

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 8 Issue 4

October 2009

CONFIRMED DATES:

**WELLINGTON MASTERS
TRACK & FIELD CHAMPIONSHIPS**

1st day - Sunday 21st February 2010

2nd day - Sunday 28th February 2010

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NZMA

TRACK & FIELD CHAMPIONSHIPS

2nd - 5th APRIL 2010

**QEII PARK
CHRISTCHURCH**

* * *

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2009-10

EXECUTIVE:

President:	Brian Watson	971 1351
VPresident:	John Hammond	04 292 8030
Secretary:	John Palmer	479 2130
Treasurer:	Dick Harris	971 5993

COMMITTEE:

Peter Wrigley	973 6637
Michael Browne	973 7404
Laurence Voight	565 0718
Mark Macfarlane	234 8874

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2009-2010

PATRON:	Heather May	24 Motuhara Road, Plimmerton, Porirua 5026	233 9412
PRESIDENT:	Brian Watson	96 Beazley Avenue, Paparangi, Wellington 6037	971 1351
VICE PRESIDENT:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
SECRETARY:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
TREASURER:	Dick Harris	11 Whitu Street, Khandallah, Wellington 6035	971 5993
COMMITTEE:	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 5011	973 6637
	Michael Browne	85 Owen Street, Newtown, Wellington 6021	973 7404
	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt 5010	565 0718
	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874
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EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874

CLUB CO-ORDINATORS

CAPITAL RUNNERS:		PO Box 1973, Wellington 6140	
H V HARRIERS:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt 5010	565 0705
H V MARATHON:	Trevor Knowles	105 Major Drive, Kelson, Lower Hutt 5010	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
OLYMPIC:	Brian Watson	96 Beazley Avenue, Paparangi, Wellington 6037	971 1351
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt 5010	566 8755
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 5019	528 2316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Nairn St, Wellington 6011	384 3231
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAIRARAPA:			
WGTM HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTM MARATHON:	Bruce Perry	Apt 203 Stadium Gardens, 103 Thorndon Quay, Wgtn 6011	473 0877
WGTM MASTERS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt 5371	528 2992

COMMITTEE MEETINGS 1st THURSDAY OF MONTH AT OLYMPIC HARRIER CLUBROOMS,
BANNISTER AVENUE, JOHNSONVILLE, COMMENCING AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

President's Report 2008-09

This year has been an interesting year for me as this was my first year as President, and I am still learning the ropes.

The committee has been really good and supportive. Earlier in the year, our Secretary Toni Romanos, due to work commitments, had to resign. A special thanks to John Palmer, the Vice President, who stepped in as acting Secretary, and has done a very good job. Also a special thanks to Jim Blair who is a mine of information and Dick Harris the Treasurer who keeps an eye on the Association Funds and does a great job as he has done over many years.

My first role as President was in October 2008 at Newtown Park, opening the Honours Board for Wellington Masters who have won medals in World events. This was in the new building. Jim Blair had organized all this - I just read out the official speech. A lot of people turned up, and a good afternoon was had by all. It was also a great pleasure in presenting to Jim Blair, the Wellington Masters Athlete of the Year award. This was in recognition of his many successes around the world the previous year.

At the end of October, we held the 10K Road Race and Walk at Lower Hutt. This event is organised by Peter Wrigley - thanks Peter. We seem to hold our own in numbers in this event. There seem to be a hard core of Masters Athletics who turn up at events year after year.

Next were the Wellington Masters Track and Field Championship held in February at Newtown Park - these always go well - and a special thanks to all the Officials who helped out over the two days. But it is evident that we need more competitors. I do not know how we can get more people at these events. It is something that the incoming committee will have to look at.

In May was the Classic Relay, held at Trentham Memorial Park, a great event, 16 teams this year - 12 running teams and 4 walking teams - about the same number as the previous year. A few more teams would go down well. A few minor mishaps were made and these will be corrected for next year's event.

The next Race Road and Walk was the 8km at Johnsonville in July. We got about the same numbers as last year - 38 entrants all up. People say it is a tough course but a lot turn up year after year to compete. Peter Baillie winning the Walking Race 3 years in a row. Grant McLean again winning the running race in a good time. A special thanks to Caroline Gratton, who for the last few years has provided a great lunch for those taking part.

Thanks to all the committee members for the help they have given me over the year. We finished the year with 83 financial members which was about the same as last year.

It was with sadness that one of our members, John Eccles passed away during the year. In his day John was a superb runner posting many records during his long athletic career.

My thanks also to all the others who helped over the year in various roles.

Brian Watson

President Wellington Masters

Printlink, Wellington

Kind sponsors and printers of "The Master Copy" magazine.

33-43 Jackson Street, Petone - Telephone: 04 576 5151

Please support our sponsor whenever possible.

BITS AND PIECES

MEMBERSHIP

Since the last newsletter the AGM has been held and the new subscription set for the coming financial year. At the time of going to print we have 51 members who have paid up. Welcome to new and returning members Anne Hare (Scottish), Neil Plimmer (WMA), Neil Price (WHAC), Colin Price (WMA) and Alistair Duffy (Scottish).

* * * * *

Training on Newtown Park

We'd like to remind athletes and coaches that our arrangement with the Council and with Wellington Football, is that Newtown Park is an athletics ground in the summer and a soccer ground in the winter.

In general we have a good working relationship with soccer, involving a bit of "give and take" on both sides.

We try to accommodate a few summer soccer fixtures, and they don't mind out training in the winter.

There have been a few incidents, which prompt us to remind you of the understanding:

We shouldn't try to use the ground while soccer have matches in progress. Generally we can use the top field and the jump pits.

We shouldn't throw onto the pitch in the winter (particularly shot and hammer). We can use the old shot sector, which has been rebuilt. If there is any compelling reason to use the new shot circle, (and I can't think of one!) please put across the pole vault runway onto the grass at the zoo end.

We are at risk from balls coming onto the track, and they will be at risk from implements straying onto the pitch, so no throwing while they are playing. (Again, the old circles on the top field are often available when the main field is in use.)

Geoff Henry

* * * * *

THE LIVING WILL

A man and his wife were sitting in the living room and he said to her, "Just so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."

His wife got up, unplugged the TV, and threw out all of his beer.

2009/10 Scorching Triathlons

These will be held on:

Sunday November 15, 2009

Sunday December 6, 2009

Monday January 25, 2010 - this is Wellington Anniversary weekend

Sunday February 14, 2010 - Valentines Day Scorchers in support of NZ Heart Foundation

Sunday February 28, 2010 - New Scorchers/old Police Tri - more details soon! - to be held at Motukaraka Point, Pauatahanui Inlet

Sunday March 28, 2010.

The Scorching Triathlons are a fun and relaxed series designed to suit everybody. The events involve swimming, cycling and running for participants (male, female, young and old) of all abilities (and if you don't want to swim we cater for that as well). Our focus is on participation, and as such there are no first prizes, but plenty of spot prizes.

All events are based at Scorching Bay, Wellington. There are multiple distances offered at each event (short, medium and long) catering for all abilities.

For those who are not confident swimmers (or maybe you just don't like swimming) there will also be Duathlon options (run/cycle/run) available at all events for all distances. You also have the option to complete the event as part of a team (2 or 3 team members).

* * * * *

IAAF PASSES NO FALSE START RULE

The IAAF Congress meeting in Berlin, has approved a change of the rule (97 votes to 55 with 6 abstentions) so that from January 2010 no false starts will be allowed in sprints-and any false start will mean disqualification. Athletes and coaches should be prepared for this rule as it will be used at the Commonwealth Games in Delhi.

* * * * *

THOUGHT FOR THE DAY:

"It's amazing that the amount of news that happens in the world every day always just exactly fits the newspaper." - Jerry Seinfeld.

ANZ Media Release - 5 October 2009

OBITUARY - Bob Carter

Prominent Masters Official and Administrator Bob Carter of Christchurch died on Friday morning, aged 63. Carter died suddenly while out on a training run.

Carter had been a member of the New Zealand Masters executive since 1991 and has been Vice-President of the NZMA since 1998.

He was a Council member of Athletics New Zealand, representing the NZMA in 2002, 2004, 2005 and 2009 having attended the AGM in Wellington just over two months ago.

He was President of the Canterbury Masters Association and chairman LOC for the 2010 NZMA track and field championships in Christchurch. This will be a big gap to fill. Carter had plenty of experience in this area having been on the LOC for the Oceania Masters track and field championships in Hastings in 1991 and in Christchurch in 2006. He was on the LOC for the NZMA national track and field champs in Christchurch in 2007.

He has officiated at six world masters track and field championships and was due to go to Sydney this week to officiate in athletics at the world masters games.

More recently he was the chief referee at the New Zealand cross country championships in Christchurch in August where he was also responsible for the course measuring.

Being an engineer he specialised in operating the electronic measuring device used for throwing events.

Carter was previously based in Gisborne, where he was a Life Member of the Gisborne Runners and Walkers Club. He arrived in Christchurch in 2003 and immediately immersed himself into Masters Athletics, Cross Country and Road and Track and Field as an official and administrator.

As a competitor he attended the WMA world championships in Gateshead in 1999, M50 5000m 18m 9s and 10km 38m. Also Brisbane in 2001 he was 14th in the M50 cross country.

Quiet and unassuming, but very knowledgeable and a highly respected official, he is a sad loss to the sport and his absence will be greatly missed.

* * * *

It is also with sadness that we note the passing of past Wellington Masters member, Brenda Burke. Brenda passed away in September after a short battle with cancer. Our condolences are extended to Paul Rodway and family.

* * * *

ABOUT ALCOHOL

- 85% of women in New Zealand say they drink frequently, while 10% admit to drinking every day.
- 38% of New Zealanders agree it's OK to get drunk but not every day.
- One-quarter of all New Zealand adults engage in risky drinking on a relatively frequent basis.
- Women reach a given blood-alcohol concentration (BAC) with a lower amount of alcohol than men, due to body weight and body composition.
- Alcohol also does more physical damage to women more quickly.
- Over time, too much alcohol can cause damage to liver, heart, stomach and brain and can contribute to depression, relationship difficulties and overall quality of life.
- The Alcohol Advisory Council of New Zealand (ALAC) recommends men consume no more than six standard drinks, and women no more than four in any one drinking session. One or two days a week should be alcohol free.

* * * *

COLD WARS

Ease your cold with these symptom-fighting nutrients, herbs and spices.

Vitamin C - Research suggests vitamin C doesn't do much to prevent a cold but it may reduce its length. It acts as an antihistamine and anti-inflammatory to help dry up a runny nose and improve immune function.

Zinc - Sucking on a zinc lozenge every two hours within the first two days of a cold can decrease its duration, several studies show.

Vitamin E - Taking this immune-boosting supplement can reduce your chances of getting a cold, according to a year-long US study.

Elderberry - Particularly good for flu. This herb cuts the severity of symptoms in half and reduces the length of flu if taken within 48 hours of first symptoms.

Garlic - A British study found people who took garlic supplements for 12 weeks during the cold season were less likely to get sick, and recovered more quickly if they did, than those who took placebos.

Spicy stuff - Chilli, cayenne pepper, horseradish and wasabi may unclog your stuffy nose.

WELLINGTON MASTERS ATHLETICS INC.

Statement of Receipts and Payments for the period ending 31 August 2009

<u>2008</u>	<u>RECEIPTS</u>	<u>2009</u>
1,203.24	Balance of Current Account 31 August 2009	1,716.11
20,000.00	Total of Term Deposits 31 August 2009	20,353.42
<hr/>		<hr/>
21,203.24		22,069.53
4,060.00	Subscriptions Received	3,285.00
19.38	Interest on Current Account	20.69
1,849.06	Interest on Term Deposits	1,226.73
1,730.00	Race Fees	1,830.00
310.00	Uniforms Sold	50.00
145.00	Track and Field Entry Fees	185.00
590.00	Grant from the 4th Games Trust	-
<hr/>		<hr/>
8,703.89		6,597.42
<hr/>		<hr/>
29,907.13		28,666.95
	<u>PAYMENTS</u>	
3,600.00	Subscriptions to NZMA	3,240.00
815.80	Race Expenses	833.70
930.66	Telephone, Postage and Newsletter expenses	752.07
1,523.68	Athletic Gear Purchased	315.04
506.21	Uniforms purchased	-
281.25	Track & Field Levy to Wellington Centre	337.50
180.00	Track & Field expenses	242.39
-	Honours Board costs	1,634.62
<hr/>		<hr/>
7,837.60		21,311.63
<hr/>		<hr/>
22,069.53	TOTAL FUNDS AT 31st August 2009	
	Represented by:-	
1,716.11	National Bank Current Account	1,311.63
10,000.00	National Bank Term Deposit due 15/12/09	10,000.00
10,353.42	National Bank Term Deposit due 05/12/09	10,000.00
<hr/>		<hr/>
22,069.53		21,311.63

Statement of Accounting Policies

The above statement is prepared on the basis of Receipts and Payments through the Associations banking accounts. No provision is made for accruals of any amounts due at the end of the period. As the Association is not GST registered the amounts in the Statement include GST.

Audit Report

To the readers of the financial report of the Wellington Masters Athletics Inc. I have audited the financial report. The financial report provides information about the financial performance of the association and its financial position as at 31st August 2009.

Committee's Responsibilities

The Committee is responsible for the preparation of a financial report which fairly reflects the financial position of the association as at 31st August 2009 and of the results of the operations for the period ended 31st August 2009.

Auditor's Responsibilities

It is my responsibility to express an independent opinion on the financial report presented by the committee and report my opinion to you.

Basis of Opinion

An audit includes examining, on a test basis, evidence relevant to the amounts and disclosures in the financial report. It also includes assessing:

- the significant estimates and judgments made by the committee in the preparation of the financial report, and
- whether accounting policies are appropriate to the association's circumstances, consistently applied and adequately disclosed.

I conducted my audit in accordance with generally accepted auditing standards in New Zealand except that my work was limited as explained below. I planned and performed my audit so as to obtain all the information and explanations which I considered necessary. I obtained sufficient evidence to give reasonable assurance that the financial report is free from material misstatements, either caused by fraud or error. In forming my opinion I also evaluated the overall adequacy of information in the financial report.

Qualified Opinion

Control over the revenues prior to being recorded is limited, and there are no practical audit procedures to determine the effect of this limited control. In this respect alone I have not obtained all the information and explanations that I have required as per all organisations of a similar nature.

In my opinion the financial report fairly reflects the financial position of the organisation as at 31st August 2009.

My audit report was completed on 10/09/2009 and my qualified opinion is expressed at that date.

G. H. Gould,
BCA CA



RECIPE

Gourmet Mushroom Risotto

Prep time: 20 minutes
Time to cook: 30 minutes.

Ingredients:

- 1½ litres chicken stock
- 3 tbsp olive oil
- 450g Portobello mushrooms, thinly sliced
- 450g white mushrooms, thinly sliced
- 2 shallots, finely diced
- 1¾ cups Arborio rice
- ½ cup dry white wine
- 55g butter
- A handful of finely chopped chives
- ¼ cup freshly grated parmesan

Directions:

1. Heat the chicken stock over a low heat.
2. Warm 2tbsp olive oil in a large saucepan over medium-high heat. Stir in the mushrooms. Cook until soft. Remove mushrooms and their liquid.
3. Add remaining olive oil to a frying pan. Stir in the shallots and cook for 1 minute. Add rice, stirring to coat with oil. When the rice is a pale, golden colour, pour in the wine, stirring constantly until the wine is fully absorbed.
4. Add ½ cup stock and stir until it is absorbed. Continue adding the stock ½ cup at a time, stirring continuously, until the liquid is absorbed and the rice is *al dente*.
5. Remove risotto from heat. Stir in the mushrooms with their liquid, butter, chives and parmesan. Season with salt and pepper to taste.

Serves 6.



THE MAGIC OF MUSHROOMS

There's a whole lot of nutrient goodness growing in these fungi

You don't have to be a top chef to prize the flavour of exotic mushrooms. But whether you pick shiitake, oyster or the familiar button mushrooms, you'll get some newly discovered health benefits: they safeguard against cancer. Mushrooms are rich in disease-fighting phytochemicals, and eating them regularly has been linked to a lower risk of breast cancer in studies of Chinese women. Mushrooms also prevent prostate cancer cells from multiplying in mice – and might do the same in men.

They supply hard-to-get nutrients. One medium Portobello mushroom supplies 21% of the recommended

daily intake of selenium, and one-third of your copper needs. It also has as much potassium as a medium-sized banana.

What's more, mushrooms retain their nutrients when stir-fried, grilled or microwaved, and can help cut kilojoules. When minced meat was replaced with mushrooms in dishes such as lasagne and chilli con carne, adults consumed 1600 fewer kilojoules per day, according to John Hopkins Bloomberg School of Public Health study. Just don't sabotage their benefits by preparing mushrooms with butter. Instead, toss them into a non-stick pan with a little oil, then sauté on a low heat until they soften.



INTERESTING TIDBITS

In the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb.

Hence we have 'the rule of thumb'.



Many years ago in Scotland, a new game was invented. It was ruled 'Gentlemen Only...Ladies Forbidden'... and thus, the word GOLF entered into the English language.



The first couple to be shown in bed together on prime time TV was Fred and Wilma Flintstone.



Every day more money is printed for Monopoly than the U.S. Treasury.



Men can read smaller print than women can;

Women can hear better.



It is impossible to lick your elbow.



The State with the highest percentage of people who walk to work: Alaska.



The average number of people airborne over the U.S. in any given hour: 61,000.



The first novel ever written on a typewriter: Tom Sawyer.



Each king in a deck of playing cards represents a great king from history:

Spades - King David

Hearts - Charlemagne

Clubs - Alexander, the Great

Diamonds - Julius Caesar.

Don't forget nominations for

WELLINGTON MASTERS

ATHLETICS INC.



SPORTSPERSON OF THE YEAR

It is time to put forward nominations for the Sportsperson of the Year Award.

Award:

Known as the Sportsperson of the Year Award.

Period Covered:

From 1 January to 31 December.

How Nominated:

Nominations may be made by Clubs, Centre Committees, and individuals or by athletes themselves.

Criteria for Award:

Achieving a medal at the WAVA or (WMA) Championships or World Masters Games.

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

Achieving 90% or higher performance on the Age Graded Tables.

Achieving a meritorious performance or performances.

Closing Date:

The 20th January following the year for consideration.

Selection:

This is to be made by the Committee of Wellington Masters Athletics.

Presentation Date:

Either on the second day of the Wellington Masters Athletics Track and Field Championships in February following the year of consideration or at a special presentation dinner.

Form of Award:

A trophy has been donated by Jim and Colleena Blair and this year was awarded to Jim Blair.

WELLINGTON TRACK and FIELD PROGRAMME 2009/10

<u>Date</u>	<u>Event</u>	<u>Venue</u>
2009		
7 November	Gold Programme	Newtown Park
14 November	Regional Teams Competition – Round 2	Palmerston North
14-15 November	NZ Parafed Championships – 9am – 2pm	Newtown Park
21 November	Black Programme	Newtown Park
27-29 November	North Island T&F Championships	Palmerston North
28 November	Regional Teams Competition – Round 3	TBC
4-6 December	South Island Masters T&F Championships	Mosgiel
5 December	Gold Programme	Newtown Park
12 December	Black Programme	Newtown Park
19 December	Scottish Night of Miles – 5pm Start	Newtown Park
2010		
5 January	NZ 10,000m Championships	Tauranga
8-10 January	North Island Colgate Games	Auckland, Mt Smart
9 January	Gold Programme incorporating Kiwi Throwers Meeting	Newtown Park
15-17 January	South Island Colgate Games	Timaru
16 January	Taranaki Open Invitation Meeting	Inglewood
22 January	Capital Classic (Twilight Meeting incl. 3000m Championships)	Newtown Park
25 January	Cooks Classic	Wanganui
24 January	NZ 10,000m Championships	Inglewood
30 January	Gold Programme	Newtown Park
6 February	Black Programme	Newtown Park
12-13 February	NZ Combined Events Championships	Hamilton
13 February	Gold Programme	Newtown Park
20 February	Black Programme	Newtown Park
21 February	Wellington Masters T&F Championships – Day 1	Newtown Park
27 February	Wellington Centre Championships – All day meeting	Newtown Park
28 February	Wellington Masters T&F Championships – Day 2	Newtown Park
6 March	Gold Programme	Newtown Park
13 March	Black Programme	Newtown Park
20-21 March	Nth Island Secondary Schools Championships	Newtown Park
26-28 March	NZ Track & Field Championships	Christchurch
2-5 April	NZ Masters T&F Championships	Christchurch
3-4 April	Colgate Interprovincials	Invercargill

Black Programme:

<u>Time</u>	<u>Track</u>	<u>Field</u>
1.30pm	100m	
1.45pm	3000m Track Walk	Long Jump
2.05pm	Sprint Hurdles Request	Pole Vault (if required)
2.25pm	800m	Discus
3.00pm	3000m/5000m	Triple Jump
3.30pm	400m	Shot Put

Gold Programme:

<u>Time</u>	<u>Track</u>	<u>Field</u>
1.30pm	100m	
1.45pm	5000m Track Walk	Triple Jump
2.00pm	300/400m Hurdles on request	
2.20pm	Hurdles Request	Hammer/High Jump
2.35pm	1500m/1 mile/2000m	
2.45pm	200m	Long Jump
3.00pm	3000m/1500m/2000m steeplechase or other distance event on request	Javelin
3.30pm	400m	

Notes:

Only two throws per meeting have been programmed due to lack of sufficient officials to run the events. Athletes competing in any unscheduled throwing event are not entitled to any records that may be broken.

All field events will commence at set start time. Warm up 15 minutes prior to start times please.

Times for Black and Gold Programmes may be altered depending on attendances. Please do not assume that your favoured event will be run at the stated time.

THE GOOD OLD DAYS

Someone asked the other day, "What was your favourite fast food when you were growing up?"

"We didn't have fast food when I was growing up," I informed him.

"All the food was slow."

"C'mon, seriously. Where did you eat?"

"It was a place called 'at home,'" I explained!

"Mum cooked every day and when Dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate I was allowed to sit there until I did like it."

By this time, the kid was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table.

But here are some other things I would have told him about my childhood if I figured his system could have handled it.

Some parents NEVER owned their own house, wore Levis, set foot on a golf course, travelled out of the country or had a credit card.

My parents never drove me to school. I had a bicycle that weighed probably 50 pounds, and only had one speed, (slow).

We didn't have a television in our house until I was 19.

It was, of course, black and white, and the station went off the air at midnight, after playing the national anthem and a poem about God; it came back on the air at about 6 a.m. and there was usually a locally produced news and farm show on, featuring local people...

I never had a telephone in my room. The only phone was on a party line. Before you could dial, you had to listen and make sure some people you didn't know weren't already using the line.

Pizzas were not delivered to our home... But milk was.

All newspapers were delivered by boys and all boys delivered newspapers - my brother delivered a newspaper, six days a week. He had to get up at 6am every morning.

Movie stars kissed with their mouths shut. At least, they did in the movies. There were no movie ratings because all movies were responsibly produced for everyone to enjoy viewing, without profanity or violence or most anything offensive.

If you grew up in a generation before there was fast food, you may want to share some of these memories with your children or grandchildren.

Growing up isn't what it used to be, is it?

MEMORIES from a friend:

My Dad is cleaning out my grandmother's house (she died in December) and he brought me an old Royal Crown Cola bottle. In the bottle top was a stopper with a bunch of holes in it. I knew immediately what it was, but my daughter had no idea. She thought they had tried to make it a salt shaker or something. I knew it as the bottle that sat on the end of the ironing board to 'sprinkle' clothes with because we didn't have steam irons. Man, I am old.

How many do you remember?

Head lights dimmer switches on the floor.

Ignition switches on the dashboard.

Pant leg clips for bicycles without chain guards.

Soldering irons you heat on a gas burner.

Using hand signals for cars without turn signals.

Quiz:

Count all the ones that you remember not the ones you were told about. Ratings are at the bottom.

1. Candy cigarettes.
2. Coffee shops with tableside juke boxes.
3. Home milk delivery in glass bottles.
4. Party lines on the telephone.
5. Newsreels before the movie.
6. TV test patterns that came on at night after the last show and were there until TV shows started again in the morning. (There were only 3 channels [if you were fortunate]).
7. Peashooters.
8. Howdy Doody.
9. 45 RPM records.
10. Hi-fi's.
11. Metal ice trays with lever.
12. Blue flashbulb.
13. Cork popguns.
14. Studebakers.
15. Wash tub wringers.

Ratings:

If you remembered 0-3 = you're still young.

If you remembered 3-6 = you're getting older.

If you remembered 7-10 = don't tell your age.

If you remembered 11-15 = say no more!

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark, MS, RD, CSSD - September 2009



Sedentary Runners: Sitting & Weighting

Imagine this: a lean, fit runner who trains hard, eats heartily, and does not fret about getting fat. While this image holds true for some runners, it seems far from reality for others. All too often, I listen to my clients complain, "I should be pencil thin for all the exercise I do." Or they moan, "I eat like a bird compared to my teammates..." How could this be?

The answer is many runners burn far fewer calories than they realise: they are actually couch potatoes the majority of the day. These seemingly active people can be surprisingly sedentary, apart from their purposeful exercise.

Think about it. The majority of your waking hours can easily be spent sitting, with TV and computers being the primary culprits that induce sedentary behaviors. The average runner sits at breakfast, drives to work, sits all day, drives home, runs for 45 to 60 minutes, sits at dinner, and then sits in front of a screen before going to bed. Even competitive marathoners who do double workouts often live a sedentary lifestyle. They generally do little but rest and recover during the non-exercise parts of their day.

According to Neville Owen, speaker at the American College of Sports Medicine's Annual Meeting (Seattle, May 2009), the average person sits 9.3 hours a day. **Even if you are physically fit, this high amount of inactivity is bad for your health.** Exercise reduces health risks in both lean and overweight people, even if the exercise is not associated with weight loss. Owen reports the more a person sits, the higher the risk of mortality. Hence, we not only need to find time to exercise, we also need to find ways to sit less — for example, bike to work, pace when talking on the phone, stand up when writing emails. (To elevate the height of your laptop computer, put it on top of a cardboard box that you put on top of your desk.) Why, we could even reduce our carbon footprint by hanging laundry outside to dry on a clothesline. That would not only add on exercise but also save energy!

Because activity has been engineered out of our lives, non-exercisers and avid runners alike can easily spend too much time doing too little activity. For example, we no longer use our muscles to open the garage door, lower the car window, wash laundry, or even walk down the hall to ask a colleague a question (email is easier). For many of us, the primary movement we get in a day is our purposeful workout/training session. Hence, the goal of this article is to increase your awareness of your 24-hour activity level, and encourage you to take steps (no pun intended) to move a bit more and sit a bit less throughout the waking hours of your day.

Sitting & Weighting

People who sit a lot tend to gain undesired body fat. The more they sit, the fatter they get. Fatness heightens the risk of heart disease, diabetes, and associated chronic diseases. These health risks start at a young age. A recent study with sedentary teens reports just four weekly 30-minute workouts with moderate aerobic activity was enough to stimulate major health improvements (1). And isn't it scary to think teens are already afflicted with the so-called "diseases of aging"...?

Both sedentary people and active runners of all ages commonly assume their undesired body fat will melt away effortlessly once they start exercising. Not the case. A study with sedentary people (ages 56 to 78 years) who added one hour of brisk walking a day indicates they did not lose undesired body fat, despite adding the hour of exercise and eating no additional food. How could that be???

They failed to lose weight because they napped more and slept more! In the course of the 24-hour day, they compensated for the extra activity by conserving energy and being more sedentary at other times of the day (2). Endurance runners tend to do the same thing (3). Many fail to acknowledge how inactive they are when they stop training. Hence, exercise enhances fat loss if it contributes to a 24-hour calorie deficit. But all too often, runners burn off 600 calories when training, only to refuel with 800 calories of bon-bons while watching TV ... counterproductive!

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Fidgeters vs sitters

Some (generally weight-conscious) runners love to be sedentary. They look forward to finishing their workout, settling into their Lazy-boy chair, putting their feet up, turning on the TV, and blobbing-out for hours on end. Yet, other (lean) runners rarely sit, and when they do, they can't sit still. They shift and wiggle in their chairs, and are very good fidgeters. Their desire to fidget is genetic, starts at birth, and explains why they prefer to relax by puttering (as opposed to sitting and reading) — and why they eat more than the sedentary runners who "eat like birds."

While fidgeters may enjoy having a "fast metabolism," sedentary runners often complain they have a "slow metabolism." They eat small portions, yet have undesired body fat. They commonly believe something is wrong with their bodies. The truth is they barely move their bodies in the course of a day — other than during their 8km runs. Nothing is medically wrong with them. (Alternatively, they may fail to acknowledge how much they actually do eat.)

To their detriment, sedentary runners (who are good at sitting) tend to burn fewer calories than they realize over the course of the day. Similarly, obese people (who are good at sitting) tend to sit 2.5 hours more than their peers; this saves them about 350 calories a day (4). A good fidgeter, in comparison, can burn an extra 300 to 500 calories per day. So the question arises: does obesity foster sedentary behavior? Or does the tendency to be sedentary foster obesity?

The Bottom Line

If your weight is an issue for you, try to be more active throughout the day, not just during your exercise sessions. Figure out how to move your body in ways that have purpose and meaning: walk the dog, scrub the floor, and walk to the post office. Your health and waistline will be glad you did!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her private practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her Sports Nutrition Guidebook, and food guides for marathoners, new runners, and cyclists are available via www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

Editor's note: This article has been reproduced with the kind permission of Nancy Clark. For more information on this article and others relating to sports nutrition etc. visit the websites listed above.

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Corporate Fitness

Companies must be aware of the importance of having a strong, fit and healthy work force. New Zealand is seeing an increase in health care costs and in benefit claims in the workplace and this is costing companies money. Research has demonstrated a 70% improvement in the ability to make complex decisions, just by implementing a regular exercise programme.

A good Corporate Wellness Program will also help reduce stress, which the United Nations has called "the 20th Century Disease." A large majority of office workers complain that their job is stressful - a problem that affects all levels within an organization.

Stress from the workday also affects our personal relationships and activities. Human beings are just not designed to magically morph into someone else as we leave our work environment.

Despite the fact that the benefits derived from physical activity are obvious, a large majority of the workforce has little access to workplace health promotion.

Our Corporate fitness and health programmes offer the very latest advice and guidance to you as a business and to each individual we work with, whether it's your senior management team or your workforce who are behind the scenes making your company tick.

Taking responsibility for your staff by incorporating a wellness programme will:

- Improve motivation
- Invigorate and improve energy levels
- Lower stress levels
- Improve overall health and wellbeing of your staff
- Improve posture and body awareness minimizing office workplace aches and pains
- Improve morale and self-esteem
- Reduce the risk of injury.

And in turn companies will see:

- Increased productivity
- Reduce absenteeism or sick days
- Decreased staff turnover and improved employee loyalty
- Reduced health costs
- Improved ability to handle stress effectively
- Help cope with the physical demands of corporate travel
- Gain respect through your concern about employees general health and well-being

- Build and develop a healthier and more positive work environment
- Increase your profits.

Our corporate solutions are effective, sustainable and will get results fast, no matter how big or small your business is.

"Recreation and sport participation is a factor in increasing output per employee, influencing morale and lowering stress levels" - NZ Institute of Economic Research.

* * * *

GETTING FASTER

Good running posture is actually good body posture.

The head is naturally balanced over the shoulders, which are aligned over the hips. As the foot comes underneath, all of these elements are in balance, so that no energy is needed to prop up the body. You shouldn't have to work to pull a wayward body back from a wobble or inefficient motion.

- * Forward lean - the most common mistake that usually occurs at the end of a tiring run.
- * Sitting back - the legs are not allowed to go through a natural range of motion and the stride length becomes shorter than ideal.
- * A backward lean is rare.
- * Correction: imagine that you are a puppet on a string. Suspended from up above, your head lines up above the shoulders, the hips come directly underneath, and the feet naturally touch lightly directly underneath.
- * It helps to combine this "puppet" image with a deep breath. Breathing improves when you straighten up. A leaning body can't get ideal use out of the lower lungs. This can cause side pain. When you run upright, the lower lungs can receive adequate air, maximize oxygen absorption, and reduce the chance of side pain.

From Running Testing Yourself by Jeff Galloway.

* * * *



Insulation the next leaky fiasco?

Another era of leaky homes is being predicted, this time in older houses, due to new insulation standards.

In his latest newsletter, Auckland property investor and mentor Lee Whiley predicts a new wave of leaky "old" homes.

As people rush to insulate their old homes, filling up the ceilings and walls with fibre-glass batts, polyester and so on, they may be eliminating ventilation gaps that have kept buildings dry for years.

"Once water gets into bats etc, it's pretty much forever. And the kauri of North Island homes and rimu of the South Island was never treated. It lasts forever but not long when wet."

Architect David Wingate of Wingate & Farquhar agrees it could be a real problem, if people don't allow air movement in homes when installing insulation.

"If the insulation stops the house from breathing, naturally it will retain water. If that affects the insulation, it can make the whole house damp and cold. It's critical to get good air gaps and the correct ratio of insulation in your building."

Wingate adds that, from what he's seen, EECA providers are doing a good job installing insulation correctly. The only concern is when people do it themselves, he says.

Builder Stefan Hulme says home handymen haven't got a clue. "That's why they should use professionals who know what they're doing."

He adds there shouldn't be a problem with old villas because they have high pitched roofs and insulation shouldn't interfere with the airflow.

Another builder, Dave Brown of Taylor & Brown Builders agrees there could be a problem when home handymen install insulation in walls and forget to put building paper against the weatherboards first.

"The same thing that makes it ventilate will bring moisture into the cavity. It will hold water and the framing can rot. The gib will also go mouldy and fall off."

* * * *

Fit and Healthy Seniors

Many people mistakenly think that memory loss, dementia, Alzheimer's and other ailments are an inevitable part of the aging process. How many times have you heard an older person say, "Just wait until you're my age and see how much you remember!" Or,

"Seems as though I am at a different doctor's office every other day. It's no fun to get old."

Does aging really have to be that traumatic both physically and mentally? Many people seem to believe that's just the way it is and there is very little you can do about it. Not so...or at least it doesn't have to be that way!

There are a number of ways to keep your brain sharp and your body in good shape as you age. Here are some ways to remain fit and healthy as you enter your "golden years":

- Stay active - 30 minutes of moderate exercise each day (you can do three 10 minute intervals if that's easier) helps to boost the amount of oxygen that reaches your brain. And that oxygen "rush" can help to improve your memory and your reaction time - something else that tends to slow down as you get older!

Regular exercise also helps to strengthen bones and promotes a healthy weight - benefits that can reduce your risk of diabetes and heart disease - two conditions that can also affect normal brain function.

A Canadian study concluded that when folks over the age of 65 engage in regular exercise, they reduce their risk of Alzheimer's, dementia and a decline in mental functioning. This is especially true for women.

- Make sure your diet is healthy - This is as important for your brain as it is for your body. Whole grains, lots of fresh fruits and vegetables, lean meats and fish help keep your body healthy. Carbohydrates found in these foods, along with the omega 3 fats found in fresh fish, provide energy to the brain to keep it healthy.

- Exercise your brain by doing crossword puzzles, playing board or card games, reading and being with friends.

- Control stress - Another great benefit of exercise! Learn relaxation techniques like meditation and deep breathing. Stress produces a hormone known as cortisol, which can negatively affect brain function.

- Be aware that certain illnesses and medications can also have an effect on your mental health.

- Continue to get regular chiropractic adjustments to keep your central nervous system in good working condition. When your nervous system is healthy, your body and mind reap health benefits as well.

And remember... we're always available to address any concerns you might have about the aging process and its effects on your body and your brain!

Why Do We Perspire?

You know the saying, "Never let them see you sweat." Well, maybe they don't have to see you sweat, but if you're not perspiring, your body may be trying to tell you something and you'd better be listening!

Your body comes equipped with its own internal thermostat that keeps body temperature at a normal 98.6° F or 37° C. Every day, your body "fuels" itself with the food you eat and then burns this fuel using about 2500 calories in a process known as oxidation. The heat produced in this process could bring 25 gallons/23 litres of water to the boiling point. Now that's a lot of heat!

So... what happens to all that heat? Well... the thermostat turns on its cooling system, which slows down the oxidation process. Then your body releases the heat to maintain normal body temperature. How is all this heat released? Through sweat, of course!

There is a network of more than 2 million sweat glands throughout your entire body. Sweat, or perspiration, exits the body through the pores in your skin in tiny droplets that you can't see. These droplets evaporate quickly to cool your body.

There are two types of sweat glands - eccrine and apocrine. Eccrine glands are found all over the body, while apocrine glands are found at the end of hair follicles (i.e., under your arms, in the groin area, and in your scalp). The sweat that is released through the eccrine glands is mostly salt and water, while the sweat released from apocrine glands consists of more fat.

When you are under emotional stress, bacteria on the surface of your skin start to break down the apocrine sweat and this is what causes body odour! Exercise, hot weather and emotional stress or anxiety all have an effect on the amount of sweat produced. How much you sweat depends on many different factors - your mood, diet, hormones, medications, and illnesses... even heredity plays a part!

Something about body odour... try taking a look at the foods you're eating - salty/spicy foods, garlic, onions and caffeinated beverages are known to affect body odour. Wear clothing made of natural fibres, such as cotton, and learn how to practice relaxation techniques (meditation, biofeedback) to reduce stressors that trigger underarm perspiration.

* * * *

77% of New Zealanders believe that polluters should pay for their own carbon emissions costs, while 5% believe this cost should be met by the government.

Wellington Road Championships

Saturday 22nd August 2009

Gallipoli Road Circuit, Trentham

Results Wellington Masters members:

5km - Women 35 & over

Place	Name	Club	Time
1	Anne Hare	Scottish	18.00
6	Helen Willis	Scottish	20.21

10km - Men 40 & over

Place	Name	Club	Time
1	Grant McLean	Scottish	32.31
6	Richard Brent	Scottish	36:35
18	Murray Peebles	WHAC	37:36
41	Glen Wallis	Scottish	42.02
43	Peter Wrigley	Scottish	42.27
58	Francis Campkin	WHAC	44.27
59	Richard Sweetman	Scottish	44.34
61	John Barrance	WHAC	45.11
74	Ken Ritchie	Olympic	48.27
83	Brian Watson	Olympic	53.47
85	Harold Alcock	Olympic	62.13
86	Michael Browne	Scottish	65.24

10km Registered Walkers - Judged

Place	Name	Club	Time
1	Peter Baillie	Scottish	54:04
5	Kevin Watson	Scottish	1:03:18
10	Daphne Jones	Scottish	1:16:09
11	Margaret Bray	Scottish	1:32:09

10km Unregistered Walkers - Judged

2	John Ihaka	Trentham	1:10:06
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10km Walkers - Unjudged

5	John Hines	Scottish	1:14:09
6	Murray Gowans	Scottish	1:17:22
7	Colleen Singleton	Olympic	1:20:14
9	Peter Tearle	Scottish	1:25:51

* * * *

Winning Moves

Two studies show how to get the biggest benefit from one of the best tools against arthritis: exercise.

- Researchers know that strength training helps prevent and ease arthritis in the knees; now a review of 18 studies helps target your efforts. Strengthening the quadriceps (on the front of your thigh) is the key. Use machines or ankle weights, or do moves like seated leg lifts - just make sure you increase weight or repetitions as you gain strength.
- Another way to ease joint pain: take up tai chi. When researchers compared the flowing moves with traditional stretch-focused regimen for arthritis, tai chi proved four times as effective at cutting pain, and it doubled the improvement in tasks like walking and getting up from a chair.

HEALTH

Five Reasons to add more colour to your diet

There is one food group that everyone agrees we should eat more of: colourful fruit and veggies. Why are they so good for us? We look at the reasons.

They are nutrient dense

That means for every calorie you eat - you get large amounts of vitamins, minerals, antioxidants and phytonutrients.

For example if you eat 40 calories of white rice (about $\frac{1}{4}$ cup) you will get no fibre, 6mg potassium, 1 microgram folic acid, no vitamin A or C, and tiny amounts of B vitamins. On the other hand if you eat 40 calories worth of NZ spinach, (2.5 cups, cooked). You would get 6g fibre, 450mg potassium, 200mg calcium, 3mg zinc, 1500mcg vitamin A, 610mcg folic acid and 68mg vitamin C. There is no comparison.

All colourful vegetables and fruit will give enormous amounts of nutrients compared to the same calorie amount of refined grains.

They contain gut healthy fibre

Fruit and vegetables contain fibre that helps keep your gut healthy. Did you know you have 2 kilos of probiotic bacteria living in your intestine? You must have the right type of bacteria to aid optimal digestion, absorption of nutrients and even optimal function of the immune system. When you have a healthy balance of good bacteria they contribute to your health by processing the fibre in your diet into vital nutrients including vitamin K, B1, B2, B3, B5, B6, B12 and folate. A healthy balance of good bacteria is helped by a good diet. Think of the bacteria needing the right food themselves. For example a diet that is high in sugars and refined carbohydrates will feed excessive glucose (and no fibre) into the gut and can contribute to an overgrowth of the fungus Candida, and bad bacteria. By increasing fruit and vegetable fibre and taking a probiotic if necessary, you will encourage the growth of good bacteria.

They have a low glycemic index (Low GI)

People eating diets containing mainly low GI carbohydrates are less likely to be overweight, and have a reduced risk of type 2 diabetes, cancer and heart disease.

Why are high glycemic carbohydrates so bad for us?

Refined carbohydrates and dense starches with a high GI and convert quickly to glucose in your gut. This glucose then pours into your bloodstream spiking blood sugar levels. High blood glucose causes inflammation of the delicate cells that line your blood vessel walls. Inflammation of arteries contributes to heart disease, Alzheimer's and strokes. High blood sugar levels lead to a large release of insulin. Insulin is a dangerous hormone to increase. If you increase your insulin levels in the short term it takes the sugar rapidly from your bloodstream creating low blood sugar and hunger. It tells your liver to turn food into fat, and the fat cells to store it causing weight gain. It increases the production of inflammatory hormones. In the long term it leads to insulin resistance and type 2 diabetes, high blood pressure, high triglycerides and an increased risk of heart disease.

Fibrous, colourful fruit and vegetables have a low glycemic index. When digested they release glucose slowly, keeping your blood sugar stable and stop it spiking. When your blood sugar is stable, your insulin in turn doesn't spike. Your blood vessels are not damaged, you don't get hungry, and you don't overeat. In the long term you keep your blood pressure down, and reduce your risk of heart disease and type 2 diabetes.

They are anti-inflammatory, antioxidant, anti-aging and anti-cancer.

As well as keeping you blood sugar and insulin levels from going too high - which in itself is anti-inflammatory, colourful fruits and veggies contain antioxidants and polyphenols which quench free radicals. Free radicals are formed in the process of converting food into energy within the cell. They are highly unstable molecules that have an electron missing. An antioxidant molecule such as vitamin C will donate an electron to stabilize it. If there are not enough antioxidants in your diet - the unstable molecule will grab an electron from any tissue that is close, causing it to become damaged and inflamed. This is one cause of aging, cancer and degenerative diseases.

Phytonutrients protect our bodies in many different ways, here are just 4 examples:

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Lutein (a yellow antioxidant found in green vegetables) protects the macula in the eye, and reduces a type of blindness called macular degeneration.

Lycopene found in cooked tomatoes, will actually make you less likely to burn in the sun and helps protect skin from aging caused by sun damage.

Curcumin found in turmeric, reduces joint inflammation and helps protect the brain from Alzheimer's disease.

Green tea increases fat burning and weight loss. It also reduces the risk of heart disease, in one study by a massive 75% in men who had 7 cups per day.

Polyphenols are a group of phytonutrients that have their own antioxidant and inflammatory properties. Polyphenols are what give fruit and vegetables their colour, the more colour the more polyphenols a fruit or vegetable has. Polyphenols help prevent cardiovascular disease, cancers, osteoporosis, and possibly help prevent neurodegenerative diseases and type 2 diabetes. They also help improve sports performance and recovery after exercise.

There are thousands of different types of antioxidants and polyphenols all of which play a part in protecting our body from oxidative damage and inflammation.

Numerous studies show that fruit and vegetables protect from cancer and degenerative diseases. The Okinawans who have a very high intake of colourful fruit and vegetables have the highest number of people in the world who live and keep healthy past 100.

They are alkaline forming

All foods after being digested are either acid or alkaline in their effect on the kidneys. Many disease states arise when the body is too acid. Both protein (especially hard cheeses and meat) and starchy carbohydrates (grains and legumes) are acid forming foods. Alkaline forming foods are fibrous fruit and vegetables. We must balance the protein we eat with large amounts of fruit and vegetables to keep the acid alkaline balance correct. If we don't, the body has no option but to take calcium salts from the bones, in order to neutralise acid, and this leads to osteoporosis. An acid-producing diet also contributes to calcium kidney stones, age-related muscle wasting, hypertension, stroke, asthma and exercise-induced asthma.

You must eat an appropriate balance of acidic and alkaline foods, for example: lean meats, fish and seafood (acid), plus lots of fruits and vegetables (alkaline).

So how much fruit and vegetables should you eat?

The more the better! Fibrous, colourful veggies can be eaten in almost unlimited amounts, as they are very low in carbohydrates. You should have at least 5 serves per day. Fruit should be eaten more moderately, 2 - 5 serves per day, focus on temperate fruit and highly coloured berries. You can actually get all your carbohydrates from fruit and veggies.

You can also add more polyphenols and phytonutrients to your diet by adding freshly made vegetable juice or taking supplements (but make sure they don't replace fruit and vegetables).

Editor's note: This article has been reproduced with kind permission from Julianne Taylor of Zone Products. For further information visit www.zonediet.co.nz

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The Stockman

Think you have lived to be 75 and know who you are, then along comes someone and blows it all out of the water . . .



An old stockman sat down in a city MacDonald's and ordered a cup of coffee.

As he sat sipping his coffee, a young woman sat down next to him.

She turned to the stockman and asked, "Are you a real stockman?"

He replied, "Well, I've spent my whole life breaking-in horse, droving cattle, riding in rodeos, fixing fences, pulling calves, bailing hay, marking and branding calves, cleaning hay sheds, fixing flats, working on tractors and feeding my dogs, so, yeah, I guess I am a stockman."

She said, well I am a lesbian. "I spend my whole day thinking about naked women. As soon as I get up in the morning, I think about naked women. When I shower, I think about naked women. When I watch TV, I think about naked women. It seems everything makes me think of naked women."

The two sat sipping in silence.

A little while later, a man sat down on the other side of the old stockman and asked, "Are you a real stockman, like, from the outback?"

He replied, "I always thought I was, but I just found out I'm a lesbian."

TRACKS and WALKS

Donnelly Flat Loop Walk

Time:

1 hr round trip

Distance:

2.5 km

Getting there:

Turn off State Highway 2 on to Norfolk Road, 2 km south of Masterton. This leads to Mount Holdsworth Road. Holdsworth is 15 km from State Highway 2.

Donnelly Flat is 1 km from the Atiwhakatu bridge near Holdsworth Lodge.

About the area:

Holdsworth

Holdsworth is the main entrance to the eastern side of Tararua Forest Park. Holdsworth offers camping, a lodge, picnic facilities, swimming in Atiwhakatu Stream and a range of walks.

Holdsworth is the main entrance to the eastern side of Tararua Forest Park. Set against the backdrop of some of the highest peaks in the Tararua Range, Holdsworth offers short walks and longer tramps through attractive forest vegetation and higher up into the alpine environment.

The picturesque Atiwhakatu Stream passes through the area, which is home to a diverse range of animal, bird and insect life. A ranger is available to offer assistance and provide local information.

Location:

Holdsworth is near Masterton.

Description:

The walking track to Donnelly Flat passes through some of the best mixed podocarp/broadleaf forest in the Tararua Range. Rimu, miro and northern rata tower over a canopy of kamahi, red beech and silver beech. Donnelly Flat is an attractive picnic and campsite.

The 1 km long nature walk sidles through podocarp/broadleaf forest above the flats to rejoin the foot of the Gentle Annie Track.

Plan and prepare:

What to expect on a walking track:

- Easy to moderate walking from a few minutes to a day.
- Track is mostly well formed; some sections may be steep, rough or muddy.
- Suitable for people with low to moderate fitness and abilities.
- Clearly sign-posted. Stream and river crossings are bridged.
- Walking shoes or light tramping/hiking boots required.

Waiohine Gorge Walks

Getting there:

Turn off State Highway 2 just south of Carterton into Dalefield Road. Follow the road signs indicating Tararua Forest Park. The road-end car park is approximately 15 km from State Highway 2.

About the area:

Waiohine Gorge is a popular camping and recreation area and entrance to south-eastern Tararua Forest Park.

Location:

South-eastern Tararua Forest Park, near Carterton.

Description:

There are a number of short tracks that descend from Waiohine Gorge Road into the gorge, giving access for picnicking, swimming, fishing and watersports. At the end of Waiohine Gorge Road a track leads down to the river. Near the Waiohine Shelter another track leads down to the river. At the ford at Devil Creek a route leads down the creek to the river.

Plan and prepare:

What to expect on a short walk:

- Easy to moderate walking from a few minutes to a day.
- Track is mostly well formed; some sections may be steep, rough or muddy.
- Suitable for people with low to moderate fitness and abilities.
- Clearly sign-posted. Stream and river crossings are bridged.
- Walking shoes or light tramping/hiking boots required.

Omega 3 Vital for Your Health

Are you getting enough Omega-3?

Omega-3 is the name given to group of polyunsaturated fatty acids. These fatty acids are essential for a huge range of critical functions in your body. They are not made within your body so it is important that you get them through your diet in order to enjoy optimal health. Over 5000 scientific papers have been published dealing with and documenting the benefits of Omega-3 fish oils. If you do not get enough Omega-3 on a regular basis in your diet you will start to get problems such as an increased risk of heart disease, depression and even obesity. As the dietary levels of these oils are lower now than ever before, it is critical that you make a special effort to get sufficient of these special fats.

The Extraordinary Benefits of Omega-3 Fish Oil

Here is an overview of just a few of the incredible benefits that Omega 3 fats provide.

Brain and Nervous system: Omega-3 EPA and DHA are used in the brain to aid signalling. A deficiency means the brain cells will not send signals to each other properly. Fish oil benefits many brain and nervous system conditions including:

Depression: Population studies have shown that countries with high rates of fish consumption have the lowest rates of depression, for example Japan whose rates are 0.12%. Countries with low rates of fish consumption have high rates of depression; New Zealand, who has the lowest fish consumption, also has the highest rate of depression at 6%! One clinical study found that around 50% of depressed people who took an Omega-3 supplement had a marked improvement in mood.

Bipolar disorder: Harvard Medical School has carried out double blind studies testing Omega-3 against a placebo on people with unstable and difficult to treat Bipolar disorder. In Bipolar disorder, people can cycle between manic and depressed episodes. After 4 months the results were amazing according to one researcher, with many patients on Omega-3 experiencing dramatic recoveries. Dose 5000 - 10,000 mg per day DHA+EPA.

Postnatal depression: During pregnancy the baby's developing brain and nervous system use a huge amount of the mother's stores of Omega-3 fats. Researchers think this leads to the mother's Omega-3 stores becoming deficient which in turn increases likelihood of post-partum depression. Countries with high fish consumption show low rates of post natal depression,

while countries with low fish consumption show high rates.

ADHD: Attention-deficit hyperactivity disorder (ADHD) has also been associated with a deficiency in essential fatty acids. Many children with ADHD show clinical signs consistent with a deficiency of essential fatty acids: excessive thirst, frequent urination, dry skin, and dry hair. Blood tests support this. In a 6 month long double-blind treatment trial, children with ADHD who had clinical signs of fatty acid deficiency showed that supplementation with Omega 3 reduced the symptoms of ADHD almost as much as Ritalin. Dose 1000 - 3000mg per day EPA+DHA.

Dyslexia: Dyslexics also have a deficiency of Omega-3 in their blood lipids. Anecdotal reports show Omega-3 can make a difference.

Alzheimer's disease and memory problems:

Population studies show that people over 85 who eat fish have a 40% lower risk of developing Alzheimer's disease than those who don't. One case study showed that Omega-3 fatty acids may also be helpful in the treatment of dementia. A 77-year old patient with Alzheimer dementia showed symptom improvements, including regaining the ability to dress himself, when placed on a diet with increased fish consumption.

Crime: In a recent study, inmates in an English prison were given either fish oil or placebo capsules. Those that had the fish oil had a reduced rate of offending by a staggering 30%.

Omega-3 makes babies smarter: Babies whose mothers ate fish regularly have better language and social skills at 18 months than those whose mothers did not.

Inflammation Reduction

Omega-3 reduces hormones in the body that cause inflammation. The following conditions improve as a result:

Heart Disease: Omega 3 will reduce your risk of heart disease. It reduces high triglycerides (fats in your blood) and increases HDL (good) cholesterol. It also reduces the stickiness of your blood. Omega 3 helps maintain the elasticity of blood vessels, reduces blood pressure and stabilises heart rhythm. If you've already had a heart attack it reduces your risk of a further attack. Amount required 1000 - 3000mg EPA+DHA (2 - 5 OmegaRx caps per day).

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Arthritis, Joints and Ligaments: Fish oil reduces inflammation linked with arthritic conditions. It can ease morning stiffness and reduces the number of painful joints. When given to patients recovering from ligament injuries in one study, it enhanced the entry of new cells into the wound area speeding up collagen synthesis. For rheumatoid arthritis improvements are shown with a dose of 3000mg per day DHA + EPA (5 x OmegaRx caps).

Painful Menstruation: Omega-3 can decrease or eliminate painful menstruation.

Skin conditions: Studies show it improves psoriasis and eczema.

Crohn's disease: Omega 3 reduces inflammation and relapses in Crohn's disease - painful inflammation of the bowel.

Cancer: Omega 3 suppresses cancer cells and enhances the effect of chemotherapy.

Asthma reduction: In athletes with exercise induced asthma, the severity was greatly reduced when a regular fish oil supplement was taken. Other studies show a dramatic reduction in asthma when zinc 15mg, vitamin C 200mg and omega 3 1000mg per day EPA+DHA.

Eclampsia in pregnancy: Many studies have linked an omega-3 deficiency to eclampsia, a potentially life threatening problem for pregnant women. This suggests consuming fish oil may lower the chances of developing pre-eclampsia. Fish oil supplements given to pregnant women also decrease the risk of pre-term deliveries and low birth-weight babies.

Omega-3 Supplements

The two most important Omega-3 fatty acids come from the oil in cold water fish such as salmon (wild not farmed). These fatty acids are called EPA and DHA. EPA is effective in reducing the risk of cardiac and circulatory diseases, while DHA is an essential structural component of the brain and nervous system.

You can get Omega-3 from eating cold water oily fish on a daily basis. However due to heavy metals and toxins such as mercury and pcb's now found in fish, eating it is no longer as safe as it was. A safer and more convenient way to get Omega-3 is to take a supplement.

There are many Omega-3 supplements on the market, but only those that have been purified to remove unsafe toxins should be taken on a regular basis.

Editor's note: This article has also been reproduced with kind permission from Julianne Taylor of Zone Products.

FEEL THE RHYTHM OF YOUR FEET

Get back to basics and make regular walking a joyful experience.

Whether you stroll, saunter, amble or stride, walking is good for you. In his book, *The Lost Art of Walking*, Geoff Nicholson extols the virtues of walking, and delves into how and why we walk. Besides providing physical, psychological and social benefits, this simple, free activity can transform your life, he suggest. From a health perspective, walking is the key to managing weight, controlling blood pressure, and reducing the risk of stroke, breast cancer, diabetes and myriad other ailments. A brisk daily walk lengthens your life, decreases the risk of depression and elevates your mood and sense of wellbeing. According to Harvard teaching hospital Beth Israel Medical Centre, walking lowers total cholesterol and increases high-density lipoproteins (HDL) or the "good cholesterol".

From a psychological viewpoint, walking offers an opportunity to clarify thoughts, to solve problems and to reduce stress. If you establish a rhythm that is relaxing and peaceful, walking can also become a form of meditation. Walking regularly with someone else enables a friendship to blossom as the pair of you exercise.

Also, the best way to explore some of the world's great cities - such as New York, London, Paris and Rome - is on foot. Walking stimulates the senses and enables you to enjoy a rich engagement with life around you. According to Nicholson, the poet William Wordsworth circumnavigated the world seven times during his lifetime. Wordsworth reputedly delighted in the simple truth that "going for a walk is an invitation for surprise". Here are some tips to get going:

- **Get a walking buddy** and commit to meet each week at a set time.
- **Get a dog** and you'll have a constant walking companion.
- **Choose a location** that is picturesque but accessible.
- **Start with a moderate walk**, then increase the pace and distance.
- **Include some hills** and steps/stairs.
- **Use an umbrella if it rains:** the worst that can happen is that you get wet!

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If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?

- COMING EVENTS -

2009

Nov

1	Auckland Full & Half Marathons & 10km	Devonport
1	Lower Hutt 10km Road Race and Walk	Huia Pool
7	Fielding Marathon	Fielding
8	Napier Half Marathon	Napier Boys High School
14	Rimutaka Incline Run	Kaitoke

2010

Jan

16	Fullers Wharf to Wharf Fun Run	Waiheke Island
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Feb

13	Buller Gorge Full & Half Marathons	Westport
21	Wellington Masters T&F Championships - Day 1	Newtown Park
28	Wellington Masters T&F Championships - Day 2	Newtown Park

March

1-6	World Masters Athletics Indoor Track & Field Championships	Kamloops, Canada
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April

11	Paris Marathon	France
19	Boston Marathon	Boston

July

4	Gold Coast Full & Half Marathons & Associated events	Gold Coast
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Oct

3-14	Commonwealth Games	New Delhi
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2012

	North Island Masters T&F Championships	Newtown Park
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2013

	NZ Masters T&F Championships	Newtown Park
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Note: While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

UNIFORMS:

A RE-STOCK OF VARIOUS SIZES IS NOW AVAILABLE OF THE WELLINGTON MASTERS SINGLET AND TEE SHIRT. THE SINGLETS ARE \$30 AND THE TEE SHIRTS \$50 AND MADE FROM DRI FIT MATERIAL. THESE CAN BE ORDERED THROUGH VERONICA GOULD - TELEPHONE 04 973 6741.

CENTRE RECORDS:

PLEASE NOTE THAT MARK MACFARLANE HAS NOW TAKEN OVER THE KEEPING OF THE WELLINGTON CENTRE RECORDS. IF YOU FEEL THAT YOU HAVE SET/BROKEN A RECORD PLEASE SEND INTO MARK AFTER GETTING THE APPROPRIATE PAPER WORK SIGNED OFF. THIS WILL MAKE HIS JOB MUCH EASIER. MARKS CONTACT DETAILS ARE LISTED ON THE INSIDE FRONT COVER OF THE NEWSLETTER.

CHANGE OF ADDRESS:

If any member changes their address, it would be appreciated if they could notify the Subscription Secretary. This enables us to keep records that are accurate and up to date and ensures that you continue to receive your newsletter. It is also important that Club Co-ordinators notify the Secretary of any change of address to enable the information to keep getting out to the clubs in the Centre.

WELLINGTON MASTERS ATHLETICS INC.

**SUBSCRIPTION FOR THE 2009/2010 YEAR
(1 September 2009 to 31 August 2010) = \$45**

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ **EMAIL:** _____

CONTACT PHONE No. _____ **CLUB (if any)** _____

How to Pay:

\$45 (\$90 for couple) - cheque made out to Wellington Masters Athletics Inc – (WMA Inc) and sent with form to: **VERONICA GOULD, PO BOX 5887, LAMBTON QUAY, WELLINGTON, 6145**

Direct Credit to: Wellington Masters Athletics Inc, National Bank, The Terrace: **06 0565 0064415 00**
then forward the completed form to Veronica Gould at the above or email to:
gvgould@xtra.co.nz

NOTE: Wellington Masters Athletics singlets and tee shirts are also available from Veronica Gould at a cost of \$30 and \$50 respectively.

Please advise any change of address as soon as possible

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