

<sup>canadian</sup>  
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**messenger**

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## Current Needs for the Mission Field

### Urgently needed — MUST BE CANADIAN CITIZENS

- ☐ Maintenance man for Karachi Adventist Hospital. Must have general knowledge and experience with electrical, plumbing and usual hospital maintenance work. Either married or single.
- ☐ Single accountant for Karachi Adventist Hospital. Must have at least junior college training but preferably senior college certificate.
- ☐ English teacher for Pakistan Secondary School. Must have qualifications to teach English in high school. Either married or single.

If you qualify for any of the above, or know an SDA in good and regular standing who does, please contact us giving qualifications and references. Send to: Editor, Canadian Adventist Messenger, 1148 King St. E., Oshawa, Ont. L1H 1H8.

## Church Speaks to Sunday Closing Issue

We have reprinted below an article from the **Oshawa Times**, dated March 23, 1983, to keep our readers aware of current issues facing the church in Canada — Editor.

Sunday-closing laws are discriminatory and "a relic of the Middle Ages," the Seventh-day Adventist Church in Canada says.

A spokesman for the Seventh-day Adventists said in a prepared statement Tuesday his church supports a recent court ruling which found the Lord's Day Act in violation of the right to freedom of religion under the Charter of Rights.

Seventh-day Adventists observe Saturday as the Sabbath.

"People must be allowed to choose in a democratic society how to pursue their well-intended motives of rest, worship and employment," said Douglas Devnich, public affairs director at the church's Canadian headquarters in Oshawa.

"There is no upsurge of militancy among Seventh-day Adventists against

the existing laws today, but when fair-minded judges rule in the direction of an enlightened and free society, we must applaud them," Devnich said.

He was referring to a March 9 ruling by Calgary Judge Brian Stevenson, who dismissed a charge of doing business on Sunday against Big M Drug Mart.

Stevenson ruled in provincial court that the Lord's Day Act is unconstitutional and violates the right to freedom of religion.

The Lord's Day Act is a prohibitive federal law which allows for accompanying, permissive provincial legislation. There is an Ontario Lord's Day Act.

In addition, retail stores in Ontario can open on Sundays under the Retail Business Holidays Act if, for religious reasons, they are closed Saturdays.

Devnich said Seventh-day Adventists have suffered "prosecutions and socio-economic disadvantage" because of the federal law.

Sunday-closing legislation, he said, enforces the symbol of "entanglement" of church and state.

"For over a century the church has championed the cause of religious freedom and views the recent court ruling . . . as a victory for the most fundamental of human freedoms," the church statement said.

"Not only are laws of state discriminatory when they prefer one class of religion above others, but in the case of state-enforced Sunday observance the law is a relic of the Middle Ages."

Michael Babad

**adventist messenger**

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On May 14

## Let's Help Those Who Are in Need to Help Themselves

*Each dollar given to the Disaster and Famine Relief Offering becomes approximately four dollars.*

*by John M. Howard, Director, SAWS Canada*

There are two major fundraising opportunities for our believers to participate in here in Canada that are matched by the Alberta and Federal Governments for International Development Aid. One of these is the Disaster and Famine Relief offering which will be taken on May 14, 1983. The other one, of course, is our Ingathering. This last year, the Lord has really blessed with the funds that have been collected and solicited by our believers. Now we have an opportunity as church members to give from our own resources for this Disaster and Famine Relief offering.

There have been very, very difficult times in many parts of the world. From the offering that was taken up last year, we were able to help with projects in Inter-America and in Africa. We received pictures from El Salvador, where we were able to send over \$80,000.00 worth of food to be distributed by our believers down there during the time of their difficulties. I thought it would be interesting for you to note that Elder Moctezuma, whom some of you know

from his several visits to Canada, has informed us that the Inter-American Division was able to baptize their total 1000 Days of Reaping goal for 1982 in nine months instead of the twelve months. This was under tremendous difficulty. We heard reports from the president down there, and he told of the very difficult time our lay people were having. In two letters we received grateful thanks for the food that was sent to help these people. This year, the food will be going to Guatemala.

We do appreciate so much the faithfulness of our Canadian members in providing the funds that are matched by the Alberta and Federal Governments. In fact, each dollar that you give ends up as approximately four dollars. We have no other way in which we can raise the funds that are needed for these emergencies that come up from time to time and also of course, for the development projects for SAWS which help people to help themselves.

Elder Patterson, our treasurer for these overseas projects, has just returned

from an inspection tour, and is completely satisfied with the overseas projects. He gave us extensive reports from Zimbabwe, Kenya, Zaire, and Sierra Leone. Our leper hospital at Sierra Leone, which will receive some of the funds that are collected this year, has a tremendous influence on the people of that country.

In Zimbabwe, at Inyuzura, fields have been prepared and planted so that the people can have the food that is so necessary. A tractor was renovated and is being used in the cultivation of the crops. A dispensary has been constructed at the Hanke School, and there we find that the nurses who are going out into the bush from that area are providing a needed service. Then we could go to Malawi, where Elder Patterson walked knee-deep in mud to view the potable water project in Lunjika.

This year, as we endeavour to help those who are in need, to help themselves, let us give generously to the Disaster and Famine Relief offering. These are this year's projects:

**Cont. on next page**



Refugees in El Salvador lined up waiting up for food from SAWS and the Alberta Government.



- the food package for El Salvador, which was already mentioned;
- a leprosy and post-surgery ward at the Masanga Leprosy Hospital in Sierre Leone;
- a project in Jamaica to provide whole-grain breakfast cereals using Canadian wheat;
- installing irrigation equipment at an agriculture training program center at Kalabo, Zambia;
- an adult education, vocational, and health care project in The Gambia;
- a water project for the Mutitu Secondary School, which will provide water for this school and the surrounding community;
- and the TALRES program in Zambia.

## Multiply Your Dollars on May 14 for the Disaster and Famine Relief Offering

The TALRES program will provide housing and sanitary toilet facilities for people handicapped by leprosy. This program is already sending local people trained as health educators to surrounding villages to teach the necessity of sanitation and hygiene in the prevention of diseases such as leprosy

and tuberculosis. The project will also provide a means of livelihood among the indigenous population handicapped by leprosy through crafts such as shoe-making, basket weaving, pottery, steelmaking, and other such industries. Lastly, the local farmers will be taught methods of irrigation, seed saving, and cultivation to enable them to enrich their impoverished diet with staples, fresh fruits and vegetables.

Even though we are in difficult times, I think we all realize that the Lord has blessed us abundantly. Thank you in advance for your generous gift this May 14 for those who haven't even the barest necessities.

# Adventist Health Ministries

## Eat Sparingly

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

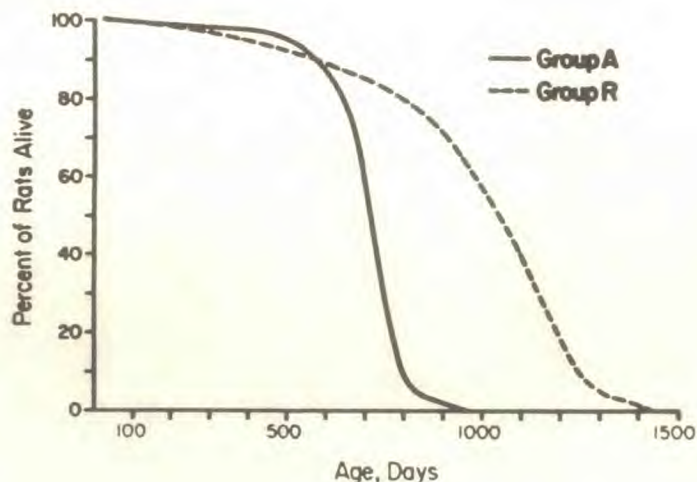
I just have to share with you the results of some recent and exciting research having to do with nutrition and aging. This is a summary of some work reported by Dr. Edward Masoro, chairman and professor of physiology at the University of Texas, Health Science, San Antonio, Texas.

In the 1940's, Dr. Clive McCay at Cornell University, showed that severe under nutrition *prolonged* the length of life of rats by 50%. Instead of living for two years they lived for three years. More advanced research techniques are now available so that they are able to repeat Dr. McCay's work with much greater precision and sophistication. Dr. Masoro is attempting to learn the biological cause for aging and is looking especially at diet.

Let's first look at age-related changes in body composition in human beings. As humans grow older:

1. there is a loss of bone mass; demineralization of bones leading to osteoporosis,
2. there is a loss of lean body mass, especially muscle, but also glands and organs,
3. there is an increase in fat mass, primarily as a result of muscle tissue converting to fat tissue, especially if one is inactive,
4. there is a decreased ability to maintain intensive exercise due to decreased cardiovascular function,
5. there is a decreased ability to meet physical challenge due to a greater inability to prevent acidosis. This inability is related to a decreasing kidney (renal) function.

Now notice the parallels in the following research with rats. Dr. Masoro's study includes five different groups fed on five different regimens. This report shall concern itself primarily with just two of the five: Group A: rats fed *ad libitum* (all they wanted to eat) throughout life, and Group R (Restricted) rats fed 60% of the amount eaten by the *ad libitum* group from six weeks of age and on. Both groups were allowed to nurse freely until weaning at six weeks. Both diets were identical in the following proportions, 21% protein, 22% fat, 57% carbohydrate. There was no cholesterol in their diet. Group R received only 60% of the calories of Group A, but received the same amount of vitamins as Group A to prevent the possible complication of an imposed vitamin deficiency. There were 115 male rats in each



group. The length of life of the groups is represented in the curves in Figure 1.

When the 115th rat died in Group A, 60% of the Group R rats were still alive.

Now notice the following comparisons. Some of them will be more meaningful than others depending upon your knowledge of physiology.

Group A reached their full growth in six months. Group R grew over a longer period of time and only grew to two-thirds the size of the rats in Group A. That two-thirds size remained with them throughout life. They didn't look runt or stunted but they were smaller.

The serum cholesterol in both groups at weaning time was equal. In Group A there was a marked increase in serum cholesterol even though there was no cholesterol in the diet. Their own bodies produced the cholesterol. Not so in the restricted group. The cholesterol in the blood was directly related to the caloric intake. On autopsy no cholesterol plaque in the arteries was present in Group R.

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# People

## Diamond Anniversary and 90th Birthday Celebrated at Kingsville Church

At the church service in Kingsville on Feb. 26, the church paid tribute to the Clickners who celebrated their 60th wedding anniversary on Feb. 6 and to Grandma Kantor who observed her 90th birthday on Feb. 24. Many of Grandma Kantor's descendants were on hand for the occasion.

Mrs. Clickner became a Seventh-day Adventist in 1935. An aunt in western Canada had accepted this Message and later she shared her faith by sending literature to her relatives in the east. Mrs. Clickner originally belonged to the Windsor church. Throughout the years her faith has never wavered.

The Clickners had one daughter, Shirley, who died two years ago. They have two grandchildren in California.

Grandma Kantor was baptized in July, 1915 in old Austria-Hungary during World War I. Adventists were despised in her community and as they went to church the people would shout at them and sometimes throw stones.

In 1937 Mr. Kantor brought his family to Canada and they lived for 4 years in Manitoba. From there they moved to Cottam, Ontario, where he died in Nov., 1963. For years Mrs. Kantor belonged to the Windsor church. When the members out in the County decided to have their own church, she was ready. To everyone's surprise she had stashed away \$1,000 which she promptly turned over to the building fund.

Mrs. Kantor has six daughters and two sons all Seventh-day Adventists: Susan Schoen, Minnesota; Anna Krivoshein,

Sask.; Elizabeth Schneider, Washington, D.C.; Helen Weis, Illinois; Emily Radostis, Michigan; Eva Fowler and John Kantor in Cottam and Paul Kantor in St. Thomas. There are 24 grandchildren and 25 great-grandchildren.

Mrs. Kantor received congratulations and best wishes from the governor-general and prime minister of Canada, the lieutenant-governor and the premier of Ontario, the local M.L.A. and the local M.P. She was also greeted in the programme Fresh Air and admitted to its Over Ninety Birthday Club.

E. Monteith



Mr. and Mrs. Ed Clickner celebrate diamond anniversary.

## Farewell to Schlehuber Family

Seven years ago Elder Laverne Schlehuber began his work in Ontario. He and his faithful companion, Azure, have worked in the Hamilton and Sudbury districts. They came to Ontario with two children, Sherlyn and Cherilee and just last year welcomed a baby boy, Joseph, to their family. The Schlehubers have responded to a call to a large church in Winnipeg. We bid them God's blessings as they follow the leadings of their Lord in gospel service. They have given excellent service in Ontario. We shall miss their willing hearts and cheerful Christian influence.

G.W. Morgan



Pastor and Mrs. Schlehuber and family.

## Four Families Dedicate Infants at Vegreville



Elder and Mrs. Herb Larsen visited the Vegreville church over the weekend of March 4 and 5. Elder Larsen presented a sermonette on Friday evening and there was a lively song service led by Elvira Gascoyne. On Sabbath morning four beautiful babies were dedicated by Elder Bill Wigley. Those taking part in the Dedication service were: Warren and Cheryl Kay (nee Polishuk) and son Bradley Warren of Calgary; Larry and Elvira Gascoyne (nee Polishuk) and daughter Raelene Janelle of Vegreville; Elder Bill Wigley; Bonnie Gascoyne and son Michael Dwayne of Edmonton; Len and Sharon Hudema (nee Tataryn) and daughter Jennifer Sharon of Vegreville. Following the church service by Elder Larsen there was a potluck fellowship dinner.

## Kingsway College Alumni Homecoming

May 6, 7, 8  
Plan now to attend



Mrs. Kantor on her 90th birthday.



## Three C.U.C. Staff Receive Doctorates



Dr. Warren Trenchard, left, presents a copy of his doctoral dissertation to Keith Clouten, CUC librarian.



Dr. Cheryl Villegas enjoys the piano in her office.



Dr. Reo Ganson demonstrates a simple, inexpensive terrarium to his class.

Congratulations to three C.U.C. faculty members who have recently completed requirements for their doctoral degrees. The trio includes Warren C. Trenchard, Reo E. Ganson, and Cheryl A. Villegas.

Warren C. Trenchard, Chairman, Humanities Division, obtained his Ph.D. in New Testament and Early Christian Literature from the University of Chicago in late 1981. He is the author of numerous articles in various Seventh-day Adventist publications. Dr. Trenchard was ordained to the gospel ministry at the Alberta Camp Meeting in July, 1982.

Dr. Trenchard joined the C.U.C. faculty in 1975 coming from Atlantic Union College and the Southern New England Conference. He completed his undergraduate and Master's degrees at Andrews University.

Dr. Trenchard is married to Marilyn Beaumont and they have three sons, Mark, David, and Kevin.

Reo E. Ganson, Chairman, Division of Education and Social Sciences, received his Ph.D. in Elementary Education from the University of Alberta in 1982. He has conducted various seminars within Alberta and has written for provincial educational publications.

A native Albertan, Dr. Ganson attended C.U.C. for his secondary education and completed a two-year Junior Arts program before entering the U. of A. He most recently joined the faculty of C.U.C. in 1980 after serving in educational and pastoral positions in western Canada.

Dr. Ganson is married to Leona Kereychuk and they have three children, Candace, Conroy, and Clayton.

Cheryl A. Villegas, Assistant Professor of Music, received her Doctor of Musical Arts in Piano Performance from the University of Arizona in August 1982.

Dr. Villegas began her formal piano instruction at the age of six. After graduation from Hawaiian Mission Academy, she attended Pacific Union College and obtained a Master of Music from the University of Southern California.

An avid performer, Dr. Villegas has appeared as a guest soloist with orchestras in Hawaii and California and given numerous recitals.

Dr. Villegas joined the C.U.C. faculty in 1981 and has actively involved herself in all facets of the music program on campus.

## C.U.C./P.A.A. Solve Problems of Water Supply

There are times when progress and growth create problems. As on a college/academy campus. For seventy-five years the water at Canadian Union College has been produced by wells. The pumps of these wells feed a pressure tank which, in turn, supplies water to the hilltop.

That water has been the subject of hundreds of jokes, barbs and puns. It not only has an identifiable sulphur odor, but contains sodium bicarbonate as well. Therefore its flavour is distinctive. Some have said "stink-tive." Recent additions to the campus, including the furniture factory, Lakeview Hall, the Physical Education Complex, and a number of new faculty homes have stretched the water supply beyond safe limits. So, its flavour is one problem; its availability is another.

To solve the availability problem, a 200,000 gallon concrete water tower was erected in 1980. Unfortunately, structural problems caused the tower to leak and all efforts to remedy the problem were unsuccessful. The College has obtained legal counsel for possible redress from the structural problems of the concrete water tower, but is unable to anticipate what, if any benefits may be obtained. So, an alternate water supply system was studied.

In the summer of 1982, excavating was begun for a water reservoir capable of storing a half-million gallons of water. The "dirt work" was done by Larry Ilchuk, a College employee, using College equipment. After the excavating was completed, the storage facility was lined with a polyethylene type



"envelope." This liner was supplied by Columbia Reservoir of Calgary at a cost of \$104,000.

Access to the water in this reservoir will be provided by three computer controlled electrical pumps. They will supply a maximum of 190 gallons of water per minute to the pressure tank. In addition, a diesel fueled pump will serve for firefighting as well as providing water in the event of power failure. This pump will supply up to 1500 gallons per minute, and assuming no additional water is flowing into the reservoir, will provide a constant flow for nearly six hours.

Because water will now be stored in the reservoir, a chlorinator will be added to the system. The flavour of "CUC water" will be changed, but at this point, no one seems to know how much ... or whether there will be any improvement.

Meanwhile the liner is in place, the new pump house is complete. The pumps are installed, and final water supply connections are currently being completed. Soon College Heights will enjoy the benefits of simple access to ample supplies of the "hilltop's" unique and distinctive favourite refreshment.



Workmen place the top of the "envelope" for CUC water supply.

## Eat Sparingly

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The ability to mobilize fat cells, that is to utilize them for energy, is high in youth and decreases with age. In group A this ability diminished rapidly until it reached near zero at 18 months. In Group R this ability was maintained to the point of 18 months and then began to decrease.

Group A lost muscle mass readily and steadily, even though they were being exercised daily. The loss of muscle mass was greatly delayed in Group R.

And perhaps more important is muscle function. Group A lost muscle function (muscle generate force) early and readily. The Group R rats never got old enough to lose muscle function. They were able to maintain exercise, "or work" to their day of death, and you will notice later how much longer they lived.

Every rat is autopsied at death. A frequent cause of death in rats is nephropathy or kidney lesions. The following table will reveal that those who ate all they wanted frequently died (lethal) of nephropathy at 24 months whereas in the restricted group no kidney lesions were discovered in those which were sacrificed at 36 months and none was present in those who died naturally at 48 months.

### Nephropathy (kidney lesions)

	6 mos.	18 mos.	24 mos.	36 mos.	48 mos.
Group A	none or slight	severe	lethal	—	—
Group R	none or slight	no progression		none at sacrifice	none at death

In Group A almost all had testicular tumors by 18 months, Group R had virtually none.

The last rat to die in Group A was age 950 days, the last rat in Group R was 1,430 days. The average length of life of those in Group A was two years, 720 days, as compared to Group R, three years, or 1,100 days.

As those in Group A grew older their fur became yellowish colour and greasy, unpleasant to touch. Their eyes became dull. While those in Group R remained white and soft and pleasant to stroke, and their eyes remained bright.

The amazing discovery was this — even though those fed on a calorie restricted diet lived half again as long as those who ate all they wanted, they had no pathology at death, i.e., when they were autopsied no disease was found. Rats in Group A died of advanced atherosclerosis, kidney lesions, various

diseases associated with aging. But in the rats who ate less there was no disease. They did not die of disease! They were still active and bright the very day of death which was apparently from old age. Aging is inversely related to food intake in rats. The more one eats the earlier he dies, the less one eats the longer he lives.

**Nearly all the changes we associate with aging are not the result of growing old. They are the result of growing sick.**

The transfer of these findings to humans is not yet clear, but I think the implications are intriguing. Nearly all the changes in body composition and function which we associate with aging are not the result of growing old. They are the result of growing sick. Most of the diseases thought to be associated with aging are not caused by aging. They are caused by becoming diseased. It is possible to live above disease even to the day of death. Deut. 7:15.

But who wants to grow to only two-thirds of one's potential even if he lived half again as long? So another group of rats were fed ad libitum to full size at six months of age and were then placed on a restricted 60% of caloric diet. They lived just about as long and as healthy as those who were two-thirds their potential growth size. This finding suggests the practice of being cautious about restricting too severely a child's diet before reaching full growth, but thereafter being cautious not to over eat.

One more precaution seems advisable. The implications of this research are to avoid indulgence of appetite, obesity and all its concomitant diseases, but we should also be reminded that Mrs. White warns against an impoverished diet. A deliberate restriction to just a few items of food that do not adequately provide all the needed nutrients for growth and maintenance. The best summarizing philosophy is to eat a wide variety of fruits, nuts, grains and vegetables in as natural a form as palatable in sufficient quantity to maintain ideal weight . . . or a little less. Certainly the practice of two moderate-size meals a day might be perfectly in line with the implications of Dr. Masoro's research.



## News from the Conferences

### ONTARIO

#### Orangeville Company Organized/Brampton Church Grows



Elder Philip Lemon, third from left, with the Orangeville Company leaders, left to right, F. Edwards, Pastor R. Pearse and treasurer, J. Burbidge.

On Sabbath, January 8, 1983 a group of Seventh-day Adventists met for the first time in Orangeville, Ontario. This was a day of rejoicing and thanksgiving for many who live in the Orangeville area and who had previously travelled regularly to Brampton to attend Sabbath services. The new meeting place is in the Canadian Reformed Church that has sufficient room and the necessary facilities.

Friends gathered from many places to share in the blessings and rejoicings of the day. For no one was the day more meaningful than for our guest speaker, Elder P.F. Lemon, secretary of the Canadian Union Conference and editor of the *Messenger*. Many times he has been referred to as "Elder Lemon from Orangeville, Peel County." For him, his

brother and many other members of the Lemon family, it was the realization of their dreams. He shared with us his family's connection with Orangeville in years gone by, and how his mother, now sleeping in Jesus in one of the nearby cemeteries, had worked closely with the pioneers of the Advent Church in Battle Creek.

Another special occasion took place three Sabbaths later, when on January 29, the Orangeville group was organized into a Company. Elder G.W. Morgan, Ontario Conference president, officiated at this event.

Devoted believers form the nucleus of this company. For the members of the Brampton Church, the establishing of this Company meant the loss of brethren and sisters who had given strong support to the Lord's work there. However, the Brampton church is still filled to capacity every Sabbath. The most recent evangelistic thrust was a series of public meetings conducted by Elder C. Buursma when 16 new members were added. It is hoped that in the near future the Brampton congregation will have their own church building. They presently meet in the Augsburg Lutheran Church.

F.C.J. Pearse, Pastor



The Orangeville Company that was organized on January 29 with Pastor Pearse, left, and Elder Morgan, back row, right.



Elder Charles Buursma, left, with the group who were baptized at the Word of Prophecy Crusade in Brampton.

#### Elliot Lake Baptism

On Sabbath, August 21, 1982 Claude Mainville was buried in the waters of baptism in the Elliot Lake. Through the constant prayers of his brothers, Hermel & Georges, Claude developed a personal relationship with his Lord, and is now rejoicing in his new found faith. The baptismal ceremony was unique in that it was a bilingual service conducted by Pastor D. Heintz in English and translated by Georges Mainville in French for Claude, who is now faithfully witnessing to his french family in Quebec.

#### Thunder Bay News Note

The Port Arthur Community Services society has been actively engaged in packing clothing for the people on the Reservation. Recently 22 large boxes of clothing and literature were sent with more to go soon. Mrs. Verna Anderson and her daughter Lona spend much time sewing and mending. Mrs. Margaret Eaton is the leader of the Community Services Society.

Mrs. Anita Howald



## Establishing a Vegetarian Restaurant – An Adventure for Christ

by Gloria Lawson

It all began at a health ministries retreat at Camp Ferndale where Elder Gary Strunk, Ontario Conference Health Ministries Director, challenged those present to launch out in medical missionary ventures for Christ.

Marg Kunz kept dreaming and studying the Spirit of Prophecy. Deep in her heart was a vision of a health restaurant and natural foods store for Hamilton. Little did she realize that God was working out ways and means to make the dream come true, not only financially, but also by sending the right personnel to make it a reality. She shared her dream with her friends in the health ministry group, and the last weekend in August Marg, Miriam Popovic, Danny Macesic (Miriam's brother), and his wife, Janie, and Paul and Gloria Lawson journeyed to New York City to visit the "Country Life" Restaurant.

Miriam worked and studied with her brother, Danny, and kept encouraging him. Before long he was baptized and decided to quit his job as an Electrical Contractor to oversee the development of the proposed new restaurant. A choice spot had been obtained in downtown Hamilton in the hub of the city. It was a shambles and posed a real challenge. Then came a miracle. The Bank of Commerce, from whom we would be renting, gave us eight months free rent.

A friend of Danny's, Jan Tasane, an architect and designer, drew up the plans for "The Country Way Restaurant" and became involved in helping to make the restaurant something special. Jan's charge for his services normally would have been \$5,000 to \$8,000. However, all he accepted was a minimal fee for expenses. All the trades worked well below normal construction rates, in some cases lower than 50% of the usual price.

Marg Kunz's son, Stephan, joined in the project from the outset, serving as jack of all trades. He was an inspiration to many for his long hours of faithful and dependable work.

Miriam Popovic saw in the vegetarian restaurant concept an opportunity for medical missionary outreach.

Soon it was time to start thinking of personnel, including a chef. Linda McClure, who had been won to Christ through a cooking school and health ministries program became interested in being the Chef. Miriam and Linda went for special training to Madison, Wisconsin, and under the direction of Mr. and Mrs. Ron Crary and family received on-the-job experience in the kitchen at the Madison "Country Life" Restaurant.

The City insisted that a sprinkler system be installed in the restaurant. This would cost \$20,000 to \$25,000. Fire regulations demand that all restaurants have sprinkler systems. This became a matter of prayer and due to the fact that we would not be deep-frying or cooking with grease, City Hall waived the sprinkler system regulation and asked for a few small variances. We learned that God's health message has more benefits than health. It also saves money!

Dr. Coburn, a local prominent dentist, had attended one of our cooking schools. He and his staff were a real source of encouragement and support for our project.

Many much-needed appliances and other equipment were donated. Generous gifts of money were given. Pastor E. Juriansz and many of our church family gave unstintingly of their time and effort.

The napkin holders at each table contain health books and tracts. People read from these and occasionally ask to borrow or purchase them. Some inquire about the reason we close on Saturday and are curious about other beliefs of our church.

Much of our help at the restaurant is on a volunteer basis. We have a group of dedicated staff members and are looking forward to even greater opportunities in the future to share our health message and other truths with the 300 to 400 persons who patronize the "Country Way" restaurant and natural foods store daily at 12 James St. South in downtown Hamilton – telephone (416)522-8747.



The Country Way Restaurant in downtown Hamilton.

## Membership Growth Noted at First Anniversary of Kingston Road Seventh-day Adventist Church

There was no birthday cake, and no candle to mark the occasion, but January 1, 1983 was a memorable day from start to finish as members of the Kingston Road Seventh-day Adventist church celebrated their first anniversary.

Elder J.W. Wilson, Canadian Union President, was the guest speaker. He challenged the members with Christ's directive in Matthew 28:19, 20 and Mark 16:15, 16, to "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost . . ."

Other participants in the service were: Rev. T. Davey, Minister of Kingston Road United Church, Pastor M. Coleman, Pastor of Kingston Road Seventh-day Adventist Church, Pastor F. Maitland, Pastor of Toronto East Seventh-day Adventist Church, Dr. G. Cassimy, Pastor of Agincourt Seventh-day Adventist Church, Elder F. Lazarus of Kingston Road Seventh-day Adventist Church and Elder J. Gregg, First Elder of Kingston Road Seventh-day Adventist Church.

Ouila Abraham, Church Clerk for 1981-82, noted in her progress report presented before the congregation, that the membership of the church had grown from 109 charter members to 125 members by Dec. 31, 1982.

Special music was provided by the Toronto East Choir and the Kingston Road Choir, as well as Brother Alexander and Brother Simpson.

Else Christian



## Hamilton East Church Opens

February 26, 1983 is a day that will long be remembered by the members of the Hamilton East Church. After ten years of worshipping in rented quarters, our own, brand new building was officially opened during a special afternoon service. However, the whole Sabbath day was special, with guests from near and far. Both the Union and the Conference were represented with Elder Clemons, Ontario Conference Communication Director, taking the Missionary Emphasis period, and Elder McLeary, Ontario Conference Executive Secretary leading out in the lesson study during Sabbath School, and Elder Lemon, Canadian Union Secretary, preaching the sermon. The guests were taken to homes for dinner, after which the official opening took place.

Special invitees included Mayor Morrow of Hamilton, Mayor Spears of neighbouring Stoney Creek and Regional Chairman Anne Jones. Most of the former pastors of the district were also able to attend. The church was overflowing with friends and well-wishers, and the proceedings were watched downstairs via closed-circuit TV. After a wonderful program of music and greetings, Elder G.W. Morgan, Ontario Conference President, preached the message, at the conclusion of which the ribbon was cut by the visiting dignitaries to officially open the church. After the Sabbath hours refreshments were served in the downstairs fellowship hall to end a day that the members had long looked forward to.

J. Palosaari



The new Hamilton East S.D.A. Church.

### "Canada Our Homeland Kingsway Our Home" Homecoming Weekend

May 6, 7 & 8

— Experience the Memories —

## ALBERTA

### Healthful Cookery, Vitality and Me!

"The Healthful Kitchen" — a series of videotapes designed to create a healthier you — was the tool which attracted a crowd of approximately 60 residents (of which I was one) from the rural town of Olds, Alberta which is near Calgary. The video sessions which are divided into three sections: nutrition facts, food demonstration and "how to," lend themselves easily to the cooking school presentation.

Vicki and Derek Hillary, local high school teachers, conducted the cooking school with enthusiasm which bubbled over to the participants. Enthusiasm grew to the point where Thursdays were the highlight of the week for the individuals who took part.

I first learned of the cooking classes one evening when I was reading the local chronicle:

"The Healthful Kitchen" a videotape healthful cooking series sponsored by the North Pacific Union Conference with Janet Wilkinson from Total Health Foundation, Yakima, Washington . . .

was the caption which caught my attention. The article went on to explain that classes would be conducted for six consecutive Thursdays at the local high school.

"Hmm," I yawned to myself, "our family would benefit from some sound nutritional advice." A second yawn which revealed the tiredness that I had experienced much too often lately confirmed my assumption. That yawn was the clincher which prompted me to attend the first Thursday evening — that and the fact that the classes were free. Although I went initially for "good for you" reasons, I continued to attend because I enjoyed the presentations. Vicki and Derek's vitality and seemingly boundless energy helped too — energy that was so foreign to my life.

Each evening we initially viewed the video which was followed by a presentation. We studied from the book entitled, *Survival in the '80's*, which were given free. Vicki always closed with a slide presentation or film strip and prayer. I chose to purchase the text entitled, *Total Health Cookery*, although Vicki had carefully copied the recipes for distribution. I loved the videotapes and copied furiously all during the presentation. Oh, yes — I forgot to mention that the ladies of Vicki's church prepared samples which we tasted — 15 different recipes a night. Occasionally I would take some home to my husband; we both agreed — they were great!

The enthusiasm which grew from Thursday to Thursday like mounds of

snow in Alaska was climaxed by a potluck conducted in the Seventh-day Adventist Church, where Vicki and all those thoughtful ladies who prepared the "samples" attend. The potluck included a Christmas gift exchange of nutritional foods such as low sugar jellies and loaves of bread which we made to place under the Christmas tree. Taking the potluck dish which my husband and I enjoy the most, we attended — we just loved the party. There was so much good food, and to think — it was all "good for you."

Suddenly I stood to my feet. "I just can't sit any more." I told my instructors, who had long since become my friends. "I just have to thank all the SDA's for what they have presented and all the trouble they went through — just for us." I meant it too; and as I spoke I realized that I, too, had more vitality and energy.

### C.U.C.'s Acronaires Tour Wanham and Falher Areas

On March 5 Sabbath School began late but it was worth the wait just to share the enthusiasm of the Acronaires group from Canadian Union College. This group combines a tumbling routine, gymnastics and music along with their Christian lifestyle. The group participated in both Sabbath School and the church service.

The Wanham high school gymnasium was their location for a gymnastic program in the evening where many from the community attended and generously responded to the expense offering. The well-executed routines were enthusiastically received.

The group proceeded to the Falher area where they participated in two nursing home displays and a full tumbling program in the evening.

The Acronaires were an enthusiastic and positive Christian witness in our community.

Averil Cotton





**WHY PAY 50% MORE . . .  
when the best vegetarian foods  
are now MADE IN CANADA.**

## MGM BRANDS



CHIK'N BURGER  
FRIED CHICKEN  
SAUSAGE ROLL  
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SAUSAGES  
WEINERS  
BOLOGNA  
SALAMI  
AND  
MUCH  
MORE . . .

**Delicious, nutritious, and by far the  
lowest priced meat alternates.**

Here is a sample price list based on suggested retail prices in Ontario.

<b>Quik Chik</b> – Scrumptious chicken-like flavour in a roll.	2kg roll (4.4 lb.) – <b>\$10.96</b> 500g roll (1.1 lb.) – <b>2.87</b>
<b>Meatless Sausages</b> – Sizzlingly juicy with the chewiness of real sausage.	1kg bag (2.2 lb.) – <b>5.85</b> 340g pkg. (12 oz.) – <b>2.34</b>
<b>Chik'n Crisp</b> – Deep fried, golden brown chicken-like pieces.	1kg bag (2.2 lb.) – <b>6.58</b> 500g bag (1.1 lb.) – <b>3.45</b>
<b>Samburgers</b> – Choice, juicy burger, delicious in a bun. 4 or 8 burgers/pkg.	567g bag (20 oz.) – <b>3.37</b> 283g bag (10 oz.) – <b>1.86</b>

**Canadian Agent and Church Inquiries Welcome**

**MGM BRANDS**

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## Report from Bella Coola School

Bella Coola has had an Adventist school for several years, comprised of pre-school through Grade 10. But for quite some time many people have dreamed of including a boarding school for grade 9 and 10 students. What began as a somewhat abstract item on a school board agenda in 1981 has now grown and become a reality. In September, 1982, the boarding school opened with an enrollment of 22 students, and the two home-style dormitories were filled to capacity. The students came from as far away as Fort St. John, B.C., and Phoenix, Arizona to enjoy the unique opportunities that Bella Coola Adventist Academy has to offer.

The school is located in a valley that is encompassed by the beautiful Coast Range Mountains. Camping trips into the surrounding wilderness are a frequent occurrence. Canoeing, ice-skating and cross-country skiing are some of the re-

creations that the students and staff have enjoyed so far this year.

The classwork at BCAA is accredited by the Department of Education of the Seventh-day Adventist Church in Canada.

The school term is based on a 13-week cycle in which school is in session for about 9 weeks followed by a 4-week vacation. This system gives teachers and dorm parents the needed opportunity to recharge and prepare for a new quarter, and also insures that the students will be present during the summertime when the largest amount of agricultural work is required.

Bella Coola Adventist Academy is dedicated to providing a Christian education in the true sense of the word. Its primary objective is to help the students to really know God and to incorporate Christian principles into every facet of their lives.

Cyndee Burgess

## Wa-Rite Gives Regina Members Slim Chance

Twenty-seven Regina Church members have begun a twelve-week WA-RITE Program, the first to be offered in the area.

This weight-loss program, under the direction of Pastor Allan Freed, began on January 7 as a result of demands from a few who wanted to "do it right." With such a large turnout (21 women and 6 men), the classes had to be divided in half. Classes meet each Sunday at the church school.



Altered somewhat from what is offered by the SDA General Conference Health Department, the program is a combination of right eating and regular exercise. The original

WA-RITE program contains a diet mostly of prepared vegetarian foods or analogues. Pastor Freed has changed the diet to require more homemade foods.

At the introductory class, each participant was asked to establish a goal of weight loss not to exceed two pounds per week for the twelve weeks. The total committed weight loss goal for the two classes is 650 pounds. By the end of February, class members had lost 147 pounds.

Before the diet or exercise program began, each participant was given a thorough medical examination by a medical team. This helped the program leader to determine the caloric requirements and the degree of stress through exercise that each participant should be exposed to.

Once the WA-RITE program begins, no new participants are allowed to join the group. This is necessary because each week in the program those attending advance to more strenuous exercises and receive additional detail on diet and nutrition.

Attendance so far has been excellent—participants are totally committed to the weight loss program and a healthier future. Members compliment and encourage each other on every half pound lost and, of course, the Pastor is a constant help to those involved.

Freed, the program director, holds a master's degree in public health from Loma Linda University, Loma Linda, California.



## We are sending smoke signals!

Announcing an INDIAN POW-WOW the weekend of  
**May 27 to 29, 1983**  
at Foothills Camp, Bowden, Alberta

Cost: \$30.00 per person for food and lodging  
You provide your own transportation

We are inviting all people who are interested in Indian Ministries in various areas. We will have information workshops on the following:

- How to become a foster parent
- Adoption
- Indians and their culture
- Group homes for natives
- Social worker's point of view
- How to reach the Red Man with the gospel

Make your reservations today! Send a cheque payable to the Alberta Conference of SDA, Box 5007, Red Deer, Alberta, T4N 6A1 along with your application form to ensure your place at this workshop.

"Come, see flat-footed moccasin walker. Him havem no hair but havem no fear. Indians no scalpum--just lose hair. Him big chief--callem John Howard. Him plenty smart--speakum with no forked tongue. Him heap big director of Indian Ministries. Maybe you come and spokum."

by Ed Desjarlais

**NATIVE PEOPLES WORKSHOP  
APPLICATION FORM**

Name: \_\_\_\_\_

Spouse attending? Yes ☐ No ☐

Phone number: \_\_\_\_\_

Church: \_\_\_\_\_

Conference: \_\_\_\_\_

Please make cheque for \$30.00 per person payable to: Alberta Conference of SDA.





## General

### Radio Spots Available for Church Use

A series of radio public service announcements produced by the General Conference Health and Temperance Department has won a 1982 Gabriel Award from UNDA-USA, the Catholic Association for Broadcasters and Allied Communicators.

The series, "Serving the Total Person," was released last fall to 1,000 radio stations in North America. It was also sent via satellite to an additional 1,500 stations.

The eight spots, each 30- or 60-seconds in length, deal with some aspect of health and temperance, including alcohol, smoking, fresh air, and the value of water.

The eight spots have been designed for use by churches in their local markets, according to producer Sherrie Thomas. The spots are available for purchase in three different forms: with standard tag ("We're serving the total person - the Seventh-day Adventist Church) at end of each spot; with open ending (five seconds of music for live voice-over by local announcer; or custom tags (local church's name recorded on end of each spot). These spots are available for unlimited usage by authorized Seventh-day Adventist churches and institutions for a nominal fee: \$20 (approximately \$30 Canadian) for the standard and open tags, and \$35 (or approximately \$50 Canadian) for the custom recording. A sample sound-sheet for audition only is available for \$1.

Even though spots have been released nationally, many local churches will be able to take advantage of them. "Many stations prefer to air only local public service announcements," says Thomas. "They have written back to us saying, 'These are great spots, but we can't use them.' So now is the time for local churches to get to know their stations' program directors."

How can a pastor know whether his local station has already received the spots? "Either call the radio station and ask them," says Thomas, "or contact my office. This is an excellent opportunity for a church in any case - if the station hasn't received or aired the spots, the church has some first-rate public service announcements to offer them. And if they have broadcast them, they'll already be familiar with the Seventh-day Adventist church and more likely to broadcast future public service announcements."

For more information, or to order the radio spots, write or call Sherrie Thomas, General Conference Health and Temperance Department, 6830 Laurel Street, NW, Washington, DC 20012. Phone: 202-722-6754.



# Run For Fun

**10 km. - 6.2 miles**  
**Sunday - May 8, 1983**  
**9:30 a.m.**

One of the features at your  
Kingsway Homecoming Weekend  
Everyone invited to participate  
9 different age groups

Find out how fit you really are.  
Compare your time with others  
in your age bracket.  
This will be an annual event.

**\$6.00 entry fee - Free T-shirt  
and certificate.**

**Fund to Benefit Worthy Students  
and Cystic Fibrosis**

**For more information contact:**  
**Fred Matusik**  
Physical Education Department  
Kingsway College, 1156 King Street E.  
Telephone (416)433-1144



# Obituaries

**BOSCREE**—After a short illness, Mr. Jacob Boschee passed quietly to his rest on his 98th birthday, March 4, 1983. He was born in Russia and by the time he was 17 years old he settled in the Robinson district. Radcliff and Medicine Hat also came to be his home.

Left to mourn his loss are his son, Jack, and daughters, Emma and Alma, as well as one sister.

Mr. Boschee was very well known for his musical talents and we know that he awaits the day when our Redeemer will call him forth to join in the song of the redeemed. Pastor Dennis Braun officiated at the service.

**BURCEA**—Marin Burcea was born in Romania July 3, 1897, and passed away Jan. 13, 1983 in the Hamilton Henderson Hospital. He is survived by his wife Maria, son Radu and 3 grandchildren. Mr. and Mrs. Burcea immigrated from Romania in Nov., 1973 and made their home in the Hamilton area. The funeral services were conducted by Pastor Eric Juriansz. Interment took place at White Chapel Memorial Gardens in Ancaster on Jan. 14, 1983.

**CAIN**—Laurentia Cain was born Aug. 10, 1944 in Manneville, Que., and died Feb. 15, 1983 in Sault Ste. Marie, Ont. after a lengthy illness.

She is survived by her two children, Roger and Rhoda, one brother, 8 sisters and her parents. Funeral services were held at the Barton and Kiteby Funeral Home in Sault Ste. Marie with Pastor Dennis Heintz officiating, assisted by Pastor Harold Scott.

Laurie's love for her Lord, and for people was constantly shown by her helping hand wherever there was a need. She will be remembered and missed by friends from many Christian circles for her joyful witness for the Lord.

Dennis Heintz, *Pastor*

**HEY**—Helen Hay was born in Paris, Ontario in 1895. In 1914 she was united in marriage to the late Hiram Hey. To this union were born seven children, three of whom predeceased her.

She leaves to mourn four children: Jack of Paris, Leonard of Woodstock, Ronald of Brantford and Yvonne Hill of New York; sixteen grandchildren and twenty great-grandchildren, and her brother Charles Higgins of London.

She passed to her rest on Jan. 27, 1983 and the funeral was conducted in Paris. The interment was at the Paris Cemetery where she awaits the call of the Life Giver.

Fred Irish, *Pastor*

**JOHNSON**—Fair Irene (Lundy) Johnson was born in Rocky Mountain House, Alberta, on May 12, 1914.

Fair attended a series of evangelistic meetings in 1932, and united with the S.D.A. Church. Fair and Rudy Johnson were united in marriage on Jan. 8, 1938. Together they served the church in British Columbia, Idaho, Washington and Oregon.

She leaves to mourn her passing: her beloved husband, her son John, one sister, and relatives and many friends.

She awaits the call of the Life-giver in the Rest Haven cemetery in Eugene, Oregon.

**MATTHEWS**—Isabella Alice Matthews was born in India on July 28, 1886, and passed away at the Oshawa General Hospital on Jan. 18, 1983. She is survived by her daughter Mrs. Robert Juriansz (Marjorie) of Oshawa, Ontario; sons Orville Matthews of Belleville, Ont., and Dr. Neville Matthews of Washington, D.C.; twelve grandchildren and 12 great-grandchildren. To her children she was Mother, counsellor, disciplinarian and close friend. To her many friends and acquaintances she was a warm-hearted Grandma and trusted friend. She will be missed by all who knew her. Interment was at Mount Lawn Memorial Gardens in Whitby, Ont., on Jan. 20, 1983.

**SCUTOVICH**—Paul Scutovich was born in Poland on June 26, 1897 and died in Toronto on Feb. 20, 1983.

He married Martha Schulberg in 1922 and in 1926 he came to Canada. His wife Martha, died in 1961. In 1970 Paul married Helen Pankevich. Paul is survived by his wife, Helen; his daughter, Ellen Goddard; six grandchildren, one step-daughter; four step-grandchildren, and two great-grandchildren.

Funeral services were conducted in the Jerrett Funeral Chapel in Toronto by Pastor Arthur Zaft, assisted by Pastor William Polishuk, on Feb. 22, 1983. Interment followed in the Greenwood Cemetery in Ridgeway, Ont.

**SHEARSMITH**—Bertha Anna Shearsmith passed away January 23, 1983 at the McMaster Medical Centre. She was predeceased by her husband Reginald Shearsmith, her first husband, James Thornton, and her daughter, Mrs. Anna Hammond. She is survived by three sisters. Mrs. Shearsmith was an avid member of the Hamilton Seventh-day Adventist Church where she attended regularly. Funeral services were conducted by Pastor E. Juriansz. Interment was at the Hamilton Cemetery.

**VanEVERY**—Vera Beulah Van Every was born Dec. 24, 1904 and passed away Jan. 26, 1983 at the Brantford General Hospital. She leaves to mourn ten children: Hazel Hill, Doris Miller, Mary Bloomfield, Delores Littlewood, Basil, Janice Longboat, Carolyn Beaver, Shar, Way, and Carole Hill. There are 37 grandchildren and 26 great-grandchildren. Funeral services were conducted by Pastor E. Juriansz and interment was in the Plymouth Brethren Cemetery on Jan. 29, 1983.

**WANER**—Trudy Waner was born in Austria and passed to her rest on Jan. 16. In 1946 she dedicated her life to Christ in baptism and remained steadfast in that commitment to Him. She married Hans Waner and they settled in Canada in 1952. Trudy leaves to mourn her husband, Hans, and four children: Angelika of Florida, Heidi of Colorado, and Chris and Ingrid who still reside at home, as well as a host of friends.

Her funeral was in Paris, Ont. with interment at the Paris Cemetery, where she sleeps in Christ.

Fred Irish, *Pastor*

**WEBB**—Ross Fawcett Webb was born June 27, 1900, and passed away Feb. 5, 1983 at the St. Joseph's Hospital in Hamilton. He is survived by a sister, a niece and two nephews. Funeral services were conducted by Pastor E. Juriansz with interment at Woodland Cemetery.

# Births

**ALEXANDER**—Sean Gabriel, God's gift of a first-born to very happy parents, Horace and Carol Alexander, on March 7, 1983, at Loma Linda University Medical Center.

**ESKELSON**—Rodney and Brenda (nee Potorieko) and daughter Desiree are happy to announce the arrival of a baby boy, Jared Jordan, born July 11, 1982 at Lacombe, Alta.

**LATOUR**—Rubin and Panchi are pleased to announce the birth of their daughter, Chithra Eden, on Feb. 11, 1983 in Winnipeg, Man.

**LEHMANN**—Paul and Donnalee (nee Skoretz) and their two boys, Shad and Jordi, welcomed the birth of their girl, Jindalee Pauline, on Feb. 20, 1983 at Red Deer, Alta.

**SMALLING**—Eric and Mary are grateful for their second son, Alden James Bartholomew, born Feb. 11, 1983 in Winnipeg, Man.

**WILLIAMS**—Kevin and Linda Williams of Tantallon, N.S. are happy to announce the birth of Brandon Kevin on Feb. 23, 1983.

# Weddings

## JOHNSON—MEKONS

Richard Frank Alfred Johnson was united in marriage to Joy Pauline Mekons on February 26, 1983 in Edson, Alberta.

Attending the bride and groom were Rosalie-Ann, sister of the groom, and Bruce Blize, a close family friend. The father of the groom officiated.

Rick and Joy are presently residing in Lacombe, Alberta. May God's richest blessings attend this new Christian home.

## KENNY—CAZES

February 27, 1983 was a very happy day for Tammy Cazes and John Kenny as they were united in marriage in Medicine Hat.

Attending the bride as maid of honour was Tammy Wutzke. The brother of the groom, Dan Kenny, served as best man with Michael Maier and Kelly Preissl as Bible boy and flower girl.

John and Tammy will be making their home in Calgary. The marriage ceremony was conducted by Pastor Dennis Braun.

## LEWIS—MARAGE

Banked by lighted candles in the rustic Vanderhoof Church, July 9, 1982, Shirley Marage and John Lewis united their lives in marriage. Many relatives and friends were present to witness and to wish the young couple God's richest blessing. Shirley was attended by Barbara Da Silva of Fort Fraser and John by Bob Lewis, his brother of Kamloops. The reception followed in an attractively decorated fellowship room of the church. Shirley and John are established in their home at Lillooet, B.C. May God richly bless them as they serve Him together.

Ron Myers, *Pastor*

## NESLUND—CLARK

On Sunday, July 18, 1982, at the Rolling Hills S.D.A. Church, Gunda Meldrajs Clark became the wife of Thomas R. Neslund. Attendants of the bride were: Sandy R. Tucker, Matron of Honour, and Jackie Beierle.

Attendants of the groom were: William Cuff and Carl Friderichsen. Pastor Fred Kinsey conducted the wedding ceremony. We wish Gunda and Thomas God's blessing.

## TUCKER—DAMBITIS

Don Tucker and Sandra Dambitis exchanged wedding vows in the presence of God, relatives and friends at the New Westminster S.D.A. Church on June 20, 1982.

The bride was attended by her maid-of-honour, Gunda Clark, and bridesmaids, Linda King and Marion Mensink. Don was attended by his friend, Glen Zachary and groomsmen, Steve Hall and Todd Schafer.

Pastor Benjamin officiated. Dorothy MacLean coordinated the reception, which followed in the basement of the church immediately after the ceremony.



# Ads

**Advertising Rate:** 50 words or less—\$8.00 per issue, 20¢ each additional word; \$12.50 out of Canada, 25¢ each additional word. Display advertising—\$10.00 per column inch; \$12.00 out of Canada. ¼ page ad—\$110.00; ½ page ad \$190.00; 1 full page \$350.00. \$200.00 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. **Note:** The Canadian Adventist Messenger does not accept any responsibility for categorical or typographical errors nor for dissatisfaction or misrepresentation arising from any advertisement.



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**MGM BRANDS** suggested retail prices. Delicious vegetarian foods at rock bottom prices. April 21-May 8. Plus selected specials on nuts, dried fruits, vitamins, cheese and all. Grain Central—keeping your body on track at the Five Points Mall (Ritson and Taunton) in North Oshawa. Hours: Monday-Friday 9:00 a.m.-9:00 p.m., Friday 9:00 a.m.-6:00 p.m., Sunday 10:00 a.m.-5:00 p.m.

**Vacationing or Travelling?** We have 120 Adventist homes in the U.S., Canada, Hawaii and the Bahamas that offer low-cost accommodations. Send \$7.50 for directory to *Adventist Bed & Breakfast Travel Service*, P.O. Box 6476, Lincoln, NE 68506.

**For Sale**—SDA's have been counselled to move out of the cities into country areas. Acreage is practically impossible to find anymore but there is one available in a beautiful SDA community in northern Alberta. 23 acres, house, barn, large garden spot. Surrounded by beautiful farm land on every side. 2 miles from church school, 3 miles from church. For more information write or phone Victor Gill, P.O. Box 2034, Yellowknife, N.W.T. X1A 2P5. Telephone (403)873-3113. 5-5

**An S.D.A. lady** in her early sixties would like a position as homemaker where there are no children. Write to P.O. Box 1854, Winnipeg, Manitoba R3C 3R1. 5-5

**Carl & Cindy Chin** offer their services in **VACATION TRAVEL**—Charters—Package and Independent Holidays—Cruises—Trains (worldwide), **BUSINESS TRAVEL**—Ticket delivery—Car Rental—Hotel Reservations—Complimentary Limousine Service to the Airport (International Travel) **GROUP TRAVEL**—Processing of Passport and Visa Documents. **BAYVIEW TRAVEL CENTRE LTD.**, 5025 Yonge Street, Willowdale, Ont. M2N 5P2, (416)223-3344.

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**Smith's Auto Clinic**—Owned and operated by Earl Smith, an honest licensed mechanic, offers complete automobile care. We service foreign, domestic and diesel cars, trucks and vans. All repairs are guaranteed. We are located at 325 Nantucket Blvd., Suite 29 (one light south of Ellesmere Rd. off Kennedy Road) in Toronto. (416)288-4332. 4-21

**Wanted**—A live-in housekeeper for elderly gentlemen. Cooking is essential. For more information write: **Stanley Jinkerson**, 63 Little St., Blenheim, Ont. N0P 1A0.

**Moving to Andrews?** Now available, newly remodeled home in Berrien Springs. 3 BR, LR, DR, KIT, BATH, BASEMENT, GARAGE, Laundry/Play Room, 2 porches. Gas or wood heat. Many extras. \$35,500 or rent. Call **Jim Thoreson** at (616)471-1301 evenings. 6/83

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**Cut out this coupon leaving address label on the reverse side.**  
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Mail to: **Messenger**, 1148 King St. E., Oshawa, Ontario L1H 1H8  
Change of address may require up to six weeks.

## 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.

**THE BRITISH COLUMBIA CORPORATION** of the Seventh-day Adventist Church—P.O. Box 1000, Abbotsford, B.C., V2S 4P5

**MANITOBA CONFERENCE CORPORATION** of the Seventh-day Adventist Church—1004 Victoria Avenue, Saskatoon, Saskatchewan, S7N 0Z8

**MARITIME CONFERENCE CORPORATION** of the Seventh-day Adventist Church, Inc.—121 Salisbury Road, Moncton, N.B. E1E 1A6

**ONTARIO CONFERENCE CORPORATION** of the Seventh-day Adventist Church—P.O. Box 520, Oshawa, Ontario, L1H 7M1

**SASKATCHEWAN CONFERENCE CORPORATION** of the Seventh-day Adventist Church—1004 Victoria Avenue, Saskatoon, Saskatchewan, S7N 0Z8

**SEVENTH-DAY ADVENTIST CHURCH IN CANADA**—1148 King Street East, Oshawa, Ontario, L1H 1H8

**SEVENTH-DAY ADVENTIST CHURCH** in Newfoundland and Labrador—106 Freshwater Road, St. John's, Nfld. A1C 2N8

**SEVENTH-DAY ADVENTIST CHURCH**—Quebec Conference, or Eglise Adventiste du Septieme Jour—Federation du Quebec—940 Ch. Chamblay, Longueuil, Quebec, J4H 3M3

## Health Care Institutions and Retirement Homes

**HERITAGE GREEN NURSING HOME**  
351 Isaac Brock Dr., Stoney Creek, Ont. L8J 1X1

**KENNEBEC MANOR**  
475 Woodward Ave., Saint John, N.B. E2K 4N1

**KINGSWAY PIONEER HOME**  
1250 King Street East, Oshawa, Ont. L1H 1J2

**NORTH YORK BRANSON HOSPITAL**  
555 Finch Ave. W., Willowdale, Ont. M2R 1N5

**PARK MANOR PERSONAL CARE HOME**  
301 Redonda Street, Winnipeg, Man. R2C 1L7

**REST HAVEN LODGE**  
2281 Mills Rd., Sidney, B.C. V8L 2C3

**SHERWOOD PARK NURSING HOME**  
2020 Brentwood Blvd., Sherwood Park, Alberta T8A 0X1

**SUNNYSIDE NURSING HOME**  
2200 St. Henry Ave., Saskatoon, Sask. S7M 0P5

**SWIFT CURRENT NURSING HOME**  
700 Aberdeen Street, Swift Current, Sask. S9H 3E3

**WEST PARK MANOR PERSONAL CARE HOME**  
3199 Grant Avenue, Winnipeg, Man. R3R 1X2

## Adventist Book Centres

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Calgary, Alberta T2E 6R7  
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Abbotsford, B.C. V2S 4P5  
Box 398, 1156 King Street East  
Oshawa, Ontario L1H 7L5  
Watts Line number 1-800-263-3791

## 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; P.W. Dunham, Secretary; G.D. DeBoer, Treasurer; Box 1000, Abbotsford, British Columbia V2S 4P5.

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

**MARITIME CONFERENCE**—L.G. Lowe, President; R.D. Roberts, Secretary-Treasurer; 121 Salisbury Rd., Moncton, N.B. E1E 1A6.

**ONTARIO CONFERENCE**—G.W. Morgan, President; T. McLeary, Secretary; K.R. Heinrich, Treasurer; Box 520, Oshawa, Ontario L1H 1H8.

**QUEBEC S.D.A. CHURCH ASSOCIATION**—C. Sabot, President; L.M. Abel, Secretary; G.R.J. Gray, Treasurer; 940 Ch. Chamblay, Longueuil, Quebec J4H 3M3.

**NEWFOUNDLAND AND LABRADOR MISSION OF SEVENTH-DAY ADVENTISTS**—G.D. Karst, President; R.L. Coolen, Secretary-Treasurer; 106 Freshwater Road, St. John's, Newfoundland A1C 2N8.

## Institutions

**CANADIAN UNION COLLEGE**  
College Heights, Alberta, T0C 0Z0

**KINGSWAY COLLEGE**  
P.O. Box 605, Oshawa, Ontario, L1H 7M6

**CHRISTIAN RECORD BRAILLE FOUNDATION**  
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**FAITH FOR TODAY FOUNDATION**  
1148 King Street East, Oshawa, Ont. L1H 1H8

**THE VOICE OF PROPHECY FOUNDATION**  
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**IT IS WRITTEN FOUNDATION**  
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**ADVENTIST RADIO AND TELEVISION SERVICES**—5000 Dufferin St., Unit N, Downsview, Ont. M3H 5T5

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**ONTARIO** ..... C. Sabot  
**QUEBEC** ..... C. Sabot

## Deadlines

Date of issue June 15  
Deadline for copy May 15  
Date of issue July 15  
Deadline for copy June 15



# College Days

## May 1 and 2

All prospective students are welcome — See Kingsway College in action



Classroom visitation — Sunday evening banquet, choir and band performances, sports, etc.