

CHALLENGERS' CHATTER

JANUARY 2014



AUSTRALIA DAY 2014
CLUB OCEAN SWIM

A happy band of about 30 swimmers gathered on the forecourt in front of the Noosa Heads Surf Club on Australia Day morning at about 7.15 am for a 7.30 start. Jan Croft had us organised into 2 groups of swimmers - Little cove Group and Flat Rock Group.

Jan was going to escort the less experienced surf swimmers for the jaunt to Little Cove and return. This left another group of 15 hardy souls to brave the further reaches of Laguna Bay out to Flat Rock and perhaps even the Boiling Pot.

Some suggested we might even head around the corner to Tea Tree Bay but I doubted this was going to be sensible given the prevailing conditions of strong southeasterly wind and moderate swell.

Jan prevailed upon me to escort the Flat Rock group which I was glad to do as it meant I did not have to keep to Kerrie Crisps blistering pace. I have always loved ocean swimming so it is no chore to swim steadily rather than race. It is wonderful to enjoy the surroundings and encourage others to relax into the call of the "Big Blue".



Heading out through the not inconsiderable beach break we encountered a series of 2 banks and 3 gutters with a strong sweep along the inshore waters towards Middle Groyne. We also had to dodge some Pink Nippers Club buoys and a plethora of water-safety craft and swimmers.

Once beyond the break the relatively calm surface conditions and clear warm water made for delightful steady swim out to First Point

I paused momentarily to ensure our group were staying well to seaward of the SUPs and Malibu riders and noted that Jane and Katrina were already making strong progress across Little Cove Bay towards National Park.

There were a few small "lice" type bites in the water but no serious stingers and the water was clear enough to make out the sandy ripples on the bottom and a few small fish around the cungevoi



AUSTRALIA DAY ... cont'd



We all arrived relatively "en masse" at the stairs at "Nationals" and the and while treading water to the seaward of all the board-riders the democratic decision was made to proceed further out with a second stop being made between the Boiling Pot and Flat Rock. With our head count of 15 complete I announced we should now turn back as at this point I could see the conditions around the corner towards Tea tree Bay were going to be less than favourable or safe



AUSTRALIA DAY ... cont'd



With our faithful 2 water safety paddlers from the Noosa Heads Surf Club in convoy we headed back to main beach with the assistance of the swell and the sweep

Jan Croft met us again off First Point and together we brought our group wide of the board riders and back to the beach amongst the throng of energetic Nippers learning their surf skills .

Some of us paused in the "Lineup" to catch a few "Body Surf" waves. Sadly, my dear wife mistimed her sprint for a wave and clashed with one of the "Nippers" pink buoys ending up with a skin tear to her forearm which was ably "patched up" by the First Aid officers on the beach.

Our swim was followed by coffee and Jacky Shields' delicious 60th birthday cake from Jaspers.

Thanks for your company one and all ,

Happy Swimming

... Mark Powell



JACKY'S

BIG '6-0'

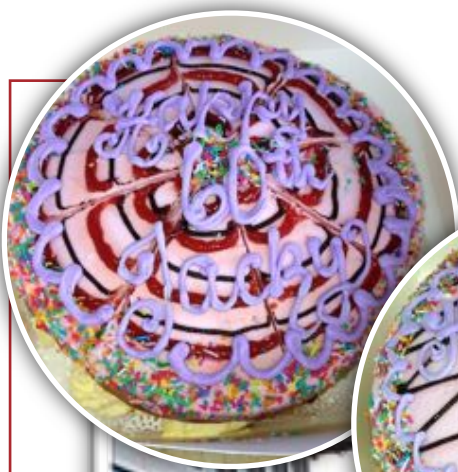
Jacky Shields has had an unforgettable sequence of 60th birthday celebrations ... first of all a big night out with husband Jeff on the actual date of her Birthday. Then, in spite of a threatened migraine, Jacky baked two different types of mini muffins to bring to the pool after squad on Thursday -

When a couple of suitably inscribed birthday cakes appeared on the table, the assembled club members burst forth into a melodious rendition of "Happy Birthday" before the sweet offerings were demolished with relish!

But wait there's more !!

After the Australia Day Ocean Swim at Noosa Main Beach, when everyone had settled down to enjoy their well earned coffee as they relaxed on the grass bank in front of Sails, Jacky produced yet another delicious 60th birthday cake which the club had ordered for her from Jaspers ... amidst much smacking of lips, it was declared delicious and just the shot to round off a beautiful morning and conclude Jacky's 60th celebrations in great style !!

... Ed



Rob Jolly denied all knowledge of how his plate got to be in such a state !!



GREAT KEPPEL ISLAND SIDE TRIP

by Tony Frost



For those attending the Nationals in Rocky this coming April in particular, but for general interest, a great opportunity exists to visit Great Keppel Island whilst it is still an unspoiled paradise ... before the recently approved 5 star resort and Greg Norman 18 hole golf course becomes a reality.

A 30-minute 'Fast Cat' trip from Rosslyn Bay, 10 minutes from Yeppoon, departing daily (Mon & Tue 10.30am and Wed to Sun 9.15am)



Options:

Mon (combo cruise) - A day trip

Dep. Rosslyn Bay 10.30am, Dep GKI 3.45pm - Adult \$104, Conc. \$97

Includes: return ferry transfer to Great Keppel Island, morning tea, glass bottom boat tour, BBQ buffet lunch, snorkelling and boom-netting (optional) and free time on Great

Keppel Island, glass bottom boat tour and free time on Great Keppel Island.

Wed, Thu, Sat, Sun (full day cruise)

Dep. Rosslyn Bay 9.15am, Dep GKI 3.45pm - Adult \$137, Conc. \$128

Includes: return ferry transfer to Great Keppel Island, morning tea, glass bottom boat tour, BBQ buffet lunch, snorkelling and boom-netting (optional) and free time on Great Keppel Island.

For Brochure:

Phone (07) 4933 68888 or email:

info@freedomfastcats.com

or perhaps ...

Island Stay for a few days

Geoff Mercer is a Noosa local who discovered Great Keppel Island 35 years ago as a youngster and runs Great Keppel Island Village: Tel. 07 4939 8655 or Reservations 1800 537 735

Keppel Island..

Tues (Corall/Lunch cruise)

Dep Rosslyn Bay 10.30am, Dep GKI 2.30pm - Adult \$87, Conc. \$80

Ideal Place for ...

- * Great sandy beaches
- * Safe ocean swimming at Ross Bay
- * Snorkelling: Coral : Marine life in shallow waters off beach
- * Walks

DIRT TALES - *by Mark Besford*



Huon River

Excerpt from Dirt Tales #15

(Dirt Tales can be read in its entirety in the email circulated to members

- 13 pages)

The wildflowers still captivate me but I have to stay focused as the incline is very steep, steeper than I first thought. We are about half way down and I was unintentionally gathering speed with Benny bringing this to my attention by telling me to slow down. This is where I accidentally put my foot on the accelerator instead of the brake. The car jerks forward, jack knifing very fast about three times before I start applying the brake. The brake pressure I applied was too hard, putting the car into a slide then doing a 360 rotation continuing turning and now sliding backwards towards the edge of a cliff. Dirt and dust everywhere with the noise of stones being thrown up under the chassis intensifying the panic. We slid about thirty metres in a space of time being no more than twenty seconds but felt like an eternity as the cliff was willing us toward it.

We finally stop. I could hear my heart pounding away, adrenalin overload with extremely heavy breathing. I just sat there

in shock, Benny the same. We sat for maybe 3 minutes in complete silence. I was now in anticipation as to what will come out of Benny's mouth. He just looked at me with an expression of anger overload, face flushed. Here it comes I thought.

"Are you on a death wish!?" yelled Benny.

"It was an accident." my reply in a very shaky high pitched tone.

"I know, I'm not stupid but could you not have any more especially when I'm around or in the car." I thought we were gone for sure." Benny's reply in a tone of relief.

I turn to look out my window to see the edge of the road not more than maybe 200mm from the front wheel. I apply the hand brake, rest my head on the steering wheel, my whole body shaking. I have to get out, yelling at Benny.

"Get out! Get out!"

Benny also still in shock just exited with me following him as it was not safe to exit out my door.

On exited the car we look, both in disbelief as to what our eyes are relaying back. We look back to where the vehicle first lost control with the wheels marks leaving a defined image of the path taken.

How the vehicle did not hit any of the scrub or side wall of the road is nothing short of a miracle.



Lime Bay



Arthur Range



We now survey where the vehicle rests.

I am still shaking, just staring till Benny brakes the silence with.

“Look, look at that drop. That has to be at least 30 metres with nothing to stop us. We would have certainly been seriously injured if not killed. Let’s not try for three times unlucky. O.K.”

- to be continued

ONLY ONE IS ALL YOU NEED

My motto for this year is 'Only One'. After moving States last year I discovered all the spares, the 'if I run outs' and the under-used over-rated items I had managed to accumulate in seven years. This taught me a valuable lesson and I have decided that if I do nothing else to save money this year, I will

certainly save by having only one of everything! This motto will save me money, time and space as I will have one facial moisturiser, not 10. I will have one of each utensil in the kitchen instead of multiple spoons and so on. I will resist buying any on-sale food items to stock- pile as I

am not a squirrel. I am sure the next week there will be a similar item on sale maybe just a different brand - which will give us more variety anyway! I am looking forward to seeing how many ways I can save by sticking to my 'Only One' motto this year.

... *Simply Savings*

COACH'S CORNER ... BY JAN CROFT



Tip time again ..

Two fundamental drills to include in our workouts are ...

1 . Catch up free-

Catch up drill shows swimmers where their best leverage is , which is at the front 1/3 rd o.f the stroke- shoulder above elbow, elbow above wrist wrist above fingers.

2. Streamlined kick.

Lock both hands together, breathe to the front, whilst kicking, teaches swimmers to breathe and kick at the same time., a common mistake is for swimmers to stop kicking when they breathe.

DEMENTIA PREVENTION ...

New research links poor diets with dementia and Alzheimer's

Worried about loosing your mind? Me too! So here is some good news. It seems that a plant based diet may be one of your best hopes for remembering who you are, and having a clear, active mind in old age. So this week we look at the growing rates of dementia and the top 8 food related things we can do about it.

Recent research shows that dementia may well be another of the lifestyle based, chronic degenerative diseases - just like heart disease, type 2 diabetes, MS and cancer; and as such, can be prevented by eating well and having a healthy lifestyle.

This is important information, not so well known by many, so maybe this is information to share with those you care about.

Most of us these days know someone whose mind is not what it used to be. Those of us into our 50s, 60s and on, may well be noticing the memory slips, the "senior moments" and find ourselves wondering what the future holds. Those of us who are younger may well be noticing the same issues in their parents or other elders we value and find ourselves wondering, "is this the beginning of something really scary".

The fact is that dementia and Alzheimer's are tough conditions. They can seemingly rob people of their maturity whilst creating large care loads for families, friends and the community.

So what to do? Many of us will know that recent developments in neuroplasticity have established that the "use it or lose it principle" is real. Yet many of us will know people who had active minds that still descended into dementia in one form or another.

So here is the next link. There is a rapidly growing body of evidence linking lifestyle and dementia; specifically that what we eat can accelerate cognitive and memory loss, while the right food choices can protect us and maybe they can even foster ongoing mental development through old age.

Here is the scale of the problem. According to a recent report, the number

of people living with dementia is expected to triple worldwide to 135 million by 2050. At the same time, a group of leading doctors is calling on the global health community to refocus the battle against dementia away from "dubious" drugs and to the benefits of a Mediterranean diet instead.

Addressing the UK's Health Secretary, some of that country's leading doctors - including the former chair of the Royal College of General Practitioners Professor Clare Gerada - have said that persuading people to eat a diet based mostly on fresh fruits and vegetables, nuts, fish and olive oil is "possibly the best strategy currently available".

They expressed concern that this information was largely being ignored because of the "low awareness and prestige given to diet by many in the medical profession".

They said that a healthier diet could have a "far greater impact in the fight to reduce the dramatic increasing rates of the disease than pharmaceutical and medical interventions", citing the "dubious benefit of most drugs" for this condition.

"The evidence base for the Mediterranean diet, in preventing all of the chronic diseases that are plaguing the western world is overwhelming," added Dr Aseem Malhotra, a London cardiologist. "This includes cardiovascular disease, type 2 diabetes, Alzheimer's and cancer".

By contrast, increased animal fat consumption is associated with more Alzheimer's disease. Dietary data analyzed from people 65 years and older in Japan and in eight developing countries including India, China, and Brazil have shown that as animal fat and calorie consumption increased, so did obesity (not surprising) and the prevalence of Alzheimer's disease (not so well known).

According to this research author, mechanisms for dementia risk include being overweight and an increased intake of saturated fat, cholesterol, and iron.

These 7 dietary principles promote brain health and can reduce the risk of Alzheimer's disease.

1. Minimize your intake of saturated fats and trans fats. Saturated fat is found primarily in dairy products, meats, and certain oils (coconut and palm oils). Trans fats are found in many snack pastries and fried foods and are listed on labels as "partially hydrogenated oils."

2. Vegetables, legumes (beans, peas, and lentils), fruits, and whole grains should be the primary staples of the diet.

3. One ounce of nuts or seeds (one small handful) daily provides a healthful source of vitamin E. Make sure they are fresh, not rancid.

4. A reliable source of vitamin B12, such as fortified foods or a supplement providing at least the recommended daily allowance (2.4 mcg per day for adults) should be part of your daily diet.

5. When selecting multiple vitamins, choose those without iron and copper, and consume iron supplements only when directed by your physician.

6. While aluminium's role in Alzheimer's disease remains a matter of investigation, it is prudent to avoid the use of cookware, antacids, baking powder, or other products that contribute dietary aluminium.

7. Include aerobic exercise in your routine, equivalent to 40 minutes of brisk walking three times per week.

And for a bonus - Number 8 - Reduce, or better still eliminate white sugar from your diet.

Why? Because high blood sugar levels are linked to the risk of developing dementia. In a study last year, and after nearly 7 years of follow-up, those with 15 % higher blood sugar levels (an average blood glucose value of 100 mg/dl, compared with 115 mg/dl) recorded a 15% increase risk in dementia.

Prior studies show that diabetes is associated with an increased risk of Alzheimer's disease, but this one showed an increased risk of dementia even in people without diabetes.

Reference: Crane PK, Walker R, Hubbard RA, et al. Glucose levels and risk of dementia. [N Engl J Med. 2013; 369:540-548.](#)

FISH 'N' CHIP BABIES

A picture says a thousand words !!!!!!! Here is our latest effort of 29 fish and chip jumpers, 37 bonnets/beanies, 2 larger jumpers and 13 squares which have just been posted to England for distribution in Rwanda by the Kirambi Mission.

Besides the girls in the picture there are others who have contributed to this great effort, including Dyanna Benny and Valerie Bedding. Marcia is not a knitter, but contributed a huge box of wool which will now keep us busy for many months to come.

At the front of the photos is the Christmas card with tiny babies wearing some hand knits. This was sent to us from the Kirambi Mission with warm thanks.



We have also received several letters and cards of appreciation from the ladies in England to whom we post the knits.

Postage paid by Noosa Masters Swimming Club, so - indirectly - all members can share the feeling of satisfaction in 'doing good'.

We are off and running (or should I say knitting) for this year. If you would like to join us for our craft afternoon (you do not have to knit, any craft activity including talking is acceptable) please come along to our next get together on **11th February at Jaspers on Weyba, 1:00 - 3:00pm.**

... see you there
Robyn Selby

PALM OIL - Products on Australian shelves that contain Palm Oil.

The palm oil content in the palm products is listed as Emulsifier.



WENDY & IVAN'S NEW YEAR BBQ 2014 ...

by *Trixie Wonderlich - social reporter*

As always, the Lilly Pilly Place cul de sac was thronged. The usual suspects were there: the dedicated band from PETA (People for the Ethical Treatment of Animals), holding aloft placards with scurrilous accusations that the Noosa Masters mob was about to munch on more beef than the annual consumption in a small African country; the Amnesty International contingent – morally indignant that (once again) Ivan would be chained to a barbecue in the blazing sun, endlessly turning snags ... but absolutely outraged to learn that it was the hapless man's birthday! The customary 'Free Ivan' chants had an added poignancy.

This year, however, the protestors jostled for space with a fearsomely armoured detachment from the Tactical Response Group, acting on intelligence that a band of 'outlaw bikies' would descend upon the

joyful gathering. By day's end, however, the paddy wagon contained just one forlorn felon – Jess, bundled off her scooter, clapped in irons and not seen since. Meanwhile, bikers Owen and Sue slipped through the dragnet, having cunningly disguised their BMW roadster as a rickshaw and themselves as Middle Kingdom anthropologists.

What Jess missed was a glorious Sunday gathering of Noosa Masters 'best and fairest'. The women – having obviously made some serious forays into the Hastings Street boutiques - basked in the warm glow of admiration. The men's outfits, meanwhile, were testament to the gems to be found in the St Vinnie's 'bargain bins'. (Watch for the double-page spread in 'Noosa Today'.)

Once again, the serving tables demonstrated the culinary skills of

perennial hostess Wendy and other talented gourmands within the club's ranks. The salads disappeared in a flash, and conversation hushed as forty or so Masters settled into the serious business of eating. Bruce, seizing the opportunity, called the gathering to order and congratulated Wendy and Ivan on providing such a delightful entrée to 2014. As the warm applause abated, Bruce led the group in an almost tuneful rendition of 'Happy Birthday'. Ivan paused briefly from his hotplate duties and, beaming, conducted the chorus with oversized barbecue tongs.

After this interlude, conversation and drink again flowed in equal measure. Eventually, as the sun descended, people wandered off home, averring that the afternoon had been 'a beauty'. Well done Wendy and Ivan. Again.

Postscript: For the statistically minded. For the fifth year running, the next day's papers in New Zealand reported that there had been a dramatic and mysterious spike in the consumption of Marlborough sauvignon blanc on the Sunday, with volumes rivaling those of Christmas Day, Australia Day and Melbourne Cup. If only they knew!

Possibly a small PA system would be a real blessing and it's possible our committee is already investigating this possibility!

NEW YEAR BREAKFAST ...



Fantastic roll up to the first breakfast of 2014.

Lane 1 catered & did a magnificent job!

Certificates were presented - visitors warmly welcomed to our squad and to the breakfast which followed. The raffle showed a healthy profit ... there was much talk and laughter - great bonhomie all around ... what more could a Club ask?



2014 NEW YEAR BBQ ...



CHINESE NEW YEAR 2014...

The Year of the Horse



A Charming New Year

Legend has it that in ancient times, [Buddha](#) asked all the animals to meet him on Chinese New Year. Twelve came, and Buddha named a year after each one. He announced that the people born in each animal's year would have some of that animal's personality. Those born in horse years are cheerful, skillful with money, perceptive, witty, talented and good with their hands. [Rembrandt](#), [Harrison Ford](#), [Aretha Franklin](#), [Chopin](#), [Sandra Day O'Connor](#), and [President Theodore Roosevelt](#) were born in the year of the horse.

Fireworks and Family Feasts

At Chinese New Year celebrations people wear red clothes, decorate with poems on red paper, and give children "lucky money" in red envelopes. Red symbolizes fire, which according to legend can drive away bad luck. The fireworks that shower the festivities are rooted in a similar ancient custom. Long ago, people in China lit bamboo stalks, believing that the crackling flames would frighten evil spirits.

The Lantern Festival

In China, the New Year is a time of family reunion. Family members gather at each other's homes for visits and shared meals, most significantly a feast on New Year's Eve. In the United States, however,

many early Chinese immigrants arrived without their families, and found a sense of community through neighborhood associations instead. Today, many Chinese-American neighborhood associations host banquets and other New Year events.

The lantern festival is held on the fifteenth day of the first lunar month. Some of the lanterns may be works of art, painted with birds, animals, flowers, zodiac signs, and scenes from legend and history. People hang glowing lanterns in temples, and carry lanterns to an evening parade under the light of the full moon.

In many areas the highlight of the lantern festival is the dragon dance. The dragon—which might stretch a hundred feet long—is typically made of silk, paper, and bamboo. Traditionally the dragon is held aloft by young men who dance as they guide the colorful beast through the streets. In the United States, where the New Year is celebrated with a shortened schedule, the dragon dance always takes place on a weekend. In addition, many Chinese-American communities have added American parade elements such as marching bands and floats.

...Ed

Chinese New Year is the longest and most important celebration in the [Chinese calendar](#). The Chinese year 4712 begins on Jan. 31, 2014.

Chinese months are reckoned by the lunar calendar, with each month beginning on the darkest day. New Year festivities traditionally start on the first day of the month and continue until the fifteenth, when the moon is brightest. In China, people may take weeks of holiday from work to prepare for and celebrate the New Year.

DIARISE THIS DATE 24 MAY 2014



Sandy & Bruce's Annual Bash this year's theme ...

AUSTRALIANA



- **REMINDER -**
- Valentines Day @ Rosie's
- Bookings and pre-payment essential to Robyn Selby



LAP OF LAKE WEYBA ...



A quick lap of Lake Weyba, what do you say? Only thirty kms, cycle path, dirt road, bush track, roadway. Breakfast en route at Peregrin, then a refreshing ALCOHOLIC cider ... that's what really wiped me out! Thank you Rob & Susie Ellis! And [Mark Powell](#) 'Twas a wonderful morning.

... Jane Powell



PARDON MONSIEUR ...

Another success story from the Class of 2012 "Come & Try" day came in the the form of a dapper Robert Jolly, who has proven to be an unique member of our Club.

With influences of United Kingdom, Australia and France, being British born, not surprisingly Robert could barely roll an arm over to be considered a competent swimmer.

As a teenager, his family migrated to Australia, residing in Brisbane, before moving to Lake Cooroibah in 1988, when McKinnon Drive was unsealed and residents marooned in the wet season.

For the last 5 years Robert has not known a winter, experiencing continuous summers in France and Australia.

Determined to get fit to avoid in unnecessary middle age spread, he started to swim in a Paris city pool and joined the PARIS AQUATIQUE SWIM

CLUB, where he began to swim competitively, taking him to French provincial towns, Netherlands and Hungary.

Rob swam in the British and French Masters Championships, gaining 2 bronze medallions in the French Championships held at COTE d'AZUR, 2013.

Robert has attributed his vast improvement, especially breaststroke, to the NOOSA SWIM CLUB's coaching program and, in particular, Jan Croft. Now ranked No.1 for his age in Queensland (breaststroke), this surely is a huge achievement for a Pom who could hardly swim as a kid.

A valued and respected member in and out of the pool: ... " MERCI MONSIEUR ROBERT ".



... Tony Frost

Sally ... 'Queen of the Desert'



Our last communication left us at Mills Beach on the eastern side of Eyre Peninsula SA with a flat tyre. We changed it and spent some quality time exploring the area, Lyn had a close encounter with a couple of sea lions as she walked around the rocks. Then we had to head straight to Port Lincoln to replace the tyre. For a couple of nights we stayed at the Port Lincoln caravan where I was able to ride each day to the town pool. It is often a big advantage not needing power because the unpowered sites at this park have an amazing outlook over the water and we could choose from many great positions, the powered sites are crammed up on top of each other. About once a month we stay at a park so we can shower instead of bird bath, fill up with water, do the washing and cook up some meals for the freezer.

When all was ship shape we back tracked to visit some of the beautiful beaches we passed on our way down to Port Lincoln.

Lipsom Cove became a favourite because it was where I swam with the dolphins - what an experience they just came in to swim beside me. Lyn was on shark watch duty and couldn't believe what she was seeing.

By now it was a week before Christmas so we moved over to Lincoln National Park to grab a spot before the crowds descended. It was a wise move because we were just back from a beautiful beach and had it to ourselves for 2 days before a

lovely family moved in. It was great to hear kids around especially as they were so respectful of each other. The amazing thing was that we had phone reception so we could call our families. Once again I was swimming across the bay when I thought the dolphins had found me again, as it came close I realised it was a curious sea lion wanting to play, it circled me several times then sped up and started jumping and frolicking. I wasn't sure if he was happy or angry so I headed for the shore with plenty of splashing. A different but very memorable Christmas.

On Boxing day we moved out to Coffin Bay National Park which has long sandy beaches. We had to deflate the tyres to get through the sand but we were worried because there were stretches of very jagged rocks and we didn't want to lose another tyre. Most of the camp sites were taken so we spent a great night on 7 mile beach where Lyn did

some fishing and we left the next morning to beat the tide

Now we were heading up the west coast of Eyre Peninsula and felt like we were on our way around the perimeter of this vast country.

One windy evening we were late looking for a campsite so we took shelter behind a church at Calca where there was a working toilet, what more could we want?

South of Streaky Bay once again we were on a beach and just as well because on New Years eve the temp soared to 48. Guess where we spent most of the day. When we weren't in the water we wrapped ourselves in wet sarongs and melted into New Years Day.

Fowlers Bay is a beautiful spot with lovely walks through the sand hills and more sea lions were spotted.

Next came the amazing cliffs of THE BIGHT. We spent one night at Head of Bight and then set up camp on top of the Bunda Cliffs which are about 50 metres high and stretch each way as far as the eye can see with the Great Southern Ocean rolling in and smashing against the limestone base. This is one bay where I won't be swimming.

Tomorrow we will be moving across the border into WA so it seems like a good time to round this one off and wish you all the best for 2014.

May you all have a successful and healthy year and enjoy it as much as we are enjoying life.

... the travelling 2 - Sally and Lyn



5 TRADITIONAL FOODS THAT EVERYONE SHOULD BE EATING

By Carolanne Wright (Natural News)

Oftentimes, the simplest solution to avoiding health problems can be found in the past - namely, time-honored foods that are rooted in tradition and wisdom. Long-established cultures, through observation and a close connection with the land and its people, developed exceptionally nourishing food staples.

A modern revival of these most basic, yet remarkable, foods is on the upswing - with the following five edibles leading the way.

Five Traditional Foods For Outstanding Vitality



1. Fermented Cod Liver Oil

Scandinavian vikings had drums of cod livers fermenting by the doors of their homes. Likewise, Roman soldiers used cod liver oil daily. Historically, the oil was used to keep populations strong and disease-free. Unknown at the time, **fermented cod liver oil contained substantial levels of naturally occurring vitamins A and D.**

Unfortunately, modern processing strips these valuable nutrients, which then requires "enriching" the final oil with synthetic vitamins. Low temperature fermentation of cod liver bypasses this issue and retains all the healthy perks of the natural oil, including heightened immunity and protection against Parkinson's, Alzheimer's, Inflammation, Fibromyalgia and Rheumatoid Arthritis.

2. Sauerkraut

Sauerkraut combines the health benefits offered by all cruciferous vegetables (a category which includes cauliflowers and brussels sprouts as well as cabbage) with the probiotic advantages derived from the fermentation process.

Cabbage offers a host of health benefits. It is high in vitamins A and C. Studies have shown the cruciferous vegetables can help lower cholesterol levels. Cabbage also provides a rich source of phytonutrient antioxidants. In addition, it has anti-inflammatory properties, and some studies indicate it may help combat some cancers. However, this already helpful vegetable becomes a superfood when it is pickled.

In periods and cultures when natural healing methods fell into disuse, people consumed fewer fermented foods and were subject to more illness. Scurvy (vitamin C deficiency) killed many British sailors during the 1700s, especially on longer voyages. In the late 1770s, Captain James Cook circumnavigated the world without losing a single sailor to scurvy, thanks to the foods his ship carried, including sixty barrels of sauerkraut.

Mainstream health experts began to pay renewed attention to sauerkraut after a study published in *The Journal of Agricultural and Food Chemistry* in 2002. Finnish researchers reported that in laboratory studies, a substance produced by fermented cabbage, isothiocyanates, helped prevent the growth of cancer.



3. Bone Broth

The age-old custom of eating chicken soup for curing a cold isn't simply a wives' tale; traditional cultures sensed the healing wisdom behind the practice. Brimming with essential nutrients, including calcium, phosphorus, magnesium and potassium, along with collagen, gelatin, hyaluronic acid and chondroitin sulfate, slow-simmered bone broth is an important addition to a healthful diet. It alleviates inflammation, heals a leaky gut and fortifies against bacterial and viral infections.

Bone broth also strengthens the teeth, joints, bones, skin and hair.

Just be sure to use only pastured, grass-fed animals, or wild game, to avoid toxins.



4. Beet Kvas

A deeply cleansing brew, with an exceptional antioxidant profile, beet kvass may not be well-known, but it's certainly a potent tonic for health. Kvass is said to soothe systemic inflammation (which effectively reduces the risk of diabetes, cancer and cardiovascular disease), boost immunity and enhance digestion.



5. Kefir

Long-used in the Caucasus Mountain region of Eastern Europe, **kefir employs between 10 and 20 varieties of bacteria and yeast during culturing**, thereby creating a richer probiotic profile than yogurt, which only utilizes a few strains. Moreover, kefir supplies generous amounts of calcium, phosphorus, B vitamins and protein.

It's also a significant source of tryptophan (think relaxation and sound sleep) as well as kefirin, which has been shown to lower cholesterol and blood pressure in test animals.

Learn how to make your own kefir [here](#).

ENDURANCE 1000



Report for January

Congratulations to all who participated in last year Endurance program. We have had a great result, achieving 25,161 points. This is nearly 10,000 points more than last year. The average points per swimmer this year was 250, about 75 pts more than last year.

Five members swam the entire program and scored top points (1005). Mark Besford, Brian Hoepper, Rob Lucas, Geoff Lander and Irene Symons.

Other high point achievers include, Jacky Shields (891), Brian Cairns (855), Bob McCausland (854), Ian Mitchell (827), Mark Powell (775), Bruce Warren (775).

A full list can be found on the Masters Swimming Australia web site. Official results should be posted on the web site shortly. Then we will celebrate !!!!!!!

Many thanks to all those who came every week and even when not swimming were able to help with the timing. Particular mention goes to Bob and Olga McCausland, Bob Martin (Karen's Dad) who helped out almost every Saturday pm.

Special thank to Mary Lester who has taken on the recording of all swims. This is a big job and she is proving even more efficient at it than I !!!! Mary has also spent hours organising folders, recording sheets etc. so that everyone can keep track of all their swims.

Bruce Warren and Mary were able to secure as a donation from Officeworks, all the stationery we are using this year. Thanks for that.

So we are off to a good start to 2014. We want to at least equal our effort of last year. Mary thinks we can get 30,000. Let's go for it !

Swimming times. Tuesday 7.30 - 9.00 and Saturday 4pm (please

<http://www.whathappenedinmybirthyear.com>

February Birthdays

Rob Jolly 8/2
Bardie Gruber 25/2

Our most 'exclusive' month !!

**HAPPY BIRTHDAY TO BOTH OF YOU
FROM ALL OF US**

OLD TIME DANCING

We had a fantastic evening seeing the New Year in at Belli Dance hall. At midnight about 100 balloons were released from a cradle hanging above us. We continued dancing and popping balloons while being tangled in streamers. (how roles have been reversed. Our married daughter and hubby were asleep when we got home about 1.15a.m. There may be others interested in attending the Saturday night monthly Old Time dances like we do. It's a lot of fun. The address is approx 11 km along the Kenilworth Road from the Eumundi turnoff. There is a 5 piece band called 'The Sunshine Swing'. They have a great sense of humour. Admission is \$14.00 and it starts around 7.45pm till midnight. The supper (included in the price) put on by the local country ladies is delicious, I might add - just ask John. Here are Dance Dates for 2014.. If anyone is interested please ask them to see John ...

... John and Lesley Hordyk

1 Feb (Belli), 8 Mar (Belli), 22 Mar (Kandanga), 5 Apr (Belli), 10 May, 17 May Maleny Show, 21 Jun (Belli), 26 Jul (Maleny Deb Ball), 9 Aug (Belli), 6 Sep (Belli), 11 Oct (Belli), 15 Nov (Belli), 31 Dec (Belli)

SOCIAL EVENTS

VALENTINES DAY DINNER
14 Feb - 6.30pm at Rosie's
confirmation with payment
to Robyn Selby essential

CRAFTERS MEETING

11 Feb, 1-3pm @ Jaspers Bakery

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

VISIT OUR WEBSITE ...
www.noosaaussichallengers.com

Challengers Chatter

PO Box 21, Noosaville
4566