

CANADIAN ADVENTIST

May/June 2000

# MESSENGER



**Wholesome Happenings  
for  
Better Health**

# *What Direction is Your Life Going?*



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# The Messenger Asks

## What change in your lifestyle has resulted in the greatest health benefit?

I did not have to make a lot of dietary adjustments when I became a Seventh-day Adventist Christian because, as a child, I had learned a great deal of biblical principles about clean and unclean foods from my faithful Adventist grandmother. Also, my father, who grew up with her, while not yet an Adventist Christian, believed the health principles of the Bible enough to influence my mother. Therefore, we were not fed unclean foods at home.

However, I got to experience later in life that even good foods, if used wrongfully, can be bad for your health. For instance, because I lived a busy life as an adult, I did not take time to plan my diet wisely. To me, cheese sandwiches were the easiest to prepare. For many years, we stocked our fridge with cheeses. I found it convenient for my busy lifestyle, and would prepare it for lunch at least three days per week. But, about four years ago, I began to experience frequent chest pains. I decided to stop eating cheese, and since that time my chest pains are completely gone.

Before reading about the harmful effects of the practice of drinking water with your meals in the books *Counsels on Diet and Foods*, p. 420, and *Counsels on Health*, p. 106, by Ellen G. White, for many years I had followed this practice with almost every meal. But, I never thought of it as a bad practice that I needed to break since so many people around me were doing it. However, about 10 years ago, I decided to stop drinking at meal time to see if that was the cause of my frequent heartburn. Since that time, I have not had another attack of heartburn. Now I am able to savour the taste of good foods without discomfort.

These two changes in my lifestyle have resulted in the greatest health benefits. I felt convicted to share my testimony with the hope that it will help others who are trapped like I was.

**Oyeman Mitchell**  
Toronto, Ont.

Last spring, my wife, Violet, enrolled us both in the CHIP program that was being put on at the Willowdale Seventh-day Adventist Church. Since I would have had to drive her there, and pick her up after, and since it wasn't costing me anything, I went along.

She has been a vegetarian for several years, while I was always threatening to give up flesh. High blood pressure, as well as diabetes, had been my constant companions for perhaps 15 years, and they were never really under control, but I was never bothered by them too much.

Regrettably, I never finished the program. Midway through it, I experienced a massive stroke which has left my right side paralysed, and my speech severely impaired.

My wife attributes my being alive today to the dietary changes which I had made during the preceding weeks. Today, I guess you would say I'm on a Vegan diet, feeling well and liking it. Salt? I don't miss it. Dairy products have been replaced by soy preparations and the small amounts of meat (chicken and fish) have been eliminated.

My wife has me on a regimen which includes vitamins and other supplements. These have enabled me to reduce my high blood pressure medication, and keep those two "silent killers" at bay.

I unreservedly endorse the CHIP program for the effective management and prevention of complications with my cardiovascular and diabetic disorders. Viva CHIP!

**St. Clair Walwyn**  
Toronto, Ont.

The great compassionate Heavenly Father continues to guide His people through His Word and the prophets concerning mankind's physical wellbeing.

It was after reading in God's Word that I began seeking for divine direction concerning my health. A few years ago, I suffered from severe arthritis in my knees. I found it difficult getting onto the bus. I prayed to the Lord for guidance, and He showed me that I must eat mainly raw vegetables and no bread. Now, I love bread, and could easily eat 1½ loaves per week. I heeded God's instruction, and within three to four weeks I began to improve greatly.

I read in one of my favourite books, that, nature is God's physician. The pure air, the sunshine, the flowers, the trees, the orchards, the vineyards and outdoor exercise; these are health and life-giving. After reading two or three of the books written by the same author, I took those precious words seriously and, by faith in God, moved out into the country. There my lifestyle began to improve greatly. I have a full-time job, and in the evening after returning home I spend most of my time in the garden. This is a very relaxing way for me to recuperate from the stress of work!

It is important to note that diet has a very important part in my lifestyle. God said, "Behold I have given you every plant yielding seed . . . and every tree with seed in its fruit you shall have them for food." Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator.

Regularity in eating is also of vital importance to me. I try to have a specific time for each meal. I eat nothing between meals, and only drink water as needed. I praise God for His wonderful laws of health.

**Madge Wilson**  
Toronto, Ont.

# It's My Health

by Ken Corkum, President, Maritime Conference



**W**e pastors and administrators, as a whole, don't fare very well when it comes to health issues, in my opinion. We sit too much at desks and committee meetings, and drive more than we like. We use our brains more than our muscles, think when tired and rest when the body calls for exercise. My experience is that many of us are in danger of thinking that if our attitude, words and character are "healthy" that is really what counts, and the body, well, that is secondary and fading away.

Discussing my viewpoints on health is a little difficult for me. On the one hand, I have been a Seventh-day Adventist for 43 years, and a lot of movement has taken place in my experience that may be overwhelming to some. On the other hand, others may feel I'm being preachy or a health nut and write me off. I will, however, open a window into my life which I hope will be an encouragement to you.

I believe that my attitude as a Bible-loving Christian should include an interest in my total being — mind, spirit and body. To neglect or misuse my body is to show disrespect for my Creator and set myself up for disease and a shortened life. My commitment to address my holistic needs must cut across the natural flow of society and human nature and, at times, the feelings of some of my friends in the church.

## My History

The package arrived at Kingsway from home, and with a student's anticipation the paper flew. There it was, my "non-vegetarian roast" sent from loving parents who were concerned that I not "die" on a vegetarian diet. Arriving at Kingsway in Grade 10, I came from a home that provided the community with fish, meat, and potatoes, as well as lobsters, eels, pigs feet, fish tongues and

**It does not take the intelligence of a rocket scientist to see the error in the conclusion that not being sick equals being healthy.**

more. Tobacco and alcohol were freely used. My dad was a local butcher, and my early days revolved around the farm, slaughterhouse and store. To come to Kingsway was a big step, and my journey has addressed the health issues as the Lord impressed.

Having been active in team sports and physical conditioning in my teens has impacted me in that not only do I have an appreciation for team bonding, but also an appreciation for body health. What a dilemma for me to now be primarily in a sitting job. I have to intentionally challenge myself to address my health. I have the conviction that addressing my personal health issues results in better health, self-respect and more energy for service to others. I have chosen a program that many have been willing to accommodate. It goes something like this.

## Body Health

I choose to exercise with the objective to maintaining:

- a) Body range of motion.
- b) Muscle tone.
- c) Well-oxygenated internal organs.

Rising early in the morning, with its cool refreshing air, I walk, jog, and roller blade from 40 minutes to an hour. Invigorated, I am ready to start the day.

## Spiritual Reflection

Following a refreshing shower, I have an hour of personal devotion. During prayer time, I have a sheet of paper and

talk over with the Lord my schedule for the day.

## Breakfast & Family Worship

In our family, we eat my favorite meal, breakfast, at 6:45 a.m. followed by family worship. I arrive at work at 8 a.m. to greet the staff and start the day.

I share this 10-year practice of mine to testify to my joy of starting the office day with already having addressed my physical and spiritual hungers. This practice does result in a problem: if you get up early, then you need to find a few moments for rest in the afternoon. Early afternoon is time for my family to talk, walk, and take a one hour nap. I then can return to the office, and drive off to some meeting refreshed and ready to work until 9:30 or 10 p.m.

I am not saying my program should be yours, but from my heart, I would say that if you include intentional exercise and devotions, your day and life will go better. You will keep what has been entrusted to you as a treasurer, and have more health to give to God in service for a longer time.

I was a little nervous last week when my family visited our new doctor for the first time. I had been under some stress to complete deadlines, including this article. When the doctor wanted to take my blood pressure, I said to myself, "Oh, oh!" To my surprise, my blood pressure was 115/76. Not bad for someone in their mid-fifties. Pleased? Yes, with a feeling that I am doing something right in looking after my health.

Be of good courage, not neglectful of caring for yourselves as you are loved by a caring, loving heavenly Father, and entrusted with the task of glorifying Him in your lifestyle for as long as you are able to. ■





# CHIP'n Away at Heart Disease in British Columbia and Beyond!

*Health isn't everything, but without it, everything is nothing.*



**Dr. Hans Diehl and Dr. Sidney Kettner reminisce over the beginning of CHIP in Creston, B.C.**

Heart disease in this country, with all direct and hidden costs considered, hits Canadians in the pocketbook by over 18 billion dollars annually. For our American neighbours, it amounts to over 250 billion each year. And, in spite of all the research and palliative programs to curb it, heart disease remains the number one health problem of this continent, claiming the lives of close to half the people who die in North America every year.

The abject tragedy of this brain drain is that much of it is needless and preventable through some simple lifestyle modifications that can often add another decade of quality life to an individual, which might be you, a member of your family, or the next-door neighbour you care about.

Never in our history perhaps, has the need been more desperate, and the opportunity more profound, for our church members to get involved now in modelling an exemplary healthy lifestyle and engaging in medical missionary work to educate and motivate people to be healthy by choice.

More and more, the truth is getting out. People today are steadily becoming more educated about health options ...

thanks to programs authored by the likes of Dean Ornish, Dr. Caldwell Essylstyn of Cleveland Clinic, and Dr. Hans Diehl, founder of "CHIP, the Coronary Health Improvement Project." And now there's "Video CHIP for Communities," a laity-led, community-based lifestyle intervention program that is without a peer on the planet.

It's most interesting to look back and review how God had certain things planned all along. In the fall of 1988, when I left the side of Henry Feyerabend and 10 wonderful years together pioneering a Canadian Adventist television ministry, I took up pastoral work in three rural churches of northern Saskatchewan, residing in the province's then newest city, Melfort. Simultaneously, Dr. Hans Diehl was conducting CHIP in Creston, B.C., being supported by a visionary family practitioner, Dr. Sidney Kettner, who was also keen on lifestyle medicine. CHIP then moved to the Okanagan Valley attracting thousands. In Melfort, I heard of its success and determined to bring Dr. Diehl there for a weekend lecture. A member of city council, whose brother's life was saved by the Kelowna CHIP, took up my cause. After six weeks of gruelling promotional work, along with our small company of believers, I welcomed Dr. Diehl and one-10th of the city's 6,000 population to hear him speak on "Reversing Heart Disease." We registered 100 of these attendees into a 10-day Applied Nutrition Workshop with exceptionally rewarding results.

When I witnessed the effect of this on our members and people of the community, I was smitten with medical missionary fever. Two consecutive

summers of working closely with Dr. Diehl in full week CHIP seminars at Manitoba-Saskatchewan camp meetings deeply embedded in me aspirations to make this program available to people everywhere. Little did I then know what God had in store for me here in B.C. almost 10 years later. When I accepted the position of health ministries director in the B.C. conference in April 1995, I determined, with God's help, to lead our churches into a dynamic experience of conducting CHIP as a community service everywhere possible. Through three intense summer camp meeting programs and other training events, again, working with Dr. Diehl, God has in so many miraculous means enabled us to establish a North American training team and a "turn key," standardized, scientifically sound, yet lay-driven "Video CHIP Community" package that is working well and improving all the time.

*"I don't know of any program available that is as effective in meeting people's needs and opening doors of friendship in the community."*  
— Shawn Brummund, pastor, Golden, B.C.

During the last three to four years, Dr. Hans Diehl, sculptor of this unique community health improvement project, has been shaping the better living principles of CHIP in Kalamazoo, MI where 3,500 people, including 30 physicians, have graduated from seven consecutive CHIP programs. The last two of these years, while he is conducting a similar scale project in Rockford, ILL, some avid believers in his program in B.C. and beyond have been CHIP'n

Away at Heart Disease, conducting the 40-hour, 30-day life improvement program with Dr. Diehl appearing on big screen TV, as large as life, in numerous B.C. communities. The results are nothing short of thrilling. As the excitement mounts over what is transpiring in the B.C. communities of Chilliwack, Terrace, Langley, Golden, Penticton, Chetwynd, and Whitehorse, Yukon, other Adventist churches are rallying to come on board. Interest is awakening across the nation, and in U.S.A. as well. It would take a book to tell the developing story, but we will share one CHIP volunteer's description of Penticton's Spring 2000 CHIP experience, which is so typical of all the churches involved so far.

### CHIP from a Cynical Volunteer's Perspective

I first volunteered to help out with CHIP a year before it would actually take place. I read about it, and figured it would be a good way for me to pick up a few yet unknown tips. Having been raised an Adventist and living on a fairly consistent vegetarian diet, I figured I already knew quite a bit.

Time drew us nearer the opening of the CHIP event. I started getting nervous. To serve as a hostess four nights a week, for four weeks was a big time commitment for me. In the regular planning meetings, details seemed so overwhelming. A handful of volunteers hardly seemed sufficient for the task before us. Could we even pull it off? That thought was quickly dismissed as I recollected all the work our CHIP coordinator, Connie Kiefiuk, had put into the project so far. I couldn't let her down.

Only six people registered on the first of several sessions. I knew that if we did not get 20, we'd have to cancel, and although I dutifully prayed for more people, there were moments when I secretly hoped we could just cancel the whole thing. The



Chetwynd CHIP grad, Bert Nilsson, attended as a last resort in November 1999. When hearing about CHIP, he was given a flat five weeks to live, no more. Narrowings in his blood vessels were so small, there was little hope. Four days of going on the CHIP fast-tract eliminated his oxygen that he'd been on 24 hours a day. Ten days on the program, his doctors reduced medications from 16 to four. Six months later, to the amazement of his physicians, Bert is not only alive, but doing well. This powerful CHIP program graduated 61 other people besides Bert!

second and third registration nights, many more people came. I started to catch their infectious enthusiasm. Maybe this could be done. After all, people who were paying to learn about a better lifestyle were eager, so my outlook brightened. I committed myself now to what I knew was God's program. We would do our best to help those who came.

Along with the 33 people registered for the first CHIP program in Penticton, I was hooked after the first video. Dr. Diehl's lectures were easy to comprehend as they were presented in a most compelling, sometimes humorous manner. One gains a wealth of knowledge about their body and how it works, which stimulates a respect and care for it. It is readily apparent that the

information provided is scientifically bona fide which is vitally important to the presenter as he backs his points

with statistics and research. Although the main focus of this program is coronary health, there are many other health-related areas discussed, including diabetes, high blood pressure, osteoporosis, and cancer. It is demonstrated that all these lifestyle related illnesses can also often be reversed through a

committed, healthier way of living. The program leaves the choice up to each person as to how far they wish to incorporate what they learn from session to session. As Dr. Diehl often says, "Health isn't everything, but without it, everything is nothing." Just walking into the hall every night put everyone in a good mood as they were greeted by the aroma of wonderful food samples created by Susan Wilson and her helpers. She would demonstrate recipes and make them available each night. I had never even considered vegan cooking until I sampled some of these.

I decided from night one that I'd not only attend, but participate faithfully with the entire program, along with the other applicants. Being accountable to them helped me exercise every night and abstain from my personal weakness — chocolate. After just a week, I could not only see visible changes in many participants, I could feel them in myself, and now that four weeks have flown by and the CHIP is ended, I'm no longer cynical. I'm a changed person! And I had the joy of seeing 33 other people changed and improve their health as well.

God blessed our efforts, and we were overwhelmed at the gratefulness of the participants and their joy as a result of just four weeks of their new lifestyle. Many have experienced major health improvements. Thanks to Connie and her dedication, we have rallied with her and made a difference in the lives of these people. Our gratitude extends also

**"A great surprise! I came to support my spouse and ended up changing my own life." — Glen, Langley, B.C.**



**"The government here has encouraged CHIP to ask for government money to subsidize the program to make it available to more people. This is in process as I write.**

**One lady was told by her doctor that cholesterol-lowering medication would be a part of her lifetime regimen. She quit the medication, joined CHIP and in 30 days her cholesterol dropped from 9.2 to 6.1, 33%. Is she excited!**

**This is now three individual CHIP events in Whitehorse with a total of 150 alumni. Excited people talk to their doctors and now some doctors are excited and referring patients to CHIP. Six nurses are now 'Chippers' and telling patients and others about the program."**

**— Butch and Laurie Johnson, coordinators, Whitehorse, Yukon**

to Marleen Wirtz, a registered nurse from Kelowna, who did our heartscreen evaluations, and drove to Penticton through rain and snow to help us with our program.

Does CHIP make an impact on your community? You bet it does. If you want to have people saying positive things about your church and the people of your church, consider making the commitment to host a CHIP program. Not only will it be a great outreach for the people of your community, the information is something all Adventists need to know and practice as well. Our church had such a positive response from the community as a result of this program, we plan to host another one soon. If you've been a little cynical about what CHIP could do for you and your church, you should really pray about it and give it a try.

Whether from a community or church CHIP graduate, or a volunteer helping to conduct the program, testimonies on the impact and outcome of CHIP are often superlative.

At a time when health care is deteriorating for Canadians, Adventists have an incredible opportunity to help improve the health landscape of the communities in which they reside. Our success in this will be proportionate to our vision and spirit of persevering service. God calls us to employ new methods in reaching people with the Gospel. Traditional Adventist evangelistic outreach in North America has produced

rather minuscule results in the way of impacting the masses of our secularized society. So too has a sustained use of the "right arm" proven a challenge to the church, despite God-inspired admonition to make it a paramount concern.

A year ago, a far-reaching statement of Ellen White's jumped off the page at me from *Medical Evangelism*, p.523 that, in closing, I must share with you:

"I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work. You will never be workers after the gospel order 'til you show a decided interest in medical missionary work"...this "is God's work. The Lord wants every one of his ministers to come into line. Take hold of medical missionary work and it will give

you access to the people. Their hearts will be touched as you minister to their necessities."

You are invited to discover how your church can spearhead an incredible, world-leading health ministry breakthrough that will leave people in your community begging for more. ■

*by Frank McMiller, director  
of health ministries &  
CHIP, B.C. conference*

**"So rewarding to see people lowering blood pressure, cholesterol, etc. in such a short time and hear them express how grateful they are and how much better they feel."**  
**— Darlene Burtch, coordinator, Terrace, B.C.**



**The first ever Penticton CHIP graduated this fine group of community residents. Enthusiasm is running high for another program to follow, hopefully in the Fall.**

## Exercising the Right Arm



**Darlene Blaney and Reuben Lorenson**  
stirring up a salad at the Bridgeland Church Health Weekend

**A lady, from another faith, who attended the cooking school at the Bridgeland church was accompanied by her husband the last evening so that he could personally thank me for changing their lives. Up until then, he was carrying his wife into Emergency at least once a week, but did not have to make any trips in the month they were changing their diets. Over the following month, they continued to work on their diet and were soon free of all meat and dairy products, including refined sugars and fats. They were excited, and felt that God had led them to the seminar. They arranged for a course to be held in their church, and became very helpful volunteers in the other various courses and seminars I held.**

**T**here was a surge of interest among the staff and in the community when the decision was made to have a Doctor of Public Health from Weimar Institute come to the Gimbel Eye Centre to help with the establishment of a preventive line of service in the surgical centre. In the eye centre were three other very enthusiastic supporters of health ministries who were anxious for opportunities to reach out to their communities: Ron and Darlene Blaney, Kristi Carter and her sister, Donna Hillier, who is a very enthusiastic and excellent cook.

At first, we had visitors come in to direct a number of cooking schools at the Chinook Winds Academy on the outskirts of Calgary. Then local teams began to organize and continue the cooking schools. There was a good attendance from the Calgary churches, as well as the community. A visitor who was particularly pleased with the cooking and health schools was a doctor from the University of Calgary who worked in the Community Health Department. The pastor at Calgary Central church requested a sermon emphasizing the importance of healthful living, and helped pull a team together for a smoking cessation program at the church. Other programs to help people stop smoking were held in two of the hospitals and at a centre ministering to street people downtown. The Calgary Pineridge church also requested a sermon on healthful living, and a number of cooking schools were held there. Requests were filled for health emphasis sermons to be presented in the Calgary Asian and Korean churches, as well as Lethbridge, Loyola and Beiseker churches.

When the West Edmonton church called with an invitation to come and put on a health emphasis Sabbath, a somewhat different program developed. As we planned, it grew into a week-end of health. It was decided to begin on Friday evening with a Rockport Walk Test for fitness. An enthusiastic group of varying ages took part in the mile walk, and then joined with a group who came later to participate in the interpretation of the test results, illustrated presentation and discussion of the many health advantages of regular physical exercise. On Sabbath morning a sermon was presented on how the practicing and sharing of the principles of our unique health message relates to the proclamation of the Third Angel's Message. People were invited to a member's house for a vegetarian pot-luck lunch. After lunch, there was another health presentation with time for questions and answers. In the evening, with the help of a



by Reuben Lorenson and Darlene Blaney

number of nurses from the congregation, blood pressures were measured, and a cholesterol screening was done with the use of Accutrend instruments which give results in three minutes from a drop of blood. People were counseled regarding the test results and handouts were given.

The results of the tests were surprising to some; young and older. This made a major impression and prompted a number to make changes in their diet and lifestyle, which were reported to us later. This same type of weekend was requested for the following year. Some of the group were anxious to see what progress they had made in their health measurements. Other churches now requested the health weekend, and a Sunday morning cooking school was added.

Variations of the health weekend have been carried out in a number of churches with enthusiastic results. Different members of the health teams have presented programs in the South Edmonton, Sherwood Park, Lacombe, Bentley, Hannah, Lethbridge, Calgary Central, Pineridge, and Bridgeland, S.D.A. churches, as well as, the largest Calgary Protestant church, Three Hills health club, and even as far away as Kelowna in B.C., and Battleford in Saskatchewan. To have teams prepared to do this work can be a great blessing to the communities. Recently, the mayor's wife in Ponoka called one of the members in the local Adventist church for health advice. This led to another weekend of health with two hands-on cooking schools on successive Sundays with participants from the church and community.

The number in the groups varies from large to small, but when you see the enthusiasm of the people who attend, it reminds you of Isaiah's words penned so long ago, "Arise, shine, for thy light is come, and the glory of the Lord is risen upon thee. For, behold, darkness shall cover the earth, and gross darkness the people: but the Lord shall rise upon thee, and His glory shall be seen upon thee. And Gentiles shall come to thy light, and kings to the brightness of thy rising." Isaiah 60:1-3. How this may come to be literally true may be illustrated by some fairly recent news that when the Queen of England was presented with a cookbook from Weimar Institute, a request soon came for additional copies for other members of the royal family.

Who knows what the Lord may be ready to do through those who are prepared. ■

**One woman who took the cooking course, and kept in close contact afterwards, was concerned about her husband's blood pressure, cholesterol and, also, that he was anemic. She began cooking the way we taught her. She felt her husband would never go for this type of food. To her surprise, he loved it, and in approximately six months he had lost 25 lbs, his cholesterol and blood pressure were down, and he was feeling full of energy.**

**Another participant's husband was told by his doctor that he had to go on prescription drugs for his high cholesterol, but he was trying to avoid it. He began to eat what his wife prepared for him, which was a vegan diet, as we had taught her. The husband was delighted when the doctor couldn't believe that his cholesterol was nearing normal after a short time with the change in diet.**



**Participants sampling the food prepared at cooking school**



ADRA Canada

## Rwanda —

# *The Switzerland of Africa*

Rwanda is said to be the Switzerland of Africa. A beautiful mountainous country of lush green terracing that reaches from valleys to the tips of mountains. Twisty roads wind through the mountains. The people are friendly, outgoing, and hardworking. Many are Christians, and there is a good assortment of denominations. Rwanda is one of the smallest countries in Africa, but it currently has one of the highest population densities in Africa, with 290 people per square kilometer. Despite its small size, it has a long history of peace and stability.



A typical Rwandan village home



An ADRA housing project which provided new homes for returning Rwandans

Many people remember the ghastly pictures of the genocide that came out of this beautiful country. April 6, 1994, was the fateful beginning of horrific turmoil, where the country's two dominant tribes began to slaughter one another. During this uprising, the aim was to eliminate one tribe completely. The United Nations seemed helpless. Violence quickly spread throughout the country. Estimates guess that over one million people died and two million became refugees. Today, there are still many hundreds of thousands in refugee camps outside of Rwanda. It also appears that a rebel army is preparing to invade Rwanda once again. This instability is not helping to improve the future of the Rwandan people.

### Scarce Resources Add to Tribal Tensions

Land scarcity and environmental degradation threaten the ability of farmers to keep pace with food production. Ninety-five percent of the population is rural-based, relying on their own agricultural production. Civil strife and an overabundance of people have led to environmental damage and a scarcity of renewable resources — land for crops and herds, water, forests, and other natural resources. This has helped to further aggravate the tribal tensions which have always existed here.

ADRA Rwanda is endeavoring to maintain and strengthen the peace by providing local communities with basic services such as education, health care and training, agricultural development, and housing for people returning to Rwanda. Since the genocide, ADRA Rwanda, in partnership with ADRA Canada, has developed programs to empower local communities. In this time of peace and re-settlement, ADRA has encouraged and assisted families in rebuilding their lives, with the hope of encouraging cooperation and unity. In the community of Muvumba, ADRA helped build 800 houses, including latrines, and provided a good source of clean, potable water. The beneficiaries were involved by making the bricks and baking them



by Oliver Lofton-Brook, Executive Director and Lisa Mercer, Associate Director/Programs

th serene lakes and quilt-like  
ainside. Its people are friendly,  
represented. Despite its beauty,  
square kilometer,  
civil strife.

in the sun. ADRA provided additional materials and expertise for framing and cementing the buildings. Families were thrilled to move from plastic tarp shelters to their new homes and thanked ADRA profusely for all they had done.

#### **ADRA's Expertise Sought by Canadian Government**

Due to ADRA's success with the housing program in Muvumba, a request came from the Canadian International Development Agency (CIDA) to build additional houses in a nearby community called Murambi. A total of 700 houses with latrines were built for the many displaced peoples settled in this area. During these two projects, worth approximately two million dollars, training was also given to enable the people to maintain their homes, as well as develop skills to help build others in the future. Most recently, ADRA Canada has been negotiating another program with CIDA to improve the water system in Murambi, build schools, a health clinic, and more houses, and develop agricultural land. This program will further establish the community of Murambi and build toward a more peaceful setting for its people.

At the same time, ADRA Canada also helped establish a water system for an orphanage located in Gakoni. This source enables the children to have good, clean water for washing, cooking and drinking. The water system also allows proper vegetable gardens to be grown, which help supplement the children's meals. Surplus from the gardens are marketed, and funds are used to help maintain and run the orphanage. This also helps to ensure long-term care for the many orphans living there. Youngsters are also trained in the care of animals, which will give them self-sustaining skills for a brighter future.

During the civil war, many of the schools were damaged or destroyed. Recently, ADRA just completed a six-classroom school in the community of Bethel. A water system and latrines were also provided. The



parents of the community have formed an association and have been busy preparing foundations for an additional three classrooms. The association will be responsible for maintaining the school and latrines and monitoring the enrollment of students. At the present time, more than 240 students are attending the school, with many more waiting for final classrooms to be completed. Desks, chairs, and equipment were supplied, which are essential to any school.

Out of this beautiful land there has been much death and sorrow. Slowly but surely, ADRA is helping people recover and rebuild their lives to include a measure of joy. Please keep Rwanda in your prayers, as the delicate balance that is keeping peace could be shattered at any time, resulting in more suffering in this country. The people of Rwanda — people that God loves just like you and me — deserve to have a better life without fear. With your support, we can continue to make a difference in Rwanda . . . one life at a time. ■



**Upper photo:** Source of potable water for perhaps upward of 20 families.

**Lower photo:** Young Rwandan boy carrying water to his home.



# A Place for Healthful Balance

by Lynn Neumann McDowell, Director of College Relations

As students arrive from around the world, they are almost uniformly struck by the beauty and clean air of CUCs rural setting. The large wooden plaque that hangs in the lobby of the P.E. complex states our multi-faceted objective: the balanced development of the elements essential to a happy Christian life — mental, physical, social and spiritual.



Errol Palipane, campus church youth pastor, took first place in the Terry Fox run for the second year in a row

## CABL: Collegiate Adventists for Better Living

Encouraged by the environment and faculty, the challenge of helping young people adopt healthful habits and lifestyles has been taken up by CUC students themselves. CUCs CABL club has been active on campus in many practical, fun, and proactive ways. Outward pursuits professor Paul Lehmann has been the ongoing faculty sponsor of the club for several years, but the ideas and determination to make CABL a force for healthful, positive living comes from students in a variety of disciplines.

"We take a wholistic approach to better living," says CABL president Ty Reidenbaugh, a behavioural science major from Oklahoma. This year, Reidenbaugh has collected a group of enthusiastic and influential students on campus who have broadened the concept of what

better living includes.

### Service as a Health Enhancer —

Reidenbaugh's personal contribution to the expansion of CABL's horizons is student involvement in Big Brothers/Big Sisters' In-School Mentoring program. This program allows students to share their time with a child once a week and enhance their own health through the experience, proving that it is better to serve than to be served.

Stacy St. Louis, an elementary education major from Quebec who's been an asset to CABL for three years now, says she's seen the club become "better through expansion" into this mentoring program. St. Louis, whom Reidenbaugh credits as the creative, detail person responsible for much of the club's success, joined CABL under Scott Sackett's leadership (1997/99) and got hooked on the positive difference CABL makes on campus.

### Social/Spiritual Initiatives —

Stephen Reazor, a religious studies major from Arizona, brought with him a way to promote healthy living through accountability groups. These groups, dubbed Ministry in Everyday Life (MEL), bring small groups of around three or four people together for half an hour each week, where they discuss aspects of their lives they want to be held accountable for, such as finding devotional time every day.

"It shows you don't have to be alone," Reazor said of the struggles many have in making healthful choices. "Knowing that someone is going to ask you at the end of the day makes a big difference."

MEL promotes the spiritual side of wellness, Reazor notes. The inspiration

for starting it up was to get friends on a personal level to talk about spirituality. "[MEL] gives people a specific chance to focus on that part."

**Physical Health** — Amongst the highly-visible promotions CABL is involved in, physical activities are still at the fore. Jon Reimche, a general studies major from Oregon and sports director for CABL, plans activities ranging from the Terry Fox Run to a sledding party (the latter planned in a two-day whirl with Reidenbaugh and Sackett for the first weekend of the new semester).

"With all the fresh snow, CABL wanted to give people a chance to do stuff outside," Reimche said. Despite the rather frigid night air, the event pulled out 30 to 40 people for a raucously good time.

"Everybody knows what Adventists can't do," he said. "The health message is so much more. I want to show what we *can* do."

### Special Speakers and Activities —

Special events also help educate and raise the profile of positive choices. DeWitt Williams (director of health ministries for the NAD); Bengie and Sharon Leach (seminars on relationships); and Laree Reidenbaugh (weekend series on positive mental attitude) are some of the special speakers CABL has introduced to the campus this year.

CABL has also taken initiative in social and physical activities, such as a concert in the park the first Sabbath of the school year; serving free mocktails at a Christian music concert; participation in Fall Fest; and the Terry Fox Run and accountability groups (see above). ■

by Preston Smith  
and Lynn N. McDowell



## Pool Staff Receives Commonwealth Award from Lieutenant Governor



**Lynn Marshall,  
Lifesaving Society  
award winner**

In February [2000] CUC instructor, Lynn Marshall, received an award recognized throughout the British Commonwealth for her outstanding work in lifesaving instruction: the Service Medal of the Lifesaving Society (Canada). At a ceremony conducted at Government House in Edmonton, Marshall was personally congratulated and presented with a medallion of the Lifesaving Society by the Queen's representative in Alberta, Lieutenant Governor Lois Hole.

"Lynn's been especially active in the National Lifeguard Service, the Aquatic Emergency Care, and as an instructor/trainer teaching Lifesaving — the senior leadership levels," said Larry Patterson, program manager of the Alberta branch of the Lifesaving Society. Alberta's records on Marshall's involvement go back to 1987, when she was re-certified as an instructor by the society, which has branches in 50 countries around the world. The monarch of England is patron of the society, and awards are issued from England.

"It's quite an honor," says Marshall appreciatively. "You do your job, and sometimes something like this comes along." Marshall began teaching swimming at the age of 13 and has taught at CUC since 1989. ■

co-operation with Pastor Frank Johnson.

The large range of practical experience provided by getting active in the small church is, according to Stanley and his wife, Marion, not only exciting but also invaluable. As he works toward his graduation, Stanley has been able to dedicate the church officers, run Net '98, hold regular prayer meetings, conduct a marriage ceremony in every aspect up to the point of pronouncement, perform a baby dedication and a funeral service.

The small church has also provided opportunity for innovation: an Agape feast and communion service; church renovation; a Valentine supper for couples; and a ladies' tea with several non-Adventist guests.

The highlight, however has been the baptisms he's been involved with: Shawn Ross and Joe Fell, and two young people with whom he studied, Laura and Ryan Pye. ■

by Preston Smith



**(L to R) Laura Pye, Pastor Carter Stanley,  
Ryan Pye, and Pastor Frank Johnson**

## On Reflection: Thoughts from a Mature Student

*Carter Stanley dropped out of school after Grade 8. Working in his hometown of Lethbridge, Nfld., Stanley became an elder and led lay crusades in his home church. He went on to spend five years with Christian Record Services, then moved into literature evangelism. Then he decided to go back to school.*

*"I always felt called to the ministry," he says, "and after my kids had left home and two of them had come out to Alberta, I*

*felt that I could finally go to CUC."*

*This past summer, Stanley passed these notes to me, saying, "Use this if you want to, or don't." Knowing that he is a man who speaks only from his heart, I was intrigued by what could have moved him to commit to paper his thoughts. Here they are.*

I shall never regret the decision Marion and I made to come to CUC after 25 years of "if only we could" or "I wish we could." Our only regret is that we didn't do it sooner. My advice to anyone is: *Don't just think about it, do it.*

The professors have gone out of their way, often helping to get me through the rough times. I am forever grateful to the Rimbey church for their love, support, and understanding while working with them and trying to keep up with studies at the same time. Thank God for a supportive family and church family, friends, leaders, and many thanks to CUC and the Alberta Conference for the opportunity to be a part of a program that not only teaches you how, but also provides an avenue for you to actually do it.

No one could be more skeptical [about CUC] than we were when we started thinking about coming, and even after arriving here. We soon realized, though, that we had two choices: focus on the few negative things and have a miserable time or get with the program and help make something happen. I have to say that each year we have seen considerable improvement, and we see it continuing.

Dr. Wisbey, in a talk to alumni, said, "I will defend my faculty and staff to anyone. And I will not allow anyone to put down CUC — my school."

That really touched me, because there were some who questioned if a non-Canadian could really have an interest, much less a passion for our CUC. I realized at that moment it has been "us" who have let our school down by not defending it.

As with anything, we may not truly appreciate CUC until it is gone. We need to grow. And one thing you can do to show you really believe in CUC, is to be living at CUC. I believe! ■



## Personal Best: Carter Stanley, Student Pastor

Carter Stanley wants to be a minister — or rather to continue being a minister.

After coming to CUC three years ago, Stanley became involved with the Rimbey SDA Church. Last July, he was hired by the Alberta Conference as a student pastor in Rimbey. Since then, he has continued to pastor there in

**Healthful Evening Classes Offered to Students and Community** — Last fall, CUCs continuing education courses for the community, co-ordinated by Shirley Unruh and professor of physical education Ron Schafer, attracted 151 community members and students to 30 classes, many of which are specifically health-oriented. Some of the health-specific classes offered this semester include aquajogging, weight training, kindergym, vegetarian cooking, and weight loss and lifestyle.

**Enrolment Holds at Over 400** — Second semester enrolment remains high in CUCs record-breaking enrolment year. In all schools, second semester traditionally sees a decrease; however, CUCs enrolment remains high at 401 from 415 first semester.

**CUC Organist Performs at University of Alberta** — Dr. Wendy Markosky, assistant professor of music and CUCs resident organist, performed as a visiting artist at the University of Alberta's noon-hour organ recital series on November 15 in Convocation Hall on the U of A campus. Markosky has also been a featured artist in the Jack Singer Concert Hall organ series, Organ a la Carte, in Calgary.

**CUC and PAA Music Students Draw Special Note and Sabbath Consideration at Competition** — Justin Jeffery, a Music major who last year won the senior piano solo winner category at the provincial music festival (the highest level to which his category goes), this year again advanced to the provincial competition. This year, he was joined at the provincial level

competition by three other CUC/PAA students who also study with CUC music department teachers, Wendoline Pazitka-Munroe (voice), and Jacquie Schafer (piano and strings). Pianist Charolet Schwartz (Falkland, B.C.); baritone vocalist Glen Graham (Lacombe, Alta.); and PAA violinist Preston Hawes (Lacombe, Alta.) were also selected to go to the provincial competition.

The local adjudicator took special note of the fact that Glen Graham was unable to compete last year at the provincial level because his category was scheduled on Sabbath. She has been so impressed with the quality of CUC student performances that she made sure months in advance that the categories in which CUC and PAA students were entered were not scheduled during Sabbath hours at the provincial competition.



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Photo: Jerry Livadney

### Our campus really did a good job polishing me up!

Dorothy Tse To Fun, Hong Kong  
BA, General Studies, Canadian University College, 1999;  
BSc student, Ferris State University

Three years have flown by for Dorothy — three years that helped her master English, gain confidence, and discover her affinity for information systems management. It was at the beginning of those three years that she met history and business professor Karen Bottomley.

Bottomley was looking for a student worker. With her encouragement, the shy foreign student began to experiment with different approaches to organizing Bottomley's files and papers.

I didn't know I had any potential until I met Mrs. Bottomley, reflects Dorothy, who shines in her management classes at Ferris State. Imagine me, a foreign student, getting 96% in a two-hour class presentation! And that's only part of the 17-credit class load she now feels she's equal to.

Dorothy credits four CUC teachers with her personal growth and academic achievement: Karen Bottomley, Dr. Tennyson Samraj (I cried over philosophy, but it is so interesting!), Lori Wiens (her patient English teacher), and Dr. Bill Van Schiek (though she failed anatomy and physiology the first time she took it from him).

Among the things she misses about CUC are proximity to the overwhelming love of her CUC friends, and the accessibility of CUC professors. But she carries with her fond memories of valuable gifts she found here: an environment that helped her find out who she was, support as she discovered and strove for her goals, and friends who value people over material things.



# Renewed Commitments — *Transformed Lives*

**On November 1, 1999**, I was assigned to the Downsview SDA Church to continue my ministry as a Bible worker. I started working with Pastor Ken Campbell who introduced me to the Bible study interests that he had been working with. Among these interests, there was a lady who was confined to a wheelchair by the name of Helen Clyke.



Helen Clyke

Helen grew up in Nova Scotia with her parents and grandparents. As a child, she attended church on Sunday with her grandmother. As a girl, her desire was to be a missionary, but when a teenager, she stopped attending church and sought to find love and affection in other places. During that time, she would always avoid the church in her neighbourhood whenever she was on her way to the movies.

Some years later, Helen discovered that she had an illness that would leave her in a wheelchair for the rest of her life. At first, she felt angry and blamed God for what He had done to her. However, one day as she was listening to a television Bible program, she discovered that it was not God, but Satan who caused sickness, pain, suffering and death. It was then that her attitude towards God began to change. Soon she noticed that her childhood dreams of becoming a missionary and all the things she had learned about Jesus as a child were once more coming vividly to mind.

Helen eventually left Nova Scotia and set up residence in Toronto. By this time, she was in a wheelchair, and had to request help from health care personnel. These health care professionals would come into her home and assist her with daily duties. Among these professionals was Maria Lue, a member of the Downsview Church. As she visited Helen each day, she brought the love of Jesus into her home. Seeing Helen's interest in accepting Jesus, she invited her to church. Helen had been attending church on Sundays for over a year. She had accepted Jesus as her Saviour, and had felt the need to follow Him all the way through baptism. She requested baptism at the church she was attending, but was told that it could not be done because of her confinement to a wheelchair. Being the persistent person that she is, she felt that it could be done. And so, when Maria invited her to the Downsview Church, she felt it was God who was directing her. Maria informed Pastor Campbell of Helen's desire to be baptized, and it was at this time that he started studying with her. On Feb. 19, 2000, Helen's dream became a reality as she was baptized at the Downsview Church, along with two

other candidates. This was possible through the efforts of Pastor Campbell who rented a hoist and recruited health professionals from the church to assist in the baptismal service. We thank God for people like Helen who will not allow challenges to hinder them from going all the way with Jesus. Today, Helen is rejoicing in the Lord; her burden now is to see members of her family accepting Jesus as their Saviour. ■

*by Ida Smith, Downsview Church*

**I was born into a Baptist** Christian home. I met Norma, who was an Adventist, in 1994 and after dating for one year, we were married. I had informed her, however, that if she was going to remain an Adventist, our relationship



Alphanso Carter

would come to an end. Because of this, she started attending the Baptist church with me and became a member there. I noticed though that, during this time, she was not happy.

A few years later, Fitz Henry was conducting evangelistic meetings at Seneca College in Toronto, and we attended a few times. These meetings were not interesting to me, however, my wife started to attend the Adventist church once again. This made me very upset, to the point of deciding to end our marriage, as I could not see us attending two different churches.

An inner battle ensued as I struggled with this tension, until one day the Lord spoke to me and reminded me of the marriage vows we had made, and the promise I had made to my wife that I would never leave her unless she was unfaithful.

I shared this with my wife and told her I was no longer considering divorce. At the same time, we continued to attend our separate churches. Yet, I felt an emptiness in my life. Things weren't going right at my church, and I felt the need of the Holy Spirit in my life. I began to attend the Adventist church with my wife, and shortly thereafter we attended the "Victory in Jesus" evangelistic meetings held by Pastor Joseph Bulgin and the Philadelphia Church in the Spring of 1999. After a few weeks of these meetings, I was convinced that I belonged in the Adventist church!

At one particular baptismal service, Pastor Bulgin made an appeal to come to Christ, and I knew what I needed to do, so I was the first one at the altar. On June 8, 1999, I was baptized, and have been rejoicing in the Lord ever since. ■

*by Alphanso Carter*

## of Canadian Adventist members and churches in action

### ■ A L B E R T A

#### Alberta Conference President Elected



Frank Tochterman

On June 4, the Alberta Conference Executive Committee invited Elder Frank Tochterman to serve as the next conference president for Alberta.

Elder Tochterman comes from the Rocky Mountain Conference, headquarters in Denver, Colorado. There he currently is serving as an assistant to the president and ministerial director for the Denver Metro and

Wyoming region within that conference. In addition, he is the communication director for the Rocky Mountain Conference.

Elder Tochterman will assume his newly-appointed position just prior to the General Conference Session in Toronto where he will serve as a delegate for Alberta. His wife, Sally, will arrive once her employment and home responsibilities are finalized. Sally is a registered nurse, and is currently the director of Renal and Family Medicine Services for the University Hospital in Denver.

The Tochtermans have three children: son, Jerry, a nursing home administrator, San Marcos, Texas; daughter, Janell Swan, speech pathologist, Denver, Colorado; and, daughter, Jody, third-year medical student at Southwestern Medical School, Dallas, Texas. Frank and Sally have a very special place in their hearts occupied by two young grandsons.

We praise God that the prayers for God's leading in the selection process were answered on June 4. ■

#### Memorial for Mark Oddy

Mark Oddy of Jasper, Alta., died tragically in a kayaking accident on June 5, 1999. Mark, with two companions, had set out to kayak the McKale River in British Columbia. The three paddlers were highly competent, experienced, safety-oriented and aware that there was no margin for error on this grade five river, which was in flood stage. The group ran into some unforgiving water, and Mark is presumed to have drowned; his body has not been recovered. Mourning his loss are his wife, Annemarie Van Oploo; three year old daughter, Arnika Montana; grandfather Dr. Hans Kubisch; parents Chris and Renate; sister Petra (Adam) Spires; parents-in-law Rutger and Cecillia Slagter; brother-in-law Jeroen Slagter; co-workers at Whitewater Rafting Ltd.; and many close friends and paddling buddies.

As a youth, Oddy attended the Edmonton Central Church and was a student at Coralwood Academy

Memorial services were held on June 10, 1999 on the Maligne River in Jasper, Alta., and on June 18, 1999 at a riverside park in Edmonton, Alta. ■

#### In Reflection

As I look back at my first year at Parkview Adventist Academy, I am amazed at how fast the time has passed. It seems like it was only yesterday that students were arriving on campus and registering for school. It is even harder to believe that I have served as a member of the staff for a year.

As I ponder the events that have transpired over the past 10 months, one thought occupies my mind, "Have the students benefited from my presence on this campus?" Did I make the difference that I set out to make? I look at the Grade 12 students as they leave us and remember when I was in their place. I was filled with pride that I had finished high school, and with anxiety as I prepared to enter college. I hope and pray that they will feel prepared for whatever faces them. I pray that their relationship with Christ has grown while they have been on campus, and I know that the other staff members feel the same way.

I work with a wonderful staff; they are like a family. They take great pleasure in their jobs, and care about the students that they teach; something that I am constantly reminded of by the students. As educators, it is our duty to prepare our students for the future and, more importantly, our mission is to prepare them for eternity.

I am amazed sometimes at the lengths that some teachers will go to help students on this campus. The staff takes time to get involved in the activities on campus, and they enjoy being a part of the students' lives. There is not an activity on campus that takes place where the staff of PAA is absent. One of the wonderful aspects of working at a boarding academy is that we are able to see our students in every part of their lives. Being able to visit and interact with groups in the dorms, having them over for Sabbath lunch, and relating with them on a more personal level offers great opportunities to share Christ with our students outside of the classroom. After all, isn't this the mission that we as Christians are called to?

Tomorrow's leaders are today's students, and as we say good-bye to this year's Grade 12 class, I can't help but feel a sense of optimism about the future. Good luck, seniors, and God bless as you enter the next chapter of your life. ■

*by Alistair Atherton, Recruitment Officer*



## ■ ONTARIO



Walter Pearson, Jr.

### Hope For Today with Walter Pearson, Jr.

On Saturday evening, June 3, 2000, 5,500 individuals were in attendance to welcome and listen to Walter Pearson, Jr. as the largest evangelistic outreach in Toronto, Ontario, Canada began.

These meetings are being held in the Coliseum at Exhibition Place in Toronto and will continue nightly until June 24, (except Mondays and Thursdays).

Also participating in the opening weekend was Kay Kuzma, family educator and author; recording artists Pam and Jim Rhodes; the Durham Adventist Choir; and other musicians.

Preparations for this major evangelistic outreach in Greater Toronto began approximately two years ago, and a committee of pastors and lay people have been praying and working diligently under the direction of Vassel Kerr and Earl Cameron.

Funding for this evangelistic venture has been provided by the Ontario Conference Evangelism Fund, along with major financial assistance from the SDA Church in Canada and the North American Division.

Malcolm Taylor, associate director of the Breath of Life Ministry, commented, "The Lord is blessing us in a double fashion to reach the hearts of Torontonians. This causes me to look forward to a great and grand harvest." ■

*by Dirk Zinner, Communication Director, Ontario Conference*

### Children's Ministries Weekend

The Children's Ministry Convention is just one of the many tools that is used in the Ontario Conference to properly train children in becoming useful citizens and in developing a knowledge of God's love in their lives.

On April 14, 2000, over 150 delegates from all over Ontario converged on the Kingsway College campus to share valuable information with the view to equip and reenergize each other, and their home churches. Guest speakers for the weekend included Gordon Pifher and Kay Kuzma. The organization and the enthusiasm I felt from both workshop presenters and delegates were indications to me that God's Holy Spirit was evident throughout the weekend.

Here we were introduced to the new Grace Link Curriculum, and the four dynamics of a growing Christian experience, which is designed to emphasize God's unconditional love and saving grace.

On Sabbath, we started the day with a hearty breakfast, after which three talented children directed us through a medley of songs. We were taught new

songs and new life was added to some old favourites.

"Leading Children to a Commitment," "Outdoor Ministries for Children" and "Bringing Jesus to Media-influenced Children" are just a few of the workshops that were presented during this wonderful weekend.

Sabbath activities were climaxed with a banquet, worship and a certification award program. Special thanks to Jean Parchment and her team for making our conference the first to implement the certification for different levels of children's ministry courses. I hope other conferences will see the need to do the same. ■

*by Stephanie Clayton, Children's Ministry Coordinator (Ottawa)*

## ■ MANITOBA / SASKATCHEWAN

### Quill Lake Baptisms

The Quill Lake SDA Church is pleased that two more people have accepted Jesus into their lives, and were baptized on Feb. 19, 2000. Pastor Robert Rud performed the baptisms at the Melfort Church with members from Quill Lake, Melfort, and Nipawin in attendance, along with many visitors.

Ten year old Kimberley Newberry had waited 1½ years to be baptized, and was ecstatic when the big day arrived.

Kimberley is very spiritual and an inspiration to others. Marilyn Meachem had wanted to be baptized in a river, but seized this early opportunity to publicly display her commitment to the Lord, who has answered her life's questions through His Word, and has given her inner peace. These two members are already sharing their new faith with others.

During the week preceding the Sabbath baptismal service, members from the Nipawin, Quill Lake, and Hudson Bay churches coordinated and hosted a series of five health fairs in the communities of Tisdale, Nipawin, Hudson Bay, Naicam, and Melfort. The fairs were well supported with over 20 display tables by local businesses, and government health departments. The overall theme was NEWSTART (nutrition, exercise, water, sunshine, temperance, air, rest, trust in God), and the main presenter was the well-known health educator, Paul Volk. These fairs helped to raise public awareness of the SDA Church and prepare the way for more specific health initiatives such as CHIP, cooking classes, and stress seminars. ■

*by Joy Newberry, Member of Quill Lake Church*



Marilyn Meachem, Kimberley Newberry

## ■ SDA CHURCH IN CANADA

### Commemorative Package of Seventh-day Adventist Stamp Available to Members

In commemoration of the General Conference Session to be held in Toronto from June 29 through July 8, 2000, Canada Post has approved the request made by the Seventh-day Adventist Church in Canada, and spearheaded by Barry Bussey, secretary of the Ontario Conference, to print a stamp to honour the Seventh-day Adventist Church.

The stamp depicts a sky which may suggest our teaching of the soon coming of Jesus Christ, and also the theme of the GC Session, "Almost Home." The logo of the Adventist church is printed in the centre of the stamp.

A commemorative envelope will be given to each of the GC Session delegates as a souvenir. This envelope will contain:

- a) the first-day issue stamped envelope, on which will be printed a drawing of the first church established in Canada at South Stukely, Quebec on September 30, 1877.
- b) a block of four stamps.
- c) a coloured brochure showing the Canadian conferences. The outside of the envelope features an enlargement of the stamp on the front, and the coat-of-arms for all the provinces and territories on the back. Inside the envelope is a letter from Orville Parchment, president of the Seventh-day Adventist Church in Canada, and a list of all the SDACC entities.

It was felt that many of our members would want the opportunity of receiving this collector's item, and so we are making this package available to you at a cost of \$13.00, which includes all taxes and shipping. If you are interested in placing an order, please print clearly your name, address, and the quantity of envelopes you wish to order, and forward to Seventh-day Adventist Church in Canada, c/o Claude Sabot, 1148 King St. E., Oshawa, ON L1H 1H8, fax 905-433-0982, or E-mail csabot@sdacc.org. *Please note that limited quantities are available and orders will be filled on a first-come basis.* Payment may be made by cheque or money order payable to SDACC Stamps. ■



# listen

*When a nation cries for help, what do YOU hear?*

*We hear God calling.*

*He might be calling you, and if He is, we hope you listen because we could sure use the help.*

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**ADRA** INTERNATIONAL POSTINGS



## ■ Announcements

**YABBA (Yukon Adventist Big Bash Association)** invites you (especially former Yukoners) to the Yukon's 1st Kampmeeting in Whitehorse, August 1-6. For info, E-mail yabba\_2000@hotmail.com; write Yabba, 42 Evergreen Cr, Whitehorse, Yukon Y1A 4X1; or phone Lee 867/393-3257. Also visit our web site [www.geocities.com/yabba\\_2000\\_2000/yabbayahoo.html](http://www.geocities.com/yabba_2000_2000/yabbayahoo.html). (5/00)

## ■ Legal Notice

**Legal Notice:** Notice is hereby given that the Quebec Conference of the Seventh-day Adventist Church will hold a special session at the Westmount SDA Church, Sept. 17, 2000. The regular business meeting of the session will be called at 9:30 a.m., Sunday, Sept. 2. Registration of delegates will begin at 9 a.m. All matters pertaining to the general session — elections, reports, etc., — will be on the agenda.

*Hector Jurado, Secretary*

## ■ Births

**Alyssa Dianne Saylor** was born Mar. 30, 2000, to Lyndon and Lynne (Abbott) Saylor of Calgary, Alta.

## ■ Weddings

**Anita Jerilyn Melody Zinner** and **Daniel Patrick Bates III** were married May 14, 2000, in Hagerstown, Md., and are making their home in Hamilton, Ont. Anita is the daughter of Dirk and Jeanice Zinner of Courtice, Ont., and Daniel is the son of Carl and Linda Friday of Silver Spring, Md., and Dan and JuDee Bates II of Tacoma, Wash.

**Brenda Haine** and **Toby Dubilowski** were married on Aug. 14, 1999, in Edmonton, Alta., and are making their home in Edmonton. Brenda is the daughter of Al and Pat Haine, and Toby is the son of Peter and Darlene Dubilowski.

**Rhonda Joy Patrie** and **Dale Allan Gerbrandt** were married July 31, 1999, in Ryley, Alta., and are making their home in Ryley. Rhonda is the daughter of Vince and Norene Patrie, and Dale is the son of Kan and Val Gerbrandt.

**Laura Lee Nahorney** and **David Hymanyk** were married on Apr. 2, 2000, in Sherwood Park, Alta., and are making their home in Sherwood Park.

**Teresa Banash** and **Michael Hymanyk** were married on June 6,

1999, in Edmonton, and are making their home in Edmonton. Teresa is the daughter of Harvey and Shirley Banash and Michael is the son of Robert and Beatrice Hymanyk.

## ■ Obituaries

**Edna Lucinda Beck** was born July 21, 1916, in Hines Creek, Alta., and died Jan. 3, 2000, in Nanaimo, B.C.

**Syble (Stanley) Dofher** was born Oct. 30, 1912, in Bentley, Alta., and died Apr. 5, 2000, in Grand Forks, B.C. She was predeceased by her husband, Martin. Surviving: daughters Rita Koeneman, Lois Kimmel, Mavis Browatzke, and Juneabelle Tournand; 11 grandchildren and 22 great-grandchildren.

**Verna Finney** was born Sept. 12, 1909, in Paonia, Colo., and died Apr. 19, 2000, in Loma Linda, Calif. She served alongside her husband, Pastor Rodney Finney, in Canada, U.S.A., and Singapore. Surviving: sons Terrence and Conrad; daughter Clayoma Soloniuk; sisters Pauline Carpenter, Virginia Wessner, and Rosenell Brandt; and ten grandchildren.

**Karl Heinz** was born Aug. 24, 1926, in Bitterfeld, Germany, and died July 29, 1999, in Edmonton, Alta. One of the many ways Karl served his church was as a Sabbath School teacher. Surviving: wife Elfriede; sons Uwe (Lorraine) of Markham, Ont.; daughter Patricia (Mark) Watson of Langley, B.C.; brothers Eric (Sylvia) and Werner (Leni) both of Edmonton, Eberhard (Celia) of Okanagan Falls, B.C., and Gerhard (Waltraut) of Germany; sister Rosemarie (Don) Santangelo of Texas; and two grandchildren.

**Edward Jones** was born July 22, 1906, in Kenora, Ont., and died Aug. 23, 1999, in Edmonton, Alta. He was predeceased by his wife, Alice Jones. Surviving: daughter Marilyn Jones of Edmonton; brother Melvin (Bernice) Jones.

**Adolph Gabrys** was born Aug. 16, 1922, and died July 17, 1999, in Redwater, Alta. Surviving: wife Jenny; daughters Brenda (Harold) Stuckert of Lloydminster, Alta., and Daphne Gabrys of Redwater; brothers John (Anne) of Edmonton, Alta., Walter (Inez) of Valleysprings, Calif., Leo (Ester) of College Heights, Alta., Peter (Rose) of Lodi, Calif., Paul (Ruth) of Edmonton, and Edward (Sylvia) of Lodi; sisters Katie (Paul) Hrychirchuk of Innisfree, Alta., Jean Haluschak of Vegreville, Alta., Estelle (Rudy) Skoretz of Statesboro, Ga., Cecile (Napoleon) Shavoley of Lodi, and Elsie (Sandy) Lupul of Edmonton; and three grandchildren.

**Theodore John Lukens** was born Nov. 9, 1920, in Evansville, Ind.,

and died Apr. 27, 2000. Surviving: daughter Sherry Cardinal of Mt. Vernon, Wash.; sons Warren of Sequim, Wash., and Anthony of San Diego, Calif.; brothers Richard of Angwin, Calif., and Robert of Bakersfield, Calif.; sister Dorothy Miller of Days Creek, Ore.; six grandchildren and three great-grandchildren.

**Oren McNaughton** was born Sept. 11, 1910, in Dauphin, Man., and died Feb. 21, 2000, in Creston, B.C. He was predeceased by his wife, Pearl. Surviving: sons Eugene, Larry, and Donald; stepson Mason Pond; daughter Myrna Siewert; stepdaughter Lou Marr; brother Ernest; 13 grandchildren and 13 great-grandchildren.

**W. Pearl (Deck) McNaughton** was born Nov. 22, 1897, in Livingston, Tenn., and died Feb. 11, 2000, in Creston, B.C. Surviving: son Mason Pound of Camrose, Alta.; stepsons Gordon, Eugene, Larry, and Don; daughter Lou Marr of Invermere, B.C.; stepdaughters Ethel and Myrna; sister Gertrude Robison of Salmon Arm, B.C.; four grandchildren, six great-grandchildren, and two great-great-grandchildren.

**Leonard Redferne Myers** was born May 28, 1913, in Brantford, Ont., and died Mar. 19, 2000, in Hamilton, Ont. He served his church through faithful operation of his church's sound system for many years. Surviving: wife Anne; son Leonard John; brother Erland (Eugenie); sister Lenella Choban; one grandchild and one great-grandchild.

**Raymond Albert Nichols** was born in 1947 and died Jan. 31, 2000, in Edmonton, Alta. Surviving: wife Anne; children Andrew (Michelle), Melora, and Peter; mother Vi; brother Jon (Denise); sisters Kathy (Cliff) Sawchuk, Dolly (Carl) McMillan, and Ethel (Alan) Williamson; three grandchildren.

**Ezra Reiswig** was born Nov. 15, 1913, in Armstrong, B.C., and died Feb. 27, 2000, in Campbell River, B.C. He was predeceased by his wife, Magdahlene. Surviving: daughters Pat (Larry) Halleson of Gresham, Ore., and Jeanne (Bob) Norton of Campbell River; brother Harold (Ruby) of Grande Prairie, Alta.; brothers-in-law Dave (Harriet) Kandt of Lacombe, Alta., Bert (Opal) Kandt of White Rock, B.C., Leo (Emma) Kandt of Creston, B.C., Bob (Margaret) Kandt of Portland, Ore., Ben Kandt of Abbotsford, B.C., Herman Kneller of Merritt, B.C.; sisters Esther Ritchey of Prince George, B.C., and Rosie (Odt) Jacobson of Lillooet, B.C.; stepsisters Vera Moser of Winfield, B.C., and Lora Carnig of Rainier, Ore.; sister-in-law Sophie White of White Rock, B.C.; and two grandchildren.

**Theodore Remfert** was born Apr. 28, 1890, in Ukraine, and died Mar. 6, 2000, in Kelowna, B.C. He was predeceased by his wife Hertha, his son Arthur, and his daughter Alice Knopp. Surviving: son Erhart of Kelowna; daughter Irene (Albert) Gieck of Beiseker, Alta.; four grandchildren and two great-grandchildren.

**Gerald Ritchie** was born Aug. 2, 1939, in Andover, N.B., and died Mar. 26, 2000, in Hamilton, Ont. Surviving: wife Nellie; sons Timothy of Hamilton, and Richard of Hamilton; brothers Dennis and Terrence.

**Robert James Steele** was born Nov. 16, 1914, in Sturgeon, Ont., and died Jan. 8, 2000, in Calgary Falls, Alta. He served as a missionary doctor for the Far Eastern Division at Youngberg Memorial Hospital for close to 20 years. Surviving: wife Ethel Margaret; sons Charles (Wendy) of Kelowna, B.C., and Robert (Benita) of Dayton, Ohio; daughter Ruth Steele of Calgary, Alta.; sister Jean (Glen) Pilkey of Toronto, Ont.; three grandchildren, two great-grandchildren, four step-grandchildren, and four step-great-grandchildren.

**Ralph Zachary** was born Jan. 30, 1921, in Sandy Lake, Man., and died Feb. 17, 2000, in Westbank, B.C. He was predeceased by his wife, Pauline. Surviving: sons Gary (Lucille) of Sydney, B.C., and Glen (Carmen) of Westbank; brothers Pete of Sandy Lake, and Ed (Kathe) of Ponoka, Alta.; sisters Olive (Steve) Lenkewich of Sandy Lake, and Frances (Ernie) Nolan of Ponoka; and four grandchildren.

## ■ Tributes

**Albert and Emma Reimche** celebrated their sixty-fifth wedding anniversary March 25, 2000. They were married in 1935 by the Conference President, Elder A.V. Rhoads at the Alberta Conference office in Calgary. The majority of their children got together with the members of the Parkland Golden Heritage Club of College Heights, Alberta, March 19 to surprise this couple who thought they were going to the regular monthly meeting. The gymnasium was attractively decorated representing the 30's and 40's. In fact, the original suit and dress in which Albert and Emma were married were on display. They enjoyed a lovely banquet followed by a special musical program featuring the Sherwood Park Care Trio and members of the immediate family. Messages from the Prime Minister, the Governor General, other family members, relatives and friends were shared. A host of friends and family wished Albert and Emma good health, God's blessings, and many more years of happy married life.

## ■ Advertising Policies

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May/June 2000 Vol. 69 No. 5, 6

Managing Editor — Carolyn Willis  
cwillis@sdacc.org

Production Assistant — Joan Tanasiychuk  
joant@sdacc.org

Address changes — addresses@sdacc.org

1148 King Street East  
Oshawa, Ontario L1H 1H8  
phone 905/433-0011  
fax 905/433-0982

The Canadian Adventist Messenger — the  
official magazine of the Seventh-day  
Adventist Church in Canada — is published  
12 times per year. Free to SDACC members.  
Annual foreign subscription price: US\$10.00.  
Printed by Maracle Press Limited, Canada.  
Post agreement number 1261568. ISSN 0702-  
5084. Indexed in the Seventh-day Adventist  
Periodical Index. Member of the Associated  
Church Press. **Notice to contributors:** All  
unsolicited material for publication must be  
submitted through your local conference.

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1148 King Street East  
Oshawa, ON L1H 1H8  
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**President** — Orville Parchment  
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### CONFERENCES

**Alberta:** Frank Tochtermann, president; Grant  
Missaghers, Messenger correspondent;  
37541 Hwy #2, Red Deer County, AB T4E 1B1,  
phone 403/342-5044

**British Columbia:** Reo Ganson, president;  
Ken Wiebe, Messenger correspondent; Box  
1000, Abbotsford, BC V2S 4P5, phone  
604/853-5451

**Manitoba/Saskatchewan:** Dan Jackson,  
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Mitchell, Messenger correspondent; 121  
Salisbury Road, Moncton, NB E1E 1A6, phone  
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Mount Pearl, NF A1N 4M7, phone 709/  
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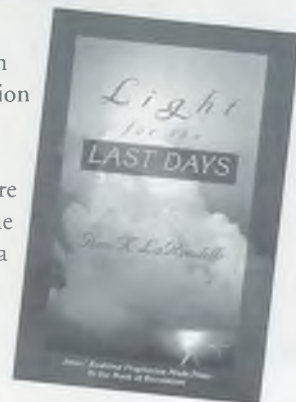


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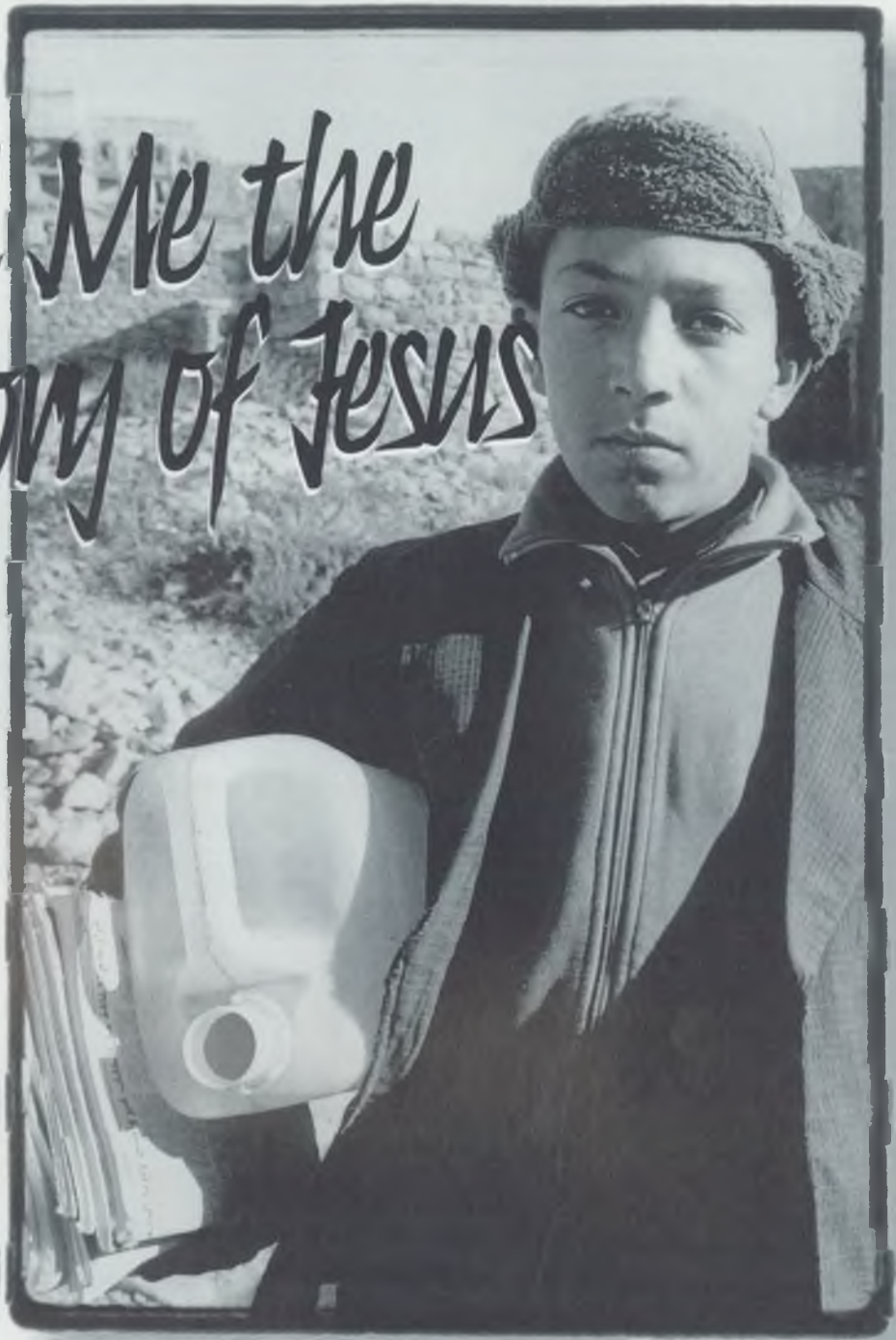
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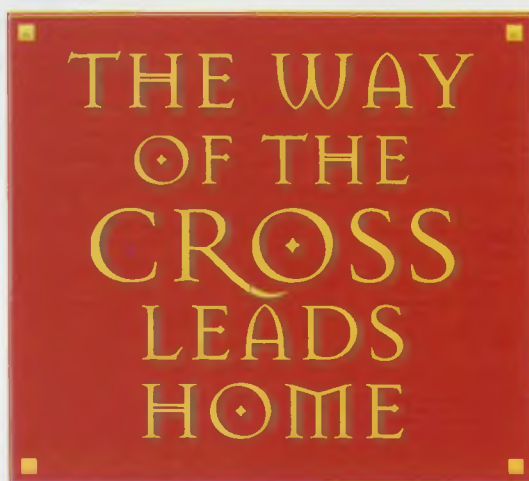


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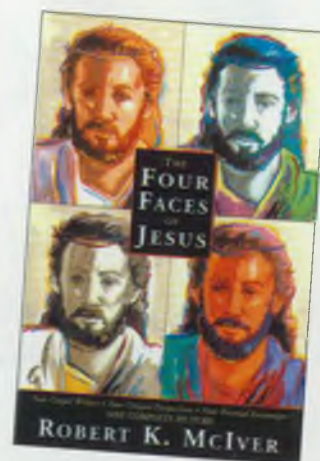


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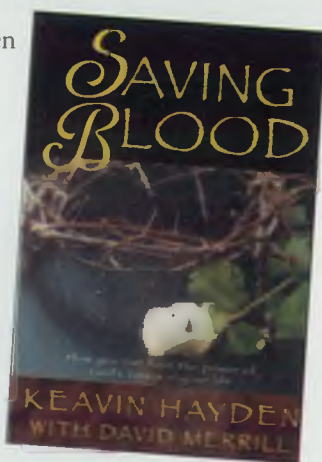
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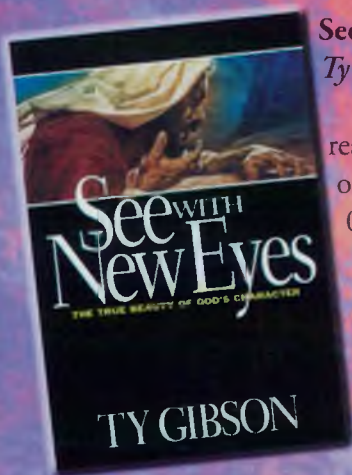


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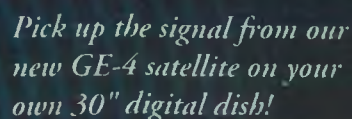
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