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**messenger**

Volume 51, No. 3, February 4, 1982 Oshawa, Ontario



## **North York Branson Hospital**

*This year celebrating 25 years  
of service in "making man whole."*

(See centrespread for details.)





# Tithe and Canada Pension

by Perry A. Parks, *Director of Stewardship, Canadian Union Conference*

The question is often asked by those who receive Canada Pension benefits whether they should return tithe on this money or not. Some feel that since they have returned a faithful tithe on their complete cheque before Canada Pension was withheld that now they are only receiving back what was withheld and already tithed. These questions concerning what to tithe are not new. In the August 17th, 1972 *Review and Herald*, the editor wrote some good thoughts on this subject, and I will share a portion of this article with *Messenger* readers. It dealt with tithe and U.S.A. Social Security benefits; however, the same principles would apply to Canada Pension.

The editor states that "we have no desire to be conscience for anyone" in the matter of returning tithe to the Lord; however, some years ago, because of numerous questions from the field, the General Conference officers took a look at the matter of tithing Social Security benefits and agreed that, in their view, tithe may be returned in any one of three ways:

1. Payment of tithe on the full amount of salary before deducting payments for government pension coverage, and upon receiving pension benefits, tithe the total amount of the benefit received.

This is the simplest way and can hardly be faulted. It may result in an overreturn of tithe, but it will never result in an underreturn.

2. Payment of tithe on the salary cheque in full before deducting payments for government pension coverage, and upon receiving government pension benefits, tithe them after the total amount of payments for coverage tithed in previous years has been recovered.

If this method is followed, it would be proper, at retirement, to obtain from your employers or from the government a record of the amount of funds paid in for Canada Pension. Then you can know how much you need to return tithe on.

3. Payment of tithe on the salary cheque after deduction of payments made for

government pension coverage. Upon receiving Canada Pension benefits tithe the total amount of benefits received.

In our view, Number 3 is the least satisfactory of the alternatives. Because of the uncertainty of life, no one has the assurance that he will live long enough to receive the benefits of Canada Pension. If he does not tithe his total income during earning years, this money is lost to the cause. We feel that it is always better to keep current with God.

The method one selects of returning tithe will depend, in part, on the kind of person one is. Some people habitually "overpay" on their tithe. Whenever they write a tithe cheque, they add a few extra dollars "just to be sure." They prefer to be "on the safe side" with their tithe rather than to use these extra dollars to increase their offerings. Other people, equally generous with the Lord, return a strict tithe but give more offerings. Those who follow the "Personal Giving Plan" give consistently on a percentage basis

and should have no trouble in this area.

Some people habitually keep meticulous records, not merely in their relationships with God, but with department stores, utility companies, governments, etc. These people find it no chore to keep the kind of careful records that will enable them to return a faithful tithe when they begin receiving Canada Pension benefits. Other people find record keeping difficult. They are honest, but they handle financial matters in the easiest way possible.

If you are receiving Canada Pension benefits now, or will in the near future, we hope this information will be helpful to you. On the subject of faithful tithing one person cannot be conscience for another. Each must look to God for himself. However, we must always keep in mind that God's special blessing is promised to those who are honest and faithful stewards of all that God has entrusted unto them.

## Winter Bible Conference

February 26-28, 1982

New Frenda Youth Camp

### Special Guest

Elder Lloyd Janzen, Youth Director of the Seventh-day Adventist Church in Canada

### Special Features

Spiritual and Biblical Presentations

Films

Fellowship and Recreation

### Special Rates

**Cost:** Per person \$30.50 — This includes all Sabbath and Sunday meals  
Full use of cross-country skis and outdoor equipment

All lodging

Family Rate — Maximum lodging \$26.00

Meals — \$3.50 each per adult

\$17.75 each per child under 12 years

**Please contact the Ontario Conference Youth Department  
for reservations or more information, 571-1022**

**messenger**

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# Announcement Concerning Kingsway College Nursing Program

The Union Session of May 1981 at Ferndale voted to take definitive action to develop a Nursing Program at Kingsway College. The following is a progress report:

Dr. Lois Graham and Dr. R. Reynolds visited the Kingsway College Campus to make a preliminary evaluation of the proposed nursing program. They read the letters of support from:

- (a) The Ministry of Colleges and Universities stating that no further procedures are necessary from their Ministry to offer the nursing program at Kingsway College.
- (b) The College of Nurses of Ontario approving the curriculum in principle and recommending to the Ministry of Health that the Nurses' Act of 1974 be amended to include Kingsway College as a Nursing School.

Whereas, the action making Kingsway College an off-campus program of Canadian Union College is creating complex inter-provincial challenges, Dr. Graham and Dr. Reynolds felt that the Board of Higher Education could not take action until:

- (a) The Ministry of Health amends the Nurses' Act of 1974 to include the Kingsway College Nursing Program,
- (b) Approval to use the Branson Hospital facilities for clinical experience be received from either the Ministry of Health or Education,
- (c) Further study be given into the implementation of the action of Ferndale 1981.

Dr. Reynolds stated on January 13, 1982 in Washington, that if approval from the Ministries is accomplished quickly, he could call a special meeting of the Executive Board to discuss the program. However, it seems unlikely that this could be accomplished in time to accept students in the Fall Semester of 1982.

Continued effort is being made to receive the needed approval from the Ministries. In the meantime, a questionnaire is being sent to as many of the Grade 11 and 12, and potential College Students, to receive information on the needs of Post-Secondary Education in Canada.

Naturally, we are disappointed with the delay and will keep you informed of further developments.

J.W. Wilson, *President*  
*Canadian Union Conference*

Leroy Kuhn, *President*  
*Kingsway College*

## Effective Strategy

by W.R. Bornstein, *Secretary, Ministerial Association, Canadian Union Conference*

I once read a story of a seventy-four-year-old Japanese who had left his wife and son in 1937 and who was discovered in a mountain cave where he had lived for twenty years. He rejected pleas from his family to return home, stating, "I am much more comfortable living in the cave."

Could this be a parable of many congregations in our time? Frightened by the prospect of becoming involved in the changing tides and pressures of every-day life, a Christian can hollow out his own cave where he remains untouched by the world. This may seem comfortable, but it is also very irresponsible.

As Christians we have set up our rules of conduct and our style of life. Because we are sometimes fearful that the Church will lose its purity, and possibly its very identity, we build walls around ourselves. That is alright,

in one sense. There is something good to be said about walls, but there is also something good to be said about bridges.

I think of one church which tried to honestly consider this problem. They took stock of the impact of their congregation on the community, and they asked themselves four questions:

1. What kind of laymen are we trying to deploy in the world?

2. What kind of church deploys that kind of laymen?

3. What kind of official board makes possible that kind of church?

4. What kind of minister makes possible that kind of official board?

These are good questions for any group of concerned Christians to tackle, but keep one thing in mind. To find a program that is right, you must begin with the end product and

work back from there. The end product is always a trained, converted, equipped, knowledgeable, loving Christian. And what we are as individuals becomes the impression we make as a church upon our community. This is where our responsibility as pastoral and lay church leaders comes in.

The congregation is an organism rather than an organization. It has a personality and a soul of its own. If that congregation discerns God's strategy for it to follow at any given time, and if it follows that strategy, then that church may become an exciting, warm place where life bubbles up and spills out. It is all a matter of learning and following God's way for us.

In earlier decades of this century, one of the great hindrances to God's new thing happening was that denominationally, like

**Continued on p. 11**



# Adventist Youth Ministries

by

L.E. Janzen



## Knock, Knock Who's There?

It was 2:00 a.m. when a number of young people in South America knocked on the door of their church elder. Shocked at seeing them in the middle of the night he asked, "What happened? Did anyone die? Anybody sick?"

"Yes, Brother," said the youth, "there's someone sick, AND DYING!"

"Who is it? Anything I can do?"

"Yes," came the quick reply from the visitors, "there's a lot you can do. You see the youth ministry of our church is sick and dying!"

For years pastors and youth leaders have been struggling with the problem of how to hold the youth in the church. Some have tried various kinds of gimmicks, prizes, contests, parties, etc. But youth say they don't want to be entertained. They are asking to be involved.

The church in some places has forgotten that it was youth who studied and shared with the world the doctrines they found in the scriptures. It was youth who began this church so many years ago. Our first missionary, J.N. Andrews, was a youth. These young people were ages 17 to 22, and we never question the ability of those young upstarts as they battled and worked for God. They joined a host of youth who, through the ages, were used by God to show the world His glory.

The trouble is that the youth who started this church grew up, matured and became the gray haired sages and wisdom of the church. We now think of the church as having been started by the mature, saintly James White and others of like stature, while forgetting that were they living today some of them would not be out of high school when used by God to raise a church for the finishing of His work.

Teachers, deans of men and women, youth leaders know that a youth in trouble (unless he has home problems) is a youth who needs responsibility, to be made impor-

tant, to be needed, and to be given a task to prove it. When so assigned, we marvel at the change that takes place in many young lives: how mature and responsible they really become. The greater and more solemn the responsibility given, the more astonishing the results.

Now is the time for the church in Canada to re-evaluate her assets. (We dare not calculate what we have lost over the years, though heaven has a record.) Now is the time to assign to or share with the youth the task this church as to do. Share with them the leadership. Share with them the responsibility. Let them feel the need to call upon the God of David and Ellen White. Let them see God work miracles in their experiences and those for whom they work. Let them try creative approaches to the things we do and perhaps have traditionalized to the point of meaninglessness. Let them search out God's will for their lives and have them share with us what God would have us do.

## Youth Day — March 13

The annual youth Week of Prayer is scheduled for March 13-20 with March 13 being YOUTH DAY. Why not plan a special celebration in your church. Recently, the Toronto Kingsview Village Church planned a special Youth Day wherein the entire Sabbath School was conducted by youth. Why not give your young people a chance to exhibit their leadership skills in a similar manner?



Superintendent of the Sabbath School at the youth day was Isabella Castella.



Irene Castella and Mark Ivanochko taught a Sabbath School class.



Twins Carol and Dawn Lincoln with Eslyn Stewart presented an instrumental trio.



Michael Lloyd gave the Mission Story.



"Young people were made for war," says youth ministry educator, Des Cummings at Andrews University. Older people were made for war, too. God wants us to do battle for Him. We all want to see some progress on the scrimmage line. We all want Jesus to come.

Canada still has much virgin territory to the Adventist message. There are still many ways of sharing Jesus that haven't been put

into operation, because of money, yes, but more than money is the need for resourceful people who can find the funds and use the methods. Youth are the people for the hour.

The men who serve as the appointed youth directors for the church in Canada are dedicated to raise the visibility of youth in the church and in the community. They believe we need to preach and entertain less and involve youth more. They believe the

church in Canada hasn't yet begun to visualize all that youth can do. They are not just gearing up for programs to involve youth, but want to in a personal way, befriend young people, identify with them, and help pastors, teachers, youth leaders and parents join them in involving youth.

We would request each church to consider the following concepts and adapt them to your size and youth needs.

## **Adventist Youth Day**

March 13th is the day in 1982. March 13-20 is the Youth Week of Prayer. Make these days the biggest, 'bestest' days and experience your church has ever had. Make your young people feel like they are the most important people in the world. They are! Jesus made them so by His death. Make this day and Week of Prayer a real spiritual high. Show them you are counting on them. Encourage them with great vision of what you believe they can become. Use this opportunity to kick off youth involvement for your church in 1982.

## **Volunteer Youth Assistants**

Yes, even though the nominating committee did a fine job, why not recruit youth volunteers to help every church officer with their work. Some youth may volunteer as the Pastor's assistant doing visitation, Bible studies, hospital visits. Others could work with the elders, deacons, treasurers, etc. Aim to involve every youth in the leadership of your church. They may volunteer 2-3 hours per week. Make them feel this is their church and they are responsible too. (You will be surprised how young they can be and still do a good job!)

## **Youth Mission Outings (YMO)**

Send your young people on a YMO. Bargain with them if they raise some of their flight costs, your church will pay the rest. If you really believe in them and want them to be your missionary — pay their whole way (they are giving their time and you your money, which is only fair, right?). Hurry, we can only take so many to the Dominican Republic to build a much needed church in two weeks! We will have more, many more YMO experiences if you believe in involving youth. You might want to come too and show them how. They need leaders. See the December 17th edition of the *Messenger* (centrefold) for applications.

## **Adventist Youth Missionaries**

Choose one or two of the youth you believe might be ready to be a missionary in Canada to begin a new work, teach French or Eskimo, or carry out another type of commitment. Right now, we have several openings for youth missionaries for one year. Board and room and a stipend is provided by the sponsoring church, the church which BELIEVES in the missionary with God's blessing. Turn a youth into a worker for God for life. Be responsible for such visionary actions. Try a daring thing like this with God.

## **Summer Ministries**

Young people can be involved in service for Christ during the summer. Some serve in the camp program as counselors, cooks, activity directors. Others work as Bible workers, evangelists, assistants, literature evangelists. Churches may need young people to help with the ministry of the church for the summer. A youth might help with Vacation Bible School, youth programs, church school recruitment, a day camp, story hour, evangelistic crusade or seminar and sell books. A church may want some young people to come as a literature evangelist and to find interests in the community. You can encourage the young people by matching the interests with church funds (only a great idea — try it!).

## **Commitment Celebration**

Have you ever given or attended a birthday party? Here's a switch. Celebrate the spiritual birthday of your youth. Celebrate the day they were baptized. Yes, have a party; give gifts to encourage their spirituality and make that day very important. Plan now to celebrate old and new spiritual commitments on May 14 and 15. The idea is that now we begin baptismal classes and plan for a big day when young will seal their commitment in baptism and join those who already have in a big commitment celebration. Make this another big "High for Jesus" in their experience.

For any of these ideas call the leaders or church together for a think tank or brainstorming session and study what you can do to involve the youth in your church. For additional information call the youth director of the Conference who may know of funds, ministries and concepts that may be available but which you may not be aware of.

"Let every worker in the Master's vine-

yard study, plan, and devise methods to reach people where they are. We must do something out of the common course of things. We must arrest the attention. We must be deadly in earnest. We are on the very verge of times of trouble and perplexities that are scarcely dreamed of." *Evangelism*, p. 123.

The challenge is ours. The results will depend on how we respond. You are richer

than you realize. God has given us the assets in our youth. Begin now to do something or be prepared for a 2:00 a.m. awakening.

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*Lloyd Janzen, Youth Director, brings to the Church in Canada a dynamic love for the youth. He restores old cars, plays the guitar, enjoys photography, flying, and most of all talking to young people.*



# What Is Weight Control?

## Part I

by G.D. Strunk, Director, Adventist Health Ministries



Because obesity is a liability to health decreasing both the average length of life and the quality of life while living, it would be very difficult in the judgment to justify such a waste of food and such a waste of life. Maintaining close ideal weight is not just a choice of preference, it is a Christian responsibility.

A fundamental principle of weight control is, "Ideal weight follows correct living habits." If our weight is not in the ideal range there is a deficiency in our living habits; weight control, then, is not just a *weight* issue, but a *lifestyle* issue. The need is to discover the areas where our lifestyle is deficient, and then correct them. Behaviourally, obesity indicates a combination of deficient exercise and deficient diet. Motivationally, obesity indicates a deficient source of self-worth.

The behavioural question that first comes to mind is, "Why do we become overweight? Is it because we eat too much? Or is it because we don't get enough exercise?" It is certainly true, of course, that it will be a combination of the two. But if we take a general look at us as a population in this generation, which of these two things do you think is the primary cause—too much food, or too little exercise?

Studies show that 67.5% of adults become obese through a lack of exercise, and that only 3.2% become obese through increasing their food intake. Think about that. Over two-thirds of obesity is tied to a lack of exercise! When you analyze it, it makes sense that this would be so. How many of us as we have grown older have actually started to eat more than we did when we were younger? But on the other hand how many of us are as active as we were in our teenage years? Be honest, now.

By examining our lives we discover that the problem for most of us is not from eating too much, but from slowing down and not getting as much activity. That's why Dr. Herbert DeVries, of UCLA, in his book *Physiology of Exercise*, page 232 has stated: "Lack of physical activity is the most common cause of obesity."

I mentioned that we're usually not as active as we were when we were younger and in our teenage years. Yet notice this report from the American Public Health Association in 1968: "Both boys and girls who viewed themselves as active, averaged 80% of their time lying down or sitting down." Girls average 95% of their time sleeping or in

very light to light activity. Boys average 90% of their time sleeping, in very light or light activity.

I think we can understand how this would be so. They spend from 7 to 10 hours sleeping a day; many hours either sitting on the bus, in the classroom or in front of the television. And even when they are active, they're just casually walking from the kitchen to the dining room or from one classroom to another. When are they really vigorously active during the day? Only a small fraction of the time! While many adults are less active than young people!

### The De-Programming of Exercise

A second part of the problem is this particular age in which we live. We live in an industrial age, an age of technological revolution, in which exercise has been programmed right out of our lifestyle. Most of the stresses today do not come on the muscular system, but on the nervous system. And the muscular body is seldom stretched or stressed. Let me give a simple example.

Several years ago, if you wanted to keep your house warm you would take a walk into the forest and find an old dead tree. Then with a long saw (not a power saw) you would fell that tree. It takes a considerable amount of energy just to saw down a tree. After the tree is down, with both saws and axes you would trim off the limbs, cut them up, then buck the trunk into small sections. It can take hours to saw a big tree into sections.

Then you would roll the sections onto the sled and follow the horse and sled to the woodpile. At home you would still do some more splitting and cutting and then stack it on the woodpile. And when the time came to actually build a fire you'd come out, chop the chunks into kindling and smaller pieces of wood, carry them into the house and build your fire. Today all of that activity, which took us several days, is accomplished by one little less-than-an-inch movement of the thermostat.

We can say the same thing for travel. Whether it was walking or horse riding, saddling the horses or harnessing the horses, we now simply get into an air conditioned car, park as close as possible to where we have to go and ride an elevator or escalator up the stairs. Our life is made very much more convenient for planting, for harvesting, for washing clothes. I'm not advocating that we go back to the "good old days." But we do need to recognize what has happened to us and

why we are facing this great threat to our health, excess fat.

Of course, it doesn't make sense to try to make life hard on ourselves. Should we not learn to economize energy and effort? But in this industrialized, technological twentieth century, where exercise has been taken away from us, if we only try to economize, we inadvertently adopt Robert Maynard Hutchins' philosophy. Dr. Hutchins, the one-time president of the University of Chicago, said, "I never run when I can walk. I never walk when I can stand still. I never stand when I can sit down. I never sit down when I can lie down. Whenever I feel the urge to exercise I lie down until it goes away."

### A Little Physiology

Before we go further, we need to understand some physiology of the body. Our objective at this point is fat loss. Our body has what we call "active tissue" or "vital tissue." These are the muscle, the connective tissue, the glands and the organs. We won't consider bone tissue at the moment. We're talking about soft tissue.

We also have "inactive tissue," sometimes considered "parasite tissue," and this is the fat. The body needs about 14% to 15% fat for males and about 20% to 22% fat for females. But this it will contain quite normally. The healthy individual doesn't have to work at putting on this fat. But when we lose weight, we want to lose the excess fat; not muscle, not glands and organs, not connective tissue. Just fat.

Now notice what happens in fasting men. It doesn't work exactly the same for women, but it will help to illustrate the point. In fasting men, 65% of weight loss consists of active tissue. This means they're losing vital active tissues. They're losing muscle tissue, connective tissue—which causes the skin to wrinkle and sag. Only 35% of weight loss consists of fat tissue. This is a very significant relationship. Our purpose is to retain all the active tissue that we possess, losing only fat tissue. It can hardly be done by restricted calorie diets only.

Albert Behnke states "that weight loss should be gradual and include exercise and a minimum of 1800 calories per day, or muscle mass is lost with ensuing weakness." Paper presented at 14th annual meeting, *American College Sports Medicine, Las Vegas*,

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# An Appeal for Patriotism

by D.D. Devnich, *Director, Department of Public Affairs*

Christians who cherish human rights and the freedom of conscience and religion, ought also to express their appreciation when these rights are protected.

Historically, Canada has been a country of freedom in spite of dissident efforts from time to time to destroy it. At a time when there are hundreds of thousands of Prisoners of Conscience around the world—men and women imprisoned because of their race, religion or political beliefs, Canadian Seventh-day Adventists ought to proudly sing as a song of praise, our National Anthem.

Although we know that principled Christians will continue to face challenges to their personal convictions, let us take note of some of the pledges from significant leaders of our country today.

Following an enquiry, the Executive Assistant to Premier Brian Peckford of Newfoundland wrote:

"The Premier of this province has always been a staunch supporter of rights and freedoms for Canadians. He is appreciative of your views and concerns, and pledges to maintain the Canadian heritage of freedoms of which you are so appropriately respectful."

Honourable James M. Lee, Premier of Prince Edward Island, wrote in support of the new Constitution of Canada:

"In our view, the new Charter reflects the proper relationship between judicial and legislative supremacy to ensure that the

rights and freedoms of all Canadians are both protected and promoted."

From the Alberta Minister of Federal and Intergovernmental Affairs, the Honourable Dick Johnston, come these reassuring words:

"I want to assure you that the Government of Alberta is firmly committed to the rights and freedoms of Canadians. The individual right to religious freedom is fundamental to a Canadian society democratically committed to the protection and enhancement of such rights."

Perhaps we could do better in symbolizing our attestation to what Canadian government leaders are doing to enshrine the freedoms we hold. Maybe we could stand at attention when "O CANADA" is played or sung. How disquieting it is to those of us who love our land, when so many "slouch" or "gaze around" indifferently during those nearly sacred moments, when the lyrics to the National Anthem are emotionally voiced by loyal Canadians.

For the enhancement of Canadian Seventh-day Adventist patriotic consciousness, we present here the official words to "O CANADA." It would be well for all to memorize the new phrases so that fewer of us would "mumble" the words and a greater number of us would sing them with exuberance!

*"O Canada" was proclaimed Canada's national anthem on July 1, 1980, 100 years after it was first sung on June 24, 1880. The music was composed by Calixa Lavallée, a well-known composer; French lyrics to accompany the music were written by Sir Adolphe-Basile Routhier. The song gained steadily in popularity. Many English versions have appeared over the years. The version on which the official English lyrics are based was written in 1908 by Mr. Justice Robert Stanley Weir. The official English version includes changes recommended in 1968 by a Special Joint Committee of the Senate and House of Commons. The French lyrics remain unaltered.*



## O CANADA!

O Canada! Our home and native land!  
True patriot love in all thy sons command.  
With glowing hearts we see thee rise,  
The True North strong and free!  
From far and wide, O Canada,  
We stand on guard for thee.  
God keep our land glorious and free!  
O Canada, we stand on guard for thee.  
O Canada, we stand on guard for thee.

1st July 1980

O Canada! Terre de nos aïeux,  
Ton front est ceint de fleurons glorieux!  
Car ton bras sait porter l'épée,  
Il sait porter la croix!  
Ton histoire est une épopée  
Des plus brillants exploits.  
Et ta valeur, de foi trempée,  
Protégera nos foyers et nos droits.  
Protégera nos foyers et nos droits.

le 1<sup>er</sup> juillet 1980





**Operating Room**



**Eye Clinic**



**Well-lighted corridor in new wing.**



**Inhalation Therapy**



**Business Office**

*Picture credit: Susan Karpati, Medical Photographer*



This year marks the 25th Anniversary of the opening of the

# North York BRANSON HOSPITAL

*An up-date on this modern health care facility*

*A Report from the Executive Director*



James A. Bruce, Executive Director

North York Branson Hospital, a member institution of the international Seventh-day Adventist health-care system, was established in 1957 to serve the people of North Central Metropolitan Toronto. This service was to reflect Adventist health care philosophy, central to which is the concept that man is a complex being, consisting of inter-related physical, mental and spiritual components.

Our objective is, therefore, to provide a unique type of health care that will serve the "whole" man and thus facilitate complete restoration and, in addition, help people understand and incorporate the principles of health into their daily lifestyle.

This year, as we approach our silver anniversary, and ponder momentarily twenty-five years of service, we are compelled to acknowledge the guidance of God. The gravel road beside which we built the 80-bed hospital is now a major city thoroughfare, and our institution, having expanded to a 372-bed full-service, active treatment facility, provides a broad range of specialized hospital and medical services. We expended approximately \$600,000 during our first year of operation. Today's budget is \$25,000,000.

Our recently completed 9.5 million dollar expansion programme, consisting of a 32,000 square foot new wing, extensive renovations to several areas of the existing structure, and installation of the most technologically advanced treatment and diagnostic equipment, has enabled us to enhance the quality of service rendered.

The following summary of selected patient care statistics for the 1980/81 fiscal period demonstrates, in part, the services provided by our 1,000 employees and 225 physicians.

Admissions .....	13,197
Patient Days .....	126,829
Bed Occupancy .....	91%
Emergency Visits .....	55,642

Physiotherapy Attendances .....	37,332
Respiratory Tech Attendances .....	12,623
X-Ray Examinations .....	59,505
ECG Examinations .....	23,681
Laboratory Units .....	6,365,667
Paid Hours of Work .....	1,715,624

In addition to the provision of an expanding variety of hospital-based patient care services, we have continued our emphasis on community health education, restricted only by budgetary constraints. The most significant challenge before us is the practical application of our unique health care philosophy within the publicly funded, government regulated, socialized system.

Board, Administration, and Staff are committed to providing the best possible care to those in need, recognizing that a prime ingredient in treating disease is the manner in which such treatment is rendered. The objective continually before us is that Branson Hospital will be a place of service where the broad spectrum of human needs will be understood and treated in a manner consistent with the biblical ethic, "... that they might have life and that they might have it more abundantly."

James A. Bruce  
Executive Director

*See next page for additional reports.*



Branson Hospital showing new addition on the right.



## A Report from the Chief of Staff



I.J. Horsley, Chief of Staff

The charter members of the medical staff of the Branson Hospital saw the beginnings of this institution, conceived and born of the dreams, the dedication and the hard work of many good folk and moulded over the years by many factors.

With the marked diversity not only of the medical and nursing staffs, but also the patient type, and with the major impact of almost total government involvement in medical and hospital care, it has taken much patient and continuing effort to keep all these groups and bodies harmoniously working toward the provision of medical service to the community in such a way that love to God and man is manifest.

During the past 24 years we have been well aware of the frailties that medical staff and administration are heir to in our sometimes faltering path to excellence. However from the vantage point of the position of Chief of Staff the past 6 years I can state with conviction that in many areas we have made vital and excellent progress.

We have made remarkable progress in modernizing our physical plant and equipment, and we have taken real steps in the upgrading of our medical staff and hospital administration and our public image. We are happy with our affiliation with the Medical School of the University of Toronto, under whose sponsorship we operate a rotating 12 month internship for 17 house staff doctors. These interns rotate through our fully departmentalized program with each department head approved by the University. These departments include surgical specialties such as: chest and vascular, general surgery, orthopaedics, urology and otolaryngology and the medical specialties which include general medicine, haematology, gastroenterology, cardiology, etc. Ophthalmology, pediatrics, medical imaging, and pathology are also included in this program. With our new addition, housing excellent facilities in Emergency services, Out-patient services and Radiology, our entire program of patient care and teaching has been greatly augmented the past 4 or 5 years.

As we enter 1982 and are coming to the close of our first quarter century of medical service, I feel more confident than ever of the future of the Branson Hospital. In caring for our patients and the community in which we live and work we surely must continue to hold ever higher the noble aim, not only to provide excellence of medical care but to combine this with that kindness and courtesy which alone gives the true Balm of Gilead.

Irwin J. Horsley, M.D., F.R.C.S.(C)  
Chief of Staff

North York Branson Hospital

## A Report from the Chaplain



R. Gerhard Christiansen, Chaplain

The purpose of Branson Hospital extends beyond the healing of the body to the healing of the soul. In describing His mission to mankind Jesus said, "The

Spirit of the Lord is upon me, because He has annointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and the recovering of sight to the blind, to set at liberty them that are bruised. To preach the acceptable year of the Lord." Luke 4:18, 19. This is our mission also.

The opportunity is ours here at Branson to turn the attention of men and women away from their maladies of mind and body to a God who knows their needs, who cares for them individually, and delights to bring healing to them. We desire to be the reflection of a compassionate Saviour to the weak, the sick, the fearful and the dying.

## A Report from the Director of Dietary Services



E.S. Sokol, Director of Dietary Services

Through the years Branson Hospital has been unique for its prominence as a community resource for Nutrition Education—in the use of meatless protein. The need for general nutrition information has increasingly made its impact on the public. Nutrition and its relationship to health in general, has, in a certain way, become a growing concern of the nation. This has resulted in pressing demands for such information as would promote better health habits.

Numerous requests for information (these come in continually) on nutritional values, meal planning recipes and food budget guidelines, have been supplied. The Dietary Director has lectured and made presentations to various groups, including: grade schools, high schools, universities, church organizations, social clubs, senior citizens' homes, kindergarten and mothers' groups, teachers' associations and dietitians.

Radio, television, newspaper and magazine articles have also featured Branson's Dietary services many times. Letters and phone calls have come from across the land from Newfoundland to Victoria, from Alaska and the Yukon; some have even been received from overseas.

Each presentation, on meatless protein foods and their accompaniments, is maximized by a tasting buffet of various preparations. This is, in every instance, fortified by plant protein varieties, meal planning and nutritional facts. Among the teaching and learning avenues used are slides, films, skits, health jingles, poetry and lectures by dietitians and doctors.



## It Is Written Meetings Coming to Calgary

George Knowles and Elmer Koronko will team up for a month of evangelistic meetings in Calgary beginning Friday evening, March 5. The meetings will be held at the It Is Written Auditorium, 1920 13th Avenue, N.W. at 7:30 each evening except Wednesday and Thursday evenings through April 2.

If you know of someone in the Calgary area who should be invited please send the name, address, and a little background information to: Elder E.L. Koronko, 1920 - 13th Ave. N.W., Calgary, Alberta T2N 1L3. Names needed include:

1. Former members regardless of present attitude to the church.
2. Those who have manifest an interest by:
  - a. Visiting activities or services of the church

- b. Purchasing or reading our literature.
- c. Listening to SDA programs on radio or TV.
- d. Asking questions about our teachings.
3. Those with close relatives or friends of Adventists.
4. Non-SDA's who have attended our schools.

The information you send could lead to a thrilling conversion experience. Please take time to send all pertinent information and put the names sent on your personal prayer list.

George Knowles is a Canadian. He is a former Ministerial Director of the Canadian Union and a former associate of George Vandeman. He is presently Director of Lay Activities at our World Headquarters.

There will also be a field school of laymen held in conjunction with the Calgary evangelistic meetings.

## Literature Used in Motels in Stettler

The Lay Activities department of the Stettler Church is sponsoring "Your Bible and You" in the motels of the area. A book is placed in each room of the motels. A stamp is placed on the front cover asking the reader to turn to the back cover for their free copy. Two to three cards are placed in each envelope. On one side is typed the name of the book and space for name and address of the individual. The other side lists the address of the minister in the area.

Upon receiving the cards the pastor writes the name of the pastor serving the area in which the interested person lives and the book is mailed along with an informal letter sent to the pastor and Lay Activities leader, asking them to follow up the interest. We also request communication from them if there is any further interest.

Response has been excellent with requests from England, USA and across Canada.

Pastor Ron Dorchuk

## Sylvan Lake Baptism



Baptized December 12 at Sylvan Lake were left to right: Mrs. Grace Halverson, Shirley Halverson, Michael Werk, and Richard Johanson.

December 12 was a blessed day for the Sylvan Lake Church. For precious souls rejoiced in the Lord as they gave their hearts to Him through baptism. Due to Sylvan Meadows Jr. Academy, three young students were baptized with the help of godly teachers - David Bell and Mrs. Kathy Zachary.

Pastor Stan Gallant

### Continued from p. 3

so many other churches of our time, we followed the practice of developing a strategy "at the top" and passing it down to congregations like a set of blueprints. Fortunately, this practice is now at an end. Today our denominational leaders will offer guides and resource material, but not strategy. That is for us at the local church level to discover. And remember, the programs that must emerge as part of that strategy will be found locally, at the grass roots. If we don't think this through, we will find ourselves to be a congregation with a message, but without a strategy to give it. And that is like driving around in a car, having a place to go, but without any idea as to how we will get there. Effective strategy is pretty important.

W.R. Bornstein, *Secretary Ministerial Association*

# newfoundland

## New Life Crusade Presents Series in Lumsden

On July 3, 1981 the Arctic Explorer left Newfoundland for Labrador along with a survey crew and ship crew of 32 men. Two hours later the ship radioed shore saying that it was sinking. 13 men lost their lives in the cold waters of the North Atlantic that morning. Among them was Captain Jack King, 45 years old, who gave his life that others might live.

The New Life Crusade Team in their recent crusade in Lumsden, Nfld., had the privilege of baptizing Gaston King, age 70, the father of the late Captain Jack King. Brother King remarked how "peace and joy came over him" after he was led to Christ by Brother Oyeman Mitchell. Brother King accepted the truths of God's church and was baptized along with two other precious souls, Linda Cuff and Randy Hillier.

The New Life Crusade Team is headed by Evangelist Bob Sparenberg and two self-supporting workers, Alise Schram, singing evangelist, and Oyeman Mitchell, formerly the first elder of Downsview Church in Toronto, public relations and Bible worker. As a result of this crusade, Pastor Jim Sharpe and wife Bonnie, who joined with the crusade team for this effort are following through the remaining interests and we are looking forward to another baptism in the near future. We praise God for the breakthrough and dedication of the Newfoundland workers and for their sincere desire to see the work of God finished in Newfoundland and Labrador. Please remember this difficult area in your prayers.

Elder G. Karst, *President Newfoundland and Labrador Conference*



Pictured left to right: Pastor Jim Sharpe, Bonnie Sharpe, Alise Schram, Linda Cuff, Gaston King, Oyeman Mitchell, Randy Hillier, Evangelist Bob Sparenberg.



The Sabbath School Department of the Ontario Conference  
presents  
March 6-7, 1982  
in Oshawa

## Dr. Roger Dudley

of  
Andrews University

Author of  
"Why Teenagers Reject Religion"  
and  
"When Teenagers Cry Help!"

**Parents Teachers Youth Workers**

**Come hear Dr. Dudley in person  
Improve your adult-teen relationships**

### Sabbath, March 6

11 o'clock — Bowmanville SDA Church  
2 p.m. — Registration — Kingsway College Chapel  
2:30-5:00 and 7-9:30 — Kingsway College Chapel

### Sunday, March 7

9-11:00 a.m. — Kingsway College Chapel

**Seminar Fee — \$12 husband/wife      \$10 single**  
**Meals — \$2.75 each**

*Please arrange your own accommodation*

**ontario**

## Youth in Action



SOUND IDEA, a Toronto-based youth musical group, cheered the hearts of children at the Hospital for Sick Children, Sabbath afternoon, December 12. They performed sections from Ralph Carmichael's pageant, "Specially for Shepherds." This is the third consecutive year that this dedicated group of Christian young people have been invited to share the real meaning of Christmas with the children at the Hospital. They have been well received and already have an invitation to return next year.

# KCs'

Korner

"Hey Joe, what classes are ya gonna take next semester?"

"I don't know, Dave, I got a letter today from the Business Office saying that I needed to pay my bill before I could come back next semester. I don't know where the money is gonna come from; I came here in faith that God would provide."

This conversation is not unusual on many campuses, and good old Kingsway is no exception. Sometimes our school is even faced with the very unpleasant task of issuing such notices.

At first we are tempted to think that this is unfair to the students, but it is good to remember that the school is affected by inflation just as anything else is. It is becoming increasingly harder for students to obtain a Christian education. This is one reason why Kingsway College is providing all students who want to work with the opportunity to earn at least part of the funds towards their education. There are even students who are taking only half a load scholastically so that they can work enough hours to pay their own way.

For many, however, there is still a shortage of funds. These are the reasons why Kingsway College is establishing a special Worthy Student Fund. Already this fund has given the opportunity for over 40 students to attend Kingsway. Over \$40,000 have already been granted, but the money is hard to come by. We as students, would like to invite each one of you to help with this project. We are not merely asking for donations, we are also asking for your thoughts and prayers. On February 21, 1982, Kingsway College is holding a special benefit supper, the proceeds of which will go to this fund. You can obtain more information from your church clerk or by writing the Kingsway College Public Relations Department at 1156 King St. East, Oshawa, Ontario L1H 7M6. Please help these students, and by supporting the fund, change some young student's life!

**Dave Crane, Student  
College Relations**



## british columbia

### Inner City Is Mission Field

Vancouver: a multi-cultural, cosmopolitan city of 400,000 people. Downtown is a haven for prostitution and homosexuality. It has been called the "drug capital of Canada," and is known for its high rate of suicide and alcohol consumption. In addition, there are several million tourists and transients passing through Vancouver each year, many of whom are young.

The New Mission Field is Inner City work. A unique ministry was started this past summer by Chris Harter, Associate Pastor of the Vancouver Central Church and Peter MacKey and Duane Maracle, religion majors at C.U.C. and Union College. They formed a trio and sang "music with a message" at secular coffee houses, in prisons, and on Granville Street in downtown Vancouver. They hoped to reach young people through the medium of music. There were times when 30 to 40 people would stop to listen to them sing and play.

Several local church members handed out literature and started conversations with those who stopped. Bible studies have been started with a few, several have been to the Harter's for lunch and/or a place to stay, many have received literature, and all have been confronted with the message that God loves them. Please pray for this ministry. The Gospel must go to *all* the world.

Joan Harter

### News from Kelowna

The funds from the Investment Program of the S.S. under the leadership of Sister Iris Carlsen, amounted to an unprecedented \$5,391.00.

Through the Ingathering campaign with Brother Fritz Wirtz as the leader, more homes were contacted than ever before, and the donations received exceeded those of all previous years. The total amount is \$2,225.00.

The Silver Tips Pathfinder band and their float each won second prize in this year's May Day parade. The club has a float ready for the January Snowfest Parade, 1982. The band was invited to participate in the civic ceremony held at the Recreation Centre in recognition of the Year of the Disabled. The band provided music and marched at the head of the column to the reviewing stand. They were the only band present.

Undoubtedly the most important and most significant activity of the church is the Wednesday evening prayer meeting conducted by Pastor D. Ellis.

O.S. Schneider

# Dust Off the Cymbals And Tune Up the Harps!



*It's time for a celebration! A weekend of singing, baptism, and recommitment. Chances are you've joined in a lot of celebrations before. But this one could be the most significant ever.*

*The coming celebration is a time to commit your life to Christ through baptism—if you've never done it before. And if you have, it's a perfect time for re-commitment.*

*Plan now to be a part of  
**The Great Commitment Celebration.***

**May 14 - 15, 1982**

### Brief Report

During the evangelistic effort in October and November in Penticton by Pastor G.D. O'Brien, Pastor Osborne baptized four candidates one Sabbath, and two another.

\*\*\*

A two-hour Investment Sale in a Penticton Mall resulted in over \$566.00 for missions. On sale were Christmas novelties, eleven quilts, many varieties of breads and baked goods.

\*\*\*



**Baptism in Penticton, November, 1981 left to right: Elder G.D. O'Brien, Virginia Cook, Jerry Smith, Darcy Smith, Robert Dore and Pastor Osborne Lee. Mrs. Jean Newson and Darlene Hess were baptized at another baptism in Penticton.**

**Pathfinders:** The Calgary Foothills Club is putting together a scrapbook on the history of the club. If you were associated with the club in any way during the past 25 years we would like to hear from you. Please contact Dawn Welch, 2705 Centre St. North, Calgary, Alberta T2E 2V5. 2-4

**Volunteer Teacher Needed in Lahore, Pakistan** — The Pakistan Union is urgently searching for someone to serve as teacher to the children of expatriate workers in Lahore, Pakistan. The request is for a male, at least 20 years of age, to serve for two years, beginning June 1, 1982. There are about five children from grades 1 to 7. This individual would also be expected to teach selected subjects to Pakistani children. All teaching would be in English. Lodging will be provided as well as round-trip air fare and a monthly stipend for food. If interested, please contact: Roy F. Williams, Associate Secretary, General Conference of SDA, 6840 Eastern Avenue, NW, Washington, DC 20012.



## Continued from p. 6

Nevada, March 10, 1967. Diets that recommend 600 calories or 1000 calories may not give us the adequate amount of nutrition we need. It isn't by dieting only, and certainly not by fasting, that safe, adequate weight loss—fat loss—is accomplished. Extended fasting increases the risk of sudden death and infections, and of course, does not teach a person how to *maintain* an ideal weight when they resume eating.

The delightful news is that exercise corrects this problem. Exercise will not only retain, but will actually increase active muscle mass. Exercise mobilizes the fat deposits in your body to be burned as energy by the body, and as a consequence, weight loss through exercise is nearly all fat loss.

Those who attempt to lose weight just through diet are those who experience a sense of weakness, fatigue, and draginess. Their skin sags. Wrinkles develop. Frequently,

depression and then discouragement follow. They go off their diet and start eating again. And their weight goes up and down. They suffer a frequent hungry feeling, or at least a nervousness that they attempt to satisfy by eating. They chill easily. They have frequent plateaus in their weight loss curve, which seem impossible to break. Their disposition is frequently cranky.

We don't want this! There has to be a better way, and proper exercise is just that!

# OBITUARIES

**DEROO** — Valere Deroo was born in Belgium on April 29, 1904 and passed away in Langley Memorial Hospital, Langley, B.C. on Sept. 23, 1981.

He came to Regina, Sask. in 1926. In 1928 he accepted Christ as his personal Saviour, and married Lydia Saperia in the same year. He moved to Surrey, B.C. in 1935 and later to Langley where he resided until his death.

He is survived by his wife, Lydia, son Dr. Henry and daughter Mrs. Della Bigham, six grandchildren, one brother as well as nieces and nephews in Belgium.

Funeral service was held at Henderson's Funeral Home in Langley and was conducted by Elder A.W. Kaytor, life-long friend of the deceased.

Interment was in Langley Lawn Cemetery where he awaits Christ's soon return.

Harold Rutz, M.D.

**HAWLEY** — Lily M. Hawley passed away at Henderson General Hospital, Monday, November 9, 1981, the beloved wife of the late Melvin Hawley.

She is survived by children Donald Hawley of Oshawa, Betty Haughland of Hamilton, Lillian Kaytor of Inverness, Florida, and Elsie Leonard. Grandmother of 16 grandchildren and 17 great-grandchildren. Mrs. Hawley was a life-long member of the Seventh-day Adventist Church.

Funeral services were conducted by Pastor Eric Juriansz of the Hamilton Seventh-day Adventist Church on November 12, 1981. Mrs. Hawley is resting at the White Chapel Memorial Gardens awaiting the call of the Lifegiver.

**JEWELL** — Ada Florence Earle, beloved wife of Clifford Jewell, died suddenly as the result of an accident on Thursday, December 17, 1981. Dear mother of Earl McAdam, Terry Jewell of Brantford, Charles Juel of Puslinch, Judy Culbert of London, Bonnie Johnson of Tara and Leola Crowe of Peterborough. Also survived by seven grandchildren.

Funeral services were conducted by Pastor Eric Juriansz of the Hamilton Seventh-day Adventist Church on December 21, 1981. Mrs. Jewell rests in the White Chapel Memorial Gardens Cemetery awaiting the return of the Lord.

**PETERS** — Albert Peters, age 67 years, of Victoria, B.C. passed to his rest November 11, 1981.

Albert was born in Saskatchewan and spent most of his life on the farm. When he first came to Victoria Church, he remarked that "he wanted to join the Church his mother attended," and although his health was very poor, he came as often as he could.

Attending the funeral, conducted by Lynn Baerg, pastor of the Victoria Church, were a nephew and wife from Surrey, B.C. and another nephew from Prince George. These men acted as pall bearers.

K. Piper, Correspondent  
Victoria Church

**ROSS** — Nellie Ross, wife of the late George Ross, passed to her rest November 25, 1981 in Victoria, B.C.

Family members, Mrs. Lois Gurney of Edmonton, Alberta, and Mrs. Merle Adolph of Creston, B.C., attended the funeral service, which was held at Sands Family Chapel on Nov. 26.

Services at Chapel and graveside were conducted by Pastor Lynn Baerg. Mrs. Ross was buried beside her husband at Hatley Memorial Garden, Colwood, B.C.

**SANDULOVICH** — John Sandulovich was born in the Ukraine in 1896 and passed to his rest November 23, 1981 at the age of 86.

He graduated from Oshawa Missionary College in 1929, being baptized the same year.

Most of his life was spent on the prairies but the last few years were in Vancouver.

He is survived by his wife, Annie.  
N. Trynchuk

**SOLEY** — Arthur Edward Soley passed away at the Chedoke Hospital on Thursday, November 12, 1981 at 86 years of age. He was the brother of Leslie of Dundas, and Barbara Marshall of Hagersville.

Funeral services were conducted by Pastor Eric Juriansz of the Hamilton Adventist Church on November 16, 1981. Mr. Soley rests at the Trinity United Cemetery awaiting the call of the Saviour.

## Atlantic Union College Aeolian Reunion Schedule

Aeolian reunion for the AUC Centennial in South Lancaster, Mass., is scheduled for April 16-18, 1982. Former Aeolians plan to come and sing at the celebration. Rehearsals will be on Friday, April 16, at 1:30 p.m. in Machlan auditorium and on Sabbath afternoon prior to the 6:00 p.m. vesper appointment. Let the Atlantic Union College Alumni Office know if you plan to participate.

# WEDDINGS

## CONNER — WARMAN

On the afternoon of August 2, 1981 pledges of love were shared by Evelyn Marjorie Warman, daughter of Pastor and Mrs. Richard Warman, of Lethbridge, Alberta and Robert Collin Conner, son of Mr. and Mrs. Wilbur Conner of Castalia, Ohio. The wedding took place in the Seventh-day Adventist church in New Westminster, B.C.

Bride's attendants were Betty Bayer, Lynette Jordheim, Bev Sturges, Rosemary Cohrs, Barbara Warman and Peggy Connor. Grooms attendants were Mike Hauenstein, Bruce De Lashmatt, Troy Leibengood, Royce Warman, Gary Warman and Peter Bayer. The bride's father, Pastor R. Warman, conducted the marriage ceremony.

We wish Evelyn and Bob God's richest blessings as they make their home in Lethbridge, Alberta.

## GABRYS — EPPLE

On October 18, 1981 Andrea Eppel and Clinton Dale Gabrys were united in marriage in the Westminster Church. Among the attendants were the sister to the bride and a brother of the groom.

A delicious meal followed at the Sheraton-Villa during which the groom's uncle, Dr. Dan Pashniak, was the master of ceremonies.

The couple will make their home in Glendale, California.

N. Trynchuk

## HOVELAND — PATTERSON

We, the members of the Stettler church family, announce the marriage of Sandy Patterson to Mr. Brian Hoveland, November 20, 1981.

We are thankful for Brian and Sandy who are making their home in Big Valley, Alberta.

Ron Dorchuck, Pastor

## McQUID — DYCK

On the evening of October 22, 1981 Darlene Dyck, daughter of Mr. and Mrs. George Dyck, Vermilion, Alberta, and Dale McQuid, son of Mr. and Mrs. Ray McQuid of Vermilion exchanged marriage vows before family and friends at the Grace United Church in Lloydminster.

Matron of honour was Sharon Letniak, sister of the bride. Bridesmaids were Janice Shostak, Bonnie Ilchuk, Judy Thomas and Belinda Prowse. Best man was Philip Howard and groomsmen were Layne Arthur, Brian Rogan, William Crocker and Ken Morrison. Bible boy was Shawn Thomas and flower girls Adele Shostak and Lori McQuid. Kim Thomas and Kim McQuid were candlelighters. W. Sharpe officiated at the service.

Our prayer is that God will bless Darlene and Dale as they set up their new home in Vermilion.

## SARUK — BENDSEN

The Vancouver Central Church, on December 13, 1981 was the scene of a wedding when marriage vows were exchanged between Lise Bendsen and Brian Saruk. The couple will establish their home in Rocky Mountain House, Alberta, where Brian is teaching school.

The many relatives and friends attending, wished them God's blessing on their new home.

N. Trynchuk



# ADVERTISEMENTS

**Advertising Rates:** 50 words or less—\$7.50 per issue, 15¢ each additional word; \$10.00 out of Canada, 20¢ each additional word. Display advertising—\$7.00 per column inch; \$8.00 out of Canada. ¼ page ad—\$55.00; ½ page ad \$95.00; 1 full page ad \$175.00. \$150.00 extra per colour. Add 20% extra for out of Canada ads. Ten per cent discount for three or more consecutive insertions without copy changes. No advertising will be accepted unless cash accompanies copy. Send all advertising to your local conference for approval.

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We still have a few hundred piano books left. \$18.50, six large books. Learn to play for church—small and/or large meetings. Geared to present hymnal. Order or request brochure. Star Music, R. 3, Box 227-A, Phenix City, AL 36867. 2-4

**Friends!** Would some of you like to wear comfortably fitting Denture Plates? Then try FREY DENTURE CLINIC, with European workmanship, on all new plates one year guarantee! Phone Joseph: at Area Code 403, 478-6387 Mon-Fri. 9 a.m.-4 p.m. Located in #210 Killarney Centre, 12907-97 St. Edmonton, Alta. T5E 4C2. Denturist of full plates, direct for the public! 82-2

**The Magic Mill II and Bosh Kitchen Machine**, as featured in the Signs of the Times bread making article, are now available in Toronto. Write or phone for information and free 100% whole wheat bread making demonstration to: Milltown International (Mr. G.L. Befus), 785 Lakeshore Road East, Mississauga, Ont. L5E 1C8, (416) 271-1882. Dealerships available in your area. 2-4

**For Sale**—2 bedroom house on large fenced lot in Armstrong, B.C. Some fruit trees. Natural Gas. Church nearby. School bus to Grade 10 Church School. Priced at \$54,000. Some assumable mortgage, F. F. Beckholt, R.R. #3, Armstrong, B.C. Phone (604) 546-6275. 2-18

**For Sale**—Hammond Spinnet Organ (electric) with bench, model M-2, two keyboards with full octave pedals, beautiful professional tone quality, oak housing, excellent condition, ideal for home or church. For information contact Mrs. Ruth Miller, 4374 Laburnum Avenue, Powell River, British Columbia V8A 4M6. Phone (604)483-9480. 2-4

**Adventist Bed & Breakfast Travel Service** is expanding nationwide. If you are a private homeowner and would welcome Adventist travelers into your home for a small fee, contact: **Adventist Bed & Breakfast Travel Service**, 580 Seaborg St., Turlock, CA 95380. 2-4

**Will build home or apartment** in Adventist neighbourhood in beautiful Homosassa Springs and/or Ft. Lauderdale, Florida, location with palms from \$30,000.00. You can plan to build with your family, relatives and friends to share on vacation. Please write to Box 2243, Walkerville, P.O. Windsor, Ont. **Adventist Board and Care Home for Ambulatory**—Vegetarian meals with quiet Christian atmosphere in the heart of the sunbelt, Yuma. Transportation to church and in-house worship. Call Bill or Sylvia (602)344-2014, 2727 James Avenue, Yuma, AZ 85364.

**Natural Foods Health Store For Sale** Excellent family business. Good growing income. Outstanding location. Write: Box 87, SS1, Site 5, Cbk. St. N., Cranbrook, B.C. V1C 4H4, or call (604)489-4464 and ask for manageress. 3-18

**Why suffer cold, aches & pains?**—Enjoy healthiest climate year round in beautiful Arizona—city between Phoenix and Tucson. Lake, golf, tennis. Good size building lot, underground services, ample water, clear title. Enjoy fresh garden produce year round. Good investment only \$6500 U.S. Write Lange, Rugg Rd., Site 7-9, R.R. 5, Vernon, B.C. V1T 6L8. 2-4



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**Tape-of-the-Month Club**—Each month you automatically receive cassette tapes with new inspiring messages. An excellent aid to personal growth. 12 tapes—one each month including postage \$36.00. Tapes are a spiritual treat for yourself and also make excellent gifts for any occasion. Write us today.

**Director of Staff Development and In-Service Education Needed—The Facility**—Park Manor Personal Care Home is a 100 bed extended care centre located in the Transcona suburb of Winnipeg. It employs approximately 120 full and part-time staff and incorporates an active nursing program. Five S.D.A. churches and a ten grade church school are located in the city. **The Position**—Reporting to the Administrator, the incumbent will initiate and coordinate continuing programmes of staff development and education with emphasis on accredited programs of patient care. A nursing aide certificate programme will be offered jointly with the local community college. **Qualifications**—Eligibility for registration with the Manitoba Association of Registered Nurses is required. An undergraduate degree, preferably in nursing, with well developed communication skills is desirable. Preference will be given to applicants with a combination of clinical and teaching experience. Apply in confidence, including a current curriculum vitae to: William M. Olson, Administrator, 301 Redonda St., Winnipeg, Manitoba R2C 1L7. Phone (204)222-3251. 3-4

## Change of Address For CANADIAN ADVENTIST MESSENGER

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Include BOTH old and new addresses AND postal codes

Mail to: Your Local Conference Office

Change of address may require up to six weeks.

## Conference Directory

**CANADIAN UNION CONFERENCE**—J.W. Wilson, President; P.F. Lemon, Secretary; N.W. Klam, Treasurer; 1148 King Street East, Oshawa, Ontario L1H 1H8.

**ALBERTA CONFERENCE**—H.S. Larsen, President; C. Patterson, Secretary-Treasurer; Box 5007, Red Deer, Alberta T4N 6A1.

**BRITISH COLUMBIA CONFERENCE**—G.E. Maxson, President; G.D. DeBoer, Secretary-Treasurer; Box 1000, Abbotsford, B.C. V2S 4P5.

**MANITOBA - SASKATCHEWAN CONFERENCE**—D.M. MacIvor, President; G.R.J. Gray, Secretary-Treasurer; 1004 Victoria Ave., Saskatoon, Saskatchewan S7N 0Z8.

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**ONTARIO CONFERENCE**—G.W. Morgan, President; T. McLeary, Secretary; M.D. Suiter, Treasurer; Box 520, Oshawa, Ontario L1H 1H8.

**QUEBEC S.D.A. CHURCH ASSOCIATION**—C. Sabot, President; T.W. Staples, Secretary-Treasurer; 940 Ch. Chambly, Longueuil, Quebec J4H 3M3.

**S.D.A. CHURCH IN NEWFOUNDLAND AND LABRADOR**—G.D. Karst, President; R.L. Coolen, Secretary-Treasurer; 106 Freshwater Road, St. John's, Newfoundland A1C 2N8.

## Legal Directory

For the information of members and friends who wish to remember the Church and its institutions in preparing wills and legacies.

**ALBERTA CONFERENCE CORPORATION** of the Seventh-day Adventist Church—Box 5007, Red Deer, Alberta T4N 6A1.

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**It's not too late to register for Second Semester**

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