

R-E-S-P-E-C-T FOR ROELLY WINKLAAR



With his 7th place Roelly Winklaar finished just outside the immediate Olympia qualifications. But it has to be said that all other AC Pros - even Ronnie Coleman - were very positively impressed with Roelly. Next for Roelly was the Australian Pro to collect his Olympia ticket. And he did! Having finished third (!) we will see this Dutch athlete in September at the 2010 Olympia Weekend! (More about Roelly on pages 98-107 of this MMNL!) (Photo: Sibil Peeters)

THE CHALLENGE



Bodybuilders Chris Rosales and Robbert-Jan van Heeckeren are currently preparing for a new NBBF Dutch Record on May 29th and 30th - Within 48 hours they will give a proper bodybuilding training of at least one hour in all twelve provinces of the Netherlands. With this challenge in speed, force and endurance, Chris and Robbert-Jan want to give a different approach to bodybuilding by adding some spectacular ingredients. More information: Sportstudio Lochem - tel. 0573 25 55 70 - info@sportstudiochem.nl. A report on this challenge in the next MMNL!



NEW AT THE NBBF / IFBB

To further lift Dutch Bodybuilding, Fitness and Bikini to the level of the international pro circuit, in October 2010 the IFBB will start with the first edition of the "Juliette Bergmann Classics". This yearly international competition will be accessible to national and international A-athletes who can even earn their ticket to the Pros!

HUGE SUCCESS

On December 18th, 2009 William Llewellyn came to the Netherlands to give a - invitation only - seminar on supplementation and sports. During this seminar visitors were invited not only to listen to what William had to say, but to actively participate in ongoing discussions on supplementation. The seminar was such a success that William has said to want to repeat it, this time for other interested parties as well. Are you interested, please mail your name, phone number and email address to redactie@musclemedia.nl and we will keep you informed.



MMNL writers Mike Aberkrom and William Llewellyn at William's seminar on December 18th, 2009.

AMERICA WANTS DUTCH BEAUTY

America continues to show interest in the Dutch talent. At the NBBF Open Benelux Cup 2010, there's the distinct possibility that one of the ladies in the Body Fitness class or the Bikini Model class will be invited to attend the Rachel McLish Beauty and Fitness Festival, October 7-10, 2010 in Las Vegas. The prize money in this competition is high and for the winner there's the chance to appear in an American motion picture or television series. More information: www.rachelmclishfestival.com



When I was growing up, I belonged to the happy few that could spend kindergarten at a school where a big dragon lived in the surrounding bushes. That dragon had to be fed daily, and this noble task belonged to me and my best friend. Fortunately for us, that dragon fed on carefully decorated sand pies, sculpted by hand, preferably during recess....

With the passing of my days in kindergarten, the dragons sadly became extinct as well. A few decades have past since, and in the present day a whole different creature rules the place where we currently spend our free time. This creature is referred to as 'The Animal'. This Animal unfortunately doesn't do that well on pies of sand. It forages for protein and vitamins, and can be found in any local gym.

Most proteins and vitamin blends are designed to optimally nourish the Animals in gyms worldwide. But now we encounter a problem: in some European countries, vitamin blends are regulated so thoroughly that it becomes next to impossible to get the Animal their desired vitamin dosages....

This all gets decided in Brussels where the head of the European Community resides. Men in white lab coats whisper bad things into the ears of politicians so that some Animals even today still do not have the free choice of how many vitamins they want to pump into their systems. A simple multi-vitamin may be available to the Animal in one country, yet in a neighboring country it could very well be strictly illegal.

What is with this? Are not all Animals created equal? Or to quote George Orwell's 'Animal Farm': "Lab coat gooooooood,..... Tank Top baaaaaaaaaaaaad" ? We are all equal, only some are more equal than others.

It all depends on the men in white lab coats. They would rather sell you some vitamins at ridiculous high pricing in their own "Lab Coats R' Us" franchise. Top shelf, right next to the other pharmaceuticals that bring the lab coats money. A regulated monopoly at the cost of the hard working Animal. No need for any free market economy here.

Now is there nothing that the Animal can do to stop the lab coats from achieving their heinous goals? Yes... the Animal gets this rare chance once every few years. It is called: voting.

Every few years the Animal tends to vote for their favorite politician. Maybe next time it would not be a bad idea to ask this politician first about his or her position on the regulation of food supplements. If you happened to be an Animal, wouldn't you rather decide for yourself what type of supplements you have access to, and whether you are limited to worthless restricted daily dosages of vitamin C or not?

Or perhaps you belong to the flock of Animals that happen to love a limited choice at a nicely regulated outrageous price as well?

Try to remember this when your next election day comes....

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