

# The PackRat

NEWSLETTER OF THE ROCKY MOUNTAIN RAMBLERS ASSOCIATION

SEPTEMBER / OCTOBER 2007



*The incredible Montmorency Falls in Quebec.*

PHOTO CREDIT IRENE WILLETT

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packrat@ramblers.ab.ca

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The Packrat is published six times a year by the Rocky Mountain Ramblers Association. We welcome comments, articles, and ideas from our members and, if content is deemed suitable, will be used as space permits.

E-mail submissions to the newsletter editor at [packrat@ramblers.ab.ca](mailto:packrat@ramblers.ab.ca) or forward contributions to RMRA, c/o Calgary Area Outdoor Council, 1111 Memorial Drive NW, Calgary, AB T2N 3E4.

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**Message  
from the Editor**

**T**ime certainly flies! I surprised myself when I looked back over my files that six years have zoomed by since my first Packrat newsletter in 2001. Upon reflection, it certainly didn't feel that long. It must be a sign that I really enjoyed doing the newsletter. At the same time, I feel a need to move on and explore other interests that have been sitting too long on the back burner. The reality that "someday is now" has taken over my life; therefore, I am taking action and turning over my reins to someone else.

I want to give my heartfelt thanks to the regular contributors to the Packrat for their support and especially to, Maria Nemethy, who graciously helped me with her generous time and willingness.

See you on the trails!

*Irene Willett  
Editor  
Packrat Newsletter*

“  
When one door of  
happiness closes, another  
opens; but often we look  
so long at the closed  
door that we do not see  
the one which has opened  
for us.”  
*Helen Keller*

**Annual Dinner &  
Dance**

**Friday, October 26**

The Rocky Mountain Ramblers Dinner and Dance will be held Friday, October 26, 2007 at the Calgary Winter Club. Please join us for an evening of good companionship and food.

Cocktails will begin at 6:00 PM with dinner at 7:00 PM and dancing until midnight. Tickets will go on sale at the beginning of October and the cost will be \$40 per person).

**Wildlife Corridors**

**LOCATION:**

Cross Conservation Area

**WHEN:**

Tuesday, November 13/07  
at 7:00 PM-9:00 PM

**CONTACT:**

Catriona Laird

**WHO:**

Adults

**COST:**

\$8

**EMAIL**

[claird@crossconservation.org](mailto:claird@crossconservation.org)

**WEBSITE**

[www.crossconservation.org](http://www.crossconservation.org)

Jacque Gilson, our Executive Director, highlights the results of our summer research on wildlife movement around the Conservation Area. Come find out who's been caught on our motion sensor cameras, what wildlife corridors are all about and how this information can help support conservation.

## Photography Tips

The low price of pocket-size cameras with amazing zoom capabilities allows anyone to capture some great photos, regardless of your skill level. As well, there's opportunity to modify and tweak photos after the fact with the many software programs available. The one major drawback to digital photography is not having print copies available to carry around and show your friends and family. Somehow gathering around a computer screen to view prized photos loses some of its appeal. Consider the option of getting your best photos printed on photo paper stock on your own printer, or take them to your local photo shop for processing.

Capturing great photos obviously requires some great



skill, time and patience that the professionals have. However, amateur photo buffs can easily capture those special moments with a few simple techniques.

According to Active Journeys, they recommend these ten top tricks of the trade to get the most out of your digital camera.

- Try to think of your journey as a story, with a beginning and ending.
- Pack a small portable camera with zoom lens capability for those distant shots.

- Capture the moment - If you see a great opportunity, snap it.
- Include people in your shots so your pictures don't appear as tourist postcards.
- Remember most flash photography will only reach 8 to 12 feet from your camera.
- Variety. - Try black and white, double exposure, textured, timer, etc.
- Vertical vs. Horizontal, Fore-ground vs. Background, Center vs. Off-Center
- Zoom In - Use your zoom lens to capture unique details and fill the frame.
- Be steady and have the sun behind you.
- Always have your camera with you during your travels.

Information Sites:

[www.photographytips.com](http://www.photographytips.com)  
[www.photosecrets.com](http://www.photosecrets.com)

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## Jasper Trails Project Presentation at CAOC

**P**arks Canada in Jasper, along with many of their local volunteers, have been working on **The Jasper Trail Project**, the goal of which is to "...reconfigure the trail system surrounding the town of Jasper while addressing ecological concerns such as critical wildlife movement corridors. The result will be a trail system that offers the very best recreational opportunities to explore the area, in ways that also protect its ecological integrity."

The Jasper Parks Canada staff wants to keep the outdoors community informed on this undertaking and are coming to Calgary to give their first presentation about **The Jasper Trail Project** at the Calgary Area Outdoor Council. The presentation will involve slides and maps and information on the progress and challenges to date.

There will also be lots of opportunities to ask questions. Anyone interested in learning about this project is invited to attend.

**DATE:** Wednesday, Sept. 26

**TIME:** 6:00 pm

**PLACE:** Calgary Area Outdoor Council, 2nd Floor  
1111 Memorial DR. NW

**COST:** Free

To attend please register by contacting the CAOC office at 270-2262 or [caoc@coac.ab.ca](mailto:caoc@coac.ab.ca).

### Activities

Hiking, Backpacking, Skiing,  
Cycling,  
Climbing,  
Scrambling,  
Mountaineering, Education  
& Awareness  
Programs, Social  
Functions

### Meetings

Every Wednesday  
evening at 7:30 p.m.

### Mail

Rocky Mountain Ramblers  
Association  
c/o Calgary Area Outdoor Council  
(CAOC)  
1111 Memorial Dr NW  
Calgary, AB T2N 3E4

### Trip Info

282-6308 Information Line,  
Website, and at Meetings.

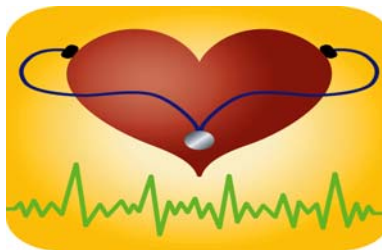
### Website

The Packrat is available on the  
RMRA website at  
[www.ramblers.ab.ca](http://www.ramblers.ab.ca).  
If we have your email address,  
you will be automatically notified  
that an electronic copy of the  
Packrat is on the website.

## WOULD YOU KNOW IF...

### YOU WERE HAVING A HEART ATTACK OR A STROKE?

**A**s Ramblers  
Age, it may  
be a good time to  
review heart  
attack and stroke  
warning signs.  
Hiking, skiing,  
and snowshoeing



are very aerobic in nature and  
no one should ignore warning  
signs or symptoms and continue  
to participate in these activities  
without having a medical review  
first.

If you have warning signs at  
home or at work – please see a  
doctor before joining another  
trip. If you have warning signs  
or symptoms on a trip, please let  
someone know immediately. If  
you have been lucky enough to  
finish a trip where you experi-  
enced possible warning signs or  
symptoms – please see a doctor  
before joining another trip.

The following information has  
been copied from the Canadian  
Heart and Stroke Foundation  
website.

Thousands of Canadians die  
from heart attacks every year  
because they don't get medical  
treatment quickly enough. Learn  
to recognize the signals of a  
heart attack, so you can react  
quickly – to save a life.

#### PAIN

- ♥ sudden discomfort or pain  
that does not go away with rest
- ♥ pain that may be in the chest,  
neck, jaw, shoulder, arms or back  
pain that may feel like burning,  
squeezing, heaviness, tightness  
or pressure

- ♥ in women,  
pain may be  
more vague
- ♥ chest pain or  
discomfort that  
is brought on  
with exertion  
and goes away

with rest

#### SHORTNESS OF BREATH

- ♥ difficulty breathing

#### NAUSEA

- ♥ indigestion
- ♥ vomiting

#### SWEATING

- ♥ cool, clammy skin

#### FEAR

- ♥ anxiety
- ♥ denial

If you are experiencing any of  
these signals, you should:

- ♥ **CALL 9-1-1** or your local  
emergency number immediately,  
or have someone call for you.  
Keep a list of emergency num-  
bers near the phone at all times.

- ♥ Stop all activity and sit or lie  
down, in whatever position is  
most comfortable.

- ♥ If you take nitroglycerin, take  
your normal dosage.

- ♥ If you are experiencing chest  
pain, chew and swallow one  
adult 325 mg ASA tablet (ace-  
tylsalicylic acid, commonly  
referred to as Aspirin®) or two  
80 mg tablets. Pain medicines  
such as acetaminophen (e.g.  
Tylenol) or ibuprofen (e.g.  
Advil®) do not work the same

way as ASA (i.e. Aspirin®) and therefore will not help in the emergency situation described above.

♥ Rest comfortably and wait for emergency medical services (EMS) (e.g., ambulance) to arrive.

### Stroke Warning Signs

#### THE FIVE SIGNS

Stroke can be treated. That's why it is so important to recognize and respond to the warning signs.

**WEAKNESS** - Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.

**TROUBLE SPEAKING** - Sudden difficulty speaking or understanding or sudden confusion, even if temporary.

**VISION PROBLEMS** - Sudden trouble with vision, even if temporary.

**HEADACHE** - Sudden severe and unusual headache.

**DIZZINESS** - Sudden loss of balance, especially with any of the above signs.

If you experience any of these symptoms **CALL 9-1-1** or your local emergency number immediately.

We all know that calling 911 for a fast response time doesn't work out that well in the wilderness, so, in my opinion, personal awareness of messages our bodies are giving us must be taken very seriously and checked out prior to participating in further activities.

*Anita O'Reilly*  
Vice President and chair of

## Welcome New Members

*Marlene Epp*

*Dorota Paduch*

*Ann Provost*

*Gloria Sinclair*

*Janet Guglich*

*Marilyn Hnit*

*Siegfried Schulz*

*Denise Taylor*

*Joan Kendrick*

*Carrie Lecuyer*

*Pat Michael*

*Dorothy Smith*

*Rita Boulet*

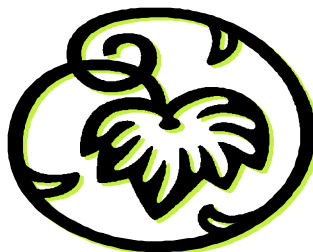
*Phil DeFehr*

*Jodie Nykoluk*

*Marti Nuth*

*Sheldon Spier*

*Lars Villadsen*



### Recipe Corner



## Black Bottom Cupcakes

The following recipe was given to some of us Ramblers some years ago and I'd like to share it with you. I think the original came from Linda Eastwood. Linda may have moved on but she's always here when I make this delicious and truly decadent food. **Wicked!**

- 1 8 oz. pkg. cream cheese, softened (250 g)
- 1 egg slightly beaten
- 1/3 cup sugar (75 ml)
- pinch salt
- 1 6 oz. pkg. chocolate chips (170g)
- 1 cup sugar (250 ml)
- 1 ½ cups flour (375 ml)
- ¼ cup cocoa (50 ml)
- 1 tsp. baking soda (5ml)
- ½ tsp. salt (2 ml)
- 1 cup water (250 ml)
- ½ cup oil (125 ml)
- 1 tbsp. vinegar (15 ml)
- 1 tsp. vanilla (5 ml)

In a small bowl, **COMBINE** the first 4 ingredients. **ADD** chocolate chips and set aside. **MIX** remaining ingredients well. **FILL** muffin tins lined with paper cups 1/3 to ½ full with this mixture. **DROP** a large spoonful of the cheese mixture on top,

**BAKE** 25 – 30 minutes at 350°F (180° C). **YIELD:** 18 cupcakes.

*Submitted by*  
*Dorothy-Ann Reimer*



## THE APEIRON SOCIETY FOR THE PRACTICE OF PHILOSOPHY

This is the Society's 21<sup>ST</sup> year of philosophical seminars and discussions. All who are interested in the practice of philosophy in everyday life are welcome.

**This year's theme is: "Civilization: Prospects and Perils"**

### PROGRAM FOR THE FALL OF 2007

September 26	AGM and Social Event		
October 9	Phil Hoffmann (President, Apeiron Society) - "How can our lives matter in a million years from now?"		
October 23	Mike Robinson (CEO of the Glenbow Museum) - "Can the application of common good energies turn Alberta around?"		
November 13	John Heintz (Professor Emerita U of C, Department of Philosophy) - "Organ donation should it be brain death or heart and circulatory death."		
November 27	Eric Donovan (U of C Department of Physics and Astronomy) - "Science has no Morals."		
December 11	Hugo Meynell (Cambridge academic and author) - "Dear Professor Dawkins: Religion and Rationality."		
Meetings	7:30 pm sharp, at the Scandinavian Centre, 739-20 Avenue NW		
Membership	Annual: \$30	1 Jan to 31 Aug: \$15	
Entrance Fee	Members & 1st Visits: \$3	Students & Seniors: \$5	Non-Members: \$7
Contacts & Info	www.ApeironSociety.org	Laszlo @ 252-7332	

The Calgary Ski Club is hosting an information session with photos of trails and facilities from a selection of 71 XC ski areas visited in Western Canada and USA.

**Tuesday, September 18**  
**Rosedale Community Hall**  
**901 - 11 Avenue NW**  
**7:30 PM**

For more information:  
[loppet@calgaryskiclub.org](mailto:loppet@calgaryskiclub.org)



### **PACKRAT ADVERTISING RATES**

The Club offers advertising space in **PackRat** and the following rates apply:

Quarter Page	\$10
Half Page	\$20
Full Page	\$40

Payment **MUST** be received prior to publication.

## Comfortable Hiking Holidays

416) 445-2628

info@letshike.com www.letshike.com



**JUST ADDED FOR 2007!**

### **TURKEY - October 14 to 25, 2007**

Hike in Cappadocia with its secret frescoed churches, underground cities and volcanic tuff sculpted into fairy chimneys. Visit ancient ruins on the Aegean side, shop the bazaars of Istanbul and take a history lesson through time. Steeped in tradition and a masterpiece of nature, Turkey will impress you.

**RESERVE NOW FOR 2008!**

### **THAILAND - February 16 to March 1, 2008**

Countless new experiences await you in Thailand – hike through tribal villages, visit incredible floating markets & Buddhist temples, bathe elephants and taste an abundance of fresh & flavourful foods. Bangkok, Chiang Mai, Chiang Rai and the River Kwai are all a part of this incredible journey.

### **ANDALUCÍA, SPAIN - April 13 to 26, 2008**

The Spanish passion for living is deliciously contagious! Hike the picturesque Andalucía region with its “white villages” nestled in the mountains and bottomless gorges where vultures nest. Experience the history of the Alhambra Palace & let Ronda charm you.

### **CORFU, GREECE - May 11 to 24, 2008**

This Greek island is the perfect combination of European flare and tranquil sea-side living. Hike to the heavens to visit holy monasteries and trek in shade of ancient olive groves. We promise - you will never tire of the deep, deep blue of the sea that surrounds you. Opa!

### **FRANCE - May 31 to June 14, 2008**

Hike with us in SW France, with home base being the medieval town of Sarlat. The honey-coloured stone of the 1000 year-old buildings, gas lighting and complete lack of overhead wires make it a photographer's paradise. Included in our hikes of the surrounding countryside are guided tours of chateaux, visits to magnificent sculptured gardens, a leisurely boat ride on the Dordogne and winery tours, of course!

### **2008 HIKING CALENDAR**

To get our new 2008 Hiking Calendar, e-mail or call us with your address and we'll gladly add you to our guest list. You'll also receive our e-newsletter “*Let's Hike*”.

## **Mountain Pine Beetle & S. Alberta**

*D. Reimer*

**T**jerk Huisman of Spray Lake Sawmills recently gave Ramblers an excellent talk on this scourge. You can check out our website for links to some valuable resources (under Environment).

For those who didn't manage to get to his talk I thought I'd give a few of the key points both from Tjerk's talk and from information that Gord Lehn (SLS's Woodland Manager) brought to the last K Country – Trail Users Group meeting.

#### **Highlights:**

- Beetle size: a grain of rice, barely. Pretty puny considering the damage it does.
- Beetles fly in Aug-Sept. They don't get far when there is no wind. Pray for a windless Sept.
- Tree death is fast. Beetle comes in this year, tree can be dead the next.
- Cold weather can stop them but must be -30 to -40 (though can be a touch warmer in late fall or early spring).
- 100% kill necessary. Last year's was barely 70%.
- Infection in S. Alberta: last year, 3,500 trees, this year's estimate, 11,000.
- Infection in N. Alberta: 3 million.
- S. Alberta forest is 42% lodgepole pine.
- Impact of dead trees (these are only a few):

- ✧ CO<sub>2</sub> absorption changes (think Greenhouse gas)
- ✧ expiration rate changes
- ✧ water table rises (flooding potential)
- ✧ animal and bird life affected (habitat, food)
- ✧ safety for anyone in area (remember the burned areas in Kootenay Park a few years ago and the subsequent trail closures due to weakened tree roots).

These are only a few of the things to know about the impact of this creature. One thing is certain; the potential for massive tree loss in our forests is real. Drive the highways to Vancouver and the devastation this tiny, tiny insect has wrought is all too evident.

## Gorge Creek Road Closure

*D. Reimer*

For the past three months, Ramblers have been trying to convince the Province to re-open the 3.5 km section between Gorge Creek PRA and Volcano Ridge PRA. We aren't the only ones.

The Kananaskis Trail Users Group, (which meets quarterly with K Country senior staff, have asked representatives of the Clubs on its mail list to consider writing to the three ministers responsible for this closure. They are Minister Luke Ouellette, Minister Hector Goudreau and Minister Ted Morton. Many letters have been sent.

Ramblers' website has good information on this issue under

the Discussion Forum. But here is a bit more food for thought. Read on, remembering that these comments are my take on the issue.

### Usual Official Response

The usual response has been to justify closure under the Sheep/Bluerock Management Plan. However, this Plan has **not** yet made it to the Minister's desk.

K Country senior personnel refuse to say what is in the Plan. They also refuse to open the road temporarily, pending Plan acceptance or rejection.

### Field Staff Response

An un-named staff person told a different story. I spoke to this person on Aug. 30 and was told the following:

1. Spray Lake Sawmills will need part of the Gorge Creek road for logging access when they cut. Cutting currently is scheduled for 2011.
2. K Country staff (field) don't want logging trucks in the protected Sheep area.
3. K Country staff believe that if they keep this 3 ½ km section closed and turn it into a "trail", SLS will be forced to fix the road north of Volcano Ridge PRA for logging access and won't ask to use Hwy 546 through the Sheep protected zone.
4. When SLS has repaired the road, public access will be allowed to Volcano Ridge PRA from the north.

### My Response

This is such bizarre reasoning that it quite likely is true. There

are a couple of flaws in this reasoning.

First, what sort of guarantee would there be that the north road would be accessible by car if it is being traveled by logging trucks?

Second, is K Country so spineless that it could not refuse logging truck access via Hwy 546?

This un-named person also reminded me that a designation of Wildland Park severely limits the activity allowed there: no new trails, no new facilities, etc.

If this reasoning is true, it suggests that Spray Lake Sawmills (a commercial entity) may have the power to dictate to K Country but Recreationists (hikers, bikers, etc.) do not.

## Lobbyist Legislation Proposal... should we be worried

The Province's Bill 1, the Lobbyist Act, was presented last Spring and passed 2<sup>nd</sup> reading in late May, 2007. Third reading set for the coming Session.

The Bill sounded like a great thing. Get control of lobbyists who are putting forward the special views of commercial interests. Unfortunately, Volunteer and Non-profit organizations seem to be included also. This might not be such a bad thing if the requirement for registry was not so complicated and the fines for breach were not so high: penalties of \$25,000 and fines of \$200,000 for second offences.



Volunteer organizations (and Ramblers is one as well as AWA, CPAWS, perhaps Friends of Kananaskis) will need to have someone trained first to complete registration then to ensure that the 'lobbying' activity is done in accordance with rules.

Even the efforts of the K Country recreationists who meet quarterly with K Country senior staff may find themselves caught by this Bill if it becomes law. When we send a letter to the Minister asking to open the Gorge Creek Road, are we lobbying? When the Seniors' clubs banded together and asked for No Fees for XC Skiing, were they lobbying?

Volunteer Alberta, which often acts on behalf of volunteer groups throughout the Province, has studied the Bill and is very concerned. Concerned enough to write up 12 pages on it (yes, 12 whole pages) plus a two-page Executive Summary to explain the Act and their concerns.

Go to their website: [http://www.volunteeralberta.ab.ca/news\\_and\\_events/](http://www.volunteeralberta.ab.ca/news_and_events/)

Maybe we should lobby against the lobbyists legislation by asking that Volunteer and Non-Profits be excluded. Anyone for writing some more letters?

*Submitted by  
Dorothy-Ann Reimer*



## Superfoods by Malcolm Saunders

On Wednesday, August 29th, Malcolm Saunders gave a very interesting talk about "Superfoods". "We are what we eat" says Malcolm, "and so if we want to have healthy bodies we should make sure we put healthy things into them."

Malcolm's recommendation for the healthiest foodstuffs are raw, organic plant based foods. Mind you, he doesn't suggest that anybody transform their current eating habits overnight into purely raw organic plant foods, but he does suggest people go about it gradually and work these superfoods slowly into their diet.

Some of the speaker's favourite superfoods are nuts and seeds, cacao nibs (raw chocolate) and Goji berries. The Goji berries are an oriental berry very rich in minerals and antioxidants. Although some of these ingredients are not very easy to find, Malcolm suggested that people interested in obtaining them visit health food stores.

The speaker recommends raw foods because they contain all the nutrients in unadulterated form. It is, of course, well known that cooking can alter or destroy different nutrients in food, so eating raw foods avoids this loss. Malcolm also prefers purely plant based foods, because this way people can avoid the not-so-good animal husbandry practices that unfortunately are rampant in mass-produced meat foods. He also mentioned that if

people changed their eating habits to purely plant based foods, the planet could produce seven times more food than it currently does.

Along this vein, Malcolm strongly disapproves of dairy foods, because in his view dairy cattle, for the most part, receive very poor treatment as animals and are fed a cocktail of hormones and antibiotics that can easily pass along to the consumer of the dairy products. Among the foods that the speaker likes a lot is raw chocolate. He emphasized that the good nutritional qualities of chocolate are enhanced by eating it raw instead of the heavily modified version of candy bars. In the world of nuts and seeds, there are many that are good for us but one favourite is hemp seed. It is "a complete food" and contains all the proteins and fats that the human requires. He pointed out that hemp seeds contain more protein than eggs, which many people see as the gold standard of the easily digestible protein. Malcolm suggests eating grains in their "sprouted" form because in that fashion they are more easily digested.

Malcolm is very strong on the consumption of our green and coloured vegetables as well. He offered the suggestion of making smoothies with vegetables to transform them into a more palatable form, rather than just munching on them raw. He also mentioned plant foods sourced from the sea such as kelp and dulce, all of which are very high in mineral content.

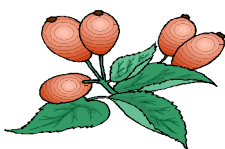
The talk proceeded in a very lively manner with all sorts of questions during the presentation. In response to a concern expressed by some members of the audience about bacterial contamination of raw foods, Malcolm suggested that this perhaps wasn't as big an issue as some might make it out to be. He pointed to the presence of bacteria in other foodstuffs as well, such as concerns with e-coli in meats, salmonella in eggs and chickens, and so on. He suggested that if people were really concerned they could use a mild solution of hydrogen peroxide to cleanse the product they might think is unclean.

The questions kept Malcolm on his toes and he certainly had many to answer. He showed himself to be a very capable speaker, giving the entire talk without ever referring to notes.

All in all, it was a very entertaining evening and we thank Malcolm for coming to speak to the RMRA and wish him the best of luck in pursuing his keen interest in healthy, raw, plant based foods.

As a parting gift to the group, Malcolm offered a copy of his recipe for "Superfood Energy Bars", which is repeated below for those who missed the talk.

*Submitted by  
Laszlo Jamniczky*



## 21 Extreme Reasons to Go For Goji!

After having researched the miracle Goji berry on the net: [www.extremehealthusa.com/goji-berries](http://www.extremehealthusa.com/goji-berries), I found 21 reasons why this berry is such a powerful berry. To learn more about each item, just log on to this site.

1. Life Extension
2. Look and Feel Younger
3. Energy and Strength
4. Strengthen Heart
5. Blood Pressure
6. Cholesterol Levels
7. Enhance Libido and Sexual Function
8. Menopausal Conditions
9. Balance Blood Sugar
10. Memory Tonic
11. Digestion
12. Normal Kidney Health
13. Happy Spirit
14. Sleep
15. Vision
16. Heighten Immune Response
17. Supports General Health
18. Headaches and Dizziness
19. DNA
20. Increase Fertility
21. Inhibit Lipid Peroxidation

*Submitted by  
Irene Willett*



## SUPERFOOD ENERGY BARS

- 1 cup favourite nut or seed - almond, walnut, hemp, cashew, pumpkin, etc. or any combination
- 3/4 cup dates
- 2 tbsp coconut oil
- 1/4 cup cacao nibs  
(raw chocolate)
- 1/4 cup Goji berries
- 1 tbsp Maca (a root in the form of a powder)
- 2-3 tbsp green powder like Spirulina or mixed greens
- 1 tbsp unpasteurized honey
- A pinch of unrefined sea salt

Put nuts/seeds and dates into food processor, blend well together. Add remaining ingredients and continue to mix together into a dough. You can then press into a pan, roll into balls or create cookie shapes. Chill to harden and enjoy!

To learn how to create a whole cuisine that is fast and easy to prepare and loaded with nutritional health benefits, visit: [www.superfoodfamily.com](http://www.superfoodfamily.com)

