



CHIP CHAT

FOR ALUMNI & FRIENDS - DECEMBER 11, 2003

CHIP Summit/Merry Christmas Special

Christmas is in the air... even before US Thanksgiving, the Canadians were well into the swing of it. The shopping malls are full of colorful decorations, the Christmas lights are twinkling, the stores are full of beautiful music, and children are lining up with eager anticipation to meet Santa Claus and sit on his lap.

And there was even a little touch of Christmas at the CHIP Summit. CHIP is a grassroots, nonprofit organization. It operates entirely on volunteers. Those in the administration of the Adventist CHIP Association work long and hard with absolutely no pay. So, at the Summit we recognized Harold Burden and Dena Guthrie, the directors of CHIP, for their outstanding commitment to the success of this ministry. We passed a few shoes around (like we do with the bride's shoe at a Canadian wedding) to gather up a collection so that we might send them off on a holiday... and we received about \$2,500. A big THANK YOU to all who were so generous and appreciative. For those of you who missed out and would like a chance to say "Thanks a lot" in a tangible way to Harold and Dena you can still send a contribution to:

Adventist CHIP Association
Route 1 Box 4001, Sulphur, OK. 73086.

Put a note on it saying, "Thank you Holiday."



Dena Guthrie & Harold Burden

Here are some Highlights from the CHIP Summit:



Dr. Hans Diehl introduced Connie and Keith Theborge, who attended a CHIP event 13 years ago in Ottawa. She was then taking 27 prescription pills plus 68 units of insulin –and she was acutely suicidal. Once she began to understand and practice the CHIP lifestyle, she recovered her health, found reasons for living again and became a new woman. Her diabetes and angina are gone,

and so are her needles and almost all of her pills. Today, she is a powerful ambassador for CHIP. We had the joy of having breakfast with Connie and Keith... what an inspiration!

CHIP for Kids

Hans introduced Ken Morrison, who (with his wife Robin) has been commissioned by Lifestyle Medicine Institute to develop an exciting program to bring CHIP to kids. Designed to be used concurrent with the regular 16-part video CHIP program, the CHIP-for-Kids program will cover the adult material in their style; using a variety of ideas, the kids get involved by coloring, playing word games, doing relays, making recipes... no two programs are the same.



Several concepts were illustrated at the Summit using a mixture of children with adults from the conference. See how much Dena is enjoying the demonstration of it! I rate the CHIP-for-Kids concept as the best new idea presented at this Summit.



Grocery Store Treasure Hunt



Here you see Evelyn Kissinger, a nutritionist from Andrews University with Kim Fowler and Margo Marshall sharing some ideas they have used very successfully in Australia. They take groups to the supermarket, teach them label reading and help them to compare prices.

This mother-daughter team very graphically shows how to stretch your money while getting sound nutrition. These Aussies, with their great sense of humor, have developed an incredible program that needs to be imported to North America!



Great Summit Presentations



Don Mackintosh shared how CHIP has revolutionized his ministry in his 3-Angels SDA Church in Wichita, Kansas. Seen as a regular host of health programs on 3ABN-TV, and conducting a health evangelism seminar with Dr. Diehl in Norway a couple of summers ago, Don is actively spreading the word.

Dr. Christine Simpson gave an outstanding health lecture, “Does the Atkins Diet Really Work?” She has also written a page in the CHIP CHAT Newsletter Archive, September 2003, “What’s the Skinny on Atkins Diet?” –it’s worth checking out. For more information take a look at p.4, of Dr. Diehl’s Spring 2003 Lifeline Health Letter, (15th Anniversary Issue.)



Dr. George Guthrie presented, “Trans Fats –the Good, the Bad and the Ugly.” Only one fat is worse than saturated fat, and that is Trans Fats. Trans Fats are man made and drastically increase the coronary risk. A special bonus of George coming to this Summit was to hear him play the piano... beautifully and effortlessly. Thank you, George.

The CHIP Quilt

Recovering from an accident, a friend of Don and Allison Cloke, (Livermore, California), volunteered to use her artistic gift to make this gorgeous CHIP quilt, “to keep her mind occupied.” “Our CHIP chapter is looking forward to displaying this outstanding work of art with great pride at our functions,” says Allison.



More CHIP Photos and Highlights

You can look at more photos by clicking on this link.
(Bruce, you need to make a link for this feature.)

In fact, we solicit good photos that you have taken that we can post on this page. Just email them to Sherwin at chipchat@sdachip.org

Quotable Quotes

"Let there be peace on earth, and let it begin with me."

—Barbara Miller, Songwriter

"If it were not for hope, the heart would break."

—Thomas Fuller

"You know you're getting older when the first thing you do after eating is look for a place to lie down." —Louie Anderson

Did You Know?

The Final Ingredient

To get the most health benefits out of your fresh **garlic**, toss it into your recipes at the last minute. Garlic is an excellent source of allicin, a plant compound that has been shown to inhibit the growth of certain cancer cells. However, overcooking garlic may destroy some of its beneficial compounds. Toss chopped, fresh garlic into your cooking just a few minutes before it's done to retain more of its nutrition.

RealAge Tip of the Day –October 23, 2003

Moods Matter

Nipping even a mild case of the blues in the bud could help you avoid illness-promoting inflammation.

In a study, people reporting only a few symptoms of **depression** had higher blood levels of interleukin-6, an inflammatory protein that has been associated with increased risks of heart disease, diabetes, and some cancers. Be sure to schedule extra time for mood-boosting activities whenever your spirits start to sag.

Real Age Tip of the Day –December 5, 2003

Wellness Facts

One in three adult Americans –about 70 million –has **arthritis** or other chronic joint problems. That new CDC estimate is 60% higher than estimates made just six years ago. The upward revision is due to an increase in arthritis (actually a wide range of joint disorders) in our aging population, as well as a more thorough survey. Arthritis is hardly limited to the elderly, however. At least half of all people who report having arthritis are under 65. Being overweight or inactive increases the risk.

Wellness Letter, UC, Berkeley September 2003

In the News

The CMAJ just published the new recommended Canadian targets for cholesterol:

<http://www.cmaj.ca/cgi/content/full/169/9/921>

Look at tables 2 and 3 in Appendix 1 *(thanks to Gerry Bakker)*

Cool Websites

The **Akins Diet Alert** site, by the Physicians Committee for Responsible Medicine:

<http://www.atkinsdietalert.org/consumer.html>

A host of problems follow in the wake of many who have used the Atkins Diet. This site outlines the most common health risks... check it out! They also recommend a safe diet that works for the long term.

The Nutrition Committee of the Council on Nutrition, Physical Activity, and Metabolism of the American Heart Association states, “**High-protein diets are not recommended because they restrict healthful foods that provide essential nutrients and do not provide the variety of foods needed to adequately meet nutritional needs. Individuals who follow these diets are therefore at risk for compromised vitamin and mineral intake, as well as potential cardiac, renal, bone, and liver abnormalities overall.**”

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**BEWARE!** Here’s a cookie recipe that is being forwarded around a lot on the Internet... but don’t ever make it. It’s NOT CHIP Approved. In fact **it’s a hoax:**

<http://urbanlegends.about.com/library/weekly/aa071397.htm>

This Urban Legends site is a good place to go to check out those stories and pictures that everyone wants you to keep circulating around the internet. *(Many of those virus warnings that clutter your inbox can be confirmed as a hoax on the Urban Legends website.)*

**Disclaimer:** *Links to websites referred to in this newsletter do not necessarily constitute endorsement by the Adventist CHIP Association for all of the content therein.*

## Recipe of the Day

### Chocolate Bundt Cakes

Here is a once a year type of treat for those of you who like a little chocolate. There's no eggs... no shortening... it's virtually fat free... and it has prunes! Which makes it a health food... in moderation.

Just a word of caution... Don't over bake. Fat free cakes baked too long can turn out tough. You can puree the prunes up to two weeks ahead of time and keep the puree refrigerated in a covered container. The cake keeps well at room temperature for up to 4 days and will freeze indefinitely. To defrost and reheat, wrap in foil and place in a 325° oven for 20 minutes.

- 8 ounces (1-1/3 cups) pitted prunes**
- 6 T plus 1/3 cup prune juice divided**
- 1 cup sifted cocoa powder**
- 1 cup whole wheat pastry flour**
- 1/2 cup granulated brown sugar**
- 1 tsp baking powder**
- 1/4 tsp salt**
- 2/3 cup soy milk**
- 3 tsp egg replacer in 4 tsp water (mixed)**
- 1 tsp vanilla extract**

Heat oven to 350° F. Put the prunes and 6 tablespoons prune juice in the blender. Process in short pulses to make a thick puree. Depending on the prunes you may have to add more juice... we ended up using a extra 6 tablespoons. (you'll see)

Into a large mixing bowl, sift together the cocoa flour, sugar, baking soda, baking powder, and salt. In a separate bowl, beat together the soymilk, prune puree, egg replacer, vanilla, and the remaining 1/3-cup prune juice. Stir the wet ingredients into the dry, and stir well to blend thoroughly.

Pour into six nonstick bundt muffin tins (or large muffin tins) and bake until firm, but springy to the touch... about 25 minutes. Let cool on a cake rack 20 minutes before removing from pan. Let cool on the rack completely before serving. Top with a tofu whipped topping and a raspberry sauce drizzled over all..

| <b>NutritionFacts</b>                                                                   |     |
|-----------------------------------------------------------------------------------------|-----|
| per serving<br>makes 12 servings                                                        |     |
| <b>Amount per serving</b>                                                               |     |
| <b>Calories</b>                                                                         | 163 |
| Calories from fat                                                                       | 14  |
| % Daily Value *                                                                         |     |
| <b>Total Fat 1.6g</b>                                                                   | 2%  |
| Saturated Fat 0.6g                                                                      | 3%  |
| <b>Cholesterol 0mg</b>                                                                  | 0%  |
| <b>Sodium 163mg</b>                                                                     | 7%  |
| <b>Total Carbohydrate 33.6g</b>                                                         | 11% |
| Dietary Fiber 5.2g                                                                      | 21% |
| <b>Protein 3.7g</b>                                                                     |     |
| Percent values are based on a 2,000 calorie per day diet. Your daily values may differ. |     |
| <b>Additional Information</b>                                                           |     |
| 8.6% of calories from Fat                                                               |     |
| 82.4% from Carbohydrates                                                                |     |
| 9.1% from Protein                                                                       |     |

## Laugh a Little

### WHERE DID BABY JESUS GO?

By Wayne Edwards, Copyright © Dec 1998



Someone stole Baby Jesus from the manger on the lawn.  
When the preacher came to church, he found the baby gone.  
He said with anger in his sermon that the baby had been taken.  
His faith in human kind had certainly been shaken.

After church, still breathing flames, like a literary dragon,  
He met Tommy on the sidewalk playing with a new red wagon.  
Tommy was so happy it thawed the preacher's heart.  
But what he saw inside the wagon gave him quite a start.

"It was you stole Baby Jesus, what an evil thing to do!"  
Tommy said, "But Pastor, I thought everybody knew.  
I asked Jesus for this wagon," as he patted it with pride.  
I told him if I got it I would let him have first ride!

View more of Wayne's poems on the Web: <http://www.familypoet.com>

## Closing Thought

### A Child's Christmas Prayer

This is how Sue's 5-year-old grandson prayed at the dinner table on Christmas:

"Dear Jesus, thank you that today's your birthday. I don't know if you have a lot of friends or if you're having a party, but I hope it's your best birthday ever!"

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Merry Christmas to you all... and all the best in the New Year

What is CHIP? CHIP stands for **Coronary Health Improvement Project**. The Adventist CHIP Association is an international, non-profit, grassroots and volunteer-driven organization whose mission is: *To inspire, equip, and support local Seventh-day Adventist churches to develop CHIP programs that model the healing ministry of Jesus Christ.* To find out more about CHIP or the next CHIP program nearest you check out Adventist CHIP Online at <http://www.sdachip.org>

CHIPCHAT is published bi-weekly by the Adventist CHIP Association for CHIP Directors, team members and alumni & friends. We encourage you to **forward this newsletter to anyone who you think would appreciate this message.**

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