas

(how many of you know all the words?)



'Twas the night before
Christmas, when all through the
house
Not a creature was stirring, not
even a mouse.

The stockings were hung by the
chimney with care,
In hopes that St Nicholas soon
would be there.

The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads.
And mamma in her 'kerchief, and I in my cap,
Had just settled our brains for a long winter's nap.

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below.
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer.

With a little old driver, so lively and quick,
I knew in a moment it must be St Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name!

"Now Dasher! now, Dancer! now, Prancer and Vixen!
On, Comet! On, Cupid! on, on Donner and Blitzen!
To the top of the porch! To the top of the wall!
Now dash away! Dash away! Dash away all!"

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky.
So up to the house-top the coursers they flew,
With the sleigh full of toys, and St Nicholas too.

And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Down the chimney St Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot.
A bundle of toys he had flung on his back,
And he looked like a peddler, just opening his pack.

His eyes-how they twinkled! His dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow.

The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath.
He had a broad face and a little round belly,
That shook when he laughed, like a bowlful of jelly!

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself!
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work,
And filled all the stockings, then turned with a jerk.
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose!

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, 'ere he drove out of sight,
"Happy Christmas to all, and to all a good-night!"



2019 MELBOURNE CUP



Viv & Geoff

This year's Melbourne Cup at The Merrill's house brought 30+ punters dressed to impress to celebrate the horse race that stops the nation. We had visitors from UK and even the odd Sheik.

Chris Cooper and her partner, John, organised the sweeps efficiently and Chris's new innovation of the Fashion on the Fields was a great success.

It was won by Mick Jones in a casual outfit with a fedora and a form guide under his arm.

The food and conversation flowed, great fun and conviviality was enjoyed by all ... such a pleasant afternoon!

... Viv Merrill



Di, John, Mick



Monica with Jenny Dupriez



Jo & Janek



Gillian Bensted & Mieke Burman



Rob, Janice, Sally, ?, Mary



Rod & Karen Barton, Ivan Ivanusec



Anne & Michael Besser



Robyn Selby, Helen Malar, Rod Alfredson



Wendy Nothdurft & Jeff Shields



"They're racing!!"



Chris, ?, Sally, Ivan

Parlay-voo

During a high school visit to France, I stayed with a French family. One night, I was unsure what the meat on my dinner plate was, so I pointed to it and asked in my best French, "Qui est-ce?" The family's expressions told me I needed some tutoring. Instead of asking "What is it?", I had asked "Who is it?"

I'D RATHER BE BRIAN

With my parents to blame I'm stuck with my name
As I make my way through life.
But if it's spelled wrong it can raise quite a pong
'Cause its meaning gives me strife.

First an "I" then an "A" or 'round the other way,
Some think it doesn't matter.
But when done in my name it causes me shame.
It's happened quite often in "Chatter".

Two letters are wrong - not where they belong.
Do I really need to explain?
A slip of the pen had done it again,
And turned me into A DRAIN.

Wendy, of course, showed no remorse
Whenever I'd grumble and mutter.
She laughed aloud and seemed quite proud
To have put me in the gutter.

Others too jumped in the queue.
They seemed to think it funny,
That this simple reverse could be so perverse
As to link me to a dunny.

So, I thought the name BRIAN would suit me quite fine
As a label for all my endeavour.
It is short and snappy and I'd be quite happy
To live with it forever.

For BRIAN is special but the thing, I suppose,
Is the thing that sets it apart.
With the "I" and the "A", if you make the transpose,
It can make you seem quite smart.

But I'll never be BRIAN, it's clear.
Though in dying I have just one fear.
If St Peter's dyslexic he'll show me the exit
And toss me out on my ear.

So, at the Pearly Gates I'd rather be BRIAN
And know that the dangers were fewer.
'Cause that slip of a pen, if it happened just then,
Would make me a BRAIN, not a sewer.

... Anonymous

Ed ... Is there no end to the talent of our members?

A Tip : given to me by Chris Cooper.

Ever struggled to peel a boiled egg?

When they're cooked, lift them out of the boiling water, & crack the shell gently with the back of a spoon. Drop the egg back into the water. The water seeps under the shell to facilitate easy peeling ... then rinse in cold water & refrigerate until needed.

Podcast recommendation: The Fat Emperor - 'helping you decode the science so you can transform your health'. Host Ivor Cummins is sponsored by the Irish Heart Disease Awareness charity.

... contributed by Jane Powell

COACH'S TIPS



Here we go again ... Tip Time !!

Use of a pull buoy ... Benefits of using a pull buoy or not.

Upside : A pull buoy teaches you body position. A pull buoy helps us to achieve a more efficient body position by keeping our butts dry and feet high. We learn how efficient swimming should feel.

When swimming with a pull buoy it is easier to focus on the High Elbow Catch, it is also helpful with breath control and great for hypoxic sets of 3/5/7 pattern.

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

Be realistic ... why you are using a pull buoy?

Happy swimming - Cheers, Jan

DATE	LC/SC	CLUB/MEET	CODE	REGION	SANCTION	SURVEYED	VENUE
JANUARY							
-							
FEBRUARY							
15	LC	Miami Masters Swim Meet	QMM	South	Q2/20	Yes	BLK Performance Centre
22	SC	Sinkers Fun in Feb	QNS	Central	Q3/20	No	North Mackay High Pool
MARCH							
7	LC	Hervey Bay Humpbacks Meet	QHB	Central	Q4/20	Yes	Hervey Bay Aquatic Centre
29	LC	Townsville Hammer Heads Meet	QHH	North	Q5/20	Yes	Northern Beaches Leisure Centre
APRIL							
4	SC	Albany Creek Short Course Meet	QAC	Sunshine	Q6/20	Yes	Albany Creek Leisure Centre
15-19	SC	MSA National Championships		MSA		Yes	Sydney Olympic Park
MAY							
8-10	SC	MSQ State Championships		MSQ	Q1/20	Yes	Tobruk Memorial Pool, Cairns
31	OWS	Crater Lake Classic	QCN	North	Q7/20	N/A	Lake Barrine
JUNE							
13	LC	Brisbane Southside Masters Meet	QSM	South	Q8/20	Yes	Brisbane Aquatic Centre
JULY							
1-31	Postal	Toowoomba Tadpoles 1500m	QTW	South	Q9/20	N/A	Any 25m or 50m pool
5	LC	Nudgee Bluefins Winter Meet	QNB	Sunshine	Q10/20	Yes	Nudgee College Pool
11	SC	Rum City Short & Sweet Meet	QBB	Central	Q11/20	Yes	Bundaberg Swim Academy
AUGUST							
22	SC	Brisbane Northside Short Course	QBN	Sunshine	Q12/20	Yes	Valley Pool
SEPTEMBER							
1-30	Postal	Swim with Crocs Postal Meet	QRH	Central	Q13/20	N/A	Any 25m or 50m pool
12	LC	Noosa Masters Swim Meet	QNA	Sunshine	Q14/20	Yes	Noosa Aquatic Centre
OCTOBER							
3	SC	Maryborough Masters Meet	QMB	Central	Q15/20	Yes	Maryborough Aquatic Centre
24	LC	Sunshine Coast Masters Meet	QSC	Sunshine	Q16/20	Yes	Kawana Aquatic Centre
NOVEMBER							
11-14	LC	Pan Pacific Masters Games		MSQ	Q17/20	Yes	Gold Coast Aquatic Centre
29	OWS	Sinkers OWS Balnagowan	QNS	Central	Q18/20	N/A	Pioneer River, Balnagowan
DECEMBER							
6	OWS	Big Barrine Bash (3B's OWS)	MSQ	North	Q19/20	N/A	Lake Barrine – Atherton Tablelands

Legend:

MSQ Swim Meets
MSQ Postal Events
MSQ OWS – Open Water Swims
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.

Registrations

are now open for 2020 ASMG!

The Alice Springs Masters Games is on again from 10 – 17 October 2020 where athletes can choose to compete in one or a number of the 36 individual or team sports on offer. Known as 'The Friendly Games' there is more to offer than just the competition with entertainment and sightseeing opportunities across the week.

The sporting program will offer competition for individuals and those that want to play with your mates in a team. Come and visit us in the Northern Territory for this sporting festival and tick Central Australia off your bucket list!

REGISTER NOW to secure your spot
www.alicespringmastersgames.com.au

Take all the stress out of planning your Masters Games visit and let the friendly team at **Discover Central Australia** help you find the right accommodation for you.

For more information visit our website
www.alicespringmastersgames.com.au
or email

2020 National Championships

Entry Dates

	Opening Date	Closing Date
Individual entries (swimmers)	September 15	midday, April 3
Relay entries (clubs)	April 3	midday, April 10
Merchandise	September 15	midday, March 27

MultiClass competition will be incorporated in this meet, and all swimmers will be seeded together regardless of age, gender or disability.



**NATIONAL
CHAMPIONSHIPS**

2020

SYDNEY

Short Course Meet
15th -18th April 2020
Sydney Olympic Park

Open Water Swim
19th April 2020
Lake Parramatta

MSA Nationals-April 15-19 2020, Sydney

Pool events: [Sydney Olympic Park Aquatic Centre](#)
Open Water events: [Lake Parramatta](#)

8-10 May 2020 MSQ State Short Course Championships will be held in Cairns at the Tobruk Memorial Pool.

Part Two of Ody's (our caravan, an AOR Odyssey) First Excellent Adventure - by Jane Powell



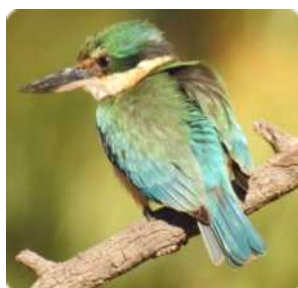
'Lucky Dip' @ Galargambone
(a water tank, not a grain silo)



Walleroos



Turon River NP



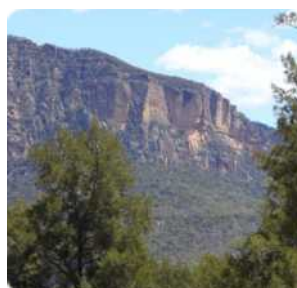
Sacred Kingfisher



Gwydir River



Llamas in the Long Paddock



Cliffs of Capertree Valley



@ Hands on Rock

We were in Dubbo at the end of the first instalment. After a few days in this lovely city we were ready for some wilderness, which we found at Coolah Tops National Park. As we approached the entry gate, nine, yes NINE wedge tailed eagles soared above us. We shared the park with wombats, greater gliders, possums, parrots of all shapes and sizes, and kangaroos who came to visit at the sound of a tent peg being hammered.

There grass trees dwarfed us below towering eucalypts, and views of the Liverpool Plains spread below. As always we searched for evidence of indigenous life, and were rewarded with scar trees and bora rings.

These mountains were a last Aboriginal stronghold as settlers moved inexorably westward. 'Government sanctioned genocide' is the chilling description of 19th century meetings between settlers and indigenous people.

Car mechanical issues delayed us in Mudgee for a few days, but is a nice place to hang out...bars, wineries, market day, and a nice aquatic centre. More Endurance points!

Hill End is an open-air museum, a gold mining ghost town preserved now for tourists. We spent a rare rainy afternoon in the Kandos Museum. The Drip and Hands On Rock provided bushwalking opportunities, and the brand new Holtermann Museum in Gulgong took us back to gold rush days with photography from the time.

The Capertree Valley is a very picturesque rural area, with sheer rock cliffs rising around it. The drought, as everywhere is taking its toll, but giving way to a mob of cattle and Llamas (!) was a funny experience.

The Turon River National Park was once the site of another gold rush, and the river bank is punctured with old shafts, some of which are fenced for safety but not all.

Platypus live in the river, as do water rats, water dragons, trout and kingfishers. We spent happy hours watching these creatures going about their business.

And on to Oberon and Jenolan Caves. It has been fifty years since we were there: me with family, Mark on a school trip, and it is still as magical in those caves as I remembered. Polished white sculptures hanging down and reaching up, and the old Caves House is still as elegant as ever.

By now it was time to turn north; the route was to be determined by bushfires burning in so many places. Hence we visited Tamworth and the Country Music Hall of Fame. We joined in Remembrance Day celebrations in Manilla and were camped by the Gwydir River near Bingara on a record hot day of 'catastrophic' fire danger. We were so grateful for the icy fast flow to cool off in. Bingara's pride and joy is a refurbished Art Deco theatre and milk bar, such a surprise.

Another surprise along western roads is the phenomenon of silos used for art. Many an ugly expanse of concrete has been repurposed as a canvas.

The Myall Creek Memorial, east of Bingara, is a very poignant place. The site of yet another massacre of indigenous people, descendants of both sides meet here annually to remember a shameful chapter in Australian history. The perpetrators in this instance were eventually punished. Under Martial Law of the day, so many atrocities against Aborigines in settlers' efforts to acquire land, went unreported and unpunished.

We had turned our heads for home by now. A brief stop in Stanthorpe to visit an old friend of Mark's, then through smokey atmosphere we meandered back to the Sunshine Coast.

Caravanning is a great way of life, more than a holiday, and we look forward to travelling and exploring this way for many years to come.

Donate books for kids and teens this Christmas

Noosa Library is collecting on behalf of Sunshine Coast Basket Brigade for their Christmas appeal. You can donate new, unwrapped books for children and teens at our Cooroy and Noosaville branches until December 9. Give the gift of reading to brighten someone's Christmas.

ODDS & SODS



In last month's Chatter we published 50 Amazing Facts about Australia. Then, horror of horrors !!! We were found to be publishing FAKE NEWS !

Well spotted by Denise Di Carlo who wrote ...

"I just love reading the Chatter. Helps me feel close to the team!!" Then ...



... Say, item 25 in the list of Aussie facts is not accurate 😞. Emu's CAN walk backwards. I have actually seen it with my own eyes. Bob's daughter, Kelly, works at the Canberra National zoo and she demonstrated this to a group of us on a guided tour!!

You see, the old adage "you can't believe everything that you read" turns out to be TRUE !

... Apologies everyone.

New Roundabout for Noosaville

\$2.8M contract awarded for 'blackspot' intersection upgrade

A notorious Noosa traffic 'blackspot' will be upgraded in the coming months after the awarding a \$2.8M construction contract for the job.

PentaCon Pty Ltd will start work on the Ernest Street/Hilton Terrace intersection upgrade at the end of January.

The project includes a new roundabout, plus on-road cycle lanes, pedestrian safety improvements, and a new pavement for Hilton Terrace.

The project will also deliver renewed landscaping, signage and stormwater infrastructure.

"The focus is on improving safety at this intersection, which has been the scene of numerous crashes in recent times," Mayor Tony Wellington said.

"A recent transport study identified this intersection as being the most in need of an upgrade across all our Council controlled intersections, with more than 17,000 vehicle movements at this junction daily."

"It's a real blackspot where traffic regularly queues at peak times as vehicles wait to turn right from Ernest Street on to Hilton Terrace,"

"We've been busy working with service providers to relocate underground services so that we are now able to press on with this much needed upgrade." Cr Wellington said.

PentaCon Pty Ltd was among six companies to tender for the job.

"Work will commence soon after Australia Day and we'll be striving to ensure it's completed before Easter,"

"Obviously, there will be some traffic delays during construction but Council and the contractor will ensure the community is well informed as work progresses."

22 November 2019

Free late-night Go Noosa Loop Bus arrives for Christmas

A FREE Park-and-Ride Loop Bus will hit the road this festive season as part of Council's Christmas Go Noosa transport campaign.

It's in addition to the popular free holiday buses, which again return in the lead up to Christmas – December 14 – and will continue to offer free transport through until January 27.

"The new Loop Bus is a brand new initiative designed to take the stress out of getting around key precincts and help ease congestion and demand for parking in the busiest centres," Cr Brian Stockwell said.

The bus will depart the Noosa Heads bus terminal every 15 minutes in a clockwise loop along Noosa Drive, Weyba Road, and Noosa Parade. It will also operate at night, half-hourly from 7pm to 10pm.

"The night time service means people can jump straight on to a bus near where they're staying, head off to a restaurant to enjoy a night out, then find their way home again quickly and easily on the bus for free," Cr Stockwell said.

"Passengers can get on and off the bus at Noosa Heads Bus Station, temporary stops opposite The J, the TransLink stops at Williams Street and Quamby Place, plus the Weyba Road football club, which is

our major park-and-ride location, with parking for up to 400 vehicles."

Traffic controllers will help pedestrians cross busy roads around Hastings Street and assist buses to get in and out of the traffic quickly.

"We'll be taking this a step further this year with the trial of a bus queue-jump on Noosa Parade on the approach to Hastings Street to ensure the buses keep moving.

"We'll need to remove a small number of parking spaces to make way for the temporary bus queue-jump lane, but they'll be more than made up for at the Weyba Road park-and-ride facility."

Sustainable Seafood Guide : <https://goodfish.org.au/sustainable-seafood-guide/>

Swimming Australia made a video at the NAC

On 22 November 2019 a promotional video was filmed for the 'Australia Swims' campaign at the Noosa Aquatic Centre.

Thanks to **Noosa Masters Swimming**, Shane Knight, President of MSQ, Sal Cuming, Participation Marketing Co-ordinator for Swimming Australia and Helga for being a part of this.

Keep a look out for the video coming soon!

In between swim sets, a number of swimmers and the coach on deck, Viv Merrill, were interviewed by Sal Cuming, about their involvement in Noosa Masters and their reasons for joining; some are swimmers, casual and competitive, some are coaches and some are Technical Officials.

All these positions are necessary to keep Masters Swimming alive and relevant.

Noosa Masters had a great attendance for this session and were asked to nominate a distance that they would swim in the lead up to the Tokyo Olympics 2020.



Viv Merrill - coach on deck



Studley Martin stars !



Shane Knight & Co



Tricia chatting



Bob Morse - stretching



Di McFarlane with Shane Knight



That's it folks !!



Swimming Australia film crew

Fuelling up

Starving after hours of driving nonstop, my husband and I pulled over at a truck stop. While he put petrol in the car, I went in to the restaurant and placed our order. After writing it all down, the girl behind the register asked "Will that be all for you?" "No," I replied a bit defensively, "some of it's for my husband!"

ENDURANCE 1000 REPORT

NOVEMBER 2019



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/>

“Four weeks to go before the end of the Endurance swim for 2019.

Over the past few weeks many members have been undertaking the longer swims and racking up the points.

This also helps the level of conditioning and fitness leading into Christmas.

On 29 November we held a Twilight Swim and we still have the prospect of an Endurance on 29 December (5th Sunday of the month).

It has been great to see Barrie Bedding and his wife Val back at the pool. Barrie has completed several Endurance swims for the Club. Keep it up, Barrie!

Karen Barton in her usual style has been churning up the pool with many long swims since returning to their second home – Noosa.

Also Rod Barton’s prowess with the stop watch is slowly improving ...albeit not up to Karen’s standard. Keep it up Rod and you may yet achieve the ‘Gold’ standard!

A big final effort is required in December to boost our points tally for the year.”

... GO NOOSA !!!

Regards, Rod

Rod Alfredson
Coordinator

Endurance 1000 program
Mob 0418 260716
rod.alfredson@bigpond.com

December

Ceri Weeks	5/12	Jane Powell	19/12
Ian Robinson	7/12	Mark Powell	23/12
Maree Warr	10/12	Barrie Bedding	31/12
Alex Wetherill	12/12		

Another candle on your cake? You know you're getting old when the candles cost more than the cake!

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

Happy
Birthday

It sure doesn't take long



Lynette Clemitson and Tricia Chalmers

Although one day separates their birthdays and they are not the same age, nor even the same Masters age group, Lynette and Tricia celebrated together at the NAC with their Noosa Masters buddies!



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

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Queensland**

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

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Lanyana Way, Noosa Heads QLD 4567
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