

CHALLENGERS' CHATTER

OCTOBER 2013



Guess Who ???

to find out ... see page 5

10 years continuous membership ...

Bob and Olga McCausland joined Noosa AUSSI Challengers Swimming Club in 2003, having been members of the Mackay Masters Swim Club.

They introduced our members to a new word AEROBIC, many had never heard the word before.

Some even struggled to spell it, while the rest reached for their dictionaries : adj.(of organisms or tissues) living in the presence of free oxygen. Still confused? ... it is simply doing long distance swimming.

Then when Jan Croft joined us and began coaching, another word was introduced to our vocabulary ... ANAEROBIC.... now we were totally confused!

Thanks to Bob & Olga for their total dedication to our aerobic program (now the Endurance 1000.

With our club already Queensland champions for the past 4 years, with each member doing their bit, we are hopeful of taking out the National title this year.

Marcia Kimm & Bruce Warren, who took over the E1000 programme from our much loved past President, Pat Mooney, say that this goal is looking very achievable. How proud that would make Bob & Olga!!

A just reward was bestowed on Bob & Olga a couple of years ago ... Life Membership of Noosa Masters.

To Bob & Olga, it has been a pleasure to enjoy your company, congratulations on 10 years membership and contribution to our Club.

Looking forward to sharing many more with you guys.



Photo by Wendy Ivanusec
Badge presentation by
Stephanie Jones, Club
President.

... Tony Frost

MARYBOROUGH MASTERS 2013 ...

TEAM NOOSA: Geoff Lander, Dee Mooney, Bob Morse, Brian Hoeppe, Wendy Ivanusec, Rob Jolly, Jacky



Sometimes gamesmanship takes on a suave, cosmopolitan air, a certain 'je ne sais quoi'. So it was at the Maryborough Masters meet on Saturday 5th October.

Rob Jolly was on a mission! Freshly returned from his sojourn in France, he was determined to unsettle his Miami nemesis (Jay Neville) in the Breaststroke events. An imposing Gallic entrance was called for.

Rob rented a Citroen 2CV convertible. You know ... that unmistakable, almost unbelievably cheeky 'petit auto' so beloved of French film stars and inner-Sydney poseurs. For the occasion, Rob donned a black beret – worn at a rakish angle – topping off his outfit of blue+white striped yachting shirt, three-quarter canvas trousers and subtle boat shoes. With the strains of Edith Piaf echoing from the dashboard speaker, and a smouldering Gauloise held languorously between his fingers, Rob swept into the car park and stopped next to Jay's vehicle. 'Bonjour, mon ami', Rob called, in a convincing accent that channeled both Inspector Clouseau and Charles de Gaulle. 'C'est la guerre, n'est-ce pas!'

Jay blanched, shoulders slumped, as he stared defeat in the face.

Later, poolside, he was overheard in futile urging of his Miami team mates ...

"Once more unto the breach, dear friends, once more ... Stiffen the sinews, summon up the blood ... Disguise fair nature with



hard-favour'd rage ... Then lend the eye a terrible aspect ... Now set the teeth and stretch the nostril wide ... Hold hard the breath and bend up every spirit to his full height." (*)

[(*) Shakespearean scholars amongst you might think these are Henry V's famous words declaimed before the battle of Harfleur. But they are actually word-for-word from the Miami Masters training manual!]

The rallying cry evaporated into empty, futile space. Rob duly executed a clean sweep of the breaststroke events. Despair enveloped the Miami camp, and late in the day could be heard the plaintive lament 'Now is the winter of our discontent ...'.

Monsieur Jolly may have led the charge, but the rest of the Noosa team at Maryborough was similarly impressive. Seven swimmers (supported by stalwart timekeeper Lorna Lander) had made the trip and all made their mark in the pool. Bob Morse did an all-time PB in his 100m BK (1.26.05), Wendy Ivanusec swam three (!) PBs and Dee Mooney scorched up the pool in a very smart 25m Breaststroke. Jacky Shields, who'd been 'foxing' for months about being 'out of the zone', came home first in her five events. Meanwhile, the perennial quiet achiever Geoff Lander went unassumingly about his job of also winning all his events - 'as usual'; 'of course'!

Rob Jolly, Geoff Lander, Bob Morse and Jacky Shields each scored a perfect '50' with outstanding first places in all five events, while Brian Hoeppe, Wendy Ivanusec and Dee Mooney scored 48, 46 and 45 respectively.

The '50s' won gold medals and Brian a bronze. Again, the 'chance' factor at a meet (how

many turned up in one's age group, and what events they selected) denied Wendy and Dee medals, despite their very impressive scores. But, as they chorused



at day's end, 'C'est la vie!'.

FOOTNOTE: It was great to see the Maryborough Masters finally and happily 'at home' in their renovated pool complex. You may recall that the newly-renovated pool was trashed by the big floods two years ago. The repairs/rebuild were finalized earlier this year, and include excellent change facilities and an impressive club house within the new structure. I'm sure we all wish them many good years ahead.

... Brian Hoeppe

HARRY'S HUT ...

Early in September, a small band of Noosa Masters' swimmers arranged to go camping together for a long weekend in Cooloola National Park. Sites were booked; kayaks, camping equipment and all the glamping essentials were packed.

We rendezvous'ed at the Kin Kin pub for lunch, then tackled the rugged track to Harry's Hut in convoy. The reward was a plunge in the tannin-stained fresh waters of the upper Noosa River, and the first round of cocktails (Gin Slings) as the sun set on our peaceful campsite.

Next morning we embarked on an adventure upstream by kayak to Campsite Three, then we hiked up the western side of the Cooloola Sand-patch to view ocean, river flats and mountains from the top. An exhausted but happy crew returned to base camp at sunset that day, to more well earned cocktails (Strawberry Daiquiris) and a very early night!

(Robyn will dine out for ever on the horrors of her solo journey on the Harry's Hut track in her Subaru Empezza, and she will testify that's its a whole lot easier to get to by boat!)

With that charming Pomona cafe` in our sights, the crew disbanded, nursing aching muscles and cherishing memories of magic places so close to home.

... Jane Powell

Ed - The photos taken on this reconnaissance mission give us a glimpse of the treats in store when club members head out by boat on 12 November to eat, drink and be merry on our way to and from Harry's Hut!!



DIRT TALES #1 ...

Lies, myths and everything in between

written by Mark R.J.Besford and Ben Bear



Zero Kilometres

Who starts an adventure, story, book or just lies with zero kilometres as a start? Well, I do and I am taking the time to write this rubbish so just sit back and hopefully have a few laughs and maybe a few tears, (this is for the female gender ... or maybe not?).

A 58 year old gentleman (?) on his GAP year, yes, my GAP year, it may be 38 years late but at least I am on it!

How many mid-life crises can one person have you ask? Well, I believe I am over the mid-life crisis rubbish, so lets get on with it.

Having done a trip around this great land of ours, Australia, in 1999, in a conventional vehicle, about a year ago - in 2012 - I thought, "I would love to go to the places that can only be accessible by 4WD". So the planning began. First obstacle, I don't have a 4WD, second obstacle, I don't have any money. Obstacles? I will rent the house, but still no money and no 4WD. It can't be done at this time, I thought - so I put it in out there to the Universe ... no answer yet ... ET I need you!

Now the fun began. I would cash in my Super, sell my van, buy a 4WD and away I go! Well, that plan started well. I organised a tenant to move in mid-October 2013 and everything will look after itself.

So, June 2013 I purchased a 4WD, an old GQ Nissan (bullet proof). I purchased this from a swimming mate of mine. Now, this 4WD drive is immaculate for an old vehicle and I am confident I have a winner but, alas, two months after purchase the head went. This is nothing to do with 'don't buy off mates' as I know my mate had the utmost confidence in my purchase of his vehicle and, yes, I am still mates with him and we laugh about bad luck.

This is where things started to go pear shaped - as, with life, there always seem to be hiccups along the way. The following Monday my solar hot water system pump collapsed (\$600.00), Wednesday my house insurance notice (\$700.00), Thursday my electricity bill, (\$550.00), Friday my septic (poo) plant needed a pump out and refit new irrigation pipes (\$2,000.00), the repairs

to my van I am selling (\$3,000.00) and last but not least the repair to my 4WD (\$3,000.00). Total \$9,850.00. I have \$6,000.00 in money to my name, that's it. How am I going to get out of this? Well, the Universe must have been listening because I was offered a few painting jobs, handyman work and sign writing that came from nowhere to get me back into the black. Thank you!

During this turmoil of getting my act and money together, my friends were always there in the background watching my back as I think some of them believe I am a loose cannon. Actually, sometimes I think I am a very loose cannon! The question most asked by friends and general population is, "why am I doing this solo"? I think there comes a time when we want time alone and I mean alone. I am not saying I want to live on a deserted Island (maybe?) or not talk to another human being (maybe?), but I believe there is a time in life where we want to be totally one on one. I have done stints away with people and enjoyed it, learnt a lot, but now it is my time. In reality, how alone will I be, travelling this great land with so many doing the same thing, so I imagine the number 42 will come up often and many D and M's around the campfire regarding our existence, death and after death, but that does not really matter as all we have is the now.

Friends ... here we go again. My friend Ben Bear, (Benny) is a little odd to say the least (a bit like me some would say). Now Benny is at a crossroads in life (or after life?) and not sure which road to travel so he asked me if he could come along with me for a while and see how things went. I must admit I was not happy with Benny's request as he knew I wanted this time alone. He insisted he would not say much (he normally doesn't anyway) and would be very supportive of whatever I decided to do.

I have agreed to take Benny for two weeks and see how that works out. As usual Benny did not say a word, just gave me that sort of bearish look, you know, as if no one is at home look? The first two weeks is going to be very interesting indeed.

As mentioned earlier, I am staying with friends till I leave the Sunshine Coast for Tasmania. My daughter is getting married on the 16th of November and I will be heading off straight after the wedding. Yes!

My adventure in Tassie will be staying in the Pieman River area on the north west coast. I have wanted to visit this area for years, very beautiful. Get on the net and have a look.

I am sure after a few weeks in the Pieman River area surrounded by the beauty and serenity answers will be found to many of life's puzzles, relationships (Benny), the universe, why do men leave the toilet seat up and is 42 the only answer to all of the above?

Now, seeing as we are talking in depth at "0 Kilometres" not much can go wrong or you, as the reader, may get the misguided notion that I could be a little (different), yes I like that, we will go with different? I have started reading a great book which is titled, "How to think like Leonardo Da Vinci".

Yes, you read it right. Just imagine if you will, a person looking for the answers to the all of everything, reading a book with insight, wisdom, beauty, poetry and love in an area like the Pieman River. With all that happening and my imagination, I think I will create another Universe. Is this how the Buddha got started?, Jesus parted the red sea, the Earth is really flat, do men really come from Mars and women come from somewhere else, (Oouch!). Anyway, back to me and Leonardo, my new best mate. Great book. This brings me to another matter of frustration, anxiety and dare I say it, anger. We as humans (those other people) use quite vulgar and rude explicit words (usually to do with reproductive body parts, reproduction or part there of) to explain in as few words as possible that we are not happy or really, really angry. I personally have found a solution to this problem without using these associated body part words. I just blame one person for all the ills and misfortune in my life. I just yell out, "Damn you Cameron" and the world is a better place. Thank you Cameron, you know who you are?

One month to go before I put kilometres to this story. Will you dear reader be able to hang in there, put up with this rubbish and just laugh along and believe that you are not the only (different) person on this planet? Well, lets face it ... Leonardo was different? Why not us too? Hang on, Leonardo believed the planet was round. It doesn't matter - he is somewhere else, I'm writing this, not him.

... Mark B

GUESS WHO ???

We thought it appropriate and timely to enlighten the large influx of new members that we have gained in our club throughout the last couple of years, by giving them a glimpse into the life of one of our four esteemed Life Members.

Yes, the photo on page 1 belongs to one of our members at the tender age of twenty. Joseph Henry Gilbert started life shortly before the Great Depression of 1930 in the Queensland border town of Mungindi, some 99 miles west of Goondiwindi.

Soon afterwards, his family moved to Goondiwindi, the town that has produced two mighty greys ... Gunsynd and Joe Gilbert !

Joe's secondary education took him to Brisbane State High School. An above-average student who also excelled on the sporting field - particularly in Rugby - representing the school's First Fifteen team : Runners up 1946 and GPS Champions 1947. Joe's Rugby passion continued, playing with GPS Old Boys.

His Rugby career culminated in 1957 when he represented Queensland against the New South Wales Waratahs .

Not surprisingly, Joe's playing position was Hooker in the front row - not a place for the faint hearted. He was well equipped, being the Queensland Golden Gloves Boxing Champion (1949) before being the Australian Universities' Boxing Champion the following year in both Middle and Light Heavyweight Divisions.

Like many young Brisbane lads who gravitated to either the Sunshine or Gold Coasts on summer weekends and joined Surf Life Saving Clubs, Joe joined Burleigh Heads Mowbray Park S.L.S.C., gaining his Bronze Medallion in 1949 and Instructor's Certificate in 1951.

Recently, I caught up with one of his fellow Surf Club mates, Ken Bostock, who remembers a young Joe vividly, recalling - "A great guy who, when necessary, could let his fists do the talking."

Obviously Joe soon mellowed, thanks to the "love of his life", Joy, with whom he celebrated 50 years of wedded bliss this year. With four children (Christopher, Ross, Sean and Penny), 7 Grandchildren and 4 Great-grandchildren, life couldn't be sweeter!

Joe's working career began in the oil industry with Atlantic Union Corporation who produced "Esso" fuel. Many of us remember filling our early model vehicles with a "tiger in the tank". Brisbane and Warwick would become Joe's work locations.

After being head hunted by General Motors Holden, Joe returned to Brisbane where GMH were the Australian distributors of Toyota.

Various career moves in the motor and allied industries saw Joe working as Assistant General Manager, Theiss Australia, based in Sydney. Further moves took them to WA and Melbourne.

... Tony Frost

Next Edition:
1978 - Joe arrives in Noosa.



Graeme Brewer, built like a Rugby forward, utilised his strength and power to become a force in Australian swimming

BREW'S BASH - YOU'RE INVITED

Join Graeme Brewer (Brew) for ocean swim at Noosa Main Beach on Tuesdays starting at 12 noon sharp at water's edge in front of the Surf Club.
Brew swims to the river mouth and return. However, if part of distance suits you that's OK.
-
- Noosa Masters swimmers welcome.

5 EASY STEPS - to clean up your diet

Consuming an acidic diet over a period of time will eventually corrode our tissues and impair basic cellular activities and functions. Disease and illness thrives in an acidic internal environment so choosing alkaline foods are the best choice for creating long term health.

1. Keep Hydrated: Research has found that about 90 percent of people are chronically dehydrated which is having a massive impact on their quality of life. It amazes me that people say they don't often drink water! How they do they get through the day?

Getting properly hydrated will make a huge difference to your health, energy, vitality, and immunity. Everything is influenced by the quantity and quality of the water you drink.

Hydration Action Steps

Drink 6-18 cups of water each day. A good rule of thumb is to drink half your body weight in ounces each day.

Drink lemon water: 2 cups of luke warm filtered water with the freshly squeezed juice from 1/2 lemon. It helps cleanse the digestive system, ignite your metabolism and buffer excess acids. Despite the lemons being acidic in their natural form, lemon water is alkaline forming to the body once consumed.

Enjoy organic herbal teas such as Rooibos, peppermint and nettle.

2. Go Green! : There is conflicting information about which foods are alkaline and which are acid-forming. This simple rule covers 90 percent of foods:

Alkaline foods are those that you already know are good for you: fresh vegetables, salads, leafy greens, low-sugar fruits, nuts, seeds and healthy oils; unrefined, organic, high-water content foods.

Acidic foods are those that you already know are not great for you in excess: refined, foods, fast foods, trans-fats, meat, dairy, sugar, caffeine, white bread, white pasta and rice, condiments, alcohol, chocolate, chips, ice cream and pizza.

Aim for a ratio of 80/20: Consume 80 percent alkaline foods to 20 percent acidic foods. For a full list of alkaline foods visit Food Matters here: <http://foodmatters.tv/articles-1/heartburn-indigestion-acid-reflux-how-to-kick-and-over-acid-diet>

3. Adding: Take it slowly! People who try to be perfect from day one miss the chance to learn, experiment and find meals that work for them and their family. They end up feeling hungry, fed up and restricted. It is far better to transition and get there slowly, by sticking to it for the long term rather than being perfect for a day or two and then crashing. Keep the focus on adding more and more alkaline foods each day!

4. Oxygen: A simple breathing exercise once or twice a day will give your body a huge helping hand in removing excess acids from your bloodstream. Plus it allows you to stop, focus your mind, visualise and relax, which is also nice.

Sit comfortably, close your eyes and follow this simple breathing pattern:

Breathe in for the count of 4.
Hold for a count of 8.
Breathe out for a count of 4.
Repeat 10 times.

5. Supplements: There are so many supplements out there, all promising different things and all claiming they are better than the others.

Here are some core supplements that are particularly important for cleansing and alkalisng your bloodstream:

Green powder: This is a combination of powdered grasses, fruits, vegetables and sprouts with a focus on wheatgrass and barley grass.

Alkaline water: You can make alkaline water in a number of ways including using a water ionizer, pH drops or adding freshly squeezed lemon.

Alkaline minerals: The primary way that your body buffers acids is through the alkaline minerals: sodium, magnesium, potassium and calcium.

Cleansing your body is simple when taken slowly when you focus on adding rather than perfection and when you still allow yourself treats and fun. Take it easy, have a sense of humor with it and enjoy it. Keep it simple and if you mess up, don't beat yourself up! Go for a walk, refocus and just start again! The rest of your life is a long and interesting journey, so enjoy it with the health, energy and vitality you deserve!

By Ross Bridgeford on kriscarr.com - source: <http://kriscarr.com/blog/5-easy-steps-to-an-alkaline-diet/>

COACH'S CORNER ... BY JAN CROFT



Top 5 freestyle tips

1. High elbow recovery encourages body roll, keeping elbows and hands close to the body helps to prevent hips and feet swinging wide and creating resistance.
2. Keep elbow up, most common mistake is dropping elbow.
3. Letting hands cross the centre line under the body causes hips and legs to swing wide and create drag.
4. Swim over the black line, breathe every 3 or 4 strokes and watch your hands.
5. The best swimmers roll before they breathe

Swim well !

TOO MUCH SITTING IS KILLING US ...

October 19th, 2013



Introduction

Both the American Heart Association and American College of Sports Medicine have exercise guidelines that most masters athletes meet – 30 minutes of moderate intensity exercise 5 days per week or vigorous exercise 3 times per week. Doing this lowers the risk of both morbidity (illness and disease) and mortality (death). However, even in older athletes like ourselves, approximately **55% of our day is spent sitting** (eg driving, working at a desk, eating meals, watching TV). This study examined **sitting time, disease status and mortality in a large group of Canadians** to see what the relationship was between sitting time, disease and death.

The Research

A sample of **17,013 male and female Canadians 18-90 years** were studied as part of the Canada Fitness Survey. Evaluation of daily sitting time (five categories – almost none of

the time, one fourth of the time, half of the time, three fourths of the time, almost all of the time), leisure time physical activity, smoking status, and alcohol consumption was conducted at baseline. Participants were **followed for an average of 12 years to determine disease status and death rates.**

The Results

There were 1832 deaths (759 of cardiovascular disease (CVD) and 547 of cancer) during the 12 years of follow-up. There was a progressively **higher risk of mortality across higher levels of sitting time** from all causes and CVD but not cancer. Similar results were obtained when analysis was done to compare by sex, age, smoking status, and body mass index. Age-adjusted **mortality rates per 10,000 person years of follow-up were 87, 86, 105, 130, and 161 in physically inactive participants but, as we'd expect (lower) 75, 69, 76, 98, 105 in active participants** across all sitting time categories.

So What?

The researchers concluded that the **higher the amount of sitting time the greater the risk of death from all causes and CVD** in particular, **independent of leisure time physical activity**. In addition to the promotion of moderate-to-vigorous physical activity and a healthy weight, **we all should stop sitting for extended periods**. While no guidelines currently exist for reducing sitting time, [Australia's Heart Foundation \(see page 3\)](#) have some tips that might give you some ideas. Another respected source, [The Mayo Clinic](#) in the USA has some [tips](#) too. Check them out!

Source: Katzmaryzyk, P. and others (2009). *Sitting time and mortality from all causes, cardiovascular disease, and cancer. Medicine and Science in Sports and Exercise*, 41(5): 998-1005.



NOOSA HEADS S.L.S.C. BEST IN AUSTRALIA



On Saturday, 26 October, Surf Life Saving Australia hosted their Awards evening in Sydney, a culmination of the 2012-13 season. The function's highlight was the announcement of Australia's best Club.

The Surf Life Saving movement is Australia's largest voluntary movement with 165,820 active members representing 311 clubs, protecting Australia's coastline and last year completing 2,818 rescues from late September through to early May.

The Club of the year finalists were:

Western Australia	NORTH COTTESLOE
South Australia	BRIGHTON
Northern Territory	GOVE PENINSULA
New South Wales	WOONOONA
Queensland	NOOSA HEADS

Following a 35 minute video presentation by Noosa Heads SLSC, high listing its achievements for the season, including:

- # Introduction of the SEA HORSE Nipper program where 46 physically challenged kids were able to learn and enjoy surf skills.
- # 40 % membership increase with 344 active members patrolling 15 kilometres of coastline from Alexandra Bay to Noosa's North Shore

- # 85 years of continuous patrolling at Noosa Heads.
- # Local community assistance, including being the major sponsor for the last 2 years of the NOOSA MASTERS SWIM CARNIVAL.

Noosa Heads SLSC presentation team of Gerard O'Brien (President), Daniel Capps (Captain), Byron Mills (Active Club Manager), Anton Mogg (Supporters Club Manager) and accompanied by two of the Club's Life members, Ian Young and Ron Lane, who collectively have given over 100 years service to their Club.

MC for the evening, Mr. Ralph Devlin, QC, President of SLSQ, made the big announcement:

AND THE WINNER IS: NOOSA HEADS

Justifiably proud Club Captain, Dan, said: "An enormous team effort by all of our Club members that makes me proud to wear the RED & YELLOW cap."

CONGRATULATIONS to Australia's Best Club 2012-13

Rightly proud are 3 of our members who are also active members of Noosa Heads SLSC: Bruce Warren, Trevor King & Tony Frost.

... Tony Frost



VAL BEDDING celebrated her 70th birthday at the NAC after squad with her Masters buddies. She was surprised when Jess Tye produced a very special cake for all to share. There was a rousing rendition of "Happy birthday" by all before Val plunged in the knife and made her secret wish

Val and Barry are two of our longest serving members with a special interest in the E1000 programme which they have strongly supported since they joined the club and both are proud to wear their 10 year membership badges

Val and Joyce Faunce spent many long hours over the selection of our club colours and the design of the club tracksuits and bathers.

MICHELLE'S MUSINGS ...



23/10

Left Cape Flattery. Winds abated 15 > 18Kn took advantage & motor/sailed to Hope Island (south of Cooktown north of Bloomfield River about 10Kms offshore,

it is a stopover for boats traveling to Lizard Island.

When we arrived we were surprised to see fellow sailors (from Caloundra!) were anchored; on their way to Lizard Island. What a great time we had catching up with each other.

Anchored beside our boat was a huge charter MV (motor vessel) + a tethered marlin boat.

Of course I had to do some snooping to find out some information about the vessel.

Yes well – US\$60000p/w, sleeps 6, crew of 5, 2x525 motors, cruises at 12Kn.

The interior has that 'old world charm furnishings'.

Don't forget to add on GST, alcohol, & other incidentals.

Suppose if you had a group of 3 couples who had that kind of \$'s to splash around why not.

Anyway they were friendly, everyone waved when they saw you on deck.

We have stayed at Hope Island before, this was the first time that we didn't have rough

Conditions. The seas flattened out, the sky was aglitter with stars, boats motoring up the shipping channel, the 'big

boat' lit up like a Christmas tree, birds & bats screeching/whistling on the island. It was just one of those wonderful nights at sea.

24/10

We left Hope Island for the short sail to Pickersgill Reef (10Nm) for some snorkeling/fishing. This is a sand cay with a lit beacon, few birds. Didn't catch any fish, when snorkeling we were Mon the lookout for crocs. The water clarity was poor we didn't stay in for too long.

We did manage to have a swim close to shore. We have now got this down to a fine art one of us Mis a 'meerkat' while the other swims, then swap over.

We had good conditions, decided to stay overnight, the birds from the island decided

that our boat was a good resting place too. Next morning there was poop all over the solar panels!

25/10

07:00 start, again we had to motor/sail – our destination Port Douglas. 15Kn SE, not too bad

We could see a couple of boats in the shipping channel wondering what they would be doing there.

Do you remember on the news that a MV caught fire a couple of weeks ago, it was the salvage boats.

If it burnt to the water line, what would they salvage, it was in 80ft water, no danger to the ships

This was a reminder that one has to be vigilant at all times.

What a morning we had. Few clouds, light winds, the sun in all its brilliance radiating on the rainforest which goes all the way to the sea was an incredible green, the enormity of mountain ranges, aqua/blue of the sea, ships carrying their cargo north/south For most of the day we had yachts sailing beside us, or going north, marlin boats racing past back from the Lizard Island fishing competition.

This part of the coastline is one we enjoy the most.

We arrived at Port at 14:30. We have a berth at the yacht club, only small marina, friendly folk came to give us a hand to berth up as the pods are skinny, & there isn't much room for maneuvering.

So for the next week we are exploring, cleaning the boat, having the rellies visit.

It's funny being in urbanisation again after being at sea for so long. We are used to togs t shirts no shoes

Now it's wear clothes & wear shoes. It's the noise of vehicles & people about that we find unsettling.

Next stop will be Cairns on Friday evening for about a week, or if the weather is good will head to the reef instead.

That's about it for this letter Smiles & hugs from me

ShelJJ



2013 MSQ Calendar of Events

Month	Club	Course	Region	Sanction#	Venue
November					
2	Caribee Rocky Crocs	LC	Central	27/13	Rockhampton Grammar S.
TBA	Caribee Rocky Crocs	OWS		28/13	
9	Cairns Mudcrabs	SC	North	29/13	Gordonvale A C, Cairns
17	Ipswich Masters	LC	South	30/13	Ipswich Grammar School
30	Aqualicious	LC	Sunshine	31/13	Centenary Pool
30	North Mackay Sinkers	SC	Central	32/13	North Mackay High School

Information on upcoming happenings to pencil in until Christmas.

Melbourne Cup lunch, :Viv & Geoff Merrill's new home, 5th November

Dinner Global Village - 22nd November

Christmas BBQ/get together, Gympie Terrace - 15th December.



<http://www.whathappenedinmybirthyear.com>

November Birthdays

Owen Curtis	4/11
Lars Nesbitt	4/11
Kathleen Gordon	8/11
Anne Besser	9/11
Leigh Rodgers	16/11
Bruce Warren	16/11
John Hordyk	29/11

**HAPPY BIRTHDAYS TO ALL
FROM ALL OF US**

SOCIAL EVENTS

see above

CRAFTERS MEETING

TBA

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

VISIT OUR WEBSITE ...
www.noosaaussichallengers.com

Challengers Chatter

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